

# SPA 8 Regional Health Office LA County DPH Monthly Newsletter

April 2025

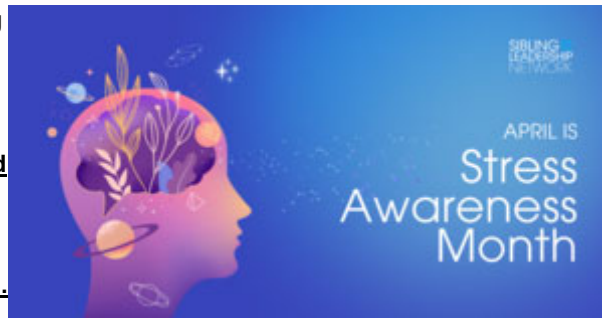
[Lea este boletín en Español](#)

## April is National Stress Awareness Month

April is National Stress Awareness Month. Managing stress is essential for a healthy lifestyle. Knowing how to manage stress can improve your overall mental and physical well-being.

**Learning how to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.** Below are helpful resources that you can use:

- Teen Mental Health Toolkit for Teens here: <https://tinyurl.com/548yabhn>.
- Mental Health Toolkit for Parents and Guardians .Explore our free guide here: <https://tinyurl.com/bddpav93>.



## National Minority Health Month



### National Minority Health Month

April is National Minority Health Month (NMHM), a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities. This year's theme is Be the Source for Better Health: Improving Health Outcomes Through Our Cultures, Communities, and Connections.

## April Observances

## Alcohol Awareness Month

**Alcohol Awareness Month**, is an observance that provides an opportunity to update your knowledge about the alcohol use disorder and the adverse impact of alcohol misuse on health and society.

Find out the Alcohol Effects in your body please click here: <https://tinyurl.com/3czv3dxa>



## **The Curtis Tucker Health Center Community for Wellness'**

CORE Center offers a variety of substance abuse resources such as disorder screenings, referrals for prevention and treatment, and educational presentations. To find out more about our CORE center in SPA 8 and view our full list of presentations, please click here: <http://tinyurl.com/yzx7fm7a>.

To speak directly with our substance abuse counselors in SPA 8, please contact Krystal Mousseau at [KMousseau@ph.lacounty.gov](mailto:KMousseau@ph.lacounty.gov) or Barbara Labron [BLabon@ph.lacounty.gov](mailto:BLabon@ph.lacounty.gov)



## STI Awareness Month

This April, in honor of **STI Awareness Month**, take some time to learn about **sexually transmitted infections (STIs)**. Anyone who is sexually active can get an STI, so why not learn more about them and how to minimize your exposure to them and take care of your sexual health.


The Centers for Disease Control and Prevention (CDC), marks its own STI Awareness Week in April.

It's a good framework to think about STIs and your sexual health. Schedule an appointment at the Curtis Tucker Health Center by calling 310-419-5325.


Please visit the Sexual Health Clinic Page for more information:

<http://publichealth.lacounty.gov/chs/sexualhealthclinics/>

## DPH Resources



**LOS ANGELES COUNTY  
PUBLIC HEALTH INFOLINE  
1-833-540-0473**



**8 AM - 8 PM / 7 Days a Week**  
**Real People. Reliable Information.**

## Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the scope of resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and a vital line of communication in case of future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence

- HIV & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

## Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to collaborate to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit:

<https://immunizelac.org/>



## Need a Presentation on Cholesterol , Diabetes, Nutrition, Hands Only CPR, or other Health Topic?



Request a  
Speaker

The Los Angeles County Department of Public Health offers many presentations, including Flu and Monkeypox. If you would like to schedule a presentation for your organization, click this link to  
**SPA 8 Presentation Request.:** <https://tinyurl.com/2p9fvptn>

## Office of Violence Prevention - Gun Violence Restraining Orders



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a

gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please click this link: <http://tinyurl.com/y3hfb575>.

## Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a life saving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



## SPA 8 Resources and Upcoming Events

### Free Food Distribution and Produce Distribution

Free food distribution is every second and fourth Thursday of the month at the Curtis Tucker Center for Community Wellness (CCW). Upcoming distributions will be held on Thursday, April 10 and April 24, starting at 10:00am.

For more information visit: [CCW Food Distribution](#)





# FREE PRODUCE DISTRIBUTION

No eligibility required, no paperwork,  
or ID required.

## Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.  
Inglewood, 90301

Parking lot adjacent to the Curtis Tucker  
Center for Community Wellness

Every 2nd & 4th Thursday of the month

**10:00 AM - 12:00 PM**

or until supplies last

Please bring a reusable bag



Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.

Visit our Kiosk at Curtis Tucker



DEPARTMENT OF PUBLIC HEALTH PRESENTS...

# Our New Community Health Station Kiosk

Clinic Lobby Opens: Mon-Fri: 8:00AM-4:00PM  
Sat: 9:00AM-3:00PM

## FREE HEALTH SUPPLIES SUCH AS:

- MALE AND FEMALE CONDOMS
- COVID- 19 TESTS
- FREE FENTANYL TEST KIT
- NARCAN NALOXONE NASAL SPRAY

Located in the Curtis Tucker Center for the Public Health lobby.  
123 W Manchester Blvd, Inglewood, CA 90301



Resource Navigator

The Department of Public Health (DPH) aims to assist communities affected by past drug policies and connect you to resources. Please fill out the form completely as you wish so we can help serve your needs.

Please complete the intake form here: <https://tinyurl.com/2s35jwuz>

For more information contact: [dph-navigator@ph.lacounty.gov](mailto:dph-navigator@ph.lacounty.gov)



**SYSTEMS NAVIGATION  
SERVICES**

# Need Resource Assistance?

WE ARE HERE TO HELP

 FOOD	 HOUSING	 HEALTHCARE	 EMOTIONAL HEALTH	 CHILDCARE
 FINANCIAL ASSISTANCE	 DOMESTIC VIOLENCE	 SUBSTANCE USE & RECOVERY	 LEGAL AID	 ELDER CARE
 EDUCATION	 EMPLOYMENT	 TRANSPORTATION	 UTILITIES	 AND MORE

FOR MORE INFORMATION CONTACT:

**SCAN  
ME** 

**CHRIS HAYES  
SYSTEMS NAVIGATOR  
(323) 597-6053**

 [DPH-NAVIGATOR@PH.LACOUNTY.GOV](mailto:DPH-NAVIGATOR@PH.LACOUNTY.GOV)

California Community Reinvestment Grants Program (CalCRG) is funded by Governor's Office of Business and Economic Development (GO-BiZ)



## **SPA 8 Workshops and Activities**





## Free Virtual Presentations **WHAT YOU NEED TO KNOW ABOUT SUBSTANCE USE DISORDERS**

### **WEEKLY VIRTUAL PRESENTATIONS**

**Tuesdays & Thursdays**  
**1:00 P.M. - 2:00 P.M.**  
Via microsoft teams



**SCAN THIS QR  
CODE TO  
REGISTER**

Or click on a date to  
join a session directly



**APRIL 8**  
**YOUR TEEN AND**  
**VAPING**

Scan QR code to join  
session directly



**APRIL 29**  
**STIGMA & SUBSTANCE**  
**USE DISORDERS**

Scan QR code to join  
session directly



**LEARN ABOUT SUBSTANCE USE DISORDERS**  
**LEARN HOW SUBSTANCES AFFECT YOUR HEALTH**  
**LEARN HOW TO CARE FOR YOURSELF AND YOUR LOVED ONES**

**For more information  
contact:**



**Krystal Mousseau**  
kmousseau@ph.lacounty.gov  
(213) 772-5624



**Barbara LaBon**  
blabon@ph.lacounty.gov  
(323) 236-6307

123 W. Manchester Blvd.  
Inglewood, CA 90301





Come join us as we explore a new book filled with magical worlds and thrilling adventures. Enjoy light refreshments as we read together. This event offers a wonderful opportunity to foster your child's love for reading, while promoting health and wellness through social connection and nourishing treats. Don't miss out on this perfect blend of fun, literature, and wellness! For ages 2-5.



**123 W MANCHESTER BLVD.  
INGLEWOOD CA 90301**



**APRIL 12, 2025  
1PM-2PM**

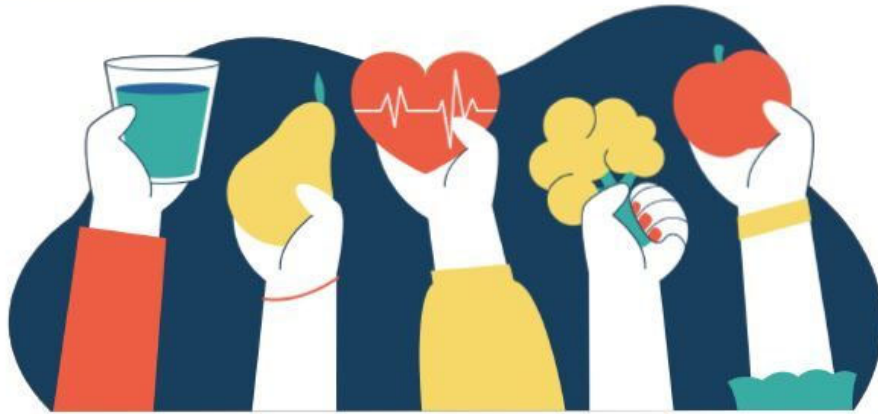


**FOR MORE INFORMATION , PLEASE EMAIL:  
CURTISTUCKERCCW@PH.LACOUNTY.GOV**



Los Angeles County Department of Public Health (South Bay - SPA 8) Presents:

# WELLNESS WEDNESDAY



## Darby Park

3400 W. Arbor Vitae  
Inglewood, CA 90305

**Every 3rd Wednesday  
of the Month**  
9:00 AM – 10:00 AM

### PRESENTATION TOPICS:

1/15/25: Cardiovascular Disease  
2/19/25: Diabetes  
3/19/25: Nutrition for Older Adults  
4/16/25: Falls Prevention  
5/21/25: Mental Health  
6/18/25: Silicosis

For additional information please call Darby Park Recreation Center at (310) 412-5391.







# **WALK WITH A NURSE**

Join Our Health Walk and Talk  
Let's Take a Stroll Around the Track and  
Discuss Important Public Health Topics

EVERY 2ND WEDNESDAY, 9AM-10AM

**DARBY PARK**  
**3400 W. ARBOR VITAE STREET,**  
**INGLEWOOD, CA 90305**





# FREE POETRY CLASS THE PIT OF THE PEACH

## Healing Through Words Workshop

This name is inspired by poet Rupi Kaur and her novel, "Healing Through Words." We will be focusing on "self-care" activities such as meditation and writing our very own poetry.



APRIL 14, 28, 2025 | 10am-11:30am



Curtis Tucker Center for Community Wellness  
123 W. Manchester Blvd.  
Inglewood, CA 90301



Register Here:

<https://tinyurl.com/poetrypp>

For more information, please email:  
[Curtistuckerccw@ph.lacounty.gov](mailto:Curtistuckerccw@ph.lacounty.gov)





AFRICAN AMERICAN INFANT  
AND MATERNAL MORTALITY  
PREVENTION INITIATIVE  
SOUTH LA / SOUTH OAK COMMUNITY ACTION TEAM

# 4th Annual Community Baby Shower & Resource Fair

In Honor of Black Maternal Health Week



**When:**

**Saturday, April 12**  
11AM-2PM



**Where:**

**Charles R. Drew University**  
**Black Maternal Health Center of Excellence**  
1731 E. 120th St. LA, CA 90059



**Register:**

[https://tinyurl.com/  
SLASBBSRF25](https://tinyurl.com/SLASBBSRF25)

SLASB AAImm CAT warmly invites you to join us for our 4th Annual Community Baby Shower & Resource Fair, sponsored by Planned Parenthood Advocacy Project Los Angeles County. We'll be celebrating Black Maternal Health Week by providing families with **FREE** donations and resources. For more information contact: [slasbaaimm@gmail.com](mailto:slasbaaimm@gmail.com)



## OUR SPONSORS & COLLABORATORS



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
*Recovery • Wellbeing*



MATERNAL, MENTAL & HEALTH NOW  
*Supporting the well-being of pregnant families  
A Division of Community Services*



BLACK WOMEN  
FOR WELLNESS



CinnaMoms



**Free Outdoor Wi-Fi at Select LA County Libraries**

The Los Angeles County Library is now offering free Wi-Fi through Connect & Go Hotspot Loans. Stay connected wherever you go with their portable hotspots, available to borrow for up to 6 weeks at all the our libraries.

Whether you're a student working on a research project, a professional needing to meet deadlines, or simply someone who enjoys browsing the web, our Connect & Go Hotspot Loans are here to keep you connected.

You do not need to have a library card to connect to the WiFi. Click this link to borrow a hotspots: <https://tinyurl.com/8vmmas3v>.

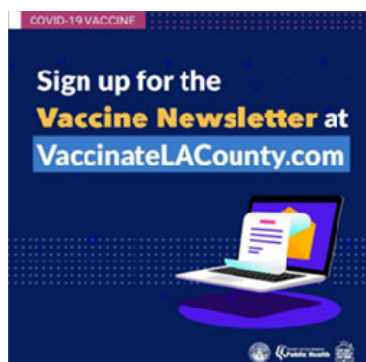


## Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.



## Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit [VaccinateLACounty.com](https://vaccinate.lacounty.gov) to learn more about:

- [In Home Vaccines](#)
- [Vaccine Schedule](#)
- [Vaccine Data](#)
- [Vaccine Records](#)
- Vaccine Facts - [English](#) | [Español](#)
- Vaccine Side Effects - [English](#) | [Español](#)

## Useful Links and Resources

[iPrevail Online Mental Health Resource](#)  
[COVID-19 Post-Surge Dashboard](#)  
[COVID-19 Vaccination Distribution Dashboard](#)  
[COVID-19 Vaccine Information](#)  
[COVID-19 Vaccination Records](#)  
[COVID-19 Surveillance Dashboard](#)  
[COVID-19 Testing](#)  
[Flu Vaccines](#)

[Free Tax Preparation Services](#)  
[Free Snack Program](#)  
[Get Ahead LA Financial Resources](#)  
[Headspace: Free Mindfulness App](#)  
[LA County America's Job Center of California](#)  
[LA County's COVID-19 Tenant Protections Resolution](#)  
[LA County's Office of Immigrant Affairs](#)  
[LA County's Office of Emergency Preparedness and Response Program](#)  
[LA County Youth Suicide Prevention Project](#)  
[LA Department of Water & Power Bill Credit](#)  
[LA Public Health Podcast](#)  
[Laptop and Hotspot Loans from LA County Libraries](#)  
[Masks – Free N-95](#)  
[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741  
[Metro LIFE Program](#)  
[National Suicide Prevention Lifeline](#)  
[Opportunity LA: Child Savings Account for LAUSD Students](#)  
[Request a Mobile Vaccination Team](#)  
[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM  
[SoCalGas Assistance Fund](#)  
[Southern California Edison Assistance](#)  
For additional resources, please dial 2-1-1  
For more information on COVID-19, please [visit our website](#)  
Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth



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