

# Parent Newsletter



*It's Showtime!*  
*April 29, 2024*

**CCCS Website/ Sitio Web**

Follow us on our new social media accounts:

Instagram: @CCCS901

TikTok: @CCCS\_901

[Student Newsletter](#)



## Reminders

### School Schedule for the Week of April 29, 2024

#### Week of April 29, 2024 (Spirit Week - See Flyer Below)

4.29.24: Periods 1, 3, 5

4.30.24: Periods 2, 4, 6

5.1.24: Periods 1, 3, 5 - **Extended Day, Dismissal at 3:47 PM.** Mental Health Promoters (English-virtual) @4 PM

5.2.24: Periods 2, 4, 6 - Mental Health Promoters (Spanish- virtual) @3:30 PM

5.3.24: Minimum Day - Spring Concert

**Saturday, May 4, 2024 from 9 AM- 12 PM. Join us for Family Yoga and earn five volunteer hours. See flyer below for more information.**

Use this link to see our [CCCS Bell Schedule](#).

#### **Parent Programming:**

**Mental Health Promoters (Virtual Session in English)** on Wednesday, May 1, 2024, @ 4 PM. For more information, please follow this [link](#)

Use this link to join our Microsoft Teams meeting:

[Click here to join the meeting](#)

Meeting ID: 232 259 810 275

Passcode: via39F

**Mental Health Promoters (Virtual Session in Spanish)** on Thursday, May 2, 2024, @ 3:30 PM. For more information, please follow this [link](#).

Use this link to join our Microsoft Teams meeting:

[Click here to join the meeting](#)

Meeting ID: 254 831 340 258

Passcode: PqmLDL



*Join Us! Acompáñenos!  
We will have refreshments and raffles!  
Tendremos bocadillos y rifas!*



**Family Engagement Leadership Institute  
Instituto de Liderazgo para la  
Participación Familiar**

Join Claudia Alcalá and Jaime Carias  
*Family Yoga*

Come learn some new strategies to help you connect with your family and increase your well-being as you prepare to start your summer. This course is designed to help parents cultivate connection, enhance communication, and deepen their relationship with their children through yoga. We will challenge participants to get out of their comfort zone and work together to carry out different poses. Participants will also learn some basic principles of yoga and its benefits so they can continue to build on their practice.

**Saturday, May 4, 2024 from 9 a.m. - 12 p.m.**

Yoga pants/sweatpants/joggers. A comfortable shirt, it can be form fitting or loose.

Can have socks on or be barefoot.

*Yoga Familiar*

Venga a aprender algunas estrategias nuevas que les ayudarán a conectarse con su familia y aumentar su bienestar mientras se prepara para comenzar el verano. Este curso está diseñado para ayudar a los padres a cultivar la conexión, mejorar la comunicación y profundizar la relación con sus hijos a través del yoga. Retaremos a los participantes a salir de su zona de comodidad y trabajar juntos para realizar diferentes posturas. Los participantes también aprenderán algunos principios básicos del yoga y sus beneficios para que puedan continuar desarrollando su práctica.

**sábado, 4 de mayo del 2024 de las 9 a.m.- 12 p.m.**

Pantalones de yoga/pantalones deportivos/joggers. Una camisa cómoda, puede ser ajustada o suelta.  
Puede tener calcetines o estar descalzo.

*In-person Event/ Evento en Persona*

*Receive 5 volunteer hours/Reciba 5 horas de voluntariado*

## *8th Grade Pictures*

8th grade parents, if you did not get the opportunity to buy 8th grade pictures or would like to order more, please follow this link: <https://mycs.photorelect.com/>

## **Student Safety**

### **Emergency Protocols**

CCCS has emergency protocols for different types of scenarios. In all scenarios, our primary goal is the safety of our students and staff. These protocols, earthquakes, fire, dangerous outside situations (such as police activity), and dangerous indoor situations (such as intruders) can present themselves at any time of day, causing the safety process to be different every time. Staff and students are trained to follow specific instructions depending on the circumstances. For example, in case of an earthquake and after it is safe to move, everyone evacuates the building, where staff account for students and staff while assigned staff members check the building and make an all-clear call if it is safe to return to the classrooms. When and if it is necessary, assigned staff call for help. When there is danger in the community, we bring all students and staff inside the building and assess the situation further. Yesterday, students and staff were brought into the building after a report of shots in the community as a precaution while we learned more about the situation. As no further action was needed, staff and students continued their scheduled day. In any situation, depending on the circumstances and at the earliest possible time, we notify parents of the situation and provide the information we have at the moment.

We thank all parents for having their contact information updated on our school system and for your support.

### **Dismissal**

We thank you for your continued support as we strive to keep your children safe. We have made some adjustments at dismissal to maximize student safety and minimize student behavior. We appreciate your support and patience in this process. If you drive to the yard for pick-up, please use your blinkers, follow traffic moderator instructions, and be patient while our staff calls your child. In exiting the yard, we understand that we have a right turn-only sign; to safely allow all cars to exit promptly, the staff might guide you to make a left turn, only to prevent a traffic jam and, if completely necessary. We understand the inconvenience this may cause, and again thank you for your patience. If you prefer not to enter the yard, your child can exit the school via the main office and wait for you safely in areas near the school. Students will be scanned out and exit the main office if your child walks home.

Again, Thank you for your commitment to your child's safety and patience. Parents, we need your support at dismissal time. Please enter the CCCS yard to pick up your child by making a right along Grevillea Street only. This will facilitate pick-up, keep our students safe, and stop holding up traffic in the opposite direction. The CCCS community appreciates your understanding and commitment to the safety of all students.

Parents, thank you for your support when dropping your child off at school. Please be reminded that students who walk to school should only enter via the side gate, they are not to enter through the back gates as it is unsafe due to traffic. If you drive your child to school, please come inside the yard for their safety. If you wish to drop them off on the side, please do so in a safe manner and ask them to enter the side gate. The gates to the yard close promptly at 8:10 a.m. The side gate remains open until 8:20 a.m. After 8:20 a.m., your child may enter through the main office. They will not be marked late until 8:25 a.m.

There have been a few complaints about parent/family drop-off and pick-up on Arbor Vitae. Please, please, please do NOT double park (pull next to a parked car) and let your child out or call them to your car. It is very dangerous. In the past, we had a parent hit, a child hit while on their bike, and several close calls. These accidents were caused by our parents. Please park down the street and walk your child to the gate, or allow yourself more time and drive on campus.

Let's work together to ensure our children are safe.











### **Forgotten Items**

We have a "one-time complimentary call" for students who have forgotten items. We understand things happen and/or they may just forget. However, we want our students to be prepared and ready to come to school with all their supplies. Our goal is to empower all students by holding them accountable for the things they are responsible for. Parents, we appreciate your effort in wanting to help your child be successful and appreciate your support in helping them practice responsibility.

## **Breakfast and Lunch**

All students are welcomed to receive free breakfast and lunch. They may also bring their own healthy snacks and lunch if they desire. Breakfast is served every morning from 7:30- 8:15 a.m. Below are the menus for this week (Breakfast, Lunch and Snack).

Use this link to see all [menus for the month of March](#).

April 2024		Breakfast				
Monday	Tuesday	FEATURED ENTREE OF THE DAY			Thursday	Friday
1-Apr	2-Apr	3-Apr			4-Apr	5-Apr
Cheerios Cereal w/ Honey Grahams	Vanilla Cocha	Frosted Flakes Cereal w/ Honey Grahams			Vanilla Muffin	Cinnamon Chee Cereal w/ Honey Grahams
Cinnamon Delight Bar	Breakfast Cheese Tamale 	Yogurt Aca & Honey Grahams			Scrambled Egg & Cheese Breakfast Sandwich 	Conchita & String Cheese
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple			Banana & Pear	Pear & Apple
8-Apr	9-Apr	10-Apr			11-Apr	12-Apr
Cheerios Cereal w/ Honey Grahams	Vanilla Cocha	Frosted Flakes Cereal w/ Honey Grahams			Blueberry Muffin	Cinnamon Chee Cereal w/ Honey Grahams
Cinnamon Crumble	Egg & Cheese Burrito 	Banana Bread			Cinnamon Waffles Syrup 	Cranberry Oatmeal Round
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple			Banana & Pear	Pear & Apple
15-Apr	16-Apr	17-Apr			18-Apr	19-Apr
Cheerios Cereal w/ Honey Grahams	Vanilla Cocha	Frosted Flakes Cereal w/ Honey Grahams			Lemon Muffin	Cinnamon Chee Cereal w/ Honey Grahams
Mantecada Sweet Bread	Egg & Cheese Empanada 	Cinnamon Roll			Yogurt Parfait w/ Blueberries Graham Crackers	Bagel w/ Cream Cheese
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple			Banana & Pear	Pear & Apple
22-Apr	23-Apr	24-Apr			25-Apr	26-Apr
Cheerios Cereal w/ Honey Grahams	Vanilla Cocha	Frosted Flakes Cereal w/ Honey Grahams			Vanilla Muffin	Cinnamon Chee Cereal w/ Honey Grahams
Cinnamon Delight Bar	Breakfast Cheese Tamale 	Yogurt Aca & Honey Grahams			Scrambled Egg & Cheese Breakfast Sandwich 	Conchita & String Cheese
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple			Banana & Pear	Pear & Apple
29-Apr	30-Apr	1-May			2-May	3-May
Cheerios Cereal w/ Honey Grahams	Vanilla Cocha	Frosted Flakes Cereal w/ Honey Grahams			Blueberry Muffin	Cinnamon Chee Cereal w/ Honey Grahams
Cinnamon Crumble	Egg & Cheese Burrito 	Banana Bread			Cinnamon Waffles Syrup 	Cranberry Oatmeal Round
Orange & Apple	Orange & Pear	100% Fruit Juice & Apple			Banana & Pear	Pear & Apple

All entrees served with choice of 2% milk or fat free milk. All grain items offered are Whole Grain Rich.  
 \*The food pictures are used for illustrative purposes. Menus are subject to change without notice.

FEATURED ENTREE OF THE DAY					
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	
Hot Dog Over Baked Fries	Spaghetti w/ Meat Sauce	Chicken Enchilada w/ Creamy Green Sauce	Chicken Burrito Bowl w/ Black Beans & Rice	BBQ Rib Sandwich on Hoopie Roll	
Cheese Melt Over Baked Fries	Cheese Lasagna w/ Marinara Sauce	Bean & Cheese Poppers Jalisco Cup	Cheese Tamale w/ Black Beans	Grilled Cheese Sandwich	
Baby Carrots	Baby Carrots	Assorted Chickpeas	Cucumber Slices w/ Tzatziki	Banana Cakes w/ Toppings	
100% Fruit Juice	Orange	Orange	Apple	Orange	
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	
Cheseburger Over Baked Fries	Beef Bulgogi Brown Rice Steamed Broccoli	Chicken Tamale w/ Seasoned Sweet Carrots	Chicken Burrito Bowl w/ Black Beans & Rice	Beef, Bean & Cheese Burrito	
Cheese Melt Over Baked Fries	Cheese Lasagna w/ Marinara Sauce	Cheese Enchilada w/ Creamy Green Sauce	Cheese Tamale w/ Black Beans	Grilled Cheese Sandwich	
Baby Carrots	Baby Carrots	Assorted Chickpeas	Celery Sticks	Banana Cakes w/ Toppings	
100% Fruit Juice	Orange	Orange	Apple	Orange	
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	
Grilled Chicken Sandwich Over Baked Fries BBQ Sauce Packet	Chicken Alfredo Pasta w/ Steamed Broccoli	Turkey Chicken w/ Kale & Cauliflower Cabbage & Carrots	Turkey Nachos Tomillo Chips	Cheseburger Melt & Cheese	
Cheese Melt Over Baked Fries	Cheese Lasagna w/ Marinara Sauce	Bean & Cheese Poppers Jalisco Cup	Cheese Tamale w/ Black Beans	Soup-Dish Cheese Pizza	
Baby Carrots	Baby Carrots	Assorted Chickpeas	Cucumber Slices w/ Tzatziki	Banana Cakes w/ Toppings	
100% Fruit Juice	Orange	Orange	Apple	Orange	
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	
Hot Dog Over Baked Fries	Spaghetti w/ Meat Sauce	Chicken Enchilada w/ Creamy Green Sauce	Chicken Burrito Bowl w/ Black Beans & Rice	Hamburger	
Cheese Melt Over Baked Fries	Cheese Lasagna w/ Marinara Sauce	Bean & Cheese Poppers Jalisco Cup	Cheese Tamale w/ Black Beans	Grilled Cheese Sandwich	
Baby Carrots	Baby Carrots	Assorted Chickpeas	Cucumber Slices w/ Tzatziki	Banana Cakes w/ Toppings	
100% Fruit Juice	Orange	Orange	Apple	Orange	
29-Apr	30-Apr	1-May	2-May	3-May	
Cheseburger Over Baked Fries	Beef Bulgogi Brown Rice Steamed Broccoli	Chicken Tamale w/ Seasoned Sweet Carrots	Chicken Burrito Bowl w/ Black Beans & Rice	Beef, Bean & Cheese Burrito	
Cheese Melt Over Baked Fries	Cheese Lasagna w/ Marinara Sauce	Cheese Enchilada w/ Creamy Green Sauce	Cheese Tamale w/ Black Beans	Grilled Cheese Sandwich	
Baby Carrots	Baby Carrots	Assorted Chickpeas	Celery Sticks	Banana Cakes w/ Toppings	
100% Fruit Juice	Orange	Orange	Apple	Orange	

All entrees served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Flax.  
This institution is an equal opportunity provider. Menus are subject to change without notice.

April 2024

# Snack NSLP



Monday	Tuesday	Wednesday		Thursday	Friday
1-Apr	2-Apr	FEATURED ENTREE OF THE DAY		4-Apr	5-Apr
WG Wheat Crackers (1G) & Roasted Seed Spread (1 M/MA)	WG Chorro Poptilas (1G)	Cheese Stick (1 MA)		WG Apple Cinnamon Multi-Grain Bar (1G)	WG Giant Cinnamon Crackers (1G)
X	100% Fruit Juice (8 oz)	Orange (3/4 c)		Pear (3/4 c)	100% Fruit Juice (8 oz)
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	
WG Strawberry Multi-Grain Bar (1G)	WG Wheat Crackers (1G)	WG BBQ Poptilas (1G)	WG Educational Snacks Crackers (1G)	WG Goldfish Cheddar Crackers (1G)	
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Pear (3/4 c)	100% Fruit Juice (6 oz)	
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	
WG Pretzels (1G)	WG Nacho Poptilas (1G)	WG Pizza Crackers (1G)	Sunflower Seeds (1 MA) OR 2nd opt: Edu Snack Crackers (1G)	WG Honey Crackers (1G)	
Apple (3/4 c)	100% Fruit Juice (6 oz)	Orange (3/4 c)	Pear (3/4 c)	100% Fruit Juice (6 oz)	
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	
WG Wheat Crackers (1G) & Roasted Seed Spread (1 M/MA)	WG Chorro Poptilas (1G)	Cheese Stick (1 MA)		WG Apple Cinnamon Multi-Grain Bar (1G)	WG Giant Cinnamon Crackers (1G)
X	100% Fruit Juice (6 oz)	Orange (3/4 c)		Pear (3/4 c)	100% Fruit Juice (6 oz)
29-Apr	30-Apr	1-May	2-May	3-May	
WG Strawberry Multi-Grain Bar (1G)	WG Wheat Crackers (1G)	WG BBQ Poptilas (1G)	WG Educational Snacks Crackers (1G)	WG Goldfish Cheddar Crackers (1G)	
Apple (3/4 c)	100% Fruit Juice (8 oz)	Orange (3/4 c)	Pear (3/4 c)	100% Fruit Juice (8 oz)	

All entrees served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Flax.  
This institution is an equal opportunity provider. Menus are subject to change without notice.

## Parent Programming

Event Information  
Mental Health Promoters - Virtual English Session

Join us for the second English series of the United Mental Health Promoters beginning on Wednesday, May 1, 2024 at 4 p.m.

This series will be offered virtually and in the afternoon to provide more parents the opportunity to join and take advantage of this amazing resources and opportunity. Please use this [link](#) to learn more about the program and find mental health resources.

Use this link to join our Microsoft Teams meeting:

[Click here to join the meeting](#)

Meeting ID: 232 259 810 275

Passcode: via39F

When?

**Wednesday, May 1, 2024, 04:00 PM**

Where?

**Virtual**

Attend (RSVP)



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.

**United Mental  
Health Promoters**



The United Mental Health Promoters of Los Angeles County provide educational workshops to individuals and families seeking needed resources on prevention and early intervention in mental health. The promoter is not a clinician or psychiatrist, and for this reason, he/she cannot state his or her opinion on psychological treatment or medications.

**United Mental Health Promoters & Century Community Charter School**

**Invites you to Participate in the following free workshops, online!**

- 02/07/2024 Emotional Wellbeing and Stress
- 02/14/2024 Introduction to Mental Health and Eliminating Stigma
- 02/21/2024 Understanding Depression and Building Resilience
- 02/28/2024 Understanding Anxiety and Building Resilience
- 03/06/2024 Family Violence Awareness, Prevention, and Resilience
- 03/13/2024 Understanding the Impact of Alcohol and Drug Addiction
- 03/20/2024 Grief, Loss, and Resilience
- 03/27/2024 Child Abuse Prevention and Resilience
- 04/10/2024 Suicide Awareness, Prevention, and Resilience
- 04/17/2024 Understanding Neurodevelopmental Disorders & Role of Caregivers
- 04/24/2024 Understanding Childhood Behaviors and Disorders
- 05/01/2024 Bullying Prevention – Kindness, Acceptance, Inclusion
- 05/08/2024 Immigration, Adaptation, and Resilience

**Day: Wednesday**

**Time: 4 PM**

**Coordinator**

**Ms. Brenda Garcia**

**Promoter:**

**Alida Turner**

Any questions? Please call Coordinator Ms. Brenda Garcia at 310-412-7960

To coordinate a presentation or for general information about the Promoters Program, contact:

Alida Turner  
SA8 Community Health Worker  
Phone: (213)523-9148

or

Priscilla Renteria  
SA8 Community Health Supervisor  
Phone: (213) 435-0813

[aturner@dmh.lacounty.gov](mailto:aturner@dmh.lacounty.gov)

[prenteria@dmh.lacounty.gov](mailto:prenteria@dmh.lacounty.gov)

Map error: g.co/staticma



## Mental Health Promoters- Virtual Spanish Session

Join us for the second series of the United Mental Health Promoters beginning on Thursday, May 2, 2024 at 3:30 p.m. This session will be virtual.

This series will be offered virtually and in the afternoon to provide more parents the opportunity to join and take advantage of this amazing resources and opportunity. Please use this [link](#) to learn more about the program and find mental health resources.

Use this link to join our Microsoft Teams meeting:  
[Click here to join the meeting](#)

Meeting ID: 254 831 340 258

Passcode: PqmLDL

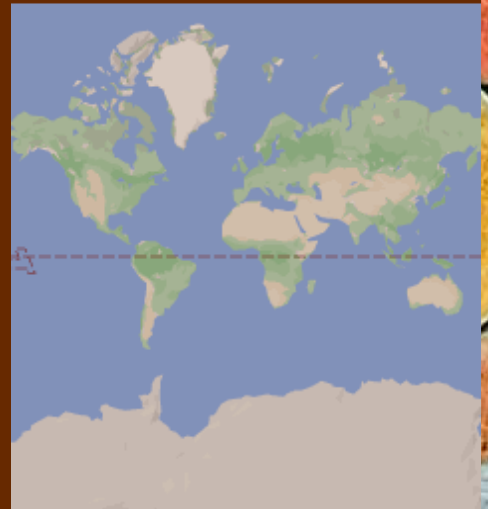
[Download Teams](#) | [Join on the web](#)

When?

**Thursday, May 2, 2024, 03:30 PM**

Where?

**Virtual**



 [Open maps](#)



Map data ©



**Promotores Unidos De  
Salud Mental**



**Century Community Charter School y Promotores Unidos de  
Salud Mental le Invitan a Participar en los Sigüientes Talleres**



**Virtuales Ms. TEAMS  
los Jueves a las 3:30 P.M.  
Coordinadora: Ms. Brenda Garcia  
Promotora: Maria Villicana**

- 02/08/24 –Bienestar Emocional y Estres
- 02/15/24 –Prevencion del Acoso: Amabilidad, Aceptación, Inclusion
- 02/22/24 –Salud Mental y Estigma
- 02/29/24 –Comprendiendo la Depresión y Desarrollando la Resiliencia
- 03/07/24 –Comprendiendo la Ansiedad y Desarrollando la Resiliencia
- 03/14/24 –Duelo, Perdida y Resiliencia
- 03/28/24 –Entendiendo el Impacto de la Adicción en el Bienestar Mental
- 04/11/24 –La Violencia Familiar Concientización, Prevencion y Resiliencia
- 04/18/24 –Prevencion del Abuso Infantil y Resiliencia
- 04/25/24 –Concientización, Prevencion y Resiliencia del Suicidio
- 05/02/24 –Comprender los Trastornos del Neurodesarrollo y Rol de los Cuidadores
- 05/09/24 –Comprender los Comportamientos y Trastornos de Menores de Edad
- 05/16/24 –Inmigración, Adaptación y Resiliencia

Para coordinar una presentación, o para mas información general sobre el programa de Promotores, favor de comunicarse con:

Berta Martinez  
SA8 Supervising CHW  
Phone: (213) 561-0792  
BrMartinez@dmh.lacounty.gov

o Maria Villicana  
SA8 Community Health Worker  
Phone: (213) 435-0772  
mvillicana@dmh.lacounty.gov

# Resources

## Social Emotional Learning/ Aprendizaje Socio-Emocional

As we continue to move through unprecedented times and focus on the social emotional wellbeing of our students and families, we would like to share the following video on the importance of social emotional learning at home. Please visit our website to learn more about social emotional learning and its importance in our lives.

Thank you for all you do for your children!

A medida que continuamos atravesando tiempos sin precedentes y nos enfocamos en el bienestar socio-emocional de nuestros estudiantes y familias, nos gustaría compartir el siguiente video sobre la importancia del aprendizaje socio-emocional en el hogar. Favor de visitar nuestra pagina de internet para aprender mas sobre el aprendizaje socio-emocional.

Gracias por hacer todo lo que hacen por sus hijos!

<http://centurycommunitycharter.weebly.com/teal.html>

## Social Media / Redes Sociales

Dear families, we strongly encourage you to talk to your children about social media. The safety of our children begins with us as parents and we are happy to provide resources that can help in this journey.

Below are a few resources to learn more about the following:

- [How to Help Teens Manage the Effects of Social Media on Their Mental Health](#)
- [11 Social Media Red Flags Parents Should Know About](#)
- [4 Conversations to Have with Older Kids and Teens About Their Screen Time Habits](#)
- [Parenting, Media, and Everything in Between](#)

Queridas familias, les recomendamos que hable con sus hijos sobre las redes sociales. La seguridad de nuestros hijos comienza con nosotros como padres y nos complace brindar recursos que puedan ayudarlos en este viaje.

A continuación hay algunos recursos para obtener más información sobre lo siguiente:

- [Cómo ayudar a los adolescentes a manejar los efectos de las redes sociales en su salud mental](#)
- [11 señales de alerta de las redes sociales que los padres deben conocer](#)
- [4 conversaciones para tener con niños mayores y adolescentes sobre sus hábitos de tiempo](#)

- [Crianza de los hijos, medios de comunicación y todo lo demás](#)

## Community Resources

At CCCS, our staff strives to provide resources that can assist our bear families. Please visit our website for resources you can access from the comfort of your home:

*En CCCS, nuestro personal espera poder proveer recursos que puedan asistir a nuestras familia. Favor de visitar nuestra pagina de internet para recursos que puede acceder desde su casa:*

Wellness Resources/ *Recursos de Bienestar:*

- <http://centurycommunitycharter.weebly.com/resources.html>

Community Resources/ *Recursos Comunitarios:*

- <http://centurycommunitycharter.weebly.com/community-resources.html>

COVID-19 Information/ *Información de COVID-19:*

- <http://centurycommunitycharter.weebly.com/covid-19-information-health.html>

*Parent Classes (NEW): (Flyer Below)*

- <http://centurycommunitycharter.weebly.com/parent-classes.html>

- CCCS Calming Room/ *CCCS Salon de Relajacion:*

- <https://sites.google.com/view/cccs-calming-room/home?authuser=0>

- Nutrition Assistance/ *Asistencia de Alimentación:*

- <http://centurycommunitycharter.weebly.com/nutrition-assistance.html>

## Community Flyers/ Volantes Comunitarios

# FAMILY SUPPORT



## Parents!

**Need support with your 0-5 year old child?**

**Are you feeling stressed?**

**Do you have concerns about your baby's or child's behavior?**

We can help you with FREE in-home support. We can provide resources and referrals for:

- IEP & Regional Center support
- Food, clothing, and diapers
- Housing support services
- Job training
- Family activities and playgroups
- Health care for the whole family
- Health insurance
- Childcare and preschool information and resources

Program Eligibility:

- Parents with children 0-5 years old
- Families at-risk for the impacts of trauma
- Reside in Crenshaw, Inglewood, Lennox, Mar Vista, Santa Monica, or Venice

For more information, please contact one of our Community Resources Specialist at (323) 864-0109 or send an email to [familysupport@winla.org](mailto:familysupport@winla.org)



\*This event funded through the Los Angeles Department of Mental Health Innovation 2



5601 W Slauson Ave. Ste 220  
Culver City, CA 90230

# APOYO FAMILIAR



## ¡Padres!

**¿Necesita apoyo con sus hijos de 0-5 años? ¿Se siente estresada? ¿Le preocupa el comportamiento de su bebé o hijo?**

Podemos ayudarle con apoyo en su hogar GRATUITO. Podemos ofrecer recursos y referencias para:

- Apoyo con el IEP y Centro Regional
- Comida, ropa y pañales
- Servicios de apoyo de vivienda
- Entrenamiento de trabajo
- Actividades y grupos familiares
- Atención de salud para toda la familia
- Seguro de salud
- Información y recursos sobre cuidado infantil y preescolar

Elegibilidad del programa:

- Padres con niños de 0-5
- Familias en riesgo de los impactos de trauma
- Vivir en el área de Crenshaw, Inglewood, Lennox, Mar Vista, Santa Monica o Venice

Para más información, favor comuníquese con una Especialista de Recursos Comunitarios al (323) 864-0109 o mande un correo electrónico a [familysupport@winla.org](mailto:familysupport@winla.org)



\*This event funded through the Los Angeles Department of Mental Health Innovation 2



5601 W Slauson Ave. Ste 220  
Culver City, CA 90230

**!!ACCEPTING NEW CLIENTS!!**



## FREE THERAPY **ELIGIBILITY**

- **Pregnant or Parents with children 0-5 years old**
- **Families at-risk for the impacts of trauma**
- **Reside in:**
  - **South Los Angeles**
  - **Crenshaw**
  - **Inglewood**
  - **Lennox**
  - **Mar Vista**
  - **Santa Monica**
  - **Venice**

**Need support? Feeling stressed? We're here to help!**

**familysupport@winla.org | (323) 864-0109**

**!!ACEPTANDO NUEVOS CLIENTES!!**

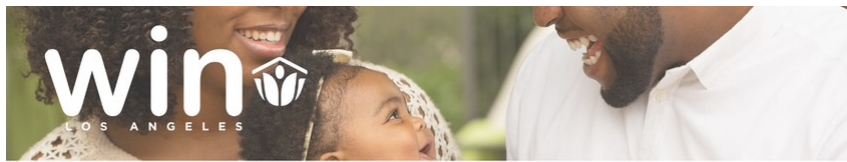


## **ELEGIBILIDAD** PARA TERAPIA GRATUITA

- **Embarazadas o Padres con niños de 0-5**
- **Familias en riesgo de los impactos de trauma**
- **Vivir en el área de**
  - **Sur de los ángeles**
  - **Crenshaw**
  - **Inglewood**
  - **Lennox**
  - **Mar Vista**
  - **Santa Monica**
  - **Venice**

**¿Necesita ayuda? ¿Se siente estresado? Estamos aquí para ayudarlo.**

**familysupport@winla.org | (323) 864-0109**



# CONNECTING WITH YOUR CHILD

A 10-week parent workshop for Black & African American caregivers with children 0-5 years old\*

\*Using the Attachment Vitamins curriculum developed by University of California San Francisco (UCSF)

## TOPICS INCLUDE:

- Connection
- Child Development
- Child's Experiences
- Caregivers' Experiences
- Peer Support



## FACILITATORS



### Lindsey Washington

Lindsey is a Compton native, former Kindergarten teacher, and now, Mental Health Therapist at WIN. She is on a mission to decolonize mental health and is passionate about breaking down the stigma of receiving mental health services in the Black community.



### Wayman Knowles

Wayman began his journey at WIN as a Community Ambassador where he learned to connect with the community. In his role as a Family Engagement Specialist, he intends to strengthen more intentional connections.

For more information call  
**(424) 242-2397**



Or Register Here!

www.winla.org  
info@winla.org

5601 W. Slauson Ave, Suite 220  
Culver City, CA 90230

Los Angeles County  
DEPARTMENT OF MENTAL HEALTH

## TOLL-FREE ASSISTANCE

We are here to

# HELP!



Department of Mental Health's  
Emergency & Non-Emergency  
Helpline!  
24 hours / 7 days  
"ACCESS"  
**1-800-854-7771**

A public service brochure prepared by  
The Office of the Mental Health Commission  
Email: [mentalhealthcommission@dmh.lacounty.gov](mailto:mentalhealthcommission@dmh.lacounty.gov)  
(213) 738-4772

Website for Department of Mental Health  
<http://dmh.lacounty.info>

Beneficiary Info for Medi-Cal programs  
1-800-541-5555

ACCESS (Mental Health emergency and  
Non-emergency helpline -24 hours / 7 days)  
1-800-854-7771

Suicide Prevention Center Survivor Hotline  
(Callor *inside* Los Angeles County 24 hours / 7 days)  
1-877-727-4747

Alzheimer's Association Helpline  
(24 hours / 7 days)  
1-800-272-3900

Boys Family Town  
National Abuse Hotline  
(Teens, young adults and parents)  
1-800-448-3000

California Youth Crisis Hotline  
(Homeless, substance abuse & teen young adult issues)  
(24 hours / 7 days)  
1-800-843-5200

Child Protection Hotline  
(24 hours / 7 days)  
1-800-540-4000

Domestic Violence/Safety Plan Hotline  
(24 hours / 7 days)  
1-800-978-3600

Elder Abuse Hotline  
(24 hours / 7 days)  
1-800-992-1660

Center for Disease Control Information  
(STD, HIV information, counseling and treatment referral)  
1-800-232-4636

Homeless Health Care  
(Adults - 9-5 Monday - Friday)  
1-800-564-6600

REVISED - 7/31/2013

NON-EMERGENCY NUMBERS  
211 - Los Angeles County Info Line  
311 - City of Los Angeles Info Line  
For life threatening emergencies, please call 911  
(Se Habla Espanol)

# LO QUE NECESITAS SABER PARA AYUDAR A PROTEGER A LOS NIÑOS



## 1 INFORMES DE ABUSO INFANTIL HAN DISMINUIDO

Desde que comenzó la pandemia, las llamadas a la línea directa de protección infantil del Condado de Los Angeles han disminuido hasta en un 50 por ciento. Con los niños en casa, la red de seguridad de los encargados de denunciar ya no está presente. Necesitamos la ayuda de todos para mantener a los niños seguros.



## 2 ¿CUÁLES SON LAS SEÑALES DE ABUSO O NEGLIGENCIA?

- El niño tiene quemaduras, mordeduras, rasguños, moretones, huesos rotos u ojos morados inexplicables
  - El niño carece de supervisión de adultos / jóvenes maduros
  - El niño está constantemente sucio
  - Se pueden escuchar altercados violentos en el hogar
- Más información de signos aquí: [childwelfare.gov/ouhPDFs/ques.pdf](http://childwelfare.gov/ouhPDFs/ques.pdf)



## 3 REPORTE SOSPECHAS DE ABUSO INFANTIL AL 800-540-4000

- La línea directa de protección infantil está abierta las 24 horas del día, los 7 días de la semana.
- Cualquiera puede denunciar sospecha de abuso o negligencia infantil.
- Si denuncia abuso infantil de buena fe es protegido por ley de responsabilidad civil o penal.
- Las personas que llaman pueden hacer un informe y permanecer en el anonimato, a excepción de los informes obligatorios.



## 4 ¿QUÉ PASA DESPUÉS DE LLAMAR?

Después de hacer un reporte, la información se revisa para determinar si se necesita una investigación o si la familia puede beneficiarse de apoyo adicional. En el Condado de Los Angeles, las familias pueden ser conectadas a agencias en sus comunidades para recibir apoyo. Si se necesita una investigación, un trabajador social visitará a la familia y completará una investigación.

Obtenga más información sobre cómo denunciar sospechas de abuso infantil en: [dcfs.lacounty.gov/contact/report-child-abuse/](http://dcfs.lacounty.gov/contact/report-child-abuse/)



Departamento de Servicios para Niños y Familias del Condado de Los Angeles | [www.dcf.lacounty.gov](http://www.dcf.lacounty.gov) | [Facebook](https://www.facebook.com/LACountyDCFS) | [Twitter](https://twitter.com/LACountyDCFS)

## County of Los Angeles – Department of Mental Health



**Service Area 8 (Long Beach/South Bay) Administration**  
Main Line: 562-256-7717  
Office Hours: Monday-Friday 8:00 AM to 5:00 PM

Navigation Team (for assistance with linkage to mental health services, support services, or community resources, please email or leave a voicemail and staff will respond to your inquiry as soon as possible)

Adult Navigator (ages 21+) Adult and Older Navigator (60+)	Trisha Deeter: TDeeter@dmh.lacounty.gov or 562-256-1279 Jenny Nguyen: JNguyen@dmh.lacounty.gov or 562-256-1278
Child (Birth-15) and Young Adult (16-20) Navigators	April Hagerty: AHagerty@dmh.lacounty.gov or (562) 256-1280 Mary Marroquin: MMarroquin@dmh.lacounty.gov or (562) 256-1277
SA 8 Housing Specialists	Zhena McCollum: ZMcCollum@dmh.lacounty.gov or 562-256-1296 Veronica Aguilar: VAguilar@dmh.lacounty.gov or 562-256-1295 Ann Lee: ALee@dmh.lacounty.gov or 562-256-1270 (hearing impaired)
Community Worker/Parent Advocate/Faith-Based and Clergy Breakfast Liaison	Keeley Gilmore: KGilmore@dmh.lacounty.gov or 562-256-1281
SA 8 Homeless Outreach & Mobile Engagement (HOME)	Mainline 562-256-7920; Aubree Lovelace: Mental Health Program Manager II ALovelace@dmh.lacounty.gov or 213-349-7944
SA 8 Health Neighborhood Liaison	Kim Phan: KPhan@dmh.lacounty.gov or 562-256-1291

### Adult Clinics (call for intake information)

<b>Coastal Asian Pacific Islander Family MH Center</b> 14112 S. Kingsley Drive, Gardena 90249 310-217-7312	<b>Harbor-UCLA Medical Center</b> 1000 W. Carson Street, Torrance 90502 424-306-5700/5701
<b>Long Beach Mental Health Center</b> 2600 Reondo Ave 3 <sup>rd</sup> Floor, Long Beach 90805 562-256-2900	<b>Long Beach Asian Pacific Islander Family MH Center</b> 4510 E. Pacific Coast Highway, Suite 600, Long Beach 90804 562-346-1100
<b>San Pedro Mental Health Center</b> 150 W. 7 <sup>th</sup> Street, San Pedro 90731 310-519-6100	<b>South Bay Mental Health Center</b> 2311 W. El Segundo Boulevard, Hawthorne 90250 323-241-6730

### Children's Clinics (call for intake information)

<b>Coastal Asian Pacific Islander Family MH Center</b> 14112 S. Kingsley Drive, Gardena 90249 310-217-7312	<b>Long Beach Asian Pacific Islander Family MH Center</b> 4510 E. Pacific Coast Highway, Suite 600, Long Beach 90804 562-346-1100
<b>Long Beach Child &amp; Adolescent Program</b> 2600 Redondo Ave 8 <sup>th</sup> Floor Long Beach, CA 90805 562-256-2906	<b>Harbor-UCLA Medical Center</b> 1000 W. Carson Street Torrance, CA 90502 424-306-5700/5701
	<b>TIES for Families South Bay</b> 21081 Western Avenue, Suite 295 Torrance 90501 310-533-6600

### Countywide Navigators (for services outside of the Long Beach/South Bay area)

<b>Service Area 1: Antelope Valley/Palmisala/Lancaster</b>	Angela Coleman: 661-223-3613
<b>Service Area 2: San Fernando Valley/Santa Clarita/Olendale</b>	Darrell Schöler: 818-610-6705 Darwin Puno: 213-434-1375
<b>Service Area 3: San Gabriel Valley/Pasadena/Arcadia/Pomona</b>	Laura Jurado: 626-430-2915
<b>Service Area 4: Metro L.A./Downtown/Hollywood</b>	Phyllis Moore-Hayes: 213-922-8129 William Ortega: 213-922-6138
<b>Service Area 5: West L.A./Santa Monica</b>	Samantha Howard: 310-482-6612 Adriana V. Guzman: 310-482-6616
<b>Service Area 6: South Central L.A./Lynwood/Compton</b>	Perla Cabrera: 310-668-4902; Dismelle Anderson 310-668-5069
<b>Service Area 7: Cerritos/Downey/Whittier</b>	Alicia Ibarra: 213-738-6150 Jaime Gomez: 213-738-4686



Revised 12/14/2021

LACDMH's Help Line is available 24/7 to provide mental health support, resources and referrals at (800) 854-7771.

<http://dmh.lacounty.gov>



## Departamento de Salud Mental del Condado de Los Angeles



Oficina de Administración del Área de Servicio 8  
(Long Beach/Bahía del Sur)  
Línea Principal: 562-256-7717 (Horario: lunes-viernes 8:00 AM to 5:00 PM)

**Equipo de Navegación** (Para asistencia con relación a los servicios de salud mental e otros servicios de apoyo o recursos comunitarios, envíe un correo electrónico o deje un mensaje y el personal le responderá tan pronto como sea posible.)

Navegador de adultos (edades 21+)	Trisha Deeter: TDeeter@dmh.lacounty.gov o 562-256-1279
Navegador de adultos y de la tercera edad (60+)	Jenny Nguyen: JNguyen@dmh.lacounty.gov o 562-256-1278
Navegador de niños (edades 0-15) y adultos jóvenes (edades 16-20)	April Hagerly: AHagerly@dmh.lacounty.gov o 562-256-1280 Mary Marroquin: MMarroquin@dmh.lacounty.gov o 562-256-1277
Especialista de Vivienda	Zhena McCollum: ZMcCollum@dmh.lacounty.gov o 562-256-1296 Veronica Agullar: VAgullar@dmh.lacounty.gov o 562-256-1295
Trabajadora Comunitaria/Defensora de Padres/Entace de desayuno para ómnibus y religiosos	Keeley Gilmore: KGilmore@dmh.lacounty.gov o 562-256-1281
Área de servicio 8 Homeless Outreach & Mobile Engagement (HOME)	Línea principal: 562-256-7920 Aubree Lovelace: Gerente de Programa de Salud Mental II ALovelace@dmh.lacounty.gov o 213-349-7944
Área de servicio 8: entace de la comunidad de salud	Kim Phan: KPhan@dmh.lacounty.gov o 562-256-1291

### Clinicas de Adultos (llame para obtener información de admisión)

<b>Coastal Asian Pacific Islander Family MH Center</b> 14112 S. Kingsley Drive, Gardena 90249 310-217-7312	<b>Harbor-UCLA Medical Center</b> 1000 W. Carson Street, Torrance 90502 424-306-5700/5701
<b>Long Beach Mental Health Center</b> 2600 Redondo Avenue 3 <sup>rd</sup> Floor, Long Beach 562-256-2900	<b>Long Beach Asian Pacific Islander Family MH Center</b> 4510 E. Pacific Coast Highway, Suite 600, Long Beach 90804 562-346-1100
<b>San Pedro Mental Health Center</b> 150 W. 7 <sup>th</sup> Street, San Pedro 90731 310-519-6100	<b>South Bay Mental Health Center</b> 2311 W. El Segundo Boulevard, Hawthorne 90250 323-241-6730

### Clinicas de Niños (llame para obtener información de admisión)

<b>Coastal Asian Pacific Islander Family MH Center</b> 14112 S. Kingsley Drive, Gardena 90249 310-217-7312	<b>Long Beach Asian Pacific Islander Family MH Center</b> 4510 E. Pacific Coast Highway, Suite 600, Long Beach 90804 562-346-1100
<b>Long Beach Child &amp; Adolescent Program</b> 2600 Redondo Ave 6 <sup>th</sup> Floor Long Beach, CA 90806 562-256-2906	<b>Harbor-UCLA Medical Center</b> 1000 W. Carson Street Torrance, CA 90502 424-306-5701
	<b>TIES for Families South Bay</b> 21081 Western Avenue, Suite 295 Torrance 90501 310-533-6600

### Navegadores de todo el condado (para servicios fuera del área de Long Beach/Bahía del Sur)

<b>Área de servicio 1:</b> Antelope Valley/Palmdale/Lancaster	Angela Coleman: 661-223-3813
<b>Área de servicio 2:</b> San Fernando Valley/Santa Clarita/Glendale	Danell Scholle: 818-810-6705 Darwin Puno: 213-434-1375
<b>Área de servicio 3:</b> San Gabriel Valley/Pasadena/Arcadia/Pomona	Laura Jurado: 626-430-2915
<b>Área de servicio 4:</b> Metro L.A./Downtown/Hollywood	Phyllis Moore-Hayes: 213-922-8129 William Ortega: 213-922-8138
<b>Área de servicio 5:</b> West L.A./Santa Monica	Samantha Howard: 310-482-6612 Adriana V. Guzman: 310-482-6616
<b>Área de servicio 6:</b> South Central L.A./Lynwood/Compton	Perla Cabrera 310-668-4902 Dawnette Anderson 310-668-5069
<b>Área de servicio 7:</b> Centros/Downey/Whittier	Alicia Ibarra: 213-738-6150 Jaime Gomez: 213-738-4666



La línea de ayuda de LACDMH está disponible las 24 horas al día para proveer apoyo, recursos o referencias de salud mental. Llame al (800) 854-7771



<http://dmh.lacounty.gov>

## MERCADO DE COMIDA GRATIS

¡Venga y reciba una bolsa gratis de frutas y verduras!  
Abierto para pacientes y la comunidad



**Simms/Mann Health & Wellness Center**  
2509 Pico Blvd, Santa Monica  
**¡ CADA MARTES;**

**Irma Colen Health Center**  
4700 Inglewood Blvd, Culver City  
**¡ CADA 2º y 4º jueves del mes;**

**Rose Clinic**  
604 Rose Ave, Venice  
**¡ CADA 3º miércoles del mes;**

**Inglewood Health Center**  
1091 S. La Brea Ave., Inglewood CA 90301  
**¡ CADA 1º lunes del mes;**  
(Empezando 1 de mayo 2023)

**10:00 am- 12:00 pm**  
**Mientras dure la comida**

Patrocinado por



Venice Family Clinic



# FREE FOOD MARKET

Come get a free bag of fruits and vegetables!  
Open to patients and the community!



**Simms/Mann Health & Wellness Center**  
2509 Pico Blvd, Santa Monica CA 90405  
**EVERY TUESDAY**

**Irma Colen Health Center**  
4700 Inglewood Blvd, Culver City CA 90230  
**Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the Month!**

**Rose Clinic**  
604 Rose Ave, Venice CA 90291  
**Every 3<sup>rd</sup> Wednesday of the Month!**

**Inglewood Health Center**  
1091 S. La Brea Ave., Inglewood CA 90301  
**Every 1<sup>st</sup> Monday of the Month!**  
(Beginning May 1, 2023)

**10:00 am- 12:00 pm**  
**While supplies last**

Sponsored by



Venice Family Clinic



**Ms. Garcia**

Ms. Garcia is using Smore to create beautiful newsletters