

LONG BEACH COLLABORATIVE RESOURCE LIBRARY

ACTIVIDAD FÍSICA/ PHYSICAL ACTIVITY

Long Beach Parks, Recreation & Marine

Youth Sports

562 570-1725 | www.teamsideline.com/longbeach

Free After School Program Park Sites Ages 5-12

www.longbeach.gov/park/

*Houghton Park

6301 Myrtle Ave.

School Days M-F: 3:30-6:30pm

Summer Fun Days Program (June 18- Aug 24) M-F: 11-5pm

562 570-1640

*Coolidge Park

352 Neece Ave.

School Days M-F: 3:30-6:30pm

Summer Fun Days Program (June 18- Aug 24) M-F: 11-5pm

562 570-1618

*Ramona Park

3301 E. 65th St.

School Days M-F: 3-6pm

Summer Fun Days Program (June 18- Aug 24) M-F: 11-5pm

Summer Only: Be Safe Program M-F: 5-8pm

(Summer programs opened for kids age 5-high school age)

562 570-1665

*Silverado Park

1545 W. 31st. St.

School Days M-F: 3:30-6:30pm

Summer Fun Days Program (June 18- Aug 24) M-F: 11-5pm

Summer Only: Be Safe Program M-F: 5-8pm

562 570-1675

Zumba Class- The Children's Clinic

Trinity Lutheran Church

759 Linden Avenue

562 264-3115

Zumba Class- LB Senior Center

1150 E 4th Street | Sat: 11:30am

562 570-3500 | www.longbeach.gov/park/park-and-facilities/directory/long-beach-senior-center/

www.bgclublb.org/

Boys & Girls Club of LB

3635 Long Beach Blvd. | www.bgclublb.org/

Healthy Active LB

2525 Grand Ave. | www.longbeach.gov/health/healthy-living/individual/nutrition-and-physical-activity/

562 570-4244 (English) 562 570-4292 (Spanish)

562 570-4244 (English) 562 570-4292 (Spanish)

Kidical Mass Bike Ride

Georgie's Place at 3850 Atlantic Ave. Long Beach, 90807

1 pm on the third Sunday of the month

562 595-0081 | bixbyknollsinfo.com/events/kidical-mass/

EDUCACIÓN SOBRE NUTRICIÓN/ NUTRITION EDUCATION

TCC-The Children's Clinic, Serving Children & their Families

Healthy Meals, Healthy Families M & W 10am-12:30pm

759 Linden Avenue Long Beach 90813

562 264-3115 | www.thechildrensclinic.org/index.php/health-education-and-outreach/

California WIC Various Location: 562 570-4242

Central- 113 Rhea St. Long Beach, CA 90806

Health Dept. - 2525 Grand Ave. Long Beach, CA 90815

North- 5166 Atlantic Ave. Long Beach, CA 90805

St. Mary- 1043 Elm Ave. Suite 401 Long Beach, CA 90813

West- 2125 Santa Fe Ave. Long Beach, CA 90810

www.fns.usda.gov/wic/women-infants-and-children-wic

The Growing Experience- An Urban Farm

750 Via Carmelitos Long Beach, CA 90805

562 984-2917 | growingexperiencelb.hacola.org/about-us/what-we-do

East Rancho Dominguez Service Center

15116 S. Atlantic Ave. Compton, CA 90221

310-603-7401 | wdacs.lacounty.gov/

Miller Family Health Education Center (MFHEC)

3820 Cherry Avenue Long Beach, CA 90807

562 570-7903 | www.longbeach.gov/health/services/directory/fhec/

Long Beach Alliance for Food and Fitness

701 E. 28th, Suite 200

562 933-0400 | www.thechildrensclinic.org/index.php/long-beach-alliance-for-food-and-fitness/

Lutheran Social Services

1611 Pine Ave.

562 599-1321 | www.lsssc.org/location/south-bay-long-beach/

EDUCACIÓN PARA PADRES/ PARENT EDUCATION

The Children's Clinic (TCC)- Various Locations

-Community Health Centers-844 822-4646

The S. Mark Taper Foundation

455 E. Columbia St. | M-Th:8-8pm, F:8-5pm, Sat: 8:30-1pm

The Vasek Polak

1057 Pine Ave. | M-F: 8-5pm

Central Long Beach

2360 Pacific Ave. | M-F:8-8pm, Sat:9-6pm, Sun:9-1pm

Cesar Chavez Elementary School

730 W. 3rd St. | M-F:8-5pm

Jenny Oropeza Elementary School- Only Children

700 Locust Ave.

844 822-4646 | MWF:2:30-6:30pm

Hamilton Middle School

1060 E. 70th St. | M-F:8-5pm

Roosevelt Elementary School

1574 Linden Ave. | M-F:8-5:30pm

Healthy Parenting M 6:30-7:30pm

455 East Columbia Street Long Beach, CA 90806

For the Child (Cedar House - Administration & Child Abuse Services)

4565 California Ave. Long Beach, CA 90807

562 422-8472 | www.forthethechild.org/

Center for Families and Youth

Family Health Education Center

3820 Cherry Ave.

562 570-3300 | www.longbeach.gov/health/services/directory/cfy/

Families Uniting Families

Project Fatherhood | Th 6-8pm

525 E 7th St. Long Beach, CA 90813

562 437-4114 | familiesunitingfamilies.org/

RECURSOS CLAVES DE LA COMUNIDAD/

KEY COMMUNITY RESOURCES:

1Degree: www.1degree.org/

Meetup: www.meetup.com/

City of Long Beach: www.longbeach.gov/

Resource Library: www.bit.ly/community-resources1