

LONG BEACH COLLABORATIVE RESOURCE LIBRARY (PARAMOUNT & COMPTON)

ACTIVIDAD FÍSICA/ PHYSICAL ACTIVITY

Compton Parks, Recreation & Marine

www.comptoncity.org/depts/parks

***East Rancho Dominguez Park**

15116 S. Atlantic Ave. Compton, CA 90221

310 603-3724 | www.parks.lacounty.gov

***Burrel-Macdonald Park**

2516 West Alondra Blvd. Compton, CA 90220

310 638-6414 | M–Th: 11- 7pm & Sat 9-6pm

***Wilson Park**

123 N. Rose Street Compton, CA 90221

310 761-1465 | M–Th: 11- 7pm & Sat 9-6pm

Paramount Parks, Recreation & Marine

www.paramountcity.com/government/departments/recreation

***Paramount Park**

14400 Paramount Blvd. Paramount, CA 90723

562 570-1675 | M-Sun 9am-8pm

***Pequeno Park**

13931 Downey Ave. Paramount, CA 90723

562 220-2121 | 323 298-3600

Boys & Girls Club of LB

6822 N Paramount Blvd. Long Beach, CA 90805

562 630-6200 | www.bqclublb.org

Healthy Active LB

2525 Grand Ave. Long Beach, California 90815

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

www.longbeach.gov/health/healthy-living/individual/nutrition-and-physical-activity

Los Cerritos Branch YMCA

15530 Woodruff Ave. Bellflower, CA 90706

Aquatics Paramount Park Pool | Swim fees for children

562 925-1292 | www.lbymca.org/loscerritos/los-cerritos-home

Lakewood Family YMCA

5835 E Carson St. Lakewood, CA 90713

562 425-7431 | www.lbymca.org/lakewood/lakewood-home

City of Paramount Recreation Activities

STAR (Success Through Academics and Recreation) After School

Program | www.paramountcity.com/residents/star-program

City Yard | 15300 Downey Ave. Paramount, CA 90723

562 220-2121 | www.paramountcity.com/i-want-to/register-for/recreation-activities

Paramount Community Center

14400 Paramount Blvd. Paramount, CA 90723

Folklorico, Salsa, and Jujitsu classes

562 220-2090 | www.paramountcity.com/i-want-to/register-for/recreation-activities

EDUCACIÓN SOBRE NUTRICIÓN/ NUTRITION EDUCATION

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

Healthy Mind, Body, and Soul Class | F 10-11am

17660 Lakewood Blvd. Bellflower, CA 90706

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

California WIC Various Location: 562 570-4242

Paramount- 16260 Paramount Blvd, Paramount, CA 90723

310 661-3080

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 Ste 401. Long Beach, CA 90805

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

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

East Rancho Dominguez Service Center

15116 S. Atlantic Ave. Compton, CA 90221

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

St. John's Clinic

2115 N. Wilmington Ave. Compton, CA 90222

310-603-1332 | www.wellchild.org/health-education

SNAP (Summer Nutrition & Activity Program)

All PUSD elementary and middle school campuses (except Jackson School)

www.paramountcity.com/community/community-services-recreation-department/summer-programming#SNAP

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. Long Beach, CA 90806

M-Th:8-8pm, F:8-5pm, Sat: 8:30-1pm

Central Long Beach

2360 Pacific Ave. Long Beach, CA 90806

M-F:8-8pm, Sat:9-6pm, Sun:9-1pm

Cabrillo Gateway

2000 San Gabriel Ave. Long Beach, CA 90810 | M-F:8-5pm

Cesar Chavez Elementary School

730 W. 3rd St. Long Beach, CA 90802 | M-F:8-5pm

Jenny Oropeza Elementary School- Only Children

700 Locust Ave. Long Beach, CA 90802

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

Hamilton Middle School

1060 E. 70th St. Long Beach, CA 90805 | M-F:8-5pm

Roosevelt Elementary School

1574 Linden Ave. Long Beach, CA 90813 |M-F:8-5:30pm

Bayfront Youth & Family Services

Free Parent Counseling 2x/month

16444 Paramount Blvd. Paramount, CA 90723

562 788-7252 | www.bayfrontyfs.org/

Learning Center (PEP)

14400 Gundry Avenue Paramount, CA 90723

562 220-2145 or 562 220-2250 | www.paramountcity.com/i-want-to/register-for/recreation-activities

Exchange Club Family Support Center

Breakthrough Parenting Class

9 session classes with a fee of \$40 (single parent) or \$60 (couple)

8320 Iowa Street Downey, CA 90241

562-904-9590 | www.downeyfamilysupport.com

Transforming Life Center, Inc.

17814 Woodruff Ave. Suite 3, Bellflower, CA 90706

Free parenting classes every Mondays in Long Beach 10-11:30am

562 925-3700 | www.tlc4counseling.com

RECURSOS CLAVES DE LA COMUNIDAD/

KEY COMMUNITY RESOURCES:

1Degree: <https://www.1degree.org>

Meetup: <https://www.meetup.com>

City of Paramount: www.paramountcity.com

City of Compton: www.comptoncity.org

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

