

LONG BEACH COLLABORATIVE RESOURCE LIBRARY (LA)

ACTIVIDAD FÍSICA/ PHYSICAL ACTIVITY

Los Angeles Parks, Recreation & Marine

1464 East 109th St.

www.laparks.org/reccenter

*Van Ness Recreation Center

5720 2nd Ave.

323 296-1559 | www.laparks.org/reccenter/van-ness

*Angeles Mesa Park

2929 West 48th St.

310 548- 7598 | www.laparks.org/park/angeles-mesa

*Leimert Plaza Park

4395 Leimert Blvd

323 292-622 | www.laparks.org/park/leimert-plaza

*St Andrews Recreation Center

8701 S St .Andrews Place

213 485-1751 | www.laparks.org/reccenter/saint-andrews

*Kenneth Hahn State Recreation Area

4100 S La Cienega Blvd

323 298-3600 | parks.lacounty.gov/kenneth-hahn-state-recreation-area/

YMCA of Los Angeles

3820 Santa Rosalia Dr. Los Angeles, CA 90008

323 292-9195 | www.ymcala.org/crenshaw

Share Necessities- Next Level CommUNITY Center

2503 W 54th St. Los Angeles, CA 90043

323 577-9432 | www.share-necessities.org/about

Healthy Active LB

2525 Grand Ave. Long Beach, CA 90815

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

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

Free Zumba on Macy's Bridge

3650 West Martin Luther King Blvd. Los Angeles, CA 90008

Every Tuesday at 7:30 (children under 12)

323 290-6636 | www.baldwinhillscrenshawplaza.com/event/free-zumba-on-the-macys-bridge/2145400635

Community School Parks -Free Classes for the Family

(Every Saturday 10am-4pm)

213 202-5660 | www.laparks.org/sites/default/files/lakids/pdf/school-parks-flyer.pdf

EDUCACIÓN SOBRE NUTRICIÓN/ NUTRITION EDUCATION

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

Healthy Parenting | M 6:30-7:30pm

455 East Columbia St. #201, Long Beach 90806

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

California WIC Various Location: 562 570-4242

South Florence- 3521 W 63rd St. 90043

South LA. – 4150 S Central Ave. 90011

LA- 250 E Manchester Ave. 90003

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

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

Los Angeles Regional Food Bank

1734 East 41st Street Los Angeles, CA 90058

323 234-0943 | www.lafoodbank.org/learn/programs-services/nutrition-education/

Los Angeles Boys & Girls Club

2635 Pasadena Avenue Los Angeles, CA 90031

323 221-9111 | www.labgc.org/

East Rancho Dominguez Service Center

15116 S. Atlantic Ave. Compton, CA 90221

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

Healthy Balance Program

12200 Bellflower Blvd. Downey, CA, 90242

562 622-4150

healthybalance-kaiserpermanente.org/downey/class/healthy-balance-program-3/2019-02-15/

SEE-LA- Nutrition Education Classes

4301 S Central Avenue | Th 11-12pm

1670 E 120th Street | W 9-10am

323 463-1062 | seela.org/good-cooking/nutrition/

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

The Vasek Polak

1057 Pine Ave. Long Beach, CA 90813 | M-F: 8-5pm

Central Long Beach

2360 Pacific Ave. Long Beach, CA 90806 | M-F:8-8pm, Sat:9-

6pm, Sun:9-1pm

Westside

2125 Santa Fe Ave. Long Beach, CA 90810 | M-F:8-5pm

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

Jeffrey Foundation- Special Child and Family Resource Center

5443 W. Washington Blvd, Los Angeles, CA 90016

Tu & Th 6-8pm

323 965-1085 | www.thejeffreyfoundation.com

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 | Thu 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 Los Angeles: www.lacity.org

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