

## LONG BEACH COLLABORATIVE RESOURCE LIBRARY (TORRANCE)

### ACTIVIDAD FÍSICA/ PHYSICAL ACTIVITY

#### Torrance Parks and Recreation

310-328-5310 | [www.torranceca.gov/services/parks](http://www.torranceca.gov/services/parks)

##### \*Alta Loma Park

26126 Delos Drive Torrance, CA 90505

6am-10pm

##### \*Columbia Park

4045 190<sup>th</sup> Street Torrance, CA 90504

6am-10pm

##### \*Delthorne Park

3401 Spencer Street Torrance, CA 90503

6am-10pm

##### \*Descanso Park

2500 Descanso Way Torrance, CA 90504

6am-10pm

##### \*De Portola Park

25615 Lazy Meadow Drive Torrance, CA 90505

6am-10pm

#### Carson Parks and Recreation

##### Del Amo Park

20320 S Avalon Blvd Carson, CA 90746

310-324-2390 | [ci.carson.ca.us/](http://ci.carson.ca.us/)

##### Carson Park

21411 S Orrick Avenue Carson, CA 90745

310-830-4925

##### Dolphin Park

21205 S Water Street Carson, CA 90745

310-549-4560

##### YMCA (Torrance-South Bay)

2900 West Sepulveda Boulevard Torrance, CA 90505

310-325-5885 | [www.ymcala.org](http://www.ymcala.org)

##### Boys and Girls Club (Fleming Middle School)

25425 Walnut Street Lomita, CA 90717

310-549-8323 | [bgclaharbor.org](http://bgclaharbor.org)

### EDUCACIÓN SOBRE NUTRICIÓN/ NUTRITION EDUCATION

#### California WIC Locations

562 570-4242

**Torrance** -1640 W Carson Street, Torrance, CA 90501

**Lawndale**- 15625 Hawthorne Blvd, Lawndale, CA 90260

**Gardena**-15212 S Western Ave. Gardena, CA 91733

**Carson**- 860 E Carson St Suite108-109, Carson, CA 90745

**117<sup>th</sup> Street** -4455 W 117th St #501, Hawthorne, CA 90250

**Torrance Health Center**- 711Del Amo Blvd. Torrance, CA 90502

**Wilmington**- 125 E. Anaheim Street, Wilmington, CA 90744

[www.fns.usda.gov/wic/women-infants-and-children-wic](http://www.fns.usda.gov/wic/women-infants-and-children-wic)

#### South Bay Family Health Care

Health Education Classes: diet, exercise, disease management, & healthy lifestyle choices

23430 Hawthorne Blvd. Suite 210 Torrance, CA 90505

310-802-6177 | [www.sbfhc.org/health-services/](http://www.sbfhc.org/health-services/)

#### Torrance Memorial

Health and Wellness

3330 Lomita Blvd. Torrance, CA 90505

310-325-9110 | [www.torrancememorial.org/](http://www.torrancememorial.org/)

#### Kaiser Permanente

Main Street Health Pavilion

23701 Main Street Carson, CA 90745

310-816-5464 | [thrive.kaiserpermanente.org/care-near-you/southern-california/south-bay/prevention-wellness/center-for-healthy-living/healthy-balance/](http://thrive.kaiserpermanente.org/care-near-you/southern-california/south-bay/prevention-wellness/center-for-healthy-living/healthy-balance/)

#### South Bay YMCA

Healthy Ever After! Th 5:30pm-7pm

2900 West Sepulveda Blvd Torrance, CA

310-602-4905 | [www.torrancememorial.org/](http://www.torrancememorial.org/)

### 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. 70<sup>th</sup> St. Long Beach, CA 90805 | M-F:8-5pm

##### Roosevelt Elementary School

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

#### Torrance Adult School

Griffith Adult Center

2291 Washington Avenue Torrance, CA 90501

310-533-4689 | [tastusd.org/](http://tastusd.org/)

#### Hamilton Adult Center

2606 West 182<sup>nd</sup> Street Torrance, CA 90504

310-533-4689

#### Levy Adult Center

3420 West 229<sup>th</sup> Place Torrance, CA 90505

310-533-4689

#### South Bay Adult School

3401 Inglewood Avenue Redondo Beach, CA 90278

310-937-3340 | [www.southbayadult.org/](http://www.southbayadult.org/)

#### South Bay Junior Academy

4400 Del Amo Torrance, CA 90503

310-370-6215 | [www.sbjia.com/parents/parenting-classes/](http://www.sbjia.com/parents/parenting-classes/)

#### Children's Institute (Burton E. Green Campus)

21810 Normandie Avenue Torrance, CA 90502

424-201-3200 | [www.childrensinstitute.org/](http://www.childrensinstitute.org/)

### RECURSOS CLAVES DE LA COMUNIDAD/

#### KEY COMMUNITY RESOURCES:

1Degree: [www.1degree.org/](http://www.1degree.org/)

Meetup: [www.meetup.com/](http://www.meetup.com/)

City of Torrance: [www.torranceca.gov/](http://www.torranceca.gov/)

Resource Library: [www.bit.ly/community-resources1](http://www.bit.ly/community-resources1)