

## LONG BEACH COLLABORATIVE RESOURCE LIBRARY (LAKEWOOD)

### ACTIVIDAD FÍSICA/ **PHYSICAL ACTIVITY**

#### Lakewood Parks and Recreation

[www.lakewoodcity.org/services/recreation](http://www.lakewoodcity.org/services/recreation)

##### \*Boyar Park

6701 Del Amo Blvd. Lakewood, CA 90713

562-925-6912 | [www.lakewoodcity.org/default.asp](http://www.lakewoodcity.org/default.asp)

##### \*Del Valle Park

5939 Henrilee St. Lakewood, CA 90713

562-429-0545 | [www.lakewoodcity.org/about/mapsinfo/profiles/delvalle.asp](http://www.lakewoodcity.org/about/mapsinfo/profiles/delvalle.asp)

##### \*Mayfair Park

5720 Clark Ave. Lakewood, CA 90712

562-866-4776 | [www.lakewoodcity.org/about/mapsinfo/profiles/mayfair.asp](http://www.lakewoodcity.org/about/mapsinfo/profiles/mayfair.asp)

##### \*Palms Park

12305 207<sup>th</sup> St. Lakewood, CA 90715

562-865-6414 | [www.lakewoodcity.org/about/mapsinfo/profiles/palms.asp](http://www.lakewoodcity.org/about/mapsinfo/profiles/palms.asp)

##### \*Rynerson Park

20711 Studebaker Rd. Lakewood, CA 90715

562-925-6912 | [www.lakewoodcity.org/about/mapsinfo/profiles/rynerson.asp](http://www.lakewoodcity.org/about/mapsinfo/profiles/rynerson.asp)

#### 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](http://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](http://www.lbymca.org/lakewood/lakewood-home)

##### \*John S. Simms Park

16614 S. Clark Ave. Bellflower, CA 90706

562-866-7510 | [www.bellflower.org/depts/parks/facilities/simms.asp](http://www.bellflower.org/depts/parks/facilities/simms.asp)

##### \*Ruth R. Caruthers Park

10500 Flora Vista St. Bellflower, CA 90706

562-866-5684 | [www.bellflower.org/depts/parks/default.asp](http://www.bellflower.org/depts/parks/default.asp)

##### \*T. Mayne Thompson Park

14001 S. Bellflower Blvd. Bellflower, CA 90706

562-866-8614 | [www.bellflower.org/depts/parks/facilities/thompson.asp](http://www.bellflower.org/depts/parks/facilities/thompson.asp)

### EDUCACIÓN SOBRE NUTRICIÓN/ **NUTRITION EDUCATION**

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

##### \*Healthy Mind, Body & Soul

17660 Lakewood Blvd. Bellflower, CA 90706

562-933-0400 | [www.thechildrensclinic.org/index.php/health-education-and-outreach/](http://www.thechildrensclinic.org/index.php/health-education-and-outreach/)

##### California WIC Locations

**Bellflower** 17610 Bellflower Blvd. Suite A103-A105 Bellflower, CA 90706 888 942-2229

**Central** 1133 Rhea St. Long Beach, CA 90806

**Cypress** 4470 Lincoln Ave #6, Cypress, CA 90630  
888 942-2229

**LB Health Department** 2525 Grand Ave. Long Beach, CA 90815  
562 570-4242

**Paramount** 16260 Paramount Blvd. 90723 | 310 661-3080  
[www.fns.usda.gov/wic/women-infants-and-children-wic](http://www.fns.usda.gov/wic/women-infants-and-children-wic)

#### Miller Family Health Education Center (MFHEC)

3820 Cherry Ave. Long Beach, CA, 90807

562-570-7903 | [www.longbeach.gov/health/services/directory/fhec/](http://www.longbeach.gov/health/services/directory/fhec/)

#### Boys and Girls Clubs of Long Beach - Dean A. Eastman - Fairfield Club

700 E. Del Amo Blvd. Long Beach, CA 90807

562-428-9188 | [www.bgclublb.org/Health](http://www.bgclublb.org/Health)

#### East Rancho Dominguez Service Center

15116 S. Atlantic Ave. Compton, CA 90221

310-603-7401 | [wdacs.lacounty.gov/programs/centers/erd/](http://wdacs.lacounty.gov/programs/centers/erd/)

#### LA Care (Lynwood Family Resource Center)

Fitness, nutrition, parenting, and managing chronic diseases classes.

3200 East Imperial Hwy. Lynwood, CA 90262

310-661-3000 | [www.lacare.org/healthy-living/family-resource-centers/lynwood](http://www.lacare.org/healthy-living/family-resource-centers/lynwood)

### 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. 3<sup>rd</sup> 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

#### Center for Families and Youth

3820 Cherry Ave. Long Beach, CA 90712

562-570-3300 | [www.longbeach.gov/health/services/directory/cfy/](http://www.longbeach.gov/health/services/directory/cfy/)

#### Casa Youth Center

10911 Reagan St. Los Alamitos, CA 90720

562-594-6825 | [www.casayouthshelter.org/parenting-classes/](http://www.casayouthshelter.org/parenting-classes/)

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

4565 California Ave. Long Beach, CA 90807

562 422-8472 | [www.forthethechild.org/](http://www.forthethechild.org/)

#### Families Uniting Families

Project Fatherhood Thu 6-8pm

525 E 7th St. Long Beach, CA 90813

562 437-4114 | [familiesunitingfamilies.org/](http://familiesunitingfamilies.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 Lakewood: [www.lakewoodcity.org/](http://www.lakewoodcity.org/)

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