

LONG BEACH COLLABORATIVE RESOURCE LIBRARY (LYNWOOD)

ACTIVIDAD FÍSICA/ PHYSICAL ACTIVITY

Lynwood Parks & Recreation

lynwood.ca.us/recreation_community_services/recreation_sports_leisure

*Lynwood Park

*Youth Sports

11301 Bullis Road

310 886-0426|

www.lynwood.ca.us/recreation_community_services/sports_leisure

*Houghton Park

6301 Myrtle Ave. Long Beach, California 9080

School Days M-F: 3:30-6:30pm, Summer Fun Days Program (June 18- Aug 24) M-F: 11-5pm

562 570-1640

*Ramona Park

3301 E. 65th St. Long Beach, CA 90805

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. Long Beach, CA 90810

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

Lynwood Family Resource Center

3200 East Imperial Highway

Zumba (Intermediate) M& Th: 6pm – 7pm

310 661-3000 www.lacare.org/healthy-living/family-resource-centers/lynwood

Watts- Willowbrook Boys & Girls Club

1339 E 120th Street Los Angeles, CA 90059

323 567-2278 | www.bgcmla.org/roy-w-roberts

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

YMCA- Diabetes Prevention Program

4949 Atlantic Avenue, Long Beach, CA 90815

25 Sessions over 1 year

562-423-0491| Jackie.hernandez@lbyymca.org

www.lbyymca.org/

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

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 90805

West- 2125 Santa Fe Ave. Long Beach CA 90810

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

Office of Samoan Affairs

Champions for Change

454 Carson Plaza Dr. #109, Carson, CA 90746

310 538-0555 ext. 3128 | officeofsamoanaffairs.org/

East Rancho Dominguez Service Center

15116 S. Atlantic Ave. Compton, CA 90221

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

The Growing Experience- An Urban Farm

750 Via Carmelitos Long Beach, CA 90805

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

Lynwood Family Resource Center

3200 East Imperial Highway

Nutrition & Exercise Classes (Spanish and English)

M & Th: 10am- 11:30am

310 661-3000

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 Long Beach, CA 90806

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

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

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

4565 California Ave. Long Beach, CA 90807

562 422-8472 | www.forthechild.org/

Center for Families and Youth

Family Health Education Center

3820 Cherry Ave. Long Beach, CA 90807

562 570-330 | 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: <https://www.1degree.org/>

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

City of Lynwood: <http://lynwood.ca.us/>

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



CENTER FOR LATINO
COMMUNITY HEALTH
Evaluation & Leadership Training

LONG BEACH
STATE UNIVERSITY



The Children's Clinic
"Serving Children & Their Families"



LONG BEACH STATE UNIVERSITY