

LONG BEACH COLLABORATIVE RESOURCE LIBRARY (BELLFLOWER)

ACTIVIDAD FÍSICA/ PHYSICAL ACTIVITY

Bellflower Parks and Recreation

www.bellflower.org/depts/parks/default.asp
apm.activecommunities.com/bellflowerrecreation

*Bellflower City Caruthers Park

10500 Flora Vista St.
8am-8pm

*Simms Park

16614 Clark Ave.
9am-9pm

*Pirate Park

16559 Bellflower Blvd.

M, Tu, & Th 9-6:45pm

W & F 9am-5pm, Sat 9am-6pm, & Sun 10am-6pm

*T. Mayne Thompson Park

14001 Bellflower Blvd.

6am-10pm

*Flora Vista Dog Park

9203 Flora Vista St.

Los Cerritos Branch YMCA

15530 Woodruff Ave. Bellflower, CA 90706

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

Clifton M. Brakensiek Library

Fitness Classes for Adults

9945 Flower St.

562 925-5543 | lacountylibrary.org/clifton-m-brakensiek-library/

Healthy Active LB

2525 Grand Ave. Long Beach, CA 90815

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

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

EDUCACIÓN SOBRE NUTRICIÓN/ NUTRITION EDUCATION

California WIC Locations

Bellflower-17610 Bellflower Blvd. Suite A103-A105

Bellflower, CA 90706 | 888 942-2229

Mother's Nutritional Center

17610 Bellflower Blvd. #101 & #102 Bellflower, CA 90706

562 804-0093

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

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

Healthy Mind, Body, and Soul Class Friday 10-11am

17660 Lakewood Blvd. Bellflower, CA 90706

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

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/

Rosewood Christian Reformed Food Pantry

10115 Rose St.

562 804-4778

St. Bernard Catholic Church Food Pantry

9647 Beach St.

562 867-2337

Summer Food Service Program

For more information contact the Summer Food Service Program (SFSP) staff of the California Department of Education (CDE) Nutrition Services Division (NSD) at 800 952-5609

Healthy Balance Program

12200 Bellflower Blvd Downey, CA, 90242

562 622-4150

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

Clifton M. Brakensiek Library

Adult 101 For Teens: Nutrition

9945 Flower St.

(562) 925-5543

EDUCACIÓN PARA PADRES/ PARENT EDUCATION

The Children's Clinic (TCC)- Various Locations

-Community Health Centers-844 822-4646

The Children's Clinic Family Health Center

17660 Lakewood Blvd. | M-Th: 8-6pm, F:8-7pm

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

Cabrillo Gateway

2000 San Gabriel Ave. Long Beach, CA 90810 | 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

Long Beach Family Resource Center

2801 Atlantic Avenue, Long Beach, CA 90806

562 437-4114| familyresourcenetworklac.org/default.asp

Pompea Smith Good Cooking @ MLK Farmers Market (Los Angeles)

1670 E. 120th St. Los Angeles, CA 90059

seela.org/good-cooking/

Miller Children's Hospital Long Beach Family Resource Center

Offering parenting support groups, workshops, & trainings

2801 Atlantic Avenue Long Beach, CA 90806 | 562 933-8048

www.millerchildrenshospitallb.org/families/family-resource-centers

RECURSOS CLAVES DE LA COMUNIDAD

KEY COMMUNITY RESOURCES:

1Degree: www.1degree.org/

Meetup: www.meetup.com/

City of Bellflower: www.bellflower.org/

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

Center for Families and Youth

Family Health Education Center

3820 Cherry Ave. Long Beach, CA 90712

562 570-3300 | www.longbeach.gov/health/services/directory/cfy/



LONG BEACH
STATE UNIVERSITY



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



LONG BEACH CITY OF ANGELS