

LONG BEACH COLLABORATIVE RESOURCE LIBRARY (GARDENA)

ACTIVIDAD FÍSICA/ PHYSICAL ACTIVITY

Gardena Parks, Recreation & Marine

www.cityofgardena.org/live-work-and-play-2/

www.cityofgardena.org/recreation-classes/

310 217-9537

*Mas Fukai Memorial Park

14708 D. Halldale Avenue Gardena, CA 90247

310 217-9557

*Arthur Johnson Memorial Park

1200 W. 170th Street Gardena, CA 90247

310 217-9563

*Paul Rowley Memorial Park

13220 S. Van Ness Avenue Gardena, CA 90249

310 217-9562

*George Freeman Memorial Park

2100 W. 154th Place Gardena, CA 90249

310 217-9558

*Edward Thornburg Memorial Park

2320 W. 149th Street Gardena, CA 90249

310 217-9560

*Ernest Primm Memorial Pool

1650 W. 162nd Street Gardena, CA 90247

310 217-9559

*James Rush Memorial Gymnasium

1651 W. 162nd Street Gardena, CA 90247

310 217-9598

Boys & Girls Club of America

802 W Gardena Blvd. Gardena, CA, 90247

310 523-2173 | www.bqca.org

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/

Nakoaka Community Center

Classes for Children & Adults

1670 W 162nd Street Gardena, CA 90247

310 217-9537

Gardena- Carson Family YMCA

1000 Artesia Blvd. Gardena, CA 90248

310 523-3470 | www.ymcala.org/gardena-carson

EDUCACIÓN SOBRE NUTRICIÓN/ NUTRITION EDUCATION

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

Healthy Mind, Body, and Soul Class | F 10-11am

17660 Lakewood Blvd. Bellflower, CA 90706

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

California WIC Various Location: 562 570-4242

Gardena- 15212 S. Western Avenue, Gardena 90249

Family Service Center - 1836 W Imperial Hwy, LA 90047

Health Dept. - 2525 Grand Avenue, Long Beach 90815

West- 2125 Santa Fe Avenue, Long Beach 90810

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

Memorial Hospital of Gardena

Family Practice Clinic

1145 W. Redondo Beach Blvd, Gardena, CA 90247

310 512-6141 | mhq.avantihospitals.com/services/family-practice-clinic/

Boys and Girls Clubs of Harbor Gateway

802 W Gardena Blvd Gardena, CA 90247

310 523-2173 | www.southbayclubs.org

East Rancho Dominguez Service Center

15116 S. Atlantic Ave. Compton, CA 90221

310 603-7401 | wdacs.lacounty.gov/

St. John's Clinic

2115 N. Wilmington Ave. Compton, CA 90222

310 603-1332 | www.wellchild.org/health-education/

Community Hospital of Huntington Park (CHHP)

2623 E. Slauson Ave. Huntington Park, CA

323 583-1931 | avantihospitals.com/about-us/events/

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

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 | 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

Tuesday & Thursday 6-8pm

323 965-1085 | www.thejeffreystation.com

Bayfront Youth & Family Services

Free Parent Counseling 2x/month

16444 Paramount Blvd. Paramount, CA 90723

562 788-7252 | bayfrontyfs.org/

Exchange Club Family Support Center

Breakthrough Parenting Class

9 sessions | \$40 (single parent) \$60 (couple)

8320 Iowa Street Downey, CA 90241

562-904-9590 | www.downeyfamilysupport.com/

Transforming Life Center, Inc.

17814 Woodruff Avenue Suite #3, Bellflower, CA 90706

Free parenting classes Mondays in Long Beach 10-11:30am

562 925-3700 | www.tlc4counseling.com

RECURSOS CLAVES DE LA COMUNIDAD/

KEY COMMUNITY RESOURCES:

1Degree: <https://www.1degree.org/>

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

City of Gardena: <https://www.cityofgardena.org/>

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