

# LONG BEACH COLLABORATIVE RESOURCE LIBRARY (HAWAIIAN GARDENS & ARTESIA)

## ACTIVIDAD FÍSICA/ PHYSICAL ACTIVITY

### \*Artesia Park- Albert O. Little Community Center

18750 Clarkdale Ave.  
M-F 8am-8pm  
Saturday 10:30am-4:30pm

### \*AJ Padelford Park

11870 169<sup>th</sup> St.  
Monday-Friday 9am-6pm  
Saturday 10:30am-4:30pm

### \*Pioneer Park

22222 Pioneer Blvd  
Monday-Sunday: 9am-8pm

### Lee Ware Park & Recreation Center

22300 Wardham Avenue  
562 420-2641 ext. 266 | <http://hgcity.org/hg/?p=1645>

### Youth Sports (ages 8-12)

C. Robert Lee Activity Center  
21815 Pioneer Blvd  
562 420-2641 ext. 229

Need to go in person to register and get practice times

### Boys & Girls Club of Cypress

10161 Moody St,  
Cypress, CA 90630  
714 527-2697 | <https://www.bgclublb.org/>

### Clarkdale Park

22008 Clarkdale Ave.  
562 420-8576 | <http://hgcity.org/hg/?p=1687>

### Parent- Child Yoga

Artesia Library  
18801 Elaine Avenue  
Artesia, CA 90701  
Friday 3:45pm-4:45pm  
562 865-6614

### Karate (ages 6+)

C. Robert Lee Activity Center, Rooms A & B  
21815 Pioneer Blvd  
562 420-2641 ext. 229

Need to go in person to register and get class times

### Zumba Gold Low Impact Class

C. Robert Lee Activity Center  
21815 Pioneer Blvd  
Wed 10:15am-11:15am

Resident Adult: \$2.00/ Non-resident: \$4.00

562 420-2641 ext. 207 | <http://hgcity.org/hg/?p=1645>

### Healthy Active LB

2525 Grand Ave. | <http://www.longbeach.gov/health/healthy-living/individual/nutrition-and-physical-activity/>  
562 570-4244 (English)  
562 570-4292 (Spanish)

## EDUCACIÓN PARA PADRES/ NUTRITION EDUCATION

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

#### \*Healthy Meals, Healthy Families

Monday/Wednesday 10am-12:30pm  
759 Linden Avenue, Long Beach 90813  
562 264-3115 | <http://www.thechildrensclinic.org/index.php/health-education-and-outreach/>

California WIC Various Location: 562 570-4242

- \*Cypress 4470 Lincoln Avenue
- \*Health Dept. - 2525 Grand Ave. 90815
- \*Bellflower- 17610 Bellflower Blvd. 90706
- \*Norwalk- 13926 S. San Antonio Dr. 90650
- \*Buena Park- 6301 Beach Boulevard, 103, 90621

<https://www.fns.usda.gov/wic/women-infants-and-children-wic>

### Casa Youth Center

10911 Reagan St., Los Alamitos, CA 90720  
562 422-8472 | <https://www.casayouthshelter.org/parenting-classes/>

### The Growing Experience- An Urban Farm

750 Via Carmelitos, Long Beach, CA 90805

(562) 984-2917 | <https://growingexperiencelb.hacola.org/about-us/what-we-do>

### East Rancho Dominguez Service Center

15116 S. Atlantic Ave.  
Compton, CA 90221  
310-603-7401 | [wdacs.lacounty.gov/](http://wdacs.lacounty.gov/)

### Miller Family Health Education Center (MFHEC)

3820 Cherry Avenue  
Long Beach, CA, 90807  
562 570-7903 |

<http://www.longbeach.gov/health/services/directory/fhec/>

### Long Beach Alliance for Food and Fitness

701 E. 28<sup>th</sup>, Ste 200.  
562 933-0400 | <http://www.thechildrensclinic.org/index.php/long-beach-alliance-for-food-and-fitness/>

### Cerritos Senior Center at Pat Nixon Park

Fitness and Wellness Program  
562 916-8550 | [http://www.cerritos.us/RESIDENTS/seniors/cerritos\\_seniorcenter/activities\\_classes.php](http://www.cerritos.us/RESIDENTS/seniors/cerritos_seniorcenter/activities_classes.php)

## EDUCACIÓN PARA PADRES/ PARENT EDUCATION

### The Children's Clinic (TCC)- Various Locations -Community Health Centers-

**The S. Mark Taper Foundation**  
455 E. Columbia St. | M-T:8-8pm, F:8-5pm, Sat: 8:30-1pm

**The Vasek Polak**  
1057 Pine Ave. | M-F: 8-5pm

**Central Long Beach**  
2360 Pacific Ave. | M-F:8-8pm, Sat:9-6pm, Sun:9-1pm

**Jenny Oropeza Elementary School- Only Children**  
700 Locust Ave.  
844 822-4646 | MWF:2:30-6:30pm

**Hamilton Middle School**  
1060 E. 70<sup>th</sup> St. | M-F:8-5pm

**Roosevelt Elementary School**  
1574 Linden Ave. | M-F:8-5:30pm

### Bellflower Unified School District

Parent University  
16703 South Clark Avenue  
Bellflower, CA 90806  
562 866-9011; ext. 3292  
Classes only offered during the school year

### Healthy Parenting

455 East Columbia Street, Long Beach, CA 90806  
Monday 6:30-7:30pm

4565 California Ave., Long Beach, CA 90807  
562 422-8472 | <https://www.forthethechild.org/>

### Center for Families and Youth

Family Health Education Center  
3820 Cherry Ave.  
562 570-3300 |  
<http://www.longbeach.gov/health/services/directory/cfy/>

## RECURSOS CLAVES DE LA COMUNIDAD/ KEY COMMUNITY RESOURCES:

- 1Degree: <https://www.1degree.org/>
- Meetup: <https://www.meetup.com/>
- City of Hawaiian Gardens: <http://hgcity.org/hg/>
- City of Artesia: <http://www.cityofartesia.us/>
- Resource Library: [www.bit.ly/community-resources1](http://www.bit.ly/community-resources1)