

# LA HABRA COLLABORATIVE WEEKLY NEWSLETTER

## ISSUE 4 JUNE/JULY



## **UPCOMING EVENTS**



*June 21<sup>st</sup> – August 10<sup>th</sup> (Wednesday and Thursdays from 3 pm- 6 pm)*

### **Advance! ... on to college**

La Habra's nonprofit college counseling center offers free walk-in one-on-one assistance with college applications, financial aid applications, admissions essay writing and scholarship searches.

Location: 501 South Idaho St, Suite 230, La Habra, CA 90631

Questions? Call (562) 691-2117 or email [info@ontocollege.org](mailto:info@ontocollege.org)

*July 7, 14, and 21 (Fridays)*

### **Diabetes Prevention Classes**

PIH Presents diabetes prevention classes from 10am- 11:30am

Location: 341 S Hillcrest St. La Habra, CA

*July 14, August 11, and September 8<sup>th</sup>*

### **Emergency Food Assistance Program**

Location: 341 S Hillcrest St. La Habra, CA

# LA HABRA COLLABORATIVE WEEKLY NEWSLETTER

## ISSUE 4 JUNE/JULY

*August 12, 2017 (Saturday)*

### **Back to School Health Fair**

Free Services for School- Age Children from 9 am- 12 pm

Sports physicals, health screenings, dental screening, vision screenings, educational programs, nutritional education, backpacks, haircuts, fun activities, and raffle drawings and prizes.

Location: 501 S. Idaho St. La Habra, CA 90631

Questions? Call (562) 690- 4001 or email [info@iha4health.org](mailto:info@iha4health.org)



### **REMINDER**

*Dates listed below*

### **La Habra Family Resource Center**

\*All Services are free

- Relative Caregiver Support on June 7, 2017 (Wednesday) from 6- 8 pm
- Mother & Son (15-18 yrs.) Empowerment Group on June 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> from 6-7 pm
- Live your Best Life: Diabetes Prevention Program on Thursday, June 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> from 6:30- 8 pm in Room: 270
- La Habra Action Council Meeting on Friday, June 9<sup>th</sup> & 30<sup>th</sup> from 7-8 pm

Location: 501 S. Idaho Street Room #330, La Habra, CA 90631

Questions? Call (714) 447-3460 dial 0

Questions? Call (657) 900- 1303 or email [Wsham@caloptima.org](mailto:Wsham@caloptima.org)

LA HABRA COLLABORATIVE WEEKLY NEWSLETTER  
ISSUE 4 JUNE/JULY

*June 14<sup>th</sup> - June 28<sup>th</sup>*

**Children Inside & Out- Free 6 week parenting class**

Every Wednesday from 5:30 pm- 6:30 pm (English) & 6:30pm- 7:00pm (Spanish)

La Habra Family Resource Center: 501 S. Idaho St. Room #200 La Habra, CA 90631

Questions? Call (714) 447- 3460 dial 0

*June 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, & July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>*

**Nutrition Classes Presented by Hilda Perez**

Learn the basics of eating healthy, being physically active, meal planning, & more

Wednesdays at 6:30- 8:00 pm at Our Lady of Guadalupe Church

900 W. La Habra Blvd. La Habra, CA 9063

Questions? Call Peter Hernandez (714) 899- 3684 ext.5307 or Hilda Perez (949) 653-1807

# LA HABRA COLLABORATIVE WEEKLY NEWSLETTER

## ISSUE 4 JUNE/JULY

*May 30<sup>th</sup> - July 7 (No Classes on July 3<sup>rd</sup> & 4<sup>th</sup>)*

### **Extended Summer Program**

Free Program for La Habra Resident Families with Children Birth to 5 Years Old

**Location:** School Readiness Center at 301 W. Las Lomas Dr./ MUST Register at School Readiness Center

- The Learning Connection: Parents learn literacy skills to teach their children  
(Monday- Friday 9-10 am & 10:30- 11:30am)
- Music and Movement: Parents learn how to teach their children through music  
(Wednesdays 10- 10:30 am)
- Green Team: Learning how to plant fruits and vegetables for healthier children  
(Wednesdays 11:30- 12 pm)

**Location:** La Habra Branch Library: 221 E. La Habra Blvd/ MUST Register at School Readiness Center

- Building Blocks: Parents learn how to teach their child social studies  
(Monday, Tuesday, & Thursday, 9:30- 10 am)
- Music and Movement: Parents learn how to teach their children through music  
( Monday, Tuesday, & Thursday, 10:30- 11 am)
- Mathland: Parents learn how to teach their children early math skills  
(Monday & Thursday 11:30- 12 pm)
- Young Artist: Parents learn how to develop their child's creativity, fine motor, and social skills  
(Tuesday 11:30- 12 pm)

Questions? Email [Obirakos@lahabraschools.org](mailto:Obirakos@lahabraschools.org)

*June 24<sup>th</sup>, 2017 (Saturday)*

### **La Habra/ La Habra Hts Meals on Wheels**

2<sup>nd</sup> Annual Fundraiser at the home of Raphael (Ray) & Esther Fernandez on  
West Rd. in La Habra Heights

LA HABRA COLLABORATIVE WEEKLY NEWSLETTER  
ISSUE 4 JUNE/JULY

*Mondays (Attend three times, in a row and get a t-shirt)*

**Trail Blazers**

Exercise and find support in your community

Meet at Jason's Plaza (Our Lady of Guadalupe Church) at 9 am

Questions? Email [Carmenlorraine2548@gmail.com](mailto:Carmenlorraine2548@gmail.com) or Call (328) 810- 3077

**SAVE THE DATE!**



*July 19<sup>th</sup>, 2017 (Wednesday)*

**La Habra Collaborative Meeting**

Healthy breakfast served at 8:30 am, and the meeting will be held from 9:00 am- 10:15 am

at Our Lady of Guadalupe Church

900 W La Habra Blvd, La Habra, CA 90631

*La Habra Collaborative:*

*Connecting organizations and individuals to create opportunities for an improved quality of life for all La Habra residents.*