

LA HABRA COLLABORATIVE WEEKLY NEWSLETTER ISSUE 6 JUNE/JULY



UPCOMING EVENTS



July 27, 2017 (Thursday)

Let's Move! Move More, Eat Heathy

Celebrate healthy living from 5 pm- 9 pm by participating in active games, crafts, health-based information booths, farmers market, free healthy food tasting, and music

Location: Portola Park 301 Euclid St



REMINDER

June 21st – August 10th (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

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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 8th

Emergency Food Assistance Program

Location: 341 S Hillcrest St. La Habra, CA

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

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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 8th, 15th, 22nd, 29th from 6-7 pm
- Live your Best Life: Diabetes Prevention Program on Thursday, June 12th, 19th, & 26th from 6:30- 8 pm in Room: 270
- La Habra Action Council Meeting on Friday, June 9th & 30th 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

June 14th - June 28th

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

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June 14th, 21st, 28th, & July 5th, 12th, 19th

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

May 30th- July 7 (No Classes on July 3rd & 4th)

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

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June 24th, 2017 (Saturday)

La Habra/ La Habra Hts Meals on Wheels

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

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 or Call (328) 810- 3077

SAVE THE DATE!



July 19th, 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.