

MAY 2020



STAYING IN COMMUNITY HAS NEVER BEEN MORE IMPORTANT! HYC IS HAPPY TO HIGHLIGHT THESE FREE VIRTUAL COMMUNITY CLASSES AND ONLINE FORUMS TO TAKE ADVANTAGE OF!



4 RIO HONDO CONTINUING EDUCATION DEPARTMENT

Now offering noncredit courses (ESL, Citizenship, Painting for Older Adults, Yoga, Movement and Strength for Older Adults, Real Estate, and Computers Unlimited) to online platform. Call (562) 463-4606 to register today or visit the following links to join Rio Hondo's Summer courses.

To view Summer Class times:

- https://view.flipdocs.com/?ID=10006268_287224

To submit an interest form:

- <https://www.riohondo.edu/continuing-education/>

For more resources:

- <https://www.riohondo.edu/continuing-education/resources-recursos/>

1 ZOOM AT NOON

Every Monday at 12pm, youth ages 15-24 meet together to talk about coping skills stress management, & self care.

Zoom Meeting ID: 221-548-1015

2 LIVE AT FIVE

Every Tuesday at 5pm, join other youth to discuss different ways of being successful at home!

Zoom Meeting ID: 221-548-1015

3 REACH: SELF ADVOCACY

Join our Self Advocacy meetings for adults with unique disabilities now offered on Zoom. Speak for your rights, wants, and needs, while building meaningful friendships with others.

Held every Monday 1-2pm starting May 4th until June 15th.

Zoom Meeting ID: 980-3215-2696



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L.A. CARE FAMILY RESOURCE CENTERS

LA Care FRC launched a new "Virtual Programming" via YouTube for all community members. Enjoy FREE Fitness & Exercise Classes, Healthy Cooking Classes, Health Education Classes, & Classes for Children and Families in the comfort of your own home. New classes will be added each week!

Check out the classes on the link below:
<https://www.youtube.com/channel/UC7gl-PNZQz9w1Ju2ArTT9mg/>

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COMPULSIVE EATERS ANONYMOUS-HOW

CEA-HOW provides tools for the mind, body, and spirit, as well support and accountability for daily living. We welcome everyone who hopes to recover from compulsive eating.

To find a meeting, people can go to:

<https://www.ceahow.org/en/meetings/find-a-meeting/>

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FREE FOOD AT HYC

Helpline Youth Counseling is offering limited food on a first-come, first-serve, weekly basis. Please call (562) 273-0700 Thursday after 1pm or Friday 8am-4pm to inquire about pick-up and availability. Please bring a bag, and wear your mask in order to receive items.

