



CARSON REPORT



COMMUNITY SERVICES GUIDE

Winter
DEC 2023 - JAN - FEB 2024



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**WELCOME TO THE
 WINTER 2023 2024
 CARSON REPORT &**

COMMUNITY SERVICES GUIDE

This publication is published quarterly by the City of Carson's Public Information Office. Learn about Carson's latest news, current events in the community, highlights about City projects and a variety of important local issues. You will also find a schedule of information on various leisure time activities, classes, events and services for everyone.

**CITY OF CARSON
 POSITION STATEMENT**

Carson is a vibrant city with a small town atmosphere where relationships are important. This is clearly visible throughout the community, from the stable single family neighborhoods, which make up nearly eighty percent of the city's residences, to the partnership between businesses and volunteer driven agencies which strengthen the city's remarkable social fabric.

The social composition of Carson is California in miniature. It is a city with a balanced ethnic and cultural mix living together in harmony and prosperity. The community takes pride in the large percentage of Carson students who attend college, many to California State University, Dominguez Hills, a valuable asset to the city.

Carson's strategic position in the heart of the powerful economic engine that is Southern California attracts international corporations which recognize the city's bright future. The city's proximity to the West Coast's two major ports, as well as its intersection by four Southland freeways, makes it a major gateway to the Pacific Rim.

We, the people who live and work in Carson, take pride in our city and will continue to build relationships which ensure that future.



COMMUNITY CONNECTIONS

Police & Fire
 Emergencies 911

Animal Control
 Carson Animal Shelter
 (310) 523-9566

AQMD
 South Coast Air Quality
 Management District
 1-800-CUT-SMOG
 1-800-288-7664

**Birth, Death,
 Marriage Records**
 County Registrar-Recorder
 (562) 462-2137

Building Permits
 Building & Safety
 (310) 952-1766

**Public Transit and
 Dial-A-Ride**
 (310) 835-0212
 Hearing Impaired
 (800) 252-9040

Cable Television
 Time Warner Cable
 (888) 892-2253

Chamber of Commerce
 (310) 217-4590

City Hall
 (310) 830-7600

Code Enforcement
 (310) 952-1786

Community Center
 (310) 835-0212

Crime Prevention
 Neighborhood Watch
 (310) 847-7481

Disaster Preparedness
 (310) 952-1700, ext.1603

Electricity
 Southern California
 Edison Co. (800) 950-2356

Gas
 Southern California
 Gas Co. (800) 427-2200

Graffiti Removal
 Landscape & Buildings
 (310) 847-3500

Hospital
 Harbor General UCLA
 Medical Center
 (310) 222-2345

Jobs
Career Center
 (310) 952-1762

**LA County
 Public Health**
 (626) 430-9821

**LA County
 Public Works**
 800-675-HELP (4357)

Libraries
Carson Regional Library
 (310) 830-0901

**Dr. Martin Luther King, Jr.
 Library**
 (310) 327-4830

Parking Enforcement
 (310) 952-1786

Parks & Recreation
 (310) 847-3570

Post Office
 (800) 275-8777

Sandbags
 Street Maintenance
 (310) 847-3520

Sewer Clean-up
 (626) 458-4357

Senior Services
 (310) 952-1775

Senior Recreation
 (310) 835-0212

Sidewalk Repair
 Street Maintenance
 (310) 847-3520

Sheriff's Station
 (310) 830-1123

**South Coast Air Quality
 Management District**
 Report odor complaints
 (800) 288-7664
 (800) CUT-SMOG
 aqmd.gov/home/air-quality/
 complaints

Street Sweeping
 Street Maintenance
 (310) 847-3520

Telephone
 AT&T
 (310) 225-3028

Trash Collection
 Waste Resources
 (888) 467-7600
 (310) 847-3520

**Tree Trimming/
 Street Maintenance**
 (310) 847-3500

Water
 California Water Service
 Company (310) 257-1400
 Golden State Water
 Company (800) 999-4033

**ELECTED
 OFFICIALS**

Mayor
 Lula Davis-Holmes

Mayor Pro Tem
 Dr. Jawane Hilton
 District 1

Councilmember
 Cedric L. Hicks, Sr.
 District 3

Councilmember
 Jim Dear
 District 2

Councilmember
 Arleen Bocatija Rojas
 District 4

City Clerk
 Dr. Khaleah Bradshaw

City Treasurer
 Monica Cooper

CITY MANAGEMENT

City Manager
 David C. Roberts, Jr.

**Assistant City Manager/
 Administrative Services**
 Dr. Robert Lennox

**Assistant City Manager/
 Economic Development**
 John Raymond

Deputy City Manager
 Tarik Rahmani

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 City of Carson,
Public Information Office
 to provide those who live and
 work here with information
 about the city's programs,
 services, and issues.
 All questions, comments,
 and contributing information
 should be directed to the
 City of Carson's Public
 Information Office.

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701 E. Carson St.
 Carson, CA 90745
 Tel: (310) 952-1740
 Fax: (310) 549-1466

E-mail:

mrevilla@carsonca.gov

Website:

http://ci.carson.ca.us

A MESSAGE FROM CITY MANAGER DAVID C. ROBERTS, JR.



Dear Carson Community,

As we approach the new year, the City of Carson is buzzing with excitement over the multitude of new programs, developments, and changes that are underway. Our commitment to the theme of "Future Unlimited" remains unwavering, as we strive to enhance our community for years to come. Just like many individuals who set new year's resolutions and create vision boards to map out their upcoming year, we too have a vision board for Carson in 2024. Our vision is to continue building bridges, not barriers, and to work diligently alongside our dedicated staff in implementing the council's priorities to improve the Carson community.

Winter is a time for friends and families to come together and celebrate in various ways. We are delighted to

announce that our parks will be hosting holiday craft classes and movie nights with themes inspired by the season. Despite the occasional chill in the air, we hope that your heart finds warmth in celebrating with your community. I encourage you all to join us for our Tree Lighting Ceremony and Winterfest, which promise to be delightful events filled with live entertainment, delicious food, and soulful music suitable for all ages.

As travel becomes increasingly popular during this time of year, we recognize the need for more efficient transportation options. To address this, the city council has approved an allocation of over \$30 million to improve our roadways, including residential streets and arterial roads throughout the city. While you may experience temporary delays during this process, rest assured that your travel experience within the city will be significantly smoother upon completion. We appreciate your patience during this time.

Looking ahead to the new year, we are consistently exploring innovative and sustainable ways to make Carson an even better place to live, work, and play. Keep an eye out for electric vehicle chargers that will be conveniently located throughout the city, serving as a reminder of Carson's commitment to progress. As a proud U.S. Veteran, I am particularly pleased to share that we will be providing additional housing for our veterans in the near future. Furthermore, we are actively working on a major retail development project that aligns with our vision of making

Carson a destination city while creating more job opportunities for our residents.

As you celebrate this season, please prioritize your safety. We remain dedicated to improving our programming and encourage your continued participation. Carson proudly offers a wide array of services, classes, clinics, and events for the community, and we thank you for your ongoing support. On behalf of the City of Carson, I wish you a safe and prosperous new year, and may our community grow stronger together.

In addition to the exciting developments mentioned above, I would like to highlight an ongoing project that was previously mentioned in the last quarter's Carson Report. We are pleased to inform you that progress is being made on our security plan, which involves funding the Los Angeles Sheriff's Department to install surveillance cameras at the main entry and exit points of our city. This collaborative effort between the City and the Carson Sheriff's station has expedited the development of this plan. We are thrilled to announce that the project is expected to be completed by the end of this year!

Thank you for your continued support and involvement in shaping the future of our remarkable community.

Sincerely,

David C. Roberts, Jr.

City Manager
City of Carson



SHERIFF'S CORNER

BY CAPTAIN DAMON A. JONES



During this upcoming holiday season, please remain vigilant in ensuring you are doing your part to protect your safety and deter opportunistic thieves. If doing business and shopping online, take measures to protect your identity and yourself from fraud or being a victim of identity theft.

Please take some of the following steps to minimize any chance of being victimized:

- ***Please stay alert and aware of your surroundings.***
- ***Do not leave valuables such as shopping bags, packages, and electronic devices in vehicles in plain sight.***
- ***Be sure to lock your vehicle, set your alarm, and use your anti-theft locking device if you have one.***
- ***Try and shop during daylight hours, but if you do shop at night, park in a well-lit area.***
- ***Locate your keys before walking back to your vehicle.***
- ***Avoid carrying large amounts of cash and place your wallet inside your front pants pocket.***
- ***Don't overload yourself with packages.***

Gift cards are convenient and popular to give and receive. Gift cards are for gifts and not for payments.

Because of the convenience, being readily available, almost untraceable, and the ease with which they are converted into cash, thieves have become more sophisticated and have found ways to take advantage by using them to steal from unsuspecting shoppers. Thieves are aware that someone purchasing multiple cards around the holidays won't necessarily send up a red flag to retailers.

Some methods thieves use to conduct scams involving gift cards are contacting you via phone, email, or text and posing as a trusted entity, government agency, or utility company. They demand you purchase one or more gift cards as a quick means of making a payment.

They tell you to share the barcode and PIN numbers of the gift card. No government agency, legitimate business, or organization will ever ask you to buy a gift card to pay them. Never buy a gift card because someone tells you to buy one and give them the information off them.





Avoid buying from online auction sites because the gift cards may be fake or stolen.

Public safety is always our top priority. Carson Sheriff's Station is here to find solutions and hold those who are scamming folks accountable. We are committed to supporting anyone who has been through the trauma of being victimized by scammers. If at any time you see or suspect any suspicious or fraudulent activity, please immediately contact Carson Sheriff's Station at (310) 830-1123. Follow the Carson Sheriff's Station on Facebook, Twitter, and Instagram for additional resources, safety tips, and upcoming department events.

If you are ever unsure when dealing with anyone, you have every right to tell them you are uncomfortable, and you can easily just hang up.

You can also tell the caller you do not make financial decisions over the phone or Internet. Like cash, once a gift card or the information on it is handed over, it's nearly impossible to get the money back.

Another method thieves use to scam you out of your hard-earned money is to cover up gift card barcodes with the barcodes of cards that already have been activated. What happens is that when you load money onto the card, the money is deposited on gift cards that thieves already have in their possession rather than the card you are purchasing. When purchasing gift cards to giveaway, inspect the gift card before you buy it. Ensure the protective stickers are on the card and that it doesn't look like someone tampered with it. Also, check that the PIN number on the back isn't showing. Pick a different gift card if you spot a problem and show the tampered card to a store representative.

Be aware of gift card giveaways and discounted gift card scams. Stick to stores you know and trust.

Thank you for your support of Carson Sheriff's Station and the dedicated men and women who will work throughout the holiday season to keep you safe.



For more information,
please contact Los Angeles
County Sheriff's Department
Carson Station Community
Relations Office

Main: (310) 830-1123
Email: CarsonComRel@lasd.org
or carson@lasd.org

EMERGENCIES: **9-1-1**

CALLS FOR SERVICE:
(310) 830-1123

WATCH COMMANDER:
(310) 830-1123

COMMUNITY RELATIONS:
(310) 847-8386

Visit our website at
www.carson.lasd.org



@lasdcarson



@CarsonSheriffsStation



@CarsonLASD



Minutes matter in a disaster and information can be just seconds away.

Sign up for Alert SouthBay to receive emergency alerts for the City of Carson and other cities in the South Bay.

To register online or for more information, please visit AlertSouthBay.com or ReadyCarson.com

Your information is protected and will only be used to notify you in the event of an emergency or for the categories you subscribe to.

**STAY INFORMED
DOWNLOAD THE APP**

Three ways to register:

1. Visit ReadyCarson.com
2. Text **ALERTSB** to 888777 to receive the link to register
3. Download the **Everbridge** app on the Apple App Store or Google Play Store



**CRIME PREVENTION
IS UP TO ALL OF US!**

Calling all Residents who are interested in Neighborhood Watch/Block Captains Program: Neighborhood Watch is a program designed to help you and your neighbors join together to prevent crime around your neighborhood. You'll learn how to decrease opportunities for criminals to commit crimes, rather than try to change their behavior or motivation. Block Captains and their neighbors are supported in their crime prevention efforts by Carson Sheriff's Station Department and members of Carson's Community Relations team. With the City of Carson's Neighborhood Watch/ Block Captains program, you can:

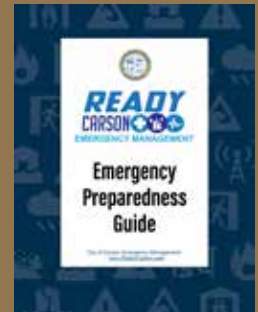
- Learn different crime prevention tactics from Carson Sheriff Station's Special Assignment Team and City of Carson's Public Safety Department.
- Learn about emergency preparedness and emergency response to natural and man-made disasters.
- Receive a monthly newsletter with helpful safety tips.
- Attend quarterly informational meetings hosted by City of Carson's Public Safety Department and various public safety agencies.

You can visit the City of Carson Website under Block Captain Tab for the application, or email rmunoz@carsonca.gov for more information.

**ARE YOU READY?
IF NOT, GET CARSON READY!**

Free Emergency Ready Guide Books Available

In recent years, devastating earthquakes, viruses, floods and wildfires have highlighted the need for Americans to prepare for natural disasters. However, according to the Federal Emergency Management Agency (FEMA), half of Americans have not discussed or developed a family emergency plan. Recently, our "Ready Carson" campaign has empowered individuals, families, small businesses and communities to prepare for both natural and man-made disasters.



"ReadyCarson" recommends taking four steps towards preparedness:

- 1) **Be informed about the different types of emergencies that could occur and their appropriate protective actions.**
- 2) **Create a family emergency plan, including information on how to reconnect and reunite.**
- 3) **Build emergency supply kits to ensure you're prepared whether you're at home, at work, or in the car.**
- 4) **Get involved by finding opportunities to support community preparedness.**

The Emergency Preparedness Guide encourages, educates, and empowers parents and caregivers to talk with their kids about emergency preparedness and take action.

You can request your booklet by visiting ReadyCarson.com or calling (310) 952-1786. This Guide is also available in Spanish.

PUBLIC WORKS

5 STEPS TO REDUCE YOUR FOOD WASTE

1. PLAN AHEAD - Make a grocery list for the meals you plan on making.

2. BUY IN BULK - This is often less expensive and you can buy only what you need to minimize waste! You can also take your own containers to skip the plastic.

3. USE WHAT YOU HAVE - Double check what you have at home and try to use it in your next meal!

4. COMPOST - Composting is the combining and managing of specific waste materials so that they decompose. Once the materials are mixed together, microbes in the soil will start to breakdown the waste and turn it into the nutrient rich materials that helps plants grow.

5. EDUCATE - Volunteer at a food bank or community compost to spread awareness and learn more about how to reduce food waste.



zero
waste
TIP

Make your
New Year's Goal
a sustainable one
by using more
reusables!



HOLIDAY TREE RECYCLING



We make it easy for all residents to recycle their tree.

- Place your tree curbside the same day as your regular service. For multi family with bin service, trees can be left in the enclosure area.
- Remove all decorations (ornaments, tinsel, etc.) and metal or plastic plant stands (wooden tree stands may be left on the tree). Flocked trees are okay.
- Do not place your tree in a bag.
- Trees over six feet (6') tall must be cut in half.

Trees will be picked up on the following days, on your regular service day:
December 26, 2023 - January 13, 2024



ILLEGAL DUMPING

**SEE A PROBLEM?
We can fix that.**

Download the iWorQ app from Apple App Store or Google Play to report potholes, graffiti, downed trees, illegal dumping, etc. Complete the service request form. You will receive a request number and your request will be reviewed. You may also make a service request on our city's website or by calling.



DOWNED TREES



POTHOLES

For more information or to follow up with your service, please call Public Works at (310) 847-3520



GRAFFITI

REGISTER YOUR
REQUEST BY CALLING,
VIA WEBSITE OR BY
PHONE APP



SENIOR SPIRIT SQUAD

In late 2020 while still deep in COVID protocol, Human Services staff created the Silver Cheer program to bring holiday cheer to homebound seniors in Carson. This program delivered personalized gifts from volunteers to unsuspecting, isolated seniors, and the feedback was heartwarming from both gift givers and gift recipients. The program continued throughout the pandemic, and the immense gratitude validated how important the concept of cheer is.

When Human Services staff members attended the annual CPRS Conference in San Diego last March, the idea of cheer resurfaced again. Staff was challenged to think outside the box and consider implementing activities generally thought to be youth-focused into senior programming. So... why not a senior cheer squad? Silver Cheer suddenly had a new meaning, and the idea was implemented by enthusiastic staff members in Senior Recreation.



There are currently 22 members on the Senior Spirit Squad, ranging in age from 61-79. Practices are led by Captain Sue Quedado twice a month at the Carson Event Center. The squad has performed at the Senior Recreation Luau, the 55th Anniversary Street Fair, and they are scheduled to be involved in many upcoming holiday events. This holiday season, Silver Cheer meets Silver Cheer in a true full-circle moment, when squad members will help deliver personalized gifts to isolated seniors in Carson. Check out some testimonials from Silver Spirit Squad members:

"I am enjoying the program immensely. It is a lot of fun and I am making great new social contacts which have helped to reverse the isolation of Covid. It challenges my mental, as well as physical, fitness! It makes me move and to feel pride in accomplishing and achieving levels of physical feats I didn't think were possible at this age anymore My favorite part is, I am finally a cheerleader!!! I wasn't able to participate in high school programs because my mother wanted me to only excel in academics. But I guess I always wanted to be one of "those" girls! We are so very fortunate to have Suzanne Quedado as our Squad Captain. Her enthusiasm and dedication is contagious and very hard-driven!"

-Ellen Ozima 72 years old

"Being new in the group is a lot of challenge but our teacher Sue Quedado prepares us to be attentive, supplying all the drill techniques and grooves. She clearly describes the movements and gives real value to our time. She not only teaches, and encourages everyone to do our best but also develops good relationships with us. Sue has the passion and dedication to deliver her profession. She is also sensitive to the needs of each one of us and finds ways to encourage us to maximize what we can do. It's so nice to see her rooting for us and guiding us through the process. Sue, we are grateful to have you as our teacher! Sue is simply the best!"

- Eileen Guevara 66 years old

"Joining the Senior Spirit Squad gives me the confidence to inspire others, to not give up. I am so grateful for the City of Carson giving us Seniors a chance to never stop believing things like this are possible for us! The best part is when we are having practices, it makes us perfect of performance, and gives us a change to create tight friendships"

- Bella Delmundo 69 years old

"The Senior Spirit squad is very inspirational, and I am grateful for the opportunity. I love participating in activities like this at my age. I'm giving this experience my best effort, it's taught me that it is never too late to be what you might have been"

-Emma Upshaw 76 years old

“The Senior Silver Spirit Squad gets me out of my comfort zone. I enjoy the challenge since I never had done cheerleading in my life! Not only is it a great workout, but it also starts the old brain up when we have to learn new routines. My favorite part of the program is all the fun, friendship, and camaraderie that we share among the team. We are a group of all senior ladies, who ROCK!! We hope everyone will come out and support us when we perform in our beautiful city. We will knock your socks off!”

– **Susan Wada 72 years old**

“I love the program, it gives me something to look forward to, and Sue is the perfect person to be the Spirit Squad leader, she keeps us on our toes! My favorite part of the program is working on the cheers at practice and then seeing them come to life when we perform! It was so fun to see that happy at the street fair. I used to be a cheerleader in my twenties and it has come full circle doing it again now in my sixties, I never would have thought in a million years I would be doing it again on the Senior Spirit Cheer Squad!”

– **Jay Davis 66 years old**

“I am enjoying the Spirit Squad, we have performed at two events and are currently looking on something for Christmas. Our coach is fun, and great at creating our cheer routines. Socializing with the other ladies, attending our 2 hour practices on

Saturdays and practice keeping my mind and body active are my favorite parts, cheer also keeps my brain muscles working hard. The Spirit Squad is so fun, and it keeps me active”

– **Linda Smith 66 years old**



“I love this new program, all of the performances and practices are such great exercise, we also get to have fun expressing ourselves. The best part has been making new friends. The Spirit Squad has giving us seniors more confidence, more energy, and helps us share good vibes”

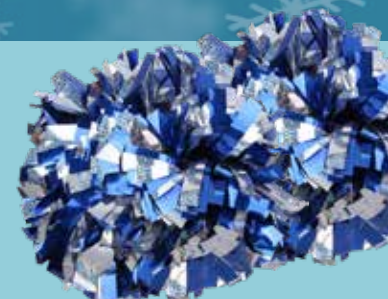
– **Julie Soo-Hoo 66 years old**

“I love and really enjoy being on the Carson Senior Spirit Squad, led by Sue Quedado. I am in several of her other senior classes and she is such a great mentor. I have been living in Carson for 29 years and have always enjoyed it here, I feel so blessed. I could not imagine myself living in any other city. I did not hesitate in joining the squad when I found out about it. I felt I needed to cheer for my beloved city with these other beautiful, and energetic women”

– **Editha Junco 66 years old**



Senior Spirit Squad Practice
1st & 3rd Saturdays of the month
9:00 a.m. - 11:00 a.m.
Carson Event Center, Dance Studio



CPA CLEAN POWER ALLIANCE

POWER RESPONSE

Save energy, earn money.

CPA’s Power Response Program is a year-round energy and cost-saving program for all CPA customers. The Program unites our communities to save energy when energy usage is high. Conserving energy together creates healthier communities and makes the electrical grid more reliable.



CPA has a range of Power Response Program pathways so every CPA customer can participate!

Residential homeowners, renters, and business customers on a commercial rate receive financial incentives for responding to **Energy Saving Events** that occur when energy usage is high. Learn more about what Power Response Program is right for you.

 <p>Smart Home Register your smart device to save energy and earn money. Find out if your smart devices qualify today.</p> <p>https://cleanpoweralliance.org/smarthome/</p>	 <p>Home Earn money when you reduce your energy consumption by manually adjusting your thermostat and appliances.</p> <p>https://cleanpoweralliance.org/home/</p>
 <p>Commercial Leaders Businesses and public sector customers can receive incentives for their environmental leadership.</p> <p>https://cleanpoweralliance.org/commercialleaders/</p>	 <p>Multifamily Community Together, properties and residents reduce their energy usage while earning money and creating a healthier community.</p> <p>https://cleanpoweralliance.org/multifamilyowner/</p>

For assistance enrolling, please call the CPA Power Response Program at 888-292-0502 or email us at powerresponse@cleanpoweralliance.org.



CSUDH RECEIVES LARGEST-EVER DONATION IN HISTORIC GIFT

CSUDH TO BOLSTER RACIALLY DIVERSE EDUCATORS WITH \$22 MILLION GIFT FROM BALLMER GROUP.

More than 1,000 new teachers of preschool and early elementary school grades will start work in the Golden State over the next six years thanks to two new programs being launched at CSUDH, following a transformative gift announced in August.

Ballmer Group is committing a historic \$22 million to CSUDH over six years, marking the largest donation ever given to the university. The majority of the gift will fund scholarships for students through the university's Toros Teach L.A. program, which will help address California's severe shortage of early childhood educators by preparing, graduating, and placing culturally competent, racially diverse teachers and leaders in schools across the Los Angeles region.

"This program, supported by a generous gift from Ballmer Group, will have an outstanding impact on communities with a high need for credentialed preschool and early childhood educators," said CSUDH President Thomas A. Parham.

"It will support communities of color by creating a pipeline of teachers working and staying in the area, and improve those educators' ability to create positive outcomes for their students through the use of culturally competent pedagogies."

California's early education workforce faces a serious shortfall of teachers, with some estimates putting the need at nearly 10,000 educators as the state expands access to transitional kindergarten to all 4-year-olds by the 2025-26 school year. CSUDH's Toros Teach L.A. program will include two initiatives to address this need: Early Childhood Excellence and Black Educator Excellence. Through these, the

university will build equity-embedded credentials, help districts recruit and support their Black educators and all educators of Black children, and enable educators to forge successful teaching careers with less debt and improved career retention.

"We are excited to work with Ballmer Group toward educating and mentoring culturally responsive teachers for the preschool-3rd grade classrooms of the Los Angeles region," said Jessica Zacher Pandya, dean of the College of Education at CSUDH. "With this generous gift, we can offer this training to more future teachers, who can then serve the communities they come from while helping to alleviate this critical need for the state."

The grant supports scholarships for up to 1,200 students, allowing them to earn bachelor's degrees and PK-3 or K-8 teaching credentials. The program also includes training and upskilling for current teachers, including new units needed for the PK-3 credential once it becomes available and certificate coursework for current teachers who want to improve their ability to teach ethnically diverse learners.

"This significant, impactful gift accelerates our rollout of the new PK-3 credential, while also fostering a diverse pool of future educators," said Mi-Sook Kim, dean of CSUDH's College of Health, Human Services and Nursing, which houses the Department of Child Development. "Our Child Development program will also support current teachers looking to upgrade their learning and earn a new credential to progress in their career."



JOB SEEKER

FREE SERVICES FOR YOUR JOB SEARCH IN YOUR COMMUNITY!

What is a One-Stop?

- One-Stop Career Centers are designed to provide a full range of assistance to job seekers under one roof.
- Established under the Workforce Innovation & Opportunities Act, they offer training referrals, career counseling, job listing, and similar related services.

How Does it work?

- Sign-up for information Orientation Session.
- Complete the enrollment process.
- GET HIRED!

What kind of services?

- Employment/Vocational Programs
- Laid Off Program
- Adult/Youth Services
- Veteran Services
- Homeless Services
- Job Training
- Typing Test
- Career Services
- Career Workshop
- Interview Techniques
- Resume Preparation
- Department of Rehabilitation Services

Carson One-Stop

801 East Carson St. Room 116
 Carson, CA. 90745
 Phone: (310)680-3870
 E-mail: carreception@sbwib.org



This WIOA Title 1 financially assisted program or activity is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities by calling in advance to CRS 1-800-735-2922 or 310-680-3700



LOS ANGELES COUNTY
ANIMAL CARE & CONTROL | redefining CARE

The City of Carson is announcing a temporary partnership with the County of Los Angeles Department of Animal Care and Control to provide excellent, high quality animal care and sheltering services.

County of Los Angeles Animal Services provides response to emergency calls, pet adoption, vaccination clinics, animal licensing, volunteer opportunities, community outreach and events, and many other important services.



For more information:
 Los Angeles County Animal Care
 (lacounty.gov)

NEAREST ANIMAL CARE CENTER
 216 W. Victoria Street
 Gardena, CA 90248



LONG BEACH AIRPORT NOISE



Call: 562-570-2665

- Email: lgbnoise@longbeach.gov
- FAA Noise portal: noise.faa.gov/noise

West Basin Municipal Water District

RAIN BARREL PROGRAM

Help Conserve Water with a **FREE RAIN BARREL**

The West Basin Rain Barrel Program offers up to two free, 50-gallon rain barrels, valued at \$80 each, as a way to save water and reduce stormwater runoff. Visit the website for requirements and restrictions.

REGISTER TODAY
westbasin.org/rainbarrels
 (310) 371-4633



Rain Barrel Pick-up Events

Saturday, October 21st
 8AM - 11AM
 Mira Costa High School
 1401 Artesia Blvd.
 Manhattan Beach, CA 90266

Saturday, November 4th
 8AM - 11AM
 Morningside High School
 10500 Yukon Ave S.
 Inglewood, CA 90303

Saturday, November 18th
 9AM - 12PM
 Malibu City Hall
 23825 Stuart Ranch Rd.
 Malibu, CA 90265

Saturday, December 2nd
 8AM - 11AM
 West Los Angeles College
 9000 Overland Ave
 Culver City, CA 90230





MOSQUITOES

West Nile Virus

WNV is transmitted to people and animals through the bite of an infected mosquito. There is no cure for WNV. One in five persons infected with the virus will exhibit symptoms. Symptoms can include fever, headache, body aches, nausea, or a skin rash. There is no human vaccine for WNV, and severe cases can lead to paralysis or even death.

Mosquito Prevention and Protection

Mosquito control is a shared responsibility and residents must take an active role in reducing the threat of WNV in their neighborhoods by taking the following steps:

- Eliminate standing water in clogged rain gutters, rain barrels, discarded tires, buckets, watering troughs or anything that holds water for over a week.
- Ensure that swimming pools, spas, and ponds are properly maintained.
- Change the water in pet dishes, birdbaths and other small containers weekly.
- Wear insect repellent when outdoors where mosquitoes may be present.
- Report neglected (green) swimming pools in your neighborhood to GLACVCD.

For more WNV information and to report dead birds visit www.westnile.ca.gov or call 877-968-2473



YOU MAY SEE MORE COYOTES THIS SEASON PROTECT YOUR PETS

The next four to six weeks is mating season for coyotes. Please do not let your pets out alone. Coyote breeding typically peaks in late February and early March, the gestation period averages 58 to 63 days. Male coyotes can become more aggressive during this time of year, the long and short of it all is that coyotes always pose a risk to your dog (and other small pets). That risk increases during mating season. Coyotes are pursuit predators—they chase their prey, they don't "lure" or "ambush" prey. They need to eat and survive. Watch your pets, they are counting on you.

COYOTE SIGHTINGS

Call (310) 952-1786 or complete the form on the city's website:

<https://ci.carson.ca.us/citymanager/CoyoteReport.aspx>

SMALL BUSINESS GRANT PROGRAM

Are you a business impacted by Covid-19 in need of assistance?

BUSINESS GRANTS ARE AVAILABLE!

The City of Carson Small Business Grant Program can provide vital funding to Carson businesses up to \$25,000. Grants can cover cost for such things as payroll support, rent and lease payments, purchases related to business operation or other expenses.

Basic Eligibility Criteria

- Be physically located in the City of Carson
- Have been in operation in Carson with a valid/paid city business license prior to March 15, 2020
- Have 50 employees or less
- Be able to demonstrate a decline in revenue due to Covid-19
- Funds must be used for business-related items such as inhouse debt, including maintaining or hiring more employees
- Must provide proof of current/valid "General Liability & Workmen's Compensation" certificates of insurance

Basic Non-Eligibility Criteria

- Businesses with over 50 employees are not eligible
- Business "not being in operation" in Carson prior to March 15, 2020 with a valid/paid City Business License

Applications available on the City Website: www.ci.carson.us
 Email: ZGonzalez@carsonca.gov
 Contact: Zak Gonzalez II,
 310-830-7600, Ext. 1301

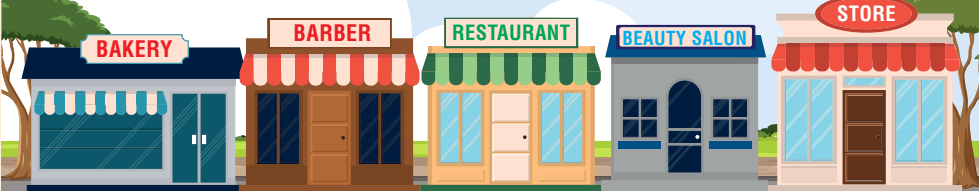


CITY OF CARSON



FACADE IMPROVEMENT GRANT PROGRAM

We Want To Help You Improve The Look of Your Business



COMMERCIAL TENANTS AND/OR PROPERTY OWNERS MAY QUALIFY FOR A \$2,500 TO \$25,000, OR MORE, STOREFRONT AESTHETIC IMPROVEMENT GRANT DOLLAR-FOR-DOLLAR MATCHING IS REQUIRED FOR GRANTS OVER \$2,500

Qualifying improvements may include, but are not limited to:

- Storefront signage
- Window and door replacements, including awnings and sunshades
- Decorative outdoor fixtures including lighting
- Courtyard decorative pavers, masonry walls and footings
- ADA improvements, access ramps and signage
- Asphalt paving and restriping
- Exterior treatments, repairs, or replacement (paint, stucco, brick, or stone)
- Decorative fencing and walls
- Outdoor landscaping or replacement to drought-tolerant
- Design and permit fees associated with above eligible improvements
- Owners of multi-tenant centers may qualify for a \$250,000 grant with additional requirements
- Must be located in Carson and on major thoroughfares

Improvements must be permanently affixed to the property. All work shall be performed by Licensed Contractors to meet City Building Codes and Program Requirements. Project owners and/or contractors shall acquire all necessary permits.

NOW ACCEPTING APPLICATIONS FOR THE COMMERCIAL FAÇADE IMPROVEMENT GRANT PROGRAM

Details are available at <https://ci.carson.ca.us/CommunityDevelopment/CommercialFacade.aspx>
 For questions, please email smallbusiness@carsonca.gov

The final General Plan was adopted by City Council on April 4, 2023

2
CARSON
 4
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Scan QR code to see the adopted General Plan documents (published 4/10/2023)

CITY OF CARSON

**EAT
SHOP
LOCAL
CARSON**



Join us as we kick-off EAT, SHOP, LOCAL Carson; a weeklong effort to support local business just in time for the holiday season. Stop by to meet City Councilmembers, City Staff, learn about participating business deals, and a chance to win a prize.

Kick-Off Event

Monday, December 4, 2023

11:00 A.M. - 3:00 P.M.

Carson Event Center

801 E. Carson Street, Carson, CA 90745

Eat Shop Local Week

December 4 - 10, 2023

(at participating locations)

PRESENTED BY THE INNOVATION SUSTAINABILITY AND PERFORMANCE MANAGEMENT DEPARTMENT

FOR MORE INFORMATION, PLEASE CALL (310) 952-1700 EXT.1320



Connect to the Future in Carson Today!

The Future is Connected. Help the City of Carson get the Infrastructure and Services you Need!

Internet and other tech is critical for education, healthcare, jobs, and public services. The City of Carson is planning for next-generation, world-class connectivity. Let us know what you need, what is important, and what you have available to you.

- Take our new survey with a built-in speed test! It's easy and your responses will ONLY be used for City planning.
- Participate in community workshops and events. Check this page for updates.
- Review the plan and results as they develop!

Learn how you can help get more economical, fast, flexible connectivity for Carson on our webpage.
<https://ci.carson.ca.us/AboutCarson/BroadbandSurvey.aspx>



Stay Connected

The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low income households pay for broadband service and internet connected devices.

Internet service for \$30/month.

FOR MORE INFORMATION
PLEASE SCAN THE QR CODE



The Affordable Connectivity Program is administered by USAC with oversight from the Federal Communications Commission (FCC).





PUBLIC SAFETY ENGAGEMENT OFFICERS

WHO WE ARE

Public Safety Engagement Officer (PSEO) work in the City of Carson and collaborate with Los Angeles County Sheriffs (Carson Station) and a diverse set of entities to support compassionate solutions to homelessness. We serve as lead liaisons for the city by leveraging and building partnership with other Los Angeles County, non-profit service providers and faith-based organizations as being the first to make contact and engage with the homeless to provide recommendation of services. Beyond homeless resources, we are here to provide various services and programs to all our residents, business owners, and visitors.

GOAL

Our goal is to assist individuals and families whose own resources have been exhausted by stabilizing their situation and seeking long-term solutions. These services include outreach assistance for displaced residents, re-employment and opportunities, and resource navigation assistance.



COLLABORATION

The **PSEO** and the Carson Sheriff Station Homeless Outreach Street Team, meet on a bi-weekly basis to support the mission of assisting the unhoused within the City of Carson. In addition, to working with our SPA 8 partners such as People Assisting the Homeless (PATH), and Harbor Interfaith.

OUTREACH

PSEO Team conducts outreach services for the City of Carson by engaging those who are unhoused or at risk of becoming homeless.



For assistance or more information, contact the PSEO Team at (310) 952-1786.
Office Hours
Monday – Thursday
7 a.m.- 6 p.m.



RANCHO ADOBE MUSEUM
18127 Alameda St.
Compton, CA 90220
(310) 603-0088
<https://dominguezrancho.org/>

Upcoming events for Fall of 2023 and January of 2024



Battle of Dominguez Hills (October 7th)
A Mexican Victory in the Mexican-American War - Reenactment, taco truck, children's activities, and more.



Dia de Muertos Celebration (November 4th) - Community ofrendas, vendors, live performances, children's activities, and more.



La Pastorela (December 2nd)
Live Christmas play performance, cookies, and champurrado.



Rose Pruning Event (January 27th)
Pruning workshop, pruning application in the historic rose garden, and light lunch.

ENGRAVED BRICKS

Leave your legacy in Carson! If you have been contemplating purchasing an engraved brick for the Xeriscape Garden between City Hall and the Carson Community Center, now is your chance! Engraved bricks are a great way to honor someone's memory, celebrate a special occasion, or leave your mark in Carson. Brick orders will be placed four times per year. The summer deadline to place your order is February 19, 2024.

If you are interested in placing an order, please call (310) 952-1782 ext 1480.

CITY OF CARSON

WHY I LIKE CARSON



ESSAY-WRITING CONTEST

This contest is open to:

- All students grades 3 - 8 who attend Carson schools (must participate through school)
- Students grades 3 -8 who live in Carson, but attend schools outside the city, charters schools, or homeschooled

All participation forms must be received by **Thursday, February 15, 2024**

to pio@carsonca.gov

All entries must be received by the City of Carson Public Information Office by **March 15, 2024**

Winners will be notified by **Monday, April 1, 2024.**

This year's Awards Ceremony will be announced ... stay tuned!

For more information, please contact the Public Information Office (310) 952-1740

BE INFORMED

The Public Information Office is proud to announce that you can now subscribe to our e-newsletter. This will be a great resource for you in addition to our quarterly publications.

**SIGN UP
TODAY!**

It's easy. Just click the link on our website and complete the form to subscribe.

Carsonca.gov

LA ✦ YOUTH



- ✦ **BOYS & GIRLS**
- ✦ **AGES 18MO - 16YRS**
- ✦ **ALL SKILL LEVELS**
- ✦ **YOUTH.LAGALAXY.COM**



AQUATICS

SPRING 2024

SAVE THE DATE!

FEBRUARY 5, 2024

Aquatic Spring Schedules Available Online

February 10, 2024 – February 25, 2024

Lifeguard Certification (weekend training)

FEBRUARY 12, 2024

Online Registration

Begins for Carson Residents

FEBRUARY 19, 2024

Online Registration

Begins for Non-Carson Residents



MARCH 4, 2024 – MAY 9, 2024

Spring Programming

MAY 9, 2024

Spring Season Ends

VETERANS SPORTS COMPLEX



22400 Moneta Avenue
Carson, CA 90745
(310) 830-9991

HOURS OF OPERATION

Mondays/Wednesdays:
6:00 a.m. - 9:00 p.m.

Tuesdays/Thursdays/Fridays:
6:00 a.m. - 12:00 p.m.
3:00 p.m. - 9:00 p.m.
(Closed from 12:00 p.m. - 3:00 p.m.)

Saturdays: 7:00 a.m. - 12:00 p.m.

Closed Sundays

Hours subject to change



MEMBERSHIP RATES

30 DAY MEMBERSHIP	REGISTRATION		NEW MEMBER		RENEWAL	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Individual	\$12	\$24	\$41	\$53	\$30	\$42
Youth/Senior Citizen	\$6	\$18	\$30	\$42	\$24	\$36
Family	\$18	\$30	\$72	\$84	\$54	\$66

DAILY RATES

6:00 a.m. - 3:00 p.m. 3:00 p.m. - Close

	Resident	Non-Resident	Resident	Non-Resident
Individual	\$6	\$7	\$12	\$24

10% Discount for Veterans • All Fees Are Subject To Change

ANNUAL MEMBER FEES

Family Membership (Resident)
Annual/Registration: \$420+\$60=\$480
Renewal: \$319

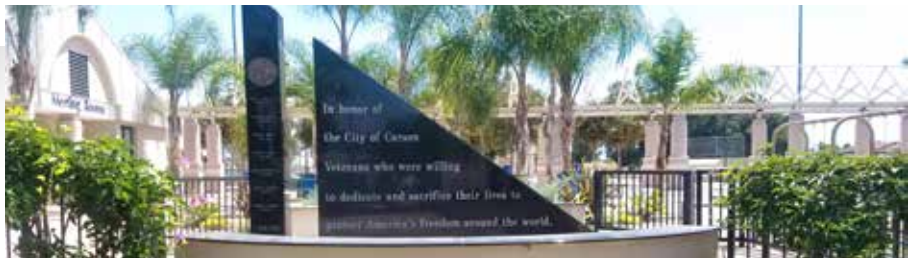
Individual Membership (Resident)
Annual/Registration: \$281+\$36=\$317
Renewal: \$211

Senior Membership (Resident)
Annual/Registration: \$169+\$24=\$193
Renewal: \$127

Family Membership (Non Resident)
Annual/Registration: \$502+\$72=\$574
Renewal: \$377

Individual Membership (Non Resident)
Annual/Registration: \$330+\$48=\$378
Renewal: \$248

Senior Membership (Non Resident)
Annual/Registration: \$198+\$36=\$234
Renewal: \$149



CARSON VETERANS MONUMENT

On November 11, 1998, the City of Carson dedicated a Veterans Monument to honor Carson Veterans who gave the ultimate sacrifice while serving this country. If you know the name of a Carson Veteran and would like to honor their service, please call (310) 830-9991.

CARSON VETERANS WALL

The City of Carson is gathering the names of Carson Veterans who served in the United States armed forces for the purpose of adding their name to the Veterans Wall. If you are a Carson Veteran or if you know a Carson Veteran and would like to be added to the Veterans Wall, please call (310) 830-9991.

VETERANS SPORTS COMPLEX

CLASS SCHEDULE



WALKING CLASS

Mondays 8:30 a.m. - 9:30 a.m.
Wednesdays 5:15 p.m. - 6:15 p.m.



Yoga with Charlene

Tuesdays 9:30 a.m. - 10:30 a.m.

Salsa with Mike

Wednesdays
10:00 a.m. - 11:00 a.m. (Beginner)
11:00 a.m. - 12:00 p.m. (Intermediate)

Fridays
10:00 a.m. - 11:00 a.m. (Intermediate)



Muscle Conditioning with Sue

Fridays • 8:30 a.m. - 9:30 a.m.

For more information, please call Veterans SportsComplex at (310) 830-9992

YOUTH & ADULT SPORTS

YOUTH SPORTS

For more information regarding Youth Sports, please call (310) 847-3577.

Basketball

Last Day to Register: November 11, 2023

Tryouts: November 18, 2023

Season Begins: December 16, 2023

Fees

Resident

Non-Resident

\$20

\$128

ADULT SPORTS

For more information regarding Adult Sports, please call (310) 847-3576.

Winter Men's Softball

Registration: December 11, 2023 – January 16, 2024

League Begins: January 18, 2024

Fee: \$420

Winter Basketball League – Open

Registration: January 22, 2024 – February 26, 2024

League Begins: February 29, 2024

Fee: \$420

Winter Coed Softball

Registration: December 11, 2023 – January 16, 2024

League Begins: January 19, 2024

Fee: \$420

Winter Pickleball League – Doubles (Mixed and Womens)

Registration: February 12, 2024 – March 14, 2024

League Begins: March 22, 2024

Fee: \$300

All sign-ups and registration are online.



NAYS Coaches Training Program is the most widely used coaches training program in the nation. NAYS Coach Training Program is available online for coaches to complete at their convenience, and it's also offered on-site at most City parks. NAYS Parent Orientation Program is an education and membership program that supports youth sports parents, while helping youth sports organizations eradicate parent issues. NAYS Parent Orientation Program has set a standard for parent orientation programs by providing video-based training which offers a simple, effective way to make youth sports parents aware of their roles and responsibilities, as well as ways they can make their child's experience more enjoyable and positive. NAYS Parent Orientation Program training is mandatory upon registration. Children will not be able to participate in the program until the requirement is met.

FABELA CHAVEZ BOXING CENTER



Join the Fabela Chavez Boxing and Weightlifting Center at Foisia Park today. Memberships are as low as \$20 per month for youth and \$30 per month for Adults. Members will have access to Boxing Conditioning Classes, coaching on different levels of Boxing Fitness, weightlifting training, cardio classes such as (Zumba, Cardio Fit, and Hip Hop Step) are also included in the membership. Competitive boxing is available by joining the Fabela Chavez Boxing Club and getting approved by our Senior Coach (Additional fees for the club and Boxing books). Memberships are available for youth ages 8 years and up. Fabela Chavez Boxing Club has been open for more than 40 years. We love to teach the skills, fitness, and drills with the sport of boxing. So check us out today!



10 - WEEK SESSION

September 25, 2023 - December 9, 2023

CARSON MINI- STARS

Ages: 5-7

Activity Fee: \$38 R/ \$48 NR
Mondays and Wednesdays
6:00 p.m. - 7:00 p.m.

Every 1st and 3rd Saturday of the month
9:00 a.m. - 10:00 a.m.

Carson Park

CARSON ALL-STARS

Ages: 8-14

Activity Fee: \$38 R/ \$48 NR
Mondays and Wednesdays
7:00 p.m. - 8:00 p.m.

Every 1st and 3rd Saturday of the month
10:00 a.m. - 11:30 a.m.

Carson Park

KARATE 1

Ages: 7 and up

Activity Fee: \$55 R / \$65 NR
Tuesdays and Thursdays
6:00 p.m.- 7:00 p.m.

Veteran Sports Complex

KARATE 2

Ages: 7 and up

Activity Fee: \$55 R/ \$65 NR
Tuesdays and Thursdays
7:00 p.m. - 8:00 p.m.

Veteran Sports Complex



January 15, 2024 - March 23, 2024

Registration opens for the following classes: November 1, 2023

DRAMA

Ages: 6-14

Activity Fee: \$40 R/ \$50 NR
Tuesdays and Thursdays
4:00 p.m. - 5:00 p.m.

Hemingway Park

VOICE

Ages: 6-14

Activity Fee: \$40 R/ \$50 NR
Mondays and Wednesdays
4:00 p.m. - 5:00 p.m.

Hemingway Park

MATH MADE EASY!

Kindergarten - 2nd Grade

Activity Fee: \$30 R/ \$40 NR
Tuesdays and Thursdays
3:30 p.m. - 4:30 p.m.

Veterans Park

3rd Grade - 5th Grade

Activity Fee: \$30 R/ \$40 NR
Tuesdays and Thursdays
4:30 p.m. - 5:30 p.m.

Veterans Park

COOKING WITH

CHEF T. JACKSON

Ages: 5 and up

(must be accompanied by parent/guardian)

Activity Fee: Free

Wednesdays

(Starts October 4, 2023)

6:30 p.m. - 8:30 p.m.

The class will be held in rotation at 7 park locations

READY, SET, READ!

Kindergarten - 2nd Grade

Activity Fee: \$30 R/ \$40 NR
Mondays and Wednesdays
4:00 p.m. - 4:50 p.m.

Anderson Park

3rd Grade - 5th Grade

Activity Fee: \$30 R/ \$40 NR
Mondays and Wednesdays
5:00 p.m. - 5:50 p.m.

Anderson Park

CALAS CHEER

Ages: 5- 14

Activity Fee: \$38 R/ \$48 NR
Wednesdays 6:30 p.m.- 7:30 p.m.
Saturdays 10:00 a.m. - 11:00 a.m.

Calas Park

LATIN MODERN DANCE

Ages: 7-18

Activity Fee: \$38 R/ \$48 NR
Tuesdays and Thursdays
6:15 p.m. - 7:15 p.m.

Calas Park

HIP HOP I

Ages: 7-9

Activity Fee: \$37 R/ \$48 NR
Tuesdays and Thursdays 6:00 p.m. - 7:00 p.m.

Carson Park

HIP HOP II

Ages: 10 - 14

Activity Fee: \$37 R/ \$48 NR
Tuesdays and Thursdays 7:00 p.m. - 8:00 p.m.

Carson Park

SCAN TO REGISTER



CLASSES COMING SOON!

Art • Tennis • Cooking
Chess- Veterans Park
Ukulele- Foisia Park
Cheerleading- Foisia Park
Pickleball- Dominguez Park
Piano- Foisia Park
Guitar- Foisia Park
Ballet I & II- Carson Park

KIDS CLUB (AGES 5 - 12)

Holiday Day Camp

Monday, December 18, 2023 - Friday, January 5, 2024
 Holiday Day Camp will be offered Monday - Friday, 7 a.m. - 6 p.m.

ALL PARKS WILL BE CLOSED ON CHRISTMAS DAY AND NEW YEARS DAY

CALAS PARK
 1000 E. 220th St.
 Carson, CA 90745
 (310) 518-3565

CARSON PARK
 21411 S. Orrick Ave.
 Carson, CA 90745
 (310) 830-4925

DEL AMO PARK
 703 E. Del Amo Blvd.
 Carson, CA 90746
 (310) 233-4850

DOLPHIN PARK
 21205 Water St.
 Carson, CA 90745
 (310) 549-4560

VETERANS PARK
 22400 Moneta Ave.
 Carson, CA 90745
 (310) 864-9255

FOR AGES 5-12

TIME	RESIDENT	NON-RESIDENT
7 A.M. - 9 A.M.	\$20	\$40
9 A.M. - 6 P.M.	\$70	\$85

WE OFFER SIBLING DISCOUNTS
 Second child gets a \$5 discount.
 Third child gets a \$7 discount.

BRING LUNCH DAILY
 Afternoon snack provided daily
 ADDITIONAL FEES FOR EXCURSIONS

AFTER SCHOOL KIDS CLUB

Kids Club is a state-licensed, quality program that is safe, fun, and affordable. Activities for children ages 5 to 12 years-old are offered under the supervision of trustworthy, caring, and qualified staff that understand the needs of all children. Kids Club activities include homework completion time, educational/physical activities, snack time, arts & crafts, fun games, and more!

Registration: \$50 weekly
Mon-Fri • 2:30 p.m. - 6:00 p.m.
 Availability is based on the needs of each site.
 For more information, please call
 (310) 847-3570.

The City reserves the right to cancel individual park programs if the minimum enrollment level is not achieved.

LOCATIONS:


Calas Park
 L #198002954

Carson Park
 L#191606872

Del Amo Park
 L#191606914

Dolphin Park
 L #1918005652

Veterans Park
 L #191606908



For more information, contact the Recreation Division at (310) 847-3570

JOSEPH B. JR. AND MARY ANNE O'NEAL STROKE CENTER



The Joseph B. Jr. and Mary Anne O'Neal Stroke Center is located at the City of Carson Community Center. Our award winning and state recognized facility is available to survivors to participate in social, mental, and physical stimulation and exercise. With safety being our top focus, we have worked diligently to re-open the center for our stroke survivors and their caregivers.

We are committed to our inclusive programming while providing a dedicated space for our members to participate while remaining healthy and safe. The facility features rehabilitative fitness equipment, and we offer a variety of activities and group exercises.

Currently we are offering on site use of our fitness equipment, Chair Exercise classes, and Chair Volleyball. We continue to work towards expanding our current weekly group exercise activities. Occupational Therapy services are dependent on availability.

For the application process and more information, please call direct at (310) 952-1763, or visit the Stroke Center website at https://ci.carson.ca.us/CommunityServices/Stroke_Center.aspx



SPECIAL INTEREST



START SMART BASKETBALL

This introductory class teaches parents and children the fundamentals of Basketball in a non-competitive environment.

No experience necessary.

Parent/guardian participation is required for the duration of each class.

Registration will open January 1, 2024 on ActiveNet.

Instructors: Tony Zuniga and Jacinda Flores

Location: Carson Park

For more information, please call (310) 952-1782, ext. 1478

Ages	Day	Time	Start	Wks	Price
2-5	Mon	5:15 p.m. – 6:00 p.m.	2/5	8	\$44 Res/\$55 Non-Res
2-5	Tues	5:15 p.m. – 6:00 p.m.	2/6	8	\$44 Res/\$55 Non-Res
2-5	Wed	5:15 p.m. – 6:00 p.m.	2/7	8	\$44 Res/\$55 Non-Res
2-5	Thur	5:15 p.m. – 6:00 p.m.	2/8	8	\$44 Res/\$55 Non-Res

FIT HAPPENS OUTDOOR EXERCISE CLASS

This exercise class is designed for people of all fitness levels to help improve cardiovascular conditioning and endurance while building strength and helping decrease tension and stress through physical movement. Go at your own pace working out in a group setting, challenging only yourself to reach your highest potential. Purchase your class participation punch card on ActiveNet/Memberships at the following prices:

6 classes - \$35
12 classes - \$60
20 classes - \$90



For more information, please call (310) 952-1782, ext. 1478 Tues & Thurs at 6:15 p.m. (as weather permits)
Instructor: Melody Carter
Location: Carson Community Center



ALL THINGS SANTA

Stay tuned for All Things Santa. Call (310) 952-1782, ext. 1478 or email us at northpole@carsonca.gov for information on services and schedules for the 2023 holiday season.



EARLY CHILDHOOD EDUCATION



The Early Childhood Education Program is geared toward children ages 3-5. It utilizes the McGraw-Hill Education's "World of Wonders" curriculum, an engaging early childhood literacy program that builds strong pre-reading and social emotional skills. At the same time, the curriculum incorporates content areas like math, science, social studies, music, and movement. The program prepares children with the knowledge they need to enter kindergarten with confidence.

At the City of Carson Early Childhood Center, classrooms have been adjusted to not only align with CDC guidelines, but also maintain a positive learning environment. To keep students, families, and teachers healthy and safe, class sizes have been reduced to 50% of capacity. This will allow students and teachers to maintain social distancing within their learning environment. It will also permit more personal time with each individual student. There will also be greater emphasis on sanitation in lunch, nap, and play areas.



EARLY CHILDHOOD EDUCATION

Winter is here, it's the most wonderful time of the year. To kick off this bright fun-filled season the children will participate in a number of outdoor hands on activities and events.

- Baking Cookies
- Ice Painting
- Winter Walks
- Holiday Ornaments
- Holiday Songs
- Decorating Gingerbread
- Hibernating Animals
- Migrating Animals



TUITION RATES

PART-TIME PROGRAMS

Days	Times
Monday -Friday	8:00 a.m.-12:00 p.m.
Monday - Friday	1:00 p.m.-5:00 p.m.

Locations
Carson Community Center & Dolphin Park
Carson Community Center

Monthly Rate*
\$303/RES, \$374/NON-RES
\$303/RES, \$374/NON-RES

FULL-TIME PROGRAMS

Days	Times
Monday - Friday	8:00 a.m.-5:00 p.m.

Locations
Carson Community Center & Carson Park

Monthly Rate*
593/RES, \$698/NON-RES

Early Childhood Education: (310) 835-0212 Ext. 1482

YOUTH & FAMILY SERVICES/PREVENTION & AFTERCARE

FAMILY DEVELOPMENT COACHING

Could you use a helping hand to get through a challenge with your child? Do you need assistance finding resources to help your family? Work with a family coach to learn how to plan, prioritize and reach your goals, access important services, and explore ways to strengthen your family bonds. Must have a child in the home 18 years old or younger.

CRAFTY CLUB

Mondays | 5 PM - 7 PM

Veterans Park | Ages: 18 and up

Keep Calm and Craft on! Crafting isn't just for Kids! Come explore your inner crafter. Share your gifts and talents or learn something new from others.

STRONGER TOGETHER LADIES CIRCLE

Tuesdays | 5 PM - 6 PM

Carson Community Center | Ages: 18 and up

Come relax and chat with us! Expand your community and support system. Meet some new friends through activities such as meditation, book club, seeking and sharing advice, and giving and receiving support. *Mother/child activities to strengthen bonding.

NURTURING FATHER'S PROGRAM

Open to fathers of any age

Date, time and location is TBD

A nurturing father is a man who actively provides guidance, love and support to enhance the development and growth of their children. This program is an evidence-based training course created to help teach parenting and nurturing skills to men. This group provides proven, effective skills for healthy family relationships and child development.

ALL PROGRAMS ARE FREE OF CHARGE

For more information, please contact Jenice Deguzman, Youth and Family Services Coordinator at (310) 835-0212 x1671



VIRTUAL CLASSES

Join our virtual classes from the comfort of your home. All classes are free for adults 50 years and above.

For more information, please call (310) 952-1782 ext. 1479.

YOGA WITH CHARLENE - Virtual Class

Thursday

9:30 a.m. – 10:30 a.m.

This class combines yoga poses with breathing and meditation techniques. All levels are welcome, regardless of the fitness level or yoga experience.



SENIOR RECREATION (IN-PERSON CLASSES)

CARSON EVENT CENTER 801 East Carson Street, Carson, CA 90745

SALSA

Tuesday

10:00 a.m. – 11:00 a.m.

Enjoy the Latin rhythms while learning basic footwork, steps, turns, music timing and other dance techniques.

CHAIR EXERCISE

Tuesday

9:30 a.m. – 10:30 a.m.

Learn safe techniques for strengthening the upper and lower body using flexible exercise bands.

MORNING YOGA WITH JIMMY

Wednesdays

9:00 a.m.- 10:15 a.m.

Basic Hath yoga fusion class, students move from the floor to standing postures and pose variations. All levels welcome. Yoga mat recommended.

BODY BALANCING FITNESS

Thursday

9:00 a.m. – 10:00 a.m.

Combination of Yoga, Tai Chi & Pilates. It builds strength, improves flexibility & calms your mind. All levels welcomed. Yoga mat recommended.

NEEDLE CRAFT CLASS

Tuesday/Friday

9:00 a.m. – 11:00 a.m.

Older adults come together to crochet, knit, sew articles by hand and work on various crafting patterns. Students provide their own supplies. (Uninstructed class)

TABLE GAMES

Thursday

1:00 p.m. – 4:00 p.m.

Participate in a variety of open table games, while enjoying the company of others.

TAI CHI

Thursday

11:00 a.m.- 12:30 p.m.

Learn the Chinese form of physical exercise characterized by a series of very slow and balletic body movements.



OLDER ADULT BINGO SOCIAL CLUBS

Social Clubs and Groups are co-sponsored by the city yet operate independently. All clubs meet at the Carson Center, except for swinging 50's Club, which meets at Dominguez Park. Membership required if you would like to join a club.

For further information, call (310) 835-0212 ext. 1479.

VIP Club

Tuesday • 11:00 a.m. – 3:45 p.m.

TLC Club

Wednesday • 1:00 a.m. – 3:45 p.m.

Swinging 50's Club

Wednesday • 10:00 a.m. – 2:00 p.m.
Dominguez Park

Jolly Club

Thursday • 11:00 a.m. – 3:45 p.m.

Senior Christmas Ball

Friday, December 1, 2023
11:00 a.m. – 3:00 p.m.

Friendship Club

Fridays • 11:00 a.m. – 3:45 p.m.

SENIOR RECREATION (IN-PERSON CLASSES)

FREE CLASSES FOR 50+

CARSON PARK 21411 Orrick Avenue, Carson, CA 90745

HULA HOOP FITNESS WITH SUE

Monday

10:00 a.m. - 11:00 a.m.

Discover a whole new way of working out while having fun and burning calories with a hula hoop.



ZUMBA WITH JEWEL

Tuesday & Thursday

9:30 a.m. - 10:30 a.m.

Combines Latin music with dance, aerobic elements, and choreographed steps.

LINE DANCING WITH JEWEL

Tuesday

8:30 a.m. - 9:30 a.m.

Learn and perform the latest line dance steps, while you enjoy the company of fellow line dancers. All levels welcome.

ZUMBA GOLD WITH JEWEL

Thursday

8:30 a.m. - 9:30 a.m.

Improve your health! Boost your mood, burn fat, strengthen bones and improve your stamina with this class. 2 pound weights recommended.

YOGA WITH SUE

Wednesday

9:30 a.m. - 10:30 a.m.

A combination of yoga poses, breathing and meditation techniques. All levels welcome, regardless of fitness level or yoga experience.

OPEN BASKETBALL

Monday - Thursday

10:45 a.m. - 11:45 a.m.

Be introduced to the game of basketball or sharpen your skills. Open to beginners and advanced players.

COUNTRY LINE DANCING

Friday

9:00 a.m. - 11:45 a.m.

Learn and perform the latest country western steps, while you enjoy the company of fellow line dancers. All levels welcome.

FUNCTIONAL FITNESS WITH SUE

Wednesday

8:30 a.m. - 9:30 a.m.

A low impact cardio class that strengthens and enables the body to perform everyday movements and tasks more safely and effectively.

FITNESS CENTER

Monday - Thursday

8:30 a.m. - 11:30 a.m.

Open conditioning, fitness machine and weights. No trainer on site.

FOISIA PARK

23410 Catskill Avenue, Carson, CA 90745

FITNESS CENTER

Monday - Friday

8:30 a.m. - 10:30 a.m.

Open conditioning, fitness machines, and weights. No trainer on site.

OPEN BASKETBALL

Monday - Friday

8:30 a.m. - 10:30 a.m.

Be introduced to the game of basketball or sharpen your skills. Open to beginners and advanced players.

STEVENSON PARK

17400 Lysander Drive, Carson, CA 90746

FITNESS CENTER

Monday - Wednesday - Friday

8:30 a.m. - 12:00 p.m.

Open conditioning, fitness machines and weights. No trainer on site.

YOGA WITH SUE

Monday

8:30 a.m. - 9:30 a.m.

This class combines yoga poses with breathing and meditation techniques. All levels welcome, regardless of fitness level or Yoga experience.

LINE DANCING WITH JEWEL

Friday

10:00 a.m. - 11:40 a.m.

Learn and perform the latest country western steps, while you enjoy the company of fellow line dancers. All levels welcome.

All classes are subject to change.
Safety protocols followed.



SENIOR INDEPENDENCE SUPPORT



SENIOR CITIZENS ADVISORY COMMISSION

The Commission meets on the 2nd Monday of each month at 4:00 p.m. at the Congresswoman Juanita Millender-McDonald Community Center at Carson. All are invited to attend and contribute at this meeting.

FREE TAX PREPARATION FOR SENIORS

The AARP offers free tax preparation help to anyone, and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you! We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers, we make it easy for you. AARP Foundation Tax-Aide will be available at the Carson Community Center on Monday & Wednesday between February-April 2024. There's no fee and no sales pitch for other services, and AARP membership is not required. This service is provided by appointment only, so please call (310) 835-0212 ext. 1479 to make your appointment today.



INTERGENERATIONAL PROGRAMMING

We are currently looking for senior citizens to participate in the SPRING Semester of our intergenerational program. The intergenerational program is a collaboration between the older adults in our community and the high school students from Rancho Dominguez Preparatory Academy. Since 2016 we have been conducting an 8 week program each semester where individuals are paired up on a weekly basis to learn from one another in an attempt to build bonds and bridge the gap between generations. We ask for the commitment of one hour, one afternoon a week, for 8 weeks. For more information, or to be placed on an interest list of participants for the SPRING semester, please call Amanda Valorosi in Human Services at (310) 835-0212 ext.1471.



THERAPEUTIC RECREATION



Therapeutic Recreation is designed to meet the recreational, social, and physical needs of individuals with disabilities. Our focus is to improve the quality of life for all participants through structured programming carried out by trained staff. Registration is required for all programs and will only be accepted from the legal guardian.

For more information, please call (310) 952-1782 ext. 1465 or ext. 1470.

BENEFITS

- Develop social skills and make new friends
- Improve physical activity and health
- Develop motor skills
- Build self-esteem and confidence
- Learn new skills
- Discover new experiences

PROGRAMS

Activities may include sports, exercise, arts, virtual classes, occupational therapy, and social clubs.

For more information on current and upcoming classes being offered, please contact us to be added to our mailing list.

Therapeutic Recreation welcomes new program suggestions.

We would love to hear from you!



CAREGIVER SUPPORT GROUP

Caregiver Support Group continues to meet at the Carson Event Center on the 1st and 3rd Thursday 11:00 a.m. -12:00 p.m.

For more information call Amanda Valorosi (310)952-1782 x1471

Caregiver Support Group Testimonials:

"I attended the Carson Community Caregivers Group for 3 years. Being a Caregiver for my 99 year old mother with Frontal Temporal Dementia and a son with Schizophrenia was very trying. The program was very beneficial to me in learning how to balance the needs of my mother as well as my son. The demands daily on my time, energy, and health would have been significantly increased had it not been for the program. The classes and advice were both very knowledgeable and gave me as a caregiver that time for myself. The Family Caregiver Services program addressed the unique needs of family members who provide care to a relative/love one. Fortunately, the senior caregiving program was available and helped lighten my load and made it easier for me to provide the best possible care for my loved ones" -Jackie S.

"For 9 years I was the full time caregiver to my father who suffered from Alzheimer's Disease. At first I was so lost on so many levels. I had no idea what I had just entered into,

During my first week living with my father, I was going through mail and came across the Carson brochure that residents receive in the mail. I know I was supposed to take the time to look at it. I had tossed so many pieces of mail, that I could have easily tossed the brochure also. I flipped through it, not sure what I was looking for. THEN, I saw "Caregiver Support Group". Made the call. Left a lengthy message. I received a call back in a very timely manner, the city was so patient and attentive to my situation. I began attending the caregiver support group and looked forward to it every week. It was a safe place to share everything and anything relating to my role as a caregiver" -Nancy K.

BEREAVEMENT SUPPORT GROUP

This weekly support group is offered to adults of all ages who have experienced grief after the loss of a loved one. Whether the death was recent or years ago, join us to discuss your feelings or simply listen to others. Meetings are held in a safe, welcoming, and caring environment.

SENIOR STORYTELLING GROUP



Wednesdays at 2:00 p.m.

Carson Community Center

801 E. Carson Street, Carson, CA 90745

Offered throughout the year in 8-week sessions. This is a welcoming special interest group for Seniors. Weekly 90 minute meetings each have a new topic of discussion where participants are each given time to tell their story. Topics evoke feelings, thoughts and lessons learned through life experience.

In this shared space, seniors are able to learn from one another.

**Space is limited
RSVP required NO Drop-Ins**

For questions or to sign up, please call Amanda Valorosi at (310) 951-1782 ext. 1471.



Ongoing weekly meetings are held on Wednesdays at the Carson Event Center.

Good Grief - 10:30 a.m.

Beyond the Grief - 12:00 p.m.

(must have previously attended Good Grief)

Please call the facilitator to find out which group may be a good fit for you at (310) 951-1782, ext. 1471

INFORMATION AND REFERRAL



Partners in Care
FOUNDATION

Driving alignment between
social care & health care

Human Services will collaborate with Partners in Care Foundation to provide health education and self-management skills to Carson seniors. Call the Human Services office for Spring workshop dates.

Workshops include:

- Healthier Living
- Fall Prevention
- Diabetes Self-Management
- Chronic Pain Self-Management Program
- Arthritis Foundation Walk with Ease Program

For more information, please call **Ilene Renteria** at (310) 835-0212 ext. 1476, or visit: Partners In Care Foundation | (picf.org)

Human Services will also continue to partner with **Bet Tzedek** to provide free workshops for seniors that focus on being safe and savvy.

Workshops may include topics such as:

- Contractor Fraud
- Trusts, Wills, and Advanced Directives
- Elder Abuse
- Safety Awareness
- Scams and Scam Prevention Tips

We're Here to Help!

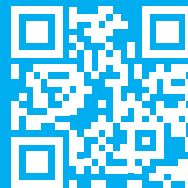
CHCR is available to provide you with resources and answer questions related to Medicare and Medi-Cal so you and your family can be aware of your health care rights.

Center for Health Care Rights

520 S. La Fayette Park Place, Suite 214,
Los Angeles, CA 90057

Our local phone: (213) 383-4519

Toll-free: (800) 824-0780 (LA County residents only)



H.E.L.P. has a lot of great resources but there is a new Phone Reassurance program for seniors

HELP – H.E.L.P. , Helping Elders Live Productively, is a free education, counseling and referral resource for seniors and their families to help them make informed decisions to live their best lives. (help4srs.org)

DIAL-A-RIDE PROGRAM:



GENERAL DIAL-A-RIDE

The City is offering 50% off taxi ride to Carson residents traveling WITHIN Carson city-limits Proof of residency required. **Please call (888) 711-8294**

Update: Participants may now use Dial- A-Ride for travel within the expanded borders FOR ANY PURPOSE including grocery shopping, banking, recreation, and more. Please scan QR code for the new service map.

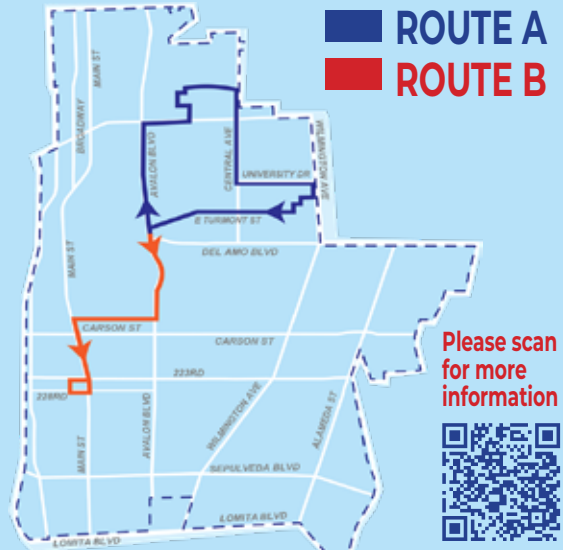
The Transportation office can take cash, credit card, or check payments. Online payments can be made at <https://apm.activecommunities.com/carsonca/Membership>. Please visit our Dial-ARide website for help in creating a new ActiveNet account.

LYFT: Residents are welcome to utilize Lyft promo code **LyftCarson** for 50% off Lyft rides. Pick-ups AND drop-offs must stay within city limits. Any amount over \$20, along with optional gratuity, will be charged to the credit card on file. Download the app to sign up and register your account. Limited to 30 rides per month.

ACCESS PARATRANSIT:

For more information on this shared-ride service for individual with disabilities provided by the County of Los Angeles, call **(800) 827-0829** or visit: <https://accessla.org/>.

Carson Circuit Routes



- * No midday service
- * Both routes run every 40 minutes
- * Both routes begin and end at the SouthBay Pavilion

ROUTE SCHEDULE

7:00 a.m. - 9:55 a.m. M-F
2:00 p.m. - 4:55 p.m. M-F

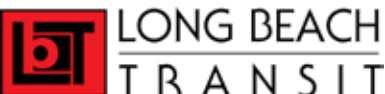
Long Beach Transit

Service in the City of Carson

LBT ROUTES	WEEKDAY	SATURDAY	SUNDAY
1	5:20 a.m. - 7:50 p.m.	6:45 a.m. - 8:20 p.m.	6:45 a.m. - 8:20 p.m.
2	5:03 a.m. - 7:30 p.m.	10:08 am - 6:00 p.m.	No Service
4	5:15 a.m. - 7:43 p.m.	10:38 a.m. - 5:41 p.m.	No Service
8	5:10 a.m. - 7:47 p.m.	10:30 a.m. - 5:44 p.m.	No Service

If you need assistance planning your trip, you can contact our Customer Care team at **(562) 591-2301**.

Si necesita ayuda para planificar su viaje, puede llamar a nuestro equipo de Atención al Cliente al **(562) 591-2301**.



ridelbt.com/carson



Plan with Moovit

The movit app allows you to plan your trip, view schedule information and receive alerts and updates

TRANSPORTATION

Excursions

Tamale Fest – Saturday, December 2, 2023

Indio International Tamale Festival is back! Tamales, food and drinks! Bring the entire family to enjoy the festival! There will be great food, shopping and outdoor entertainment. Attractions and rides require either wristbands or tickets which can be purchased at the Box Office. **Cost of \$30 per person** includes round-trip bus transportation only. Lunch cost is not included. **Bus departs at 9 a.m. and returns at 5 p.m.**



San Juan Capistrano Mission Tour – Saturday, February 24, 2024

Visit mission San Juan Capistrano and enjoy a docent-led tour of the 10-acre grounds of gardens, fountains and adobe-preserved architecture. After the tour, enjoy a no-host lunch at downtown San Juan Capistrano. **Cost of \$48 per person** includes round-trip bus transportation and admission. **Bus departs at 8 a.m. and returns at 5 p.m.**



Madame Tussauds Hollywood – Thursday, April 18, 2024

Experience the real glamour and elegance of Hollywood. Immerse yourself in its history, culture and “meet” the famous and infamous on iconic film sets. If you want to experience making movies, star in them or join our action heroes in saving the world, then Madame Tussauds has the perfect part for you. After the tour, enjoy a no-host lunch on the world famous Hollywood Walk of Fame. **Cost of \$48 per person** includes round-trip bus transportation, admission and tour. **Bus departs at 9 a.m. and returns at 5 p.m.**



Christmas Shopping at Camarillo Premium Outlet – Tuesday, December 12, 2023

The Camarillo Premium Outlet Center hosts a variety of on-site retailers to get you ready for the holidays. Enjoy the wide variety of 160 outlet stores and the extra savings you will enjoy when shopping for yourself or others. Also, there are several dining options you can enjoy during your visit. **Cost of \$30 per person** includes round-trip bus transportation. **Bus departs at 9 a.m. and returns at 5 p.m.**



The Broad Museum – Thursday, March 14, 2024

The Broad is home to the more than 2,000 works of art in the Broad collection, which is among the most prominent holdings of postwar and contemporary art worldwide. With its innovative “veil-and-vault” concept, the 120,000-square-foot, \$140-million building features two floors of gallery space to showcase. **Cost of \$25 per person** includes admission and round-trip transportation. **Bus departs at 10 a.m. and returns at 3 p.m.**



All excursions depart and return from the Juanita Millender-McDonald Community Center. Online payments are now available through ActiveNet. For more information, please call (310) 952-1757

INDOOR AND OUTDOOR RESERVATIONS



MAKE A RESERVATION

Hours: Monday - Thursday • 9:00 a.m. - 5:00 p.m. **Contact:** (310) 847-3570

IMPORTANT INFORMATION

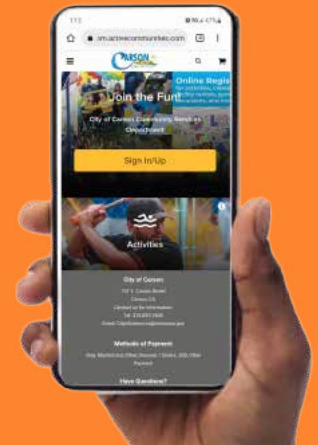
Customer accounts can be made online at <https://ci.carson.ca.us/> under Community Services Activities and Programs. Reservations can be made in person at the City of Carson Corporate Yard or by phone at 310-847- 3570.

- Acceptable Payments: Money Orders/Cashier's Checks (Payable to City of Carson), Credit/Debit Card (Visa and Mastercard accepted)
- Reservations are taken three (3) months in advance. To cancel a reservation date, please contact us fourteen (14) working days prior to the date of the reservation in order to receive a refund. Cancellations in the final 48 hours may be subject to forfeiting all monies collected. No refunds will be given for cancellations the day of the event. Cancellations are subject to a \$50 fee.



COMMUNITY SERVICES Online Class Registration

Register and pay for the following using your mobile device:
Activities, classes, youth/adult sports, facility rentals,
gym memberships, excursions, and more!



PROPOSED TEMPORARY EVENT USE PERMIT

The City of Carson is looking to implement a Temporary Event Use Permit process. These temporary permits could ensure that temporary events are conducted in a manner that does not unduly impede, obstruct, impair, or interfere with the free use of the City's right-of-way, i.e., public streets or sidewalks, or other public property. Additionally, the permit application can regulate the competing use of public forums, while respecting and preserving the rights of all persons to engage in constitutionally protected speech and expression.

For more information, please call (310) 835-0212.

Carson

EVENT CENTER

Space ,value and location

The Carson Event Center is operated by the City of Carson, and offers 40,000 square feet of versatile meeting and event spaces. Interested in hosting a special event, wedding reception or holiday party? Let us assist you with all your logistical needs, as our knowledgeable staff has extensive experience in event planning, and pride ourselves on exceptional customer service before and throughout your entire event. We look forward to making your dream become a reality.



Food & Beverage service provided by:

Choura

VENUE SERVICES



Contact Double Tree Hotel to learn more about discounted room rates as a booked Carson Event Center client.



[facebook.com/carsonctr/](https://www.facebook.com/carsonctr/)

[instagram.com/carsoneventcenter/](https://www.instagram.com/carsoneventcenter/)

[yelp.com/biz/carson-center-carson](https://www.yelp.com/biz/carson-center-carson)

801 E. Carson Street, Carson, CA 90745 | www.carsoncenter.com | (310) 835-0212



RAS RESOURCES, ASSISTANCE & SUPPORT

**Carson Sheriff's Station
Non-Emergency Line**
Call (310) 830-1123 to
request a welfare check

**Harbor UCLA
Mental Health**
(424) 306-5700
[http://www.harbor-
ucla.org/psychiatry/](http://www.harbor-ucla.org/psychiatry/)

**Department of
Mental Health**
(800) 854-7771
[https://dmh.lacounty.
gov/](https://dmh.lacounty.gov/)

**Department of
Mental Health
Hoarding
Resources**
Guidebook
[http://file.lacounty.
gov/SDSInter/
dmh/216946_
Guidebookforonline.pdf](http://file.lacounty.gov/SDSInter/dmh/216946_Guidebookforonline.pdf)

GENESIS
(Geriatric Evaluation
Networks
Encompassing Services
Intervention
Support Programs)
Specific mental health
outreach to an
older adult (213) 351-
7284

Didi Hirsch - Mental
Health Services
Suicide Prevention
(888) 807-7250
<https://didihirsch.org/>

Heritage Clinic
(562) 264-6001
Provides mental health
services for
low income adults 50+
and family caregivers
www.heritageclinic.org

Exodus Recovery
Inpatient and
outpatient
(424) 405-5888
[https://www.
exodusrecovery.com/
locations/](https://www.exodusrecovery.com/locations/)

**NAMI- National
Alliance of
Mental Illness**
[https://www.nami.org/
Home](https://www.nami.org/Home)
Local Information Line:
(562) 435-2264

**South Bay Family
Health Care**
23430 Hawthorne
Blvd., Ste. 210
Torrance, CA 90505
(310) 802-6177 Ext.
1123
South Bay Family
Healthcare
Building Healthy Lives
(sbfhc.org)

**National Suicide
Prevention Lifeline**
Hours:
Available 24 hours.
Languages: English
and Spanish
Learn more
(800) 273-8255

iPrevail
Get online mental
health support
24/7 with on-demand
coaching, lessons, and
more brought to you
by the Los Angeles
County Department
of Mental Health.
Sign up at
lacounty.iprevail.com

**24-hour Suicide
Prevention Lifeline:**
1-800-273-8255 or
text 838255

**National Suicide
Prevention Deaf
and Hard of
Hearing Hotline:**
Access 24/7
video relay service
by dialing
800-273-8255
(TTY 800-799-4889).

**HOTLINES IF YOU
NEED TO TALK
TO SOMEONE:**

- **Disaster Distress
Helpline:**
Call 1-800-985-5990
(TTY 800-846-8517)
or text TalkWithUs
to 66746 for
24/7 support.

- **Crisis Text Line:**
Text HOME to
741741 for 24/7
crisis support.

- **The Peer-Run
Warm Line**
Call toll-free 1-855-845-
7415 or chat online at
[www.mentalhealthsf.
org/peer-run-warmline/](http://www.mentalhealthsf.org/peer-run-warmline/)
The CalHOPE Warm Line is
available by calling (833)
317-HOPE (4673). More
information can be found
at calhope.org

- **Golden Talk**
A chat and crisis line for
adults who are 60 years
of age and older. Provides
warm conversations,
referrals and works closely
with multiple agencies
within LA County in the

event of a crisis.
(888) 60-GOLDEN
(888) 604-6533
www.idsgtfoundation.org

**IF YOU FEEL
UNSAFE:**

- Call or text the
Victims of Crime
Resource Center at
1-800-VICTIMS
line for information
on victim services
programs in
California.

FAMILY SUPPORT:

- You can call the
**National Parent
Helpline** at
1-855-427-2736
Monday – Friday from
10:00 a.m. – 7:00
p.m. to get emotional
support from a trained
Parent Advocate.

NAMI California
has resources for family
members supporting
loved ones with mental
health conditions. You
can call their helpline at
1-800-950-NAMI to get
information, resource
referrals and support
from 7 a.m. – 3 p.m. or
email info@namica.org.

SENIOR HOUSING:
Home Share South Bay
The SBCCOG has a Senior
Housing program where
they partner with
Silvernest to help
link seniors that have a
room to rent with seniors
that want to rent a room.
[https://info.silvernest.
com/southbay](https://info.silvernest.com/southbay)

**HOME
IMPROVEMENT:**
The Los Angeles County
Development Authority
provides homeowners
throughout the County
with assistance in
maintaining and
preserving their home.
[https://www.lacda.org/
home-improvements](https://www.lacda.org/home-improvements)

**Southern California
Edison Discount
Programs**
FERA & CARE
Discounted Rates
(sce.com)

**The Autistic Self
Advocacy Network**
seeks to advance the
principles of the disability
rights movement
with regard to autism.
[https://autisticadvocacy.
org/](https://autisticadvocacy.org/)

**Center for
Employment
Opportunities
(CEO)** provides
immediate, effective,
and comprehensive
employment services
exclusively to people
recently released from
incarceration.
(323) 357-6305
[ceoworks.org/los-
angeles](http://ceoworks.org/los-angeles)

**California
Department of
Rehabilitation**
The California
Department of
Rehabilitation (DOR)
works in partnership
with consumers and
other stakeholders to
provide services and
advocacy resulting
in employment,
independent living, and
equality for individuals
with disabilities.
[https://www.dor.
ca.gov/](https://www.dor.ca.gov/)





CITY OF CARSON Women's Issues Commission

The Women's Issues Commission serves the Carson community by advising the City Council on issues of particular concern to women and families, including domestic violence. Below is a list of resources for those experiencing domestic violence.

Do not remain silent!

CITY OF CARSON Women's Support Group

Open to all women. Secure, safe, confidential.

For more information, please contact
Jenice Deguzman at (310) 847-3584.

California Partnership to End Domestic Violence

(916) 444-7163 • www.cpedv.org

California's recognized domestic violence coalition, representing over 1,000 advocates, organizations and allied groups throughout the state

L.A. County Domestic Violence Hotline

(800) 978-3600 • www.ndvh.org

This hotline is confidential and available 24/7.

It is an automated line where you will enter your preferred language and zip code, then you will be transferred to an operator at an agency near you.

National Domestic Violence Hotline

(24/7 Confidential): (800) 799-7233 (SAFE)

www.ndvh.org (800) 787-3224 (TTY) or text LOVEIS (capitalization does not matter) to 22522 *Msg & Data Rates may apply

National Sexual Assault Hotline

(800) 656-4673 (HOPE) • www.rainn.org

National Dating Abuse Helpline

(866) 331-9474 • www.loveisrespect.org

Pathways to Safety International

(833) 723-3833 (833-SAFE-833)

(international and toll-free)

www.pathwaystosafety.org

National Center for Victims of Crime

(855) 484-2846 (4-VICTIM)

www.victimsofcrime.org

For more information, visit
www.carsonca.gov/womensissuescommission
or call (310) 952-1728.



CSUDH's Osher Lifelong Learning Institute (OLLI) program has been running in Carson since 2002 as one of only 125 in the US. The program has amazing benefits for the older adults of our community.

Members will meet like-minded adults in a supportive learning and social environment, attend special interest events, learn to use technology, and take field trips. Members are offered leadership and service opportunities, receive CSUDH student ID cards, library privileges, bookstore discounts, and reduced prices on annual parking passes. Members must be at least 50 years old, and the membership fee is the lowest in the nation at only \$30.00 annually. Visit their website at Osher Lifelong Learning Institute (OLLI) | CSUDH | Carson, CA, or call (310) 243-2075 for more information.



Are you taking care of a loved one with Dementia?

Alzheimer's Los Angeles offers Savvy Caregiver express (3 week) courses- all courses are virtual at this time.

The program is specifically designed to benefit people caring for a family member or friend living with Dementia by providing more understanding and tools to help navigate the journey.

To register or for more information contact Alzheimer's LA at (323)930-6229 or email Sara Mikael smikael@alzla.org

The City will be partnering with Alzheimer's Los Angeles to also bring these workshops back in person in 2024. The program has been proven to reduce caregiver stress and increase caregiver skills & confidence. To be placed on the interest list for these 6-week courses. Please call or email Amanda Valorosi (310)952-1782 ext. 1471 avalorosi@carsonca.us

For additional resources visit <https://www.alzheimersla.org> or the Helpline (844)435-7259

THINGS RESIDENTS SHOULD KNOW

Parking is not allowed on grass or unpaved areas.

Vehicles receive parking citations ranging from \$100 - \$500 each violation.

Trash & recycling containers are not allowed to be visible from public right-of-way except AFTER 6 P.M. the day before scheduled pick-up UNTIL 10 P.M. the day of pick-up. Smaller containers can be requested from Waste Resources (888) 467-7600.

Appliances, furniture, trash, & other items are not allowed to be visible from the public right-of-way. Large/bulky item pick-up can be requested through Waste Resources (888) 467-7600.

Nothing can be placed on the public right-of-way, including basketball hoops, signs/flyers on utility poles or parkway trees, televisions, computers, etc.

Abandoned, wrecked, inoperable vehicles with obvious signs of damage such as flat tires, broken windows, etc. **are not allowed** to be parked visible from the public right-of-way, including on the street.

Auto repair is restricted in residential areas to minor repairs of vehicles & **is not allowed on the public right-of-way (street, alley, etc.)**.

A business license or permit must be obtained for any & all business conducted in the city, including yard sales, from the Revenue Division (310) 952-1748.

Resident must maintain vegetation on property, including bushes & trees, so that it does not become overgrown, dead/dry, &/or obstruct public right-of-way.

A building permit must be obtained through the Building & Safety Division (310) 952-1766 for any alteration to a structure such as re-roofing, window change outs, room additions, etc. **PRIOR** to work being done.

There is a limit of 3 animals at one location & certain animals such as pigs, chickens, roosters are prohibited in the city.

Residents are responsible for maintaining property free of graffiti. Vouchers for painting supplies can be requested through the Landscape & Building Maintenance Division (310) 847-3500.

Pet owners are required by County ordinance to regularly remove and dispose of pet waste from one's private property as well as removing and discarding their pet's waste that has been deposited on others' property as well as public property.

Long Beach Airport Noise

Call: 562-570-2665 • Email: lgbnoise@longbeach.gov • FAA Noise portal: noise.faa.gov/noise

For questions regarding Code Enforcement, contact the Public Safety Department at (310) 952-1786.

HELPFUL CONTACT INFORMATION

Carson City Maintenance Divisions
Emergencies 911

Landscape & Building Maintenance
(310) 847-3500
(Citywide Graffiti Removal, Maintenance of City Parks & Facilities)

Street Maintenance
(310) 847-3520
(Street/Sidewalk Repairs, Parkway Trees, Sandbag Distribution, Debris on Street)

Carson Community Center
(310) 835-0212
www.carsoncenter.com

Carson Chamber of Commerce
(310) 217-4590
www.carsonchamber.com

Compton Courthouse
(310) 762-9100
www.lasuperiorcourt.org

**LA County Registrar-Recorder
County Clerk (Norwalk)**
www.lavote.net
Voter info. (800) 815-2666
Birth, Death, Marriage, Property Records
(800) 201-8999

LA County Animal Control
(310) 523-9566
Carson Animal Shelter

Parking Enforcement Center
(310) 952-1786
(Re: Parking Tickets)

Shopping Cart Retrieval
(800) 252-4613

Traffic Signal Repairs
City (800) 229-6090
County (626) 458-4357

California Water Service Company
(310) 257-1400
www.calwatergroup.com

Southern California Edison
(800) 684-8123
www.sce.com

Southern California Gas Company
(800) 427-2200
www.socalgas.com

**South Coast Air Quality
Management District**
**Report odor complaints
or call (800) 288-7664**
(800) CUT-SMOG
aqmd.gov/home/air-quality/complaints

Household Hazardous Waste
(888) 253-2652

Collection (LA Public Works)
Clean LA
www.888CleanLa.com

Waste Resources
(888) 467-7600
(310) 847-3520
(Trash Company)

To Residential Customer

POSTMASTER :

DATED MATERIAL. Please deliver promptly.

CITY OF CARSON



DECEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

DECEMBER

TREE LIGHTING CEREMONY

Thursday, December 7, 2023

6:00 p.m.

Carson Event Center

WINTERFEST

Saturday, December 9, 2023

12:00 p.m. - 4:00 p.m.

Veterans Park

JANUARY

TRIBUTE TO DR. MARTIN LUTHER KING, JR.

Friday, January 12, 2024

6:00 p.m.

Carson Event Center

FEBRUARY

BLACK HISTORY MONTH CELEBRATION

Friday, February 23, 2024

6:00 p.m. - 9:00 p.m.

Carson Event Center