



GUN VIOLENCE & OUR COMMUNITIES

Over the last days, Californians has been terrorized by 3 separate mass shootings, claiming at least 29 lives. The details of these horrific attacks are coming to light but we know this: the devastating trauma of gun violence is an everyday occurrence in neighborhoods across California. We have to do more to make our communities truly safe.

To the victims, their loved ones, and the communities that have been violated by these events, we send our deepest sympathies and we hold you in our hearts. Every life lost this weekend sends a clear message that there is more work to be done. We know that thoughts and prayers are not enough - we need concrete and comprehensive gun safety not just in our state but across the nation.

As we face the trauma these tragedies bring to those close to us and to the communities that we belong to, there are resources available to address these mental and emotional health challenges. Los Angeles County offers a free Emotional Support Warm Line with trained personnel ready to listen and provide support. Available 10:30 a.m. to 9 p.m. daily.

Emotional Support Warm Line: 1-800-854-7771 (Select Option 2) For general mental health services and support, dial 988.

With love, Isaac Bryan

IN THE CAPITOL

BACK TO SESSION

The California Legislature reconvened on January 4th and on January 10th Governor Newsom submitted the initial draft of the 2023-24 State Budget. Over the next few months legislators will be submitting proposals for new bills. Check next month's newsletter for more details on this year's legislative package.

Visit the <u>official assembly website</u> to learn more about what is happening in the legislature.

IN THE DISTRICT

WHAT WE DID

This month we took a special look at our local urban farmers who are bringing healthy food options, nutrition education, and economic opportunities to the 55th District.

See some of the highlights of urban farm tour: 2023 Urban Farm Tour

Upcoming Events

1/1 New Year's Day 1/16 Martin Luther King Jr. Day observed – County Holiday 1/22 Lunar New Year 1/30 Deadline for applications to run for your Neighborhood Council (Apply) 1/26 Job Search Workshop – East Los Angeles (<u>register</u>) 1/27 Free Conservatorship Class with the LA Law Library (register) 1/28 Golden Dragon Lunar New Year Parade (more info) Black College Expo at the LA Convention Center (register) English Conversation Class at LA Public Library (more info) Segregated by Design DPSS Film Screening & Community Discussion (RSVP) 1/29 Leimert Park Artwalk (more info) 1/30 Free Water Conservation & Compost Workshop presented by WANC (more info) 1/31 Black History Month: African and African American Tales With Michael D. McCarty (more info) Health Enrollment Assistance with the LA Public Library (more info)

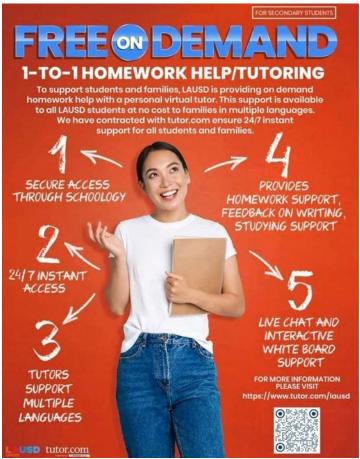
Free Legal Clinic - Thursdays at Palms-Rancho Park Branch Library (<u>register</u>)

Computer Comfort Classes for Adults & Seniors – Mondays at Fairfax Branch Library (<u>more info</u>)



In the District





Los Angeles County

COVID-19 UPDATE









Place Your Order for Free At-Home COVID-19 Tests

Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com. Here's what you need to know about your order:

- · Limit of one order per residential address
- · One order includes 4 individual rapid antigen COVID-19 tests (COVID.gov/tests has more details about at-home tests, including extended shelf life and updated expiration dates)



NOTE: Image of tests is only representative.

Before You Throw Out "Expired" Tests: Check to see if your COVID-19 tests' expiration dates have been extended.

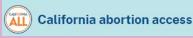
CLICK HERE TO ORDER



Abortion Services Information



Make sure your friends and families know: In California and here in LA County, abortion remains safe and legal. For more information about abortion as a public health issue, see http://publichealth.lacounty.gov



Visit abortion.ca.gov – a statewide, safe space to learn about your rights and find services.



Visit LA County Abortion Safe Haven Project to find a Resource Guide in your language.

Resources

GET HELP WITH ENERGY AND WATER BILLS THROUGH DWP

Still owe on your utility bills? The <u>Low-Income Home Energy Assistance Program</u> (LIHEAP) and <u>Low-Income Household Water Assistance Program</u> (LIHWAP) are providing tax free financial assistance to income-qualified households. No impact to other benefits and public charge determinations. Learn how to apply and contact your local service provider today at <u>ladwp.com/cares</u>.



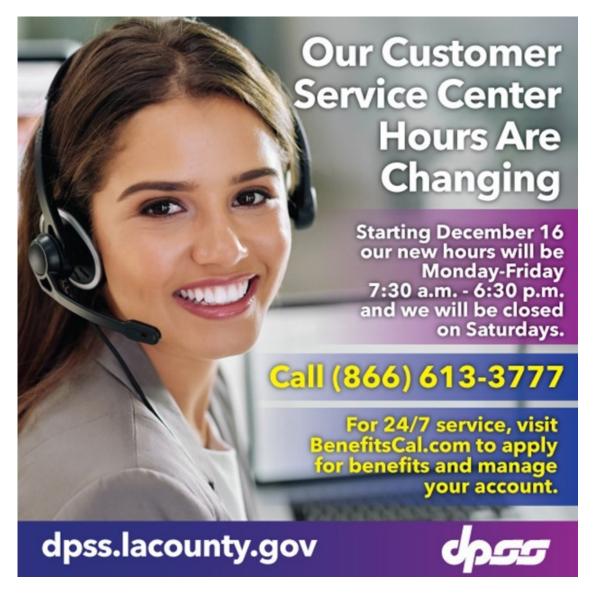


While a standard homeowners' insurance policy typically does not cover you in the event of a flood, your auto #insurance policy may cover your vehicle if it is damaged in a flood if you have purchased comprehensive coverage.

More info: https://bit.lv/3QnpCpo

Commissioner Ricardo Lara reminds homeowners to consider flood insurance. Following the recent devastating wildfires, a reminder that standard homeowners' insurance does not cover most flood or mudslide damage.

More info: https://bit.ly/3t4E4Hb



The ETS Sponsorship Program, a non-profit organization actively partnering with the Veterans Administration (VA), the Department of Defense (DoD), and local communities, supports service members through the transition process from military to civilian life.

Register on Active Duty - Plan Your Transition

Register as a Sponsor - Join & Help Others







LAHSA WINTER SHELTERS OPEN UNTIL MARCH 31

The Los Angeles Homeless Services Authority (LAHSA) Winter Shelter Program will continue throughout L.A. County until March 31, 2023. Visit Winter Shelter (lahsa.org) to learn how to access and obtain a list of shelters or call 1-800-548-6047 for more information.



CALFURS OFFERS 24/7 SUPPORT FOR FOSTER YOUTH

The California Family Urgent Response System (CalFURS) provides 24/7 support to current and former foster youth and their caregivers. For more info, call 1-833-939-3877 or visit www.cal-furs.org.

DPSS DISTRICT OFFICES ARE NOW SAFE YOUTH ZONES

If you, or a youth you know, needs help to get away from an abusive situation that involves human trafficking, exploitation, or abuse, just step inside any DPSS office for immediate assistance from trained DPSS Safe Youth Zone Liaisons. Look for the Safe Youth Zone signs outside DPSS offices. Click here for a list of DPSS offices.







Assistance may include coverage for up to \$1,000 of childcare per month – for up to six months. Short-term vocational trainings are available in Healthcare, Childcare, and other fields.

ELIGIBILITY FOR CHILDCARE SUPPORT:

- · Must reside within the City of LA
- Parent with Dependent Child under age 14
- Low to Moderate Income <u>OR</u>
 Presumed Low Income Population
- Enrolled in Qualified Training Program <u>OR</u> Returning to the Workforce
- Impacted by COVID-19

ELIGIBILITY FOR TRAINING:

- Parent with Dependent Aged Child
- Low to Moderate Income <u>OR</u> Presumed Low Income Population
- · Returning to the Workforce
- Impacted by COVID-19



To apply, visit: bit.ly/lacipgrant