

# El Centro del Pueblo Newsletter

Fall  
2013



1157 Lemoyne St.  
LA, CA 90026  
(213) 483-6335

## Let's Talk About Mental Health!

El Centro del Pueblo Masters of Social Work Graduate Interns will be holding community meetings for all El Centro clients to talk about mental health stigma and how we can better serve our community's mental health needs, especially the needs of our youth!

## Mindfulness Group News!

**Adolescents in a mindfulness group at El Centro have successfully learned helpful mindfulness techniques and are ready to graduate! The group will start again in 2014.**

### A participant in the Mindfulness Group tells his story below:

"Mindfulness taught me to control my emotions and to express my feelings in a positive way...It was my outlet!" I was introduced to Mindfulness at El Centro del Pueblo about 3 years ago. I have been an active participant since then. El Centro del Pueblo gave me the opportunity to participate in a Mindfulness retreat over the summer "it was an amazing experience" I plan to facilitate Mindfulness groups in order to engage teenagers like me... -Anonymous



## Upcoming Events:



### Dia de los Muertos

Saturday, November 2nd, 2013 at El Centro del Pueblo from 2-8pm

*Altars, Entertainment, Food and Art Exhibition*

*Free Arts and Crafts for Children*

### Thanksgiving Luncheon

Tuesday, November 26, 2013 at El Centro del Pueblo

### Navidad en el Barrio Food Basket giveaway

Saturday, December 14, 2013 at El Centro del Pueblo

### Echo Park Community Parade

Saturday, December 14, 2013 at Elysian Park Ave to Park Ave from 11am-2pm

*An annual community parade, involving local business and community groups of Echo Park! The theme this year is "Neighbors Make Echo Park Beautiful".*

### Christmas Toy Giveaway

December 18th, 2013 at El Centro del Pueblo

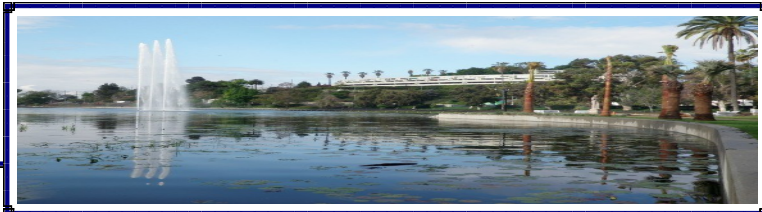
*Free toys for kids in the neighborhood  
Pre-Sign up required Call (213) 483-6335*



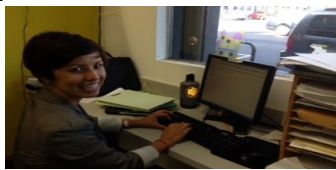
Mayor Eric Garcetti appoints El Centro del Pueblo's Executive Director, Sandra Figueroa Villa, to the LAPD Commission in August. Sandra has been the Executive Director at El Centro for more than 30 years and has worked to expand El Centro's services throughout her time here.

## Echo Park Lake Reopened!

Have you heard rumors about why Echo Park Lake was closed for two years? The Echo Park icon reopened this summer after a \$45 million makeover. Sound like a lot? The original budget was \$80 million. Edgar Dimas, who toured the lake with El Centro del Pueblo's Youth Leadership Council, says the lake was rehabilitated in order to meet water quality standards. The rehabilitation cleaned up the lake and will help it remain more sustainable. The project also added new walkways and restored the lake's famous lotus garden. Check it out!



## This is what we do at El Centro...



### Gang Reduction and Youth Development Program

Since 1974-Provides services that fosters youth development and reduce the influence of street gangs in the lives of our youth. Services are provided for both the youth and the family.

### Child Abuse Prevention & Treatment

Since 1992-Provides free counseling & to families & children to prevent or treat child abuse & neglect .

### Mental Health Services

Since 2005-Provides prevention and early intervention services for children and youth to reduce symptoms that interfere with their emotional well being.



### Family Source Center

Since 1993-Provides multiple services for children and families such as: Domestic Violence Support group, Parenting classes, volunteer income tax assistance, employment supportive services and much more.

### Family Preservation

Since 1993-Helps keep families together by providing support and guidance to parents and teaching them the tools necessary to keep their children safe, happy and healthy.

### AIDS Behavior Change Outreach Program

We have been providing HIV related services for over 22 years in the SPA 4 area of LA, specifically targeting the communities of Downtown Skid Row, Echo Park, Silverlake, Hollywood, Westlake, and Pico Union. The purpose and objective of the program is to reduce the spread of HIV infection through Health Education/ Risk Reduction services and assist in learning their HIV status. HIV and STD Programs provides Health Education and Risk Reduction services to people who share needles and work in SPA 4 communities. Adults 18+ can enroll in the Behavior Change Program and attend risk reduction sessions to reduce their injection risk behavior. They also receive referrals to HIV testing services, treatment and care for HIV+.

### Remodeled Recreation Center

Since 2005-Provides fitness classes, sports, boxing, nutrition classes, youth literacy project & access to a computer lab.

