



**L.A. Care.**

# *L.A. Cares About* **Diabetes**<sup>®</sup>

*An education and support program for people with diabetes*



## My Diabetes Care Team



If you have questions or need help, call your diabetes care team. Keep their phone numbers close by in case of emergency.

### Important Phone Numbers

Me: \_\_\_\_\_

My Doctor: \_\_\_\_\_

My Diabetes Educator: \_\_\_\_\_

My Pharmacy: \_\_\_\_\_

My L.A. Care Member Services: \_\_\_\_\_

### Health Education Department

**1.866.753.8172 (TTY 711)**

Monday – Friday, 9 a.m. – 4 p.m.



### L.A. Care Nurse Advice Line

**1.800.249.3619 (TTY 711)**

24 hours a day, 7 days a week





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# Understanding **Diabetes**

**Diabetes means there is too much sugar in the blood.**

With diabetes your body has a hard time changing the food you eat into the energy you need. This causes too much sugar in the blood. If not managed, high blood sugar can slowly damage your heart, kidneys, eyes, and feet.

Although there is no cure for diabetes, you can manage it by:



Eating healthy



Staying active



Testing your blood sugar levels



Taking medication if needed



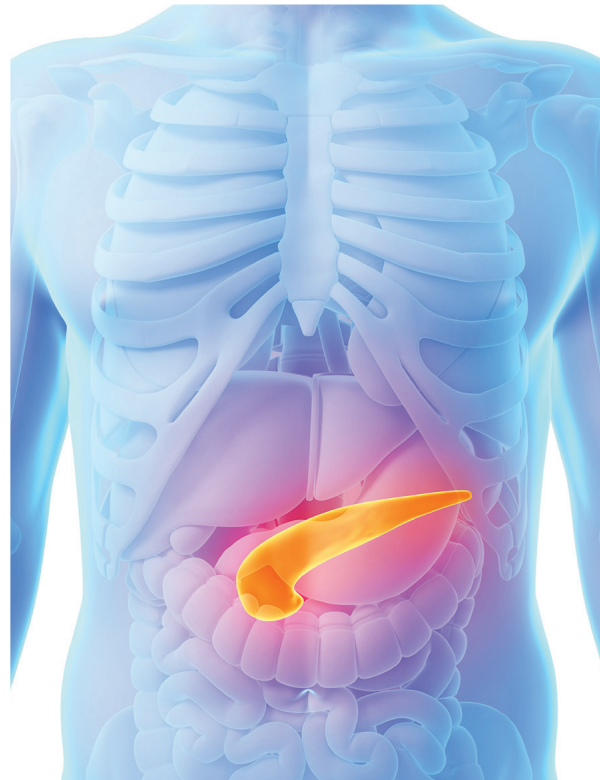
Seeing your doctor for needed exams

## Types of diabetes

When you have diabetes, your body has problems making and using insulin. Insulin is a hormone made by the pancreas. It helps move sugar, also called glucose, from the blood into the cells of the body. The cells are then able to use the sugar for energy.

**Type 1:** When you have Type 1 diabetes, your pancreas doesn't make insulin. You need to take insulin prescribed by a doctor several times each day.

**Type 2:** When you have Type 2 diabetes, your pancreas doesn't make **enough** insulin or your insulin does not work well enough. Over time your body makes less and less insulin. Many people with Type 2 diabetes will need to take insulin prescribed by a doctor at some point.



## Do you know what type of Diabetes you have?

Type 1 diabetes       Type 2 diabetes

What questions do you have about your type of diabetes? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**If you have diabetes, what and how much you eat has a big effect on your blood sugar.**

## Helpful Tips

- ❖ Eat 3 well balanced meals each day about 4 to 5 hours apart. Do not skip meals.
- ❖ Eat about the same amount of food from meal to meal and day to day.
- ❖ Pick whole grains most often. (All carbohydrates turn into sugar but some carbohydrates are better for you than others.)
- ❖ Eat more salads and vegetables.
- ❖ Be careful with the sweets and desserts. Regular soda and sports drinks have lots of carbohydrates in the form of sugar too.
- ❖ Olive, canola and avocado oil are good fat choices. Cut down on saturated and trans fats.
- ❖ Keep snacks close by to keep from getting too hungry and eating unhealthy foods.
- ❖ Use the plate method for diabetes to plan your meals.



Because sugar comes from the foods you eat, it is important to eat the right foods in the right amounts.

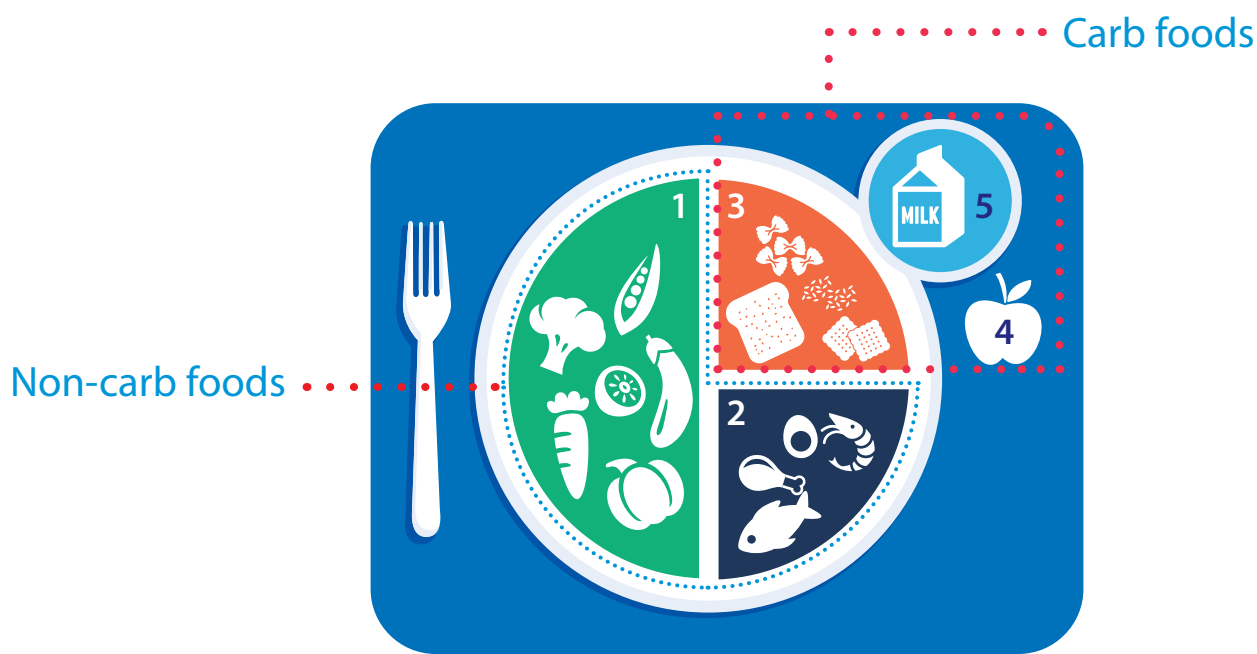
## Diabetes Plate Method

The plate method for people living with diabetes is a way of planning each meal to make sure it's healthy and balanced.

### Build a healthy plate for diabetes:

Think of your plate as having 4 equal sections.

1. Fill 2 sections (1/2) of your plate with vegetables.
2. Fill 1 section (1/4) of your plate with lean protein like fish, chicken or turkey.
3. Fill 1 section (1/4) of your plate with carb foods. Choose whole grains to fill this section.
4. Have one small serving of fresh fruit per meal. (Fruit juice is not a replacement for fruit.)
5. Have water or milk rather than a sweetened drink. One cup of nonfat dairy milk or unsweetened non-dairy milk, such as soy or almond milk, is best.



# Know About **Carbohydrate Foods**

Carbohydrates (carbs) are foods that turn into sugar in your body. When you have diabetes it is important to know which foods have carbs. Sweets, starchy foods, fruits, and milk are carb foods.

Fill 1/4 of your plate with a starchy food and have a fruit and milk to complete the carbs for your meal.



## These foods have carbs:



### STARCHES/GRAINS

- Cereal
- Oatmeal
- Chips
- Pasta
- Crackers
- Rice
- Noodles
- Tortillas
- Bread

### STARCHY VEGETABLES

- Beans
- Peas
- Corn
- Sweet potatoes
- Potatoes
- Yams





## FRUITS

- Apple
- Banana
- Cantaloupe
- Strawberry
- Watermelon
- Grapes



## MILK AND MILK PRODUCTS

- Almond milk
- Milk
- Soy milk
- Yogurt



## SWEETS

- Candy
- Cakes
- Dried fruits
- Honey
- Juice
- Sodas

# Helpful Tips

Some drinks also have carbs. Have juices, fruit drinks, regular sodas, and sugar sweetened coffee or tea in moderation.

Alcohol can cause low blood sugar and should be limited. If you drink alcohol, ask your doctor or diabetes care team how to do so safely. It is recommended to keep alcoholic drinks to 1 drink a day. It is best not to drink on an empty stomach.

# Eat Enough of **Non-Carb Foods**

These foods have little or no carbs. They do not have a big effect on blood sugar. Fill 1/2 of your plate with vegetables and 1/4 with lean protein foods.



## PROTEINS

- ❖ Chicken
- ❖ Egg whites
- ❖ Fish
- ❖ Lean meat
- ❖ Tempeh
- ❖ Tofu
- ❖ Turkey



## MOST VEGETABLES

- ❖ Asparagus
- ❖ Broccoli
- ❖ Cauliflower
- ❖ Romaine lettuce
- ❖ Spinach
- ❖ Tomatoes
- ❖ Zucchini

Use healthy fats to prepare your meals. Boil, bake, or barbecue food instead of frying.



### HEALTHY FATS

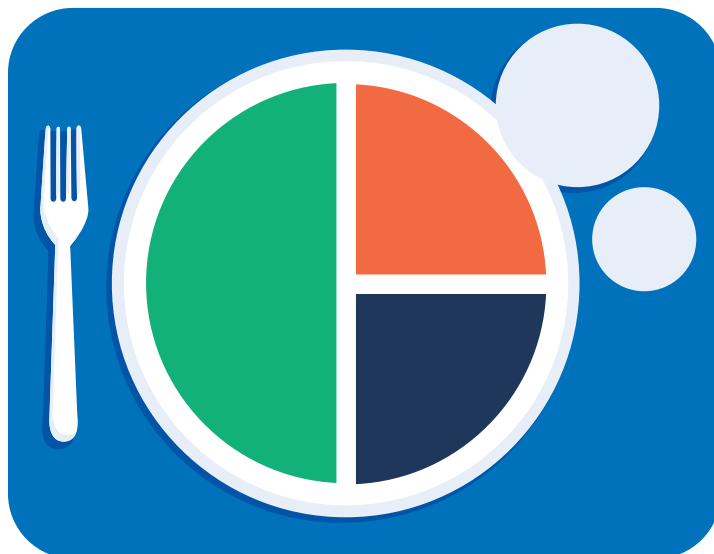
- ⌘ Avocado
- ⌘ Nuts
- ⌘ Canola oil
- ⌘ Olive oil
- ⌘ Flax seed oil
- ⌘ Peanut oil



### NOT-SO-HEALTHY FATS

- ⌘ Butter
- ⌘ Some cheeses
- ⌘ Lard
- ⌘ Sour cream
- ⌘ Shortening

What foods would you choose to make a healthy plate?



# Know the **Right Amount**

The good news is you don't have to cut out carb foods completely to manage diabetes. Eating a smaller portion size is what counts!

## Too Much

## Right Size



Orange juice 12-16oz



Orange juice 4oz



Whole banana



1/2 Banana



Whole bagel



1/2 Bagel



4 Tortillas



2 Tortillas



1 Cup rice



1/3 Cup rice



French bread roll



Whole grain bread 1 slice



Large pizza slice



Small pizza slice



10 or more crackers



6 Crackers



## Check how much you know

Please check all the foods that turn into sugar (carbs). Answers are upside down on the bottom of the page.

**Yes, a Carbohydrate Food**      **Not a Carbohydrate Food**



Fish



Cereal



Corn



Avocado



Potato



Lettuce



Nuts



Milk



Juice



Corn oil

**ANSWERS**  
**Yes Carbohydrate Food:** Cereal, Corn, Potato, Milk, Juice.  
**Not a Carbohydrate Food:** Fish, Avocado, Lettuce, Nuts, Corn Oil.

# Living Well: **Being Active**

## Living an active life can:

- ❖ Lower blood sugar levels
- ❖ Lower blood pressure
- ❖ Improve heart health
- ❖ Help with weight loss
- ❖ Increase energy and strength
- ❖ Relieve stress

Here are some ways to add physical activity to your day.



Dancing



Mall Walking



Gardening

## Helpful Tips

- ❖ Talk with your doctor before you start an exercise program.
- ❖ If you are not active now, start slow with about 10 minutes a day. Add a few minutes each day until you are active for about 30 minutes a day or 150 minutes a week.
- ❖ If you're new to exercising, walk around the block to get started.
- ❖ Do activities with a friend to make it more fun.
- ❖ Track what you do as a way to keep you motivated (see page 28).
- ❖ If you will be exercising more than usual:
  - ✓ Carry a fast sugar source with you. (See page 16 on how to treat low blood sugar.)
  - ✓ Check your blood sugar before and after exercise. If it's low, you may need a small snack.



Regular physical activity is important for managing diabetes.

### What can you do to be more active?

Circle the activities you enjoy the most. It's best to do at least one activity from each column.

#### Aerobic



Swimming



Dancing/Zumba



Walking

#### Strengthening



Using Resistance Bands



Gardening



Free Weights

#### Stretching



Yoga



Simple Stretching



Tai Chi

How many times a week will you do those activities? \_\_\_\_\_

For how many minutes each time? \_\_\_\_\_

Helpful   
Tips

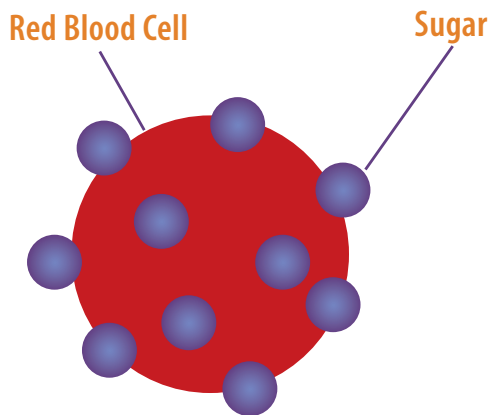
Losing weight can help manage diabetes. Losing 5-10% of your body weight can make a difference in the amount of sugar that stays in your blood.

You can also take a free exercise class at one of our Community Resource Centers! We offer lots to choose from such as Zumba, yoga, and strength training. To find a center near you, call **1.877.287.6290** (TTY 711).

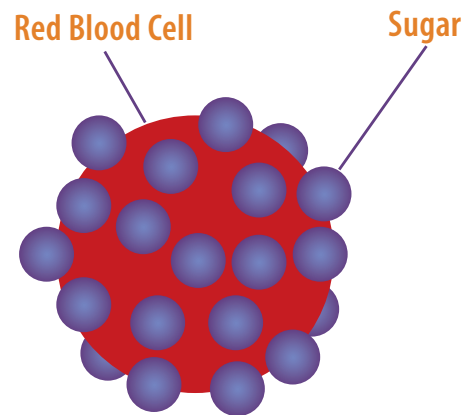
# Living Well: Knowing My Blood Sugar Levels

When you have diabetes, your blood sugar (glucose) levels tend to be high. Over time, this can damage your body and lead to other problems. This is why it's important to know your blood sugar levels.

## Normal Blood Sugar



## High Blood Sugar



**There are two types of tests to measure your blood sugar. You need both of these tests.**









- The A1c test shows your average blood sugar level over the last 3 months. Know your A1c. It tells you and your doctor if your blood sugar has been close to normal or too high during the last 3 months.



- A **blood sugar (glucose) test** measures your blood sugar at the time you test. You can do this test yourself using a meter and test strips. This test helps with daily choices to better manage diabetes. Know your target blood sugar numbers for when you are fasting, before meals, after meals, and at bedtime.

# You can prevent complications and live well with diabetes.

For many people with diabetes, the A1c goal is less than 7. Lowering A1c levels by any amount improves your chances of staying healthy.

	Risk for Complications 	A1c 	Blood Sugar 
 I feel GOOD	Low	Under 7	Under 150
 I DO NOT feel good	High	Between 7 - 9	Between 150 - 210
 I feel AWFUL	Very High	Over 9	Over 200

## To lower blood sugar levels

## Helpful Tips

- 1 Eat healthy
- 2 Take your medications as directed
- 3 Stay active
- 4 Manage stress and anxiety
- 5 See your doctor regularly

Ask your doctor about a good A1c goal for you.

# Living Well: Handling Blood Sugar Highs and Lows

## Low Blood Sugar (Hypoglycemia)

### What causes low blood sugar?

- ❖ Missing a meal or eating later or less than normal
- ❖ Skipping your usual snack
- ❖ Taking too much diabetes medicine
- ❖ Doing more activity than usual
- ❖ Drinking alcohol

### Signs of low blood sugar:

- ❖ Sweaty or clammy
- ❖ Shaky, lightheaded, dizzy
- ❖ Irritable, confused
- ❖ Hungry

## Helpful Tips

**The only sure way to know whether you have low blood sugar is to check your blood sugar. If your blood sugar is 70mg/dL or less then have a meal or snack with protein:**

- ❖ 4 ounces of juice or regular (non-diet) soda
- ❖ 3 to 4 glucose tablets
- ❖ 1 tablespoon of sugar or jelly
- ❖ 5 small pieces of hard candy such as "Life Savers"

**Wait 15 minutes and check your blood sugar. If it is still under 70mg/dL have another serving of the foods listed above.**

- ❖ Don't treat low blood sugar with chocolate. It does not raise blood sugar fast enough.
- ❖ Carry your blood glucose meter and an emergency snack with you at all times.
- ❖ Eat your next meal as soon as possible.

It is normal for your blood sugar to change throughout the day. It's important that your blood sugar doesn't go too high or too low.

## High Blood Sugar (Hyperglycemia)

### What causes high blood sugar?

- ⌘ Eating food high in carbs, which turns into sugar
- ⌘ Not taking your diabetes medicine
- ⌘ Not getting enough exercise
- ⌘ Being sick or in pain
- ⌘ Stress

### Signs of high blood sugar:

- ⌘ Very hungry and thirsty
- ⌘ Headaches and fatigue
- ⌘ Dry mouth, dry itchy skin
- ⌘ Blurred vision
- ⌘ Frequent need to urinate (pee a lot)

## Helpful Tips

### If your blood sugar is over 180:

- ⌘ Drink extra water (2 extra 8 oz. glasses).
- ⌘ Exercise – go for a walk. Ask your doctor if it is okay to exercise when your blood sugar is high.
- ⌘ Eat fewer foods with carbs at your next meal.
- ⌘ Call your doctor if your blood sugar is over 250 after testing two or more times.

Talk with your doctor if your blood sugar is frequently too low or too high. Your diabetes medicine may need to be adjusted.

Taking medicine to control your blood sugar levels is normal. Most people with diabetes also need meds for other health problems, like high cholesterol or high blood pressure. It is very important to take your meds as directed by your doctor.

There are different types of diabetes medication. Each type works in its own way to control blood sugar.



## There are 3 types of diabetes medications

- Pills
- Non-insulin injections (shots)
- Insulin injections (shots)



## Keep track of your medications

- Take your medicines at the right times.
- Fill a pill box with the medicines for the week.
- Keep your medicines in the original bottles until you put them in the pill box.
- Take your medicines at the same time every day.
- Use a chart, calendar, or timer to help you remember.







## Talk with your doctor about your medications

Use these tips to get ready for your next doctor visit:

- Write down your questions.
- Keep a list of your medicines.
- Write down any side effects of each medicine.
- Bring all your medicines to each visit.








When do I take this medicine?	Medicine Name	How much should I take?
 <b>Morning</b>		
 <b>Noon</b>		
 <b>Evening</b>		
 <b>Only when I need it</b>		

**Helpful**   
**Tips**





**Bring your medicines with you to each visit. Your diabetes medicines may change over time.**

# Preventing Complications: Your Body and Diabetes

Use the table below to learn about common problems and what you can do.

Body Part	Problem	How does it feel	What you can do
<b>Feet</b> 	Nerves to the feet and legs have been harmed	Tingling, numbness, burning sensation or pain	<input type="checkbox"/> Have your doctor check your feet <input type="checkbox"/> Always wear shoes and socks
<b>Legs</b> 	Poor blood flow	Leg cramps, foot ulcers and infections  May lead to amputations	<input type="checkbox"/> Bring down your A1c, cholesterol, and blood pressure <input type="checkbox"/> Lose weight <input type="checkbox"/> If you smoke, quit <input type="checkbox"/> See your doctor
<b>Kidneys</b> 	Damaged blood vessels let protein out in the urine	You may not feel anything	<input type="checkbox"/> Keep your sugar and blood pressure well managed  If the problem is severe, dialysis (machine to clean the blood) may be needed  <input type="checkbox"/> Talk with your doctor about a treatment plan
<b>Liver</b> 	Fat build up	You may not feel anything	<input type="checkbox"/> Lose weight <input type="checkbox"/> Talk with your doctor about treatment plan
<b>Stomach</b> 	Nerves that control digestion are harmed	Nausea, vomiting, slow digestion, diarrhea, and/or constipation	<input type="checkbox"/> Eat small meals <input type="checkbox"/> Eat more foods with fiber <input type="checkbox"/> Eat less high fat foods <input type="checkbox"/> Stand or walk after eating <input type="checkbox"/> Get a referral to a dietitian

Unmanaged diabetes can slowly affect your organs and cause complications.

Body Part	Problem	How does it feel	What can be done
<b>Heart</b> 	Blocked arteries	You may not feel anything	<input type="checkbox"/> Keep your sugar, blood pressure, and cholesterol well managed <input type="checkbox"/> Eat heart-healthy foods <input type="checkbox"/> Lose weight, if needed
<b>Mouth</b> 	Gum infection	Gums may be red, swollen, or bleed	<input type="checkbox"/> See your dentist regularly for cleaning
<b>Eyes</b> 	Blocked vessels in the back of the eye (retina) This can lead to blindness	You may not notice anything Or you may notice black spots	<input type="checkbox"/> Get your eyes checked every year
<b>Brain</b> 	Poor blood flow can cause stroke or part of the brain to fail	Weakness to one side of the body Problems speaking Loss of balance and severe headache	<input type="checkbox"/> Keep your sugar, blood pressure, and cholesterol well managed <input type="checkbox"/> Talk with your doctor about a prevention plan <input type="checkbox"/> Stop smoking

**You may need other tests or screenings if you are at high risk. Talk with your doctor about a prevention plan.**

# Preventing Complications: Your Feet

## Blood sugar above your target numbers can cause two problems with your feet over time:

1 Nerve damage

2 Decreased blood flow

Because of these problems, a sore, bruise, or infection may take longer to heal. If not treated, this can lead to amputation (loss of a limb) or other problems. Smoking makes blood flows problems much worse.

## 3 Steps to take care of your feet

### Step 1: Check

- ⌘ Look at your feet each day. Check for sores, blisters, redness, calluses, or other problems.
  - ✓ Do not pick or peel the skin on your feet.
  - ✓ If you cannot check your feet by lifting them up, use a mirror or ask someone else to check your feet.



- ⌘ Tell your doctor right away about **any** foot problems.
  - ✓ Have your doctor check your feet at each visit. Ask if you need to see a podiatrist (special foot doctor).

Foot problems is a common complication. Taking care of your feet each day helps find problems early, when something can be done about it.

### Step 2: Clean

- ❖ Wash your feet in warm water each day. Do not use hot water or soak your feet.
- ❖ Dry your feet well, even between your toes.
- ❖ If your skin is dry, rub lotion on your feet after you wash and dry them. Do not put lotion between your toes.
- ❖ File corns and calluses gently with an emery board.
- ❖ Cut your toenails straight across. Do not cut into the corners.



### Step 3: Protect

- ❖ Never walk barefoot. Always wear shoes or slippers, even when you are at home.
- ❖ Always wear socks or pantyhose. Do not wear socks or stockings that are too tight below your knee.
- ❖ Wear shoes that fit well. Shop for shoes at the end of the day when your feet are bigger. Break shoes in slowly.



# Preventing Complications: **Sick Days**



Being sick can make your blood sugar level go up very high. The best way to prevent a minor illness from becoming a major problem is to have a Sick-Day Action Plan for sick days.

When you're sick, your body is under physical stress. To deal with this stress, your body releases hormones that help fight the illness. These hormones have side effects. They raise blood sugar levels and do not let insulin work well.

When you're sick it is harder to keep your blood sugar in your target range even if you are not eating.



## Make a Sick-Day Action Plan

Work with your doctor or diabetes educator to prepare your Sick-Day Action Plan. The plan should include the following:



- When to call your doctor or diabetes team
- How often to test your blood sugar
- Which medications to take, how much to take, and when to take them
- What and how to eat
- A log to keep track of temperature, medication, foods, and blood sugar levels
- A list of phone numbers for your doctor, diabetes educator, and dietitian. Include how to reach your doctor at night, on weekends, and on holidays

### Call your diabetes team if:

- ⚙️ You've been sick or have had a fever for a couple of days and aren't getting better
- ⚙️ You've been vomiting or having diarrhea for more than 6 hours
- ⚙️ Your blood sugar levels are higher than 240
- ⚙️ You have symptoms that might signal dehydration or other serious problem:
  - ✓ Chest pain
  - ✓ Fruity smelling breath
  - ✓ Trouble breathing
  - ✓ Dry, cracked lips or tongue
- ⚙️ You aren't sure what to do to take care of yourself



# Important **Diabetes Exams**

Test	How Often	Date Completed
<b>A1c Test</b>	Every 3 months if A1c is over 7; Every 6 months if A1c is under 7	
<b>Blood pressure</b>	At every office visit	
<b>Cholesterol and blood fats</b>	Each year	
<b>Dilated eye exam</b>	Each year	
<b>Kidney fuction (urine and blood test)</b>	Each year	
<b>Foot exam</b>	Once a year by doctor; Daily self exam at home	
<b>Dental exam of your gums and teeth</b>	Every 6 months	
<b>Weight</b>	Every office visit	
<b>Flu shot</b>	Each year	
<b>Pneumococcal vaccination</b>	Ask your doctor if you need it	
<b>Blood Sugar Test</b>	As told by your doctor	

It is important to manage stressors as too much stress can make blood sugar harder to manage.



### You may also want to talk with your doctor about:

- Abuse and violence
  - Advance directives
  - Aspirin
  - Asthma
  - Bladder control
  - Dental health
  - Depression
  - Diabetes
  - Drug and alcohol problems
  - Fall prevention
  - Family planning/ birth control
  - How to quit smoking
  - Your medication(s)
  - Mental health concerns (memory loss or changes)
  - Nutrition
  - Pain management
  - Parenting
  - Planning for long-term care
  - Prenatal health (for pregnant women)
  - Physical activity/exercise
  - Safety
  - Sexually transmitted infections and HIV
  - Weight concerns
  - Any other concerns
- 






For questions or to speak with someone about diabetes, call **L.A. Cares About Diabetes®** at **1.866.753.8172 (TTY 711)**. You can also call the 24-hour **Nurse Advice Line** for free health care advice at **1.800.249.3619 (TTY 711)**, 7 days a week.

# My Action Plan

Now that you know more about managing diabetes, think of what you want to do to better take care of yourself.

## What can I improve?

	What am I doing to feel like this?	What can I do to feel better?
 I feel <b>GOOD</b>		
 I <b>DO NOT</b> feel good		
 I feel <b>AWFUL</b>		

## How sure are you that you will reach your goal?

Please circle the number below. A 7 or higher means you are more likely to do it!



1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1 = not sure at all

10 = completely sure

My Action Plan:		Activity	How long	When	How many days						
					S	M	T	W	Th	F	S
Example	I will...	Walk	30 minutes	After dinner		✓		✓		✓	
Goal 1	I will...										
	I will...										
Goal 2	I will...										
	I will...										
Goal 3	I will...										
	I will...										
Goal 4	I will...										
	I will...										

## Helpful Tips

Did you know, as an L.A. Care member, you can get help with self-managing your diabetes in person, by video conference or over the phone? Call our **Health Education Department** at **1.866.753.8172** (TTY 711).

# Important Resources



## Your Doctor

Your doctor is always there for you. Make and keep your doctor appointments. Keep your doctor's phone number handy.

My doctor's name is: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## L.A. Care Diabetes Educator

An L.A. Care Registered Dietitian or Certified Diabetes Care and Education Specialist can help you learn the skills needed for diabetes self-management. The diabetes educator can be reached by calling the **Health Education Department** at **1.866.753.8172** (TTY **711**) Monday-Friday.

## L.A. Care Nurse Advice Line

Call the L.A. Care **Nurse Advice Line** for general health questions to keep you and your family healthy. You can call 24 hours a day, 7 days a week. Call **1.800.249.3619** (TTY **711**).

## Online Education

You can also use *My Health In Motion*<sup>™</sup>, a free online platform for more information on diabetes. You will find a personal health report, wellness workshops, healthy recipes and much more! To log-in, go to **lacare.org**, click on "Member Sign-In" then click on the "*My Health In Motion*<sup>™</sup>" tab to start your profile.

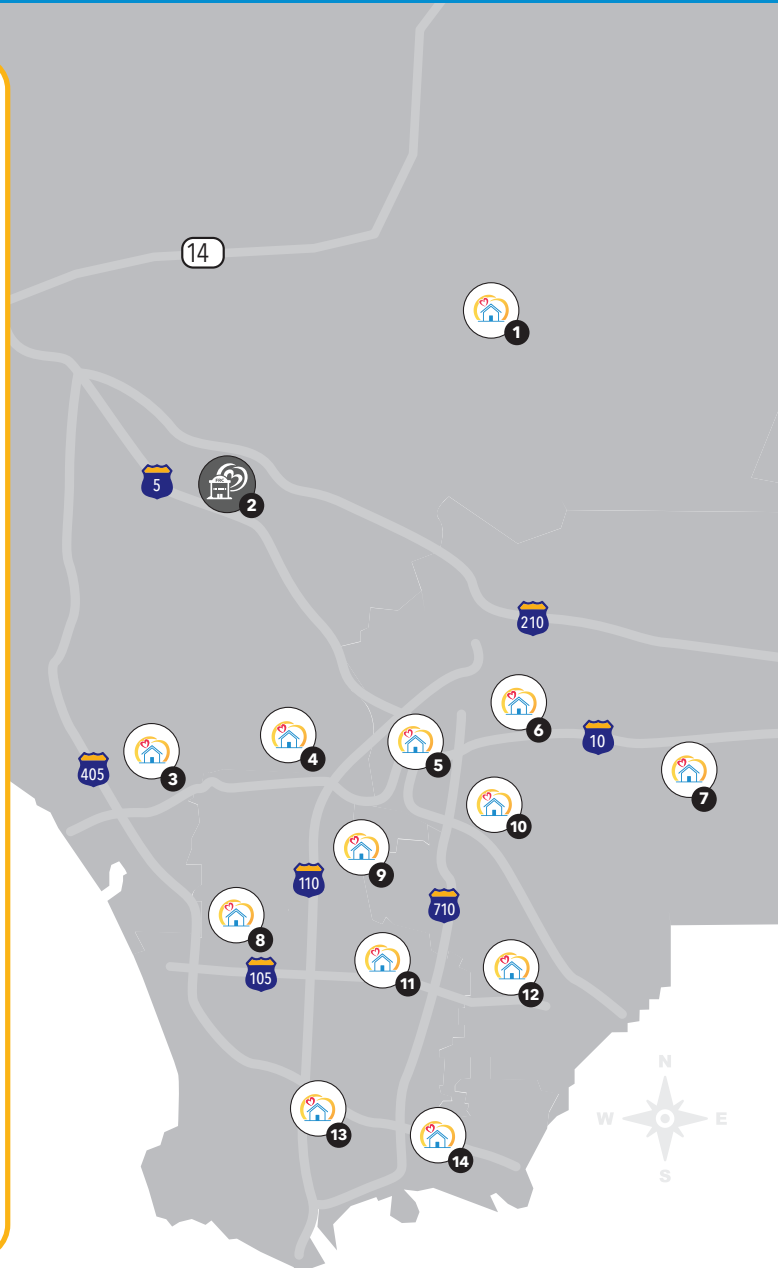


# Community Resource Center

## RESOURCE CENTER LOCATIONS

- 1 Palmdale**  
2072 E. Palmdale Blvd.  
Palmdale, CA 93550  
☎ **1.213.438.5580**
- 2 Pacoima\***  
10807 San Fernando Rd.  
Pacoima, CA 91331  
☎ **1.213.438.5497**  
*(Relocating 2023)*
- 3 West L.A.**  
11173 W. Pico Blvd.  
Los Angeles, 90064  
*(Opening 2023)*
- 4 Metro L.A.**  
1233 S. Western Ave.  
Los Angeles, CA 90006  
☎ **1.213.428.1457**
- 5 Lincoln Heights**  
2426 N. Broadway,  
Los Angeles, CA 90031  
*(Opening in 2023)*  
☎ **1.213.294.2840**
- 6 El Monte**  
3570 Santa Anita Ave.  
El Monte, CA 91731  
☎ **1.213.428.1495**
- 7 Pomona**  
696 W. Holt Ave.  
Pomona, CA 91768  
☎ **1.909.620.1661**
- 8 Inglewood**  
2864 W. Imperial Hwy.  
Inglewood, CA 90303  
☎ **1.310.330.3130**
- 9 South L.A.**  
5710 Crenshaw Blvd.  
Los Angeles, CA 90043  
*(Opening 2023)*
- 10 East L.A.**  
4801 Whittier Blvd.  
Los Angeles, CA 90022  
☎ **1.213.438.5570**
- 11 Lynwood**  
3200 E. Imperial Hwy.  
Lynwood, CA 90262  
☎ **1.310.661.3000**
- 12 Norwalk**  
11721 Rosecrans Ave.  
Norwalk, CA 90650  
☎ **1.562.651.6060**
- 13 Wilmington**  
911 N. Avalon Blvd.  
Wilmington, CA 90744  
☎ **1.213.428.1490**
- 14 Long Beach**  
5599 Atlantic Ave.  
Long Beach, CA 90805  
☎ **1.562.256.9810**

\*L.A. Care Family Resource Center



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For more information, visit [CommunityResourceCenterLA.org](https://CommunityResourceCenterLA.org) or call **1.877.287.6290** (TTY 711), Monday through Friday, 9 am to 5 pm.



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