

Norwalk^eNow

The Official Community Publication of Norwalk, California
October 2023, Volume 44, #10 • @cityofnorwalkca



Breast Cancer Awareness Month PRINT THE TOWN PINK

The City of Norwalk is once again partnering with the American Cancer Society and Norwalk Chamber of Commerce to raise awareness about preventative screenings, treatments, and resources available as part of Breast Cancer Awareness Month.

In keeping with tradition, pink ribbon signage will be placed at the entrances to Norwalk and pink lighting will be used to illuminate city facilities and median trees.

The Paint the Town Pink campaign seeks to raise funds to combat the disease. Support these efforts by visiting these Chamber restaurants and telling them you are there for "Paint the Town Pink." A portion of their proceeds will benefit the American Cancer Society and the 2023 Men Wear Pink campaign.



October 2
10 - 11am
Starbucks Coffee
11790 Firestone Blvd.



October 5
All Day
Mr. Rosewood Restaurant
10640 Rosecrans Ave.



October 10
11am - 8pm
Don's Teriyaki Grill
12327 Imperial Hwy.



October 19
All Day
Chick-fil-A
12555 Imperial Hwy.



October 25
11am - 9pm
So-Cal Pizza
12253 Imperial Hwy.



United to Make Norwalk Safe: The Quadrant-Based Neighborhood Community-Policing Initiative

Norwalk is proud to introduce its Quadrant Officer Program, which revolutionizes our response to community quality of life concerns. This approach is a quadrant-based system, meticulously crafted to respond to our communities' diverse needs. Dedicated officers in each quadrant act as responsive intermediaries, bridging the gap between our community and essential support services.

Recognizing the distinctiveness of each quadrant's concerns is pivotal. This ensures that interventions seamlessly align with the unique characteristics of each community.

Quadrant Officers are more than just law enforcement; they're compassionate listeners, facilitators, and mediators. Carefully chosen for their communication skills and empathy, they connect residents with vital resources and tailored services. This community policing program marks a new era for our city, guaranteeing your concerns are heard and our community thrives.



QUAD 1
Officer Bell



QUAD 2
Officer Arce



QUAD 3
Officer Gomez



QUAD 4
Officer Quintero



QUAD LEAD
Sergeant Munoz



QUAD DEPUTY
Deputy Romo



Join us in making a difference by downloading the Norwalk Connects App to report quality of life issues in your quadrant. This free app is available on the Google Play and Apple App stores.

For more information, call Public Safety at 562-929-5732.



RECREATION AND PARK SERVICES DEPARTMENT

OCTOBER

Special Events

- 6** HALLOWEEN MOVIE NIGHT: HOCUS POCUS
GLAZIER PARK • 6:30 PM
- 14** 38TH ANNUAL ARTURO SANCHEZ SR. HALLOWEEN PARADE
NORWALK BLVD. & MAPLEDALE ST. • 11 AM
- 20** PUMPKIN FLOAT
NORWALK AQUATIC PAVILION • 6 PM
- 21** HALLOWEEN AT THE HARGITT HOUSE
DD JOHNSTON-HARGITT HOUSE MUSEUM • 5 PM
- 27** GLOW IN THE PARK HALLOWEEN CARNIVALS
NORWALK/HERMOSILLO/LAKESIDE • 6 PM

THREE PARK LOCATIONS!

FOR MORE INFORMATION, VISIT
WWW.NORWALK.ORG/FUN

Follow Us!



CITY OF NORWALK
STATE OF THE CITY

2023 State of the City Address at the NASC

Norwalk will host its 2023 State of the City Address on October 20 at 11:30 AM at the Norwalk Arts and Sports Complex, focusing on economic development, infrastructure, and public safety projects. Join us online or in person to explore their impact on residents' quality of life. Tickets are \$20 and available at the Norwalk Arts & Sports Complex 13000 Clarkdale Ave., Norwalk, CA 90650.

Norwalk City Council

Mayor Ana Valencia Vice Mayor Margarita L. Rios
Councilmember Tony Ayala
Councilmember Jennifer Perez
Councilmember Rick Ramirez

Norwalk City Hall Hours of Operation
Monday - Thursday 8 a.m. - 6 p.m.
Alternating Fridays 8 a.m. - 5 p.m.
562-929-5700

City of Norwalk
12700 Norwalk Blvd.
Norwalk, CA 90650

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To Postal Patron

CITY OF NORWALK
A Connected Community

Join us for the
38TH ANNUAL ARTURO SANCHEZ SR. HALLOWEEN Parade

SATURDAY, OCTOBER 14, 2023 11 AM

PARADE BEGINS
CORNER OF NORWALK BLVD. AND MAPLEDALE ST.
CONCLUDES AT
HERMOSILLO PARK, 11953 162ND ST.

FOR MORE INFORMATION, PLEASE CALL THE RECREATION AND PARK SERVICES DEPARTMENT AT (562) 929-5566.

COSTUME CONTEST
COME DRESSED IN YOUR BEST COSTUME & BE PART OF THE PARADE! REGISTRATION BEGINS AT 9 AM AT WAITE MIDDLE SCHOOL FIELD (CORNER OF MAPLEDALE & NORWALK BLVD.) COSTUME CATEGORIES INCLUDE:

- BEST OVERALL
- MOST ORIGINAL
- FUNNIEST
- GROUP
- PET

PARADE ENTRIES
CALLING ALL LOCAL BUSINESSES & PERFORMERS! APPLICATIONS ARE CURRENTLY BEING ACCEPTED FOR THE FOLLOWING CATEGORIES:

- MARCHING BANDS (OPEN TO MIDDLE & HIGH SCHOOLS)
- FLOATS
- EQUESTRIAN
- NOVELTY
- VEHICLES

PARADE APPLICATIONS ARE DUE BY SEPTEMBER 22.

TO DOWNLOAD THE APPLICATION OR FOR MORE INFORMATION, SCAN THE QR CODE.

HALLOWEEN Parade Map

CITY OF NORWALK
THE RECREATION & PARK SERVICES DEPARTMENT

HALLOWEEN AT THE HARGITT HOUSE
FUN FAMILY EVENT!

SAT., OCTOBER 21, 2023 5-8 PM

HARGITT HOUSE • 12426 MAPLEDALE ST. • NORWALK, CA 90650

\$10 PERSON MUSEUM TOURS PUMPKIN DECORATING PUMPKIN BOWLING SPOOKY STORY TIME

CHILDREN (AGES 12 & UNDER) MUST BE ACCOMPANIED BY AN ADULT.

REGISTER AT WWW.TINYURL.COM/REGISTERNORWALK OR IN PERSON AT THE NORWALK ARTS AND SPORTS COMPLEX. PRE-REGISTRATION IS REQUIRED.

FOR MORE INFORMATION, CALL (562) 929-5521.

CITY OF NORWALK
THE RECREATION AND PARK SERVICES DEPARTMENT

GLOW IN THE PARK HALLOWEEN FESTIVAL

Friday, OCTOBER 27, 2023 6-9 PM

Three Locations:
NORWALK PARK 13000 CLARKDALE AVE.
HERMOSILLO PARK 11953 162ND ST.
LAKE SIDE PARK* 11620 STUDEBAKER RD.

GAMES, COSTUME CONTEST, FOOD TRUCKS, ARTS N CRAFTS, MUSIC & MORE!

FOR INFORMATION, CALL (562) 929-5566 OR VISIT WWW.NORWALK.ORG/FUN.

Be sure to follow us on social media (@cityofnorwalkca) to see regular updates about improvements in progress or completed in your community!

Streets Rehabilitation Project Update

The Local Street Rehabilitation Project has completed concrete improvements for Zone 3, 8 and 19. All damaged curb-gutters and sidewalks have been repaired as well as all corners have been upgraded to ADA compliant ramps.

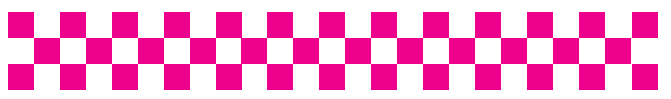
Veterans Villas at San Antonio Drive and Norwalk Storage Update

The Villas will be a four-story, 60-home, affordable residential apartment development with supportive services near the corner of San Antonio Drive and Foster Road. The development will provide much-needed affordable housing for veterans and their families. This past month, Veterans Villas at San Antonio Drive completed installation of electrical underground conduit and in the process of completing the deck. The Norwalk Self Storage facility is nearly complete with the overall project.



Meet the MAYOR

Save the Date
Thursday, October 12- 4:30 – 6:30 PM
Tamaleman House • 12547 Alondra Blvd.
For more information, visit Norwalk.org/mayor



Artist Spotlight at the Mary Paxon Art Gallery

The Norwalk Cultural Arts Center's Mary Paxon Art Gallery will be hosting artist Yaden Ben Hamo, aka Jordifineart, from October 10-28.

The Gallery is located inside the Cultural Arts Center (13200 Clarkdale Ave.), which is adjacent to the Norwalk Arts & Sports Complex. Local and regional artists display their art to promote visual arts in the Norwalk community. The Gallery is free to the public and is wheelchair accessible.

If you are interested in exhibiting artwork or would like to be added to a mailing list for future art exhibits and art receptions, please call the Cultural Arts Center at 562-929-5521.

CITY OF NORWALK
RECREATION AND PARK SERVICES DEPARTMENT

PUMPKIN FLOAT

FRIDAY, OCTOBER 20, 2023 6-8 PM

COST: \$14 PER PERSON (INCLUDES PUMPKIN AND CARVING SUPPLIES)

JOIN US FOR A FRIGHTFULLY FUN NIGHT OF PUMPKIN CARVING, PHOTO OPS, MUSIC & GAMES! WATCH YOUR PUMPKIN FLOAT ACROSS THE POOL & LIGHTS UP THE NIGHT! OPEN TO ALL AGES!

REGISTER ONLINE AT TINYURL.COM/NORWALKAQUATICS

NORWALK AQUATIC PAVILION
12301 Sproul St., Norwalk, CA 90650
(562) 929-5622

FALL COMMUNITY FORUM SAVE THE DATE - 11/2

Looking for a fun family event that is also informative? Join us for the Hybrid Community Forum on Thursday, November 2 at Sara Mendez Park Recreation Center.

Get updates on public safety, parks, and streets while your kids have fun with arts & crafts. The meeting will also be available via Zoom for those that cannot attend in person. Don't miss out on this exciting opportunity to learn and have fun!

WASTE COLLECTION
E-waste, Shred-a-Thon & Medication Disposal

CITY OF NORWALK
Saturday, October 7, 2023
8 a.m. - 1 p.m.
Norwalk City Hall
12700 Norwalk Blvd.

Dispose of unwanted electronics (e-waste) and shred important documents for FREE!
(Only residential waste accepted. Shredding is limited to 5 boxes per vehicle.)

Television Sets, Computer Sets, Cell Phones, Laptops, Fax Machines, Printers, VCR & DVD Players, Stereo Equipment, Gaming Systems, Cables & Cords, Radios, Vacuums

Medication Disposal
Turn in your unused or expired medication for safe disposal.
No liquid medication or needles will be accepted. No clinics or business prescription drop offs accepted.

Speedier Service
DO NOT Get out of your vehicle. Place items to be shredded in the trunk for minimum contact, and faster service.

STATE REQUIRES Patrons dropping off TVs/monitors to provide their full name, address, phone number and email.

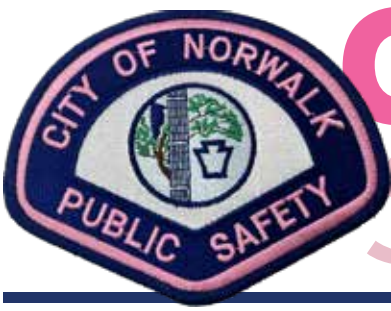
For more information, please call 562-929-5511 or email recycling@norwalkca.gov.
(Event ends at 1 p.m. or when trucks are at capacity.)

Keepin' It Norwalk Business Spotlight

What is your favorite Nail Salons

The nomination period runs from Sunday, October 1 - Tuesday, October 10

Scan the code to submit your nomination!



COMMUNITY SAFETYZONE

When Trick-or-Treating, Trick-or-Treat Safely

A parent or responsible adult should always accompany children on their rounds.

Reminder for Trick-or-Treaters:

- Use a flashlight to see and be seen at night.
- Stay on well-lit streets and use sidewalks.
- If there's no sidewalks, walk on the side of the road facing traffic.
- Follow all traffic and pedestrian regulations.
- Cross streets only at corners or crosswalks and remember to walk, not run. Don't expect vehicles to see you; be careful when crossing streets.
- Take off anything that blocks your vision before crossing streets.
- Stay in a group and let them know where you're going.
- Go to houses with porch lights on.
- Don't take shortcuts through yards or alleys.
- Never go into a stranger's house or car for treats.
- Don't eat any treats until an adult checks them.
- Notify the police if you see anything suspicious or against the law.



After Trick-or-Treating

Wait until children are home to sort and check treats. Adults should closely examine all treats and throw away any spoiled, unwrapped, or suspicious items. Make sure items that can cause choking (such as hard candies) are given only to those of an appropriate age.

Source: Los Angeles Police Department

Great Shake Out 2023

This year's Great ShakeOut Day will be at 10:19 a.m. on October 19, 2023. Join us in practicing earthquake safety.

Here are some tips if you are indoors and feel shaking or get an earthquake alert:

DROP to your hands and knees.

This keeps you safe from falling or flying objects.

COVER your head and neck with one arm and hand.

If a sturdy table or desk is nearby, crawl underneath it for shelter.

If no shelter is nearby, crawl next to an interior wall.

Stay on your knees and bend over to protect vital organs.

HOLD ON until the shaking stops.

Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts.

No shelter: hold on to your head and neck with both arms and hands.

• If you have difficulty getting onto the ground, or cannot get back up again without help, then follow these recommendations:

• If you use a cane: **DROP, COVER, and HOLD ON** or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.

• If you use a walker or wheelchair: **LOCK** your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and **COVER** your head/neck with your arms or a pillow. Then **HOLD ON** until the shaking stops.

• If you're outside, move away from buildings, trees, and stuff that might fall. Then, Drop, Cover, and Hold On. Stay put until the shaking stops.

• If you're driving, pull over in a safe, open area, keep your seatbelt on, and wait for the shaking to stop. After it stops, be careful and avoid damaged bridges or ramps.

Source: shakeout.org

Coffee w/ a Cop

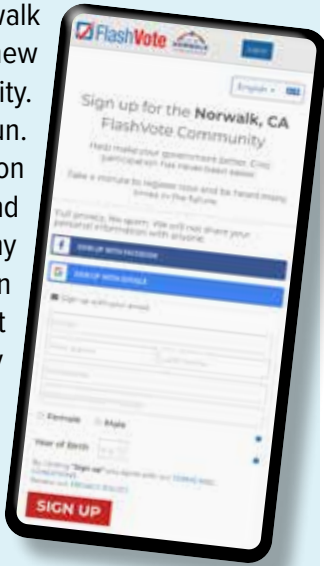
Fri, Oct, 6

Target • 12051 Imperial Hwy • 9-11am



Do You Have 1 Minute to Improve Norwalk?

You're invited! Norwalk invites you to join its new FlashVote community. It's free, fast, and fun. Community participation has never been easier and we'd love your help! Why join? Give us your input on the issues you care about in seconds, from any device, anytime. Results from the community are shared within days. FlashVote protects your privacy and is independent from the City of Norwalk. Don't miss a survey – sign up today at www.flashvote.com/norwalkca.



First Time Home Buyer Program Community Workshop

The City of Norwalk is holding a First-Time Homebuyer Community Workshop to assist and provide more information to interested potential first-time homebuyers about the program.

The First Time Homebuyer Program (FTHB Program) is made available through the U.S.

Department of Housing and Urban Development (HUD) HOME funds for Down payment and Closing Costs Assistance to help low-income households buy their first home in the City of Norwalk. The City's investment of HOME funds will be limited to down payment and closing costs assistance through no interest deferred loans.

ELIGIBILITY

- Resident of the City of Norwalk
- Not have owned a home in the past 3 years
- Meet HUD income qualifications based on household size (see chart below)

ABOUT THE COMMUNITY WORKSHOP

This workshop is open to all community members of the City of Norwalk. Staff will review the program, how to apply for assistance and answer any questions.



WHEN: Thursday, October 26 • 5 - 7 p.m.
LOCATION: Norwalk Sports Complex – Sproul Room, 13000 Clarkdale Ave., Norwalk CA 90650

Household Size	Maximum Income
1 Person	\$70,650
2 Persons	\$80,750
3 Persons	\$90,850
4 Persons	\$100,900
5 Persons	\$109,000
6 Persons	\$117,050
7 Persons	\$125,150
8 Persons	\$133,200

WRD Contest

The Water Replenishment District needs your creativity to spread the word on the importance of water and water conservation in the 9th Annual Student Art Contest.

If you are a K-6 grade student from the WRD service area, you have a chance to win a \$75 Amazon Gift Card*, a Certificate of Achievement, other school-related prizes, and have your artwork published in our 2024 Water Awareness Calendar!

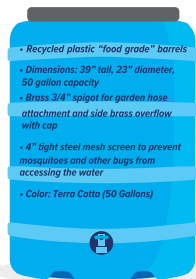
WRD is accepting submissions until November 5, 2023 at 11:59PM. Visit wrd.org/student-art-contest to learn more.



RAIN BARREL Distribution & Rain Harvesting Workshop

Rain Barrels have many benefits. They divert water from municipal storm drain systems, conserve a vital natural resource, protect our ocean from runoff pollution and help you save money by reducing water bills. Norwalk Municipal Water, along with Golden State and Liberty Utilities, are hosting a one-day rain barrel distribution event. Customers will be given the opportunity to easily pre-order a rain barrel and pick it up from the location below. The cost of the rain barrel is \$20 plus tax. Maximum 2 rain barrels per household.

Pre-Order Required:
Visit RainBarrelsIntl.com, click the "EVENTS" tab and select "City of Norwalk" or call 919-602-6316



- Recycled plastic "food grade" barrels
- Dimensions: 39" tall, 23" diameter, 50 gallon capacity
- Brass 3/4" spigot for garden hose attachment and side brass overflow with cap
- 4" light steel mesh screen to prevent mosquitoes and other bugs from accessing the water
- Color: Terra Cotta (50 Gallons)

Date: Saturday, November 4

Location: Norwalk City Hall
12700 Norwalk Boulevard

Workshop: 9:00 – 10:00 a.m.

Distribution: 9:00 a.m. – 12:00 p.m.

Discussion Topics Include:

- Rainwater Harvesting
- Installation of a Rain Barrel
- Water Conservation Techniques
- Benefits of a Rain Barrel

If you have purchased 2 barrels from us at a previous event, or received a rebate from SoCalWaterSmart for 2 barrels, you will not be eligible to participate.



For Information Contact: Info@RainBarrelsIntl.com or 919-602-6316

Public Safety Volunteer Program

The City of Norwalk is seeking adults 18 years of age and older to serve in the Public Safety Volunteer Program.

As a volunteer committed to improving safety and quality of life in Norwalk, program participants will assist the Public Safety Department in various capacities including special events, community events, field patrol, or office and administrative functions.

Applications are available at Norwalk City Hall, 12700 Norwalk Boulevard, Room 15, or by calling 562-929-5732. Applicants must clear a background and Live Scan process.





Senior Center

14040 San Antonio Dr • 562-929-5580

Hope & Well-Being

Mondays Monthly October 2 • 10 - 11 a.m.

Cost: Free

Virtually on Microsoft Teams Meeting or Call-in

The Service Area 7 Peer Resource Center is proud to bring services to the Norwalk Senior Center. Participants are invited to join in discussing topics intended to support community growth and well-being through peer support, art, and personal experiences. This group is bilingual in English and Spanish. You may participate in-person at the Norwalk Senior Center or virtually by phone 323-776-6996 or Microsoft Teams. Call (562) 929-5580 for more information on Microsoft Teams Meetings. The Conference ID for virtual entry into the meeting is 283 956 208#

CalFresh

First Tuesday & Third Tuesday Monthly • 9-11 a.m.

A CalFresh Outreach worker, from the Los Angeles Regional Food Bank, is available onsite to assist seniors with their CalFresh application. The CalFresh Outreach worker is also available via phone to assist seniors throughout the week (323) 855-0496.

Veteran Service Officer (VSO)

Weekly meeting with Veterans

Wednesdays Monthly • 8:30 a.m. - 3:30 p.m.

Veterans are able to make an appointment to meet one on one with a Veteran Service Officer (VSO), from the Los Angeles County Department of Military & Veterans Affairs (MVA) every Wednesday. The VSO's one on one meetings allow veterans the ability to get individualized assistance with their VA benefits. To schedule an appointment, call the Norwalk Senior Center (562) 929-5580.

Identity Theft

Wednesday, October 4 • 10 - 11 a.m.

Identity theft is when someone takes your personal information, such as your name, Social Security number, or financial account number and uses it for an unlawful purpose. Join us to hear staff from the California Department of Financial Protection & Innovation present on steps you can take to protect your personal information and what steps you should take if you are a victim of identity theft. Call (562) 929-5580 for more information.

Keeping It Crafty: Pumpkin Painting

Tuesday, October 10 • 3 - 5 p.m.

Let's pumpkin spice things up! In this recreation staff led workshop, you will have an opportunity to paint foam pumpkins using stencils and examples provided. Light refreshments will be served. Register Now. Call (562) 929-5580 for more information.

Stop Falling!

Home Safety & Preventing Falls & Injuries

Wednesday October 11 • 10 - 11 a.m.

Did you know that one out of every four people over 65 will have a fall this year? Injuries related to falls, like broken hips and head trauma, lead to emergency room visits, hospital stays and even nursing home placement. That's the bad news. The GOOD news is that falls are PREVENTABLE! Join us for a presentation by SCAN Independence at Home to help you identify falls risks in your life. Call (562) 929-5580 for more information.

Movie Night

Tuesday, October 17 • 6 - 8 p.m.

You are invited to join us for an evening showing of "A Man Called Otto" in the Senior Center lobby. All seniors in attendance will be able to sit in their own chair to watch the movie while enjoying a light snack. Reservations are required. Register Now. Call (562) 929-5580 for more information.

AARP Driver Safety Classes

Monday, October 16

Wednesday, October 18 • 1 - 5 p.m.

Cost: \$20 for AARP members

\$25 for non-members

Join us for an in-person course to update your driving skills and your knowledge of the rules, and hazards, of the road. Upon completion of this course, you may qualify for an auto insurance discount*. This 8-hour class is taught over two days, and attendance at both classes is required. Pre-registration is required, call (562) 929-5580 for information. *Check with your auto insurance agent for possible discount information.

Karaoke Cabaret

Thursday, October 19 • 2 - 5 p.m.

Come one, come all, to our Karaoke Cabaret and enjoy an afternoon of singing, laughter, and fun. Call (562) 929-5580 for more information. No pre-registration required.

Dia de los Muertos Ofrenda

Monday, October 23 - Friday, November 3

Dia de los Muertos, Day of the Dead celebrations are based on the belief that the souls of the ones gone can come back to this world on these days. To honor those who are no longer with us, please bring a copy of a picture of your dearly departed loved one to display, and we will supply the decorations/props. Pictures must be no larger than 5"x7".

If you are interested in participating, pictures can be brought in beginning Monday, October 9, 2023. Last day to turn in pictures, is Friday, October 27, 2023. Call (562) 929-5580 for more information.



Social Services Center

11929 Alondra Blvd • 562-929-5544

Día de Muertos Ofrenda

Monday, October 23 - Friday, November 03

Cost: Free

Dia de los Muertos, Day of the Dead celebrations are based on the belief that the souls of the ones gone can come back to this world on these days. To honor those who are no longer with us, please bring a copy of a picture of your dearly departed loved one to display, and we will supply the decorations/props. Pictures must be no larger than 5"x7".

If you are interested in participating, pictures can be brought in beginning Monday, October 9, 2023. Last day to turn in pictures, is Friday, October 27, 2023. For more information, please call (562) 929-5544.

Family Movie Night - Monsters University

Thursday, October 5 • 5 - 7 p.m.

Cost: Free

Bring the family out for entertainment with October's spooky themed showing of "Monsters University." Donations of 5 canned foods are encouraged to help with the city's efforts in supplying food for those in need. Snack and light refreshments will be provided.

Spooky Sweets & Treats

Thursday, October 19 • 5 - 7 p.m.

Cost: Free

BOO! Are you prepared to create edible Halloween themed goodies to celebrate the fall festivities? Decorate monsters and ghouls and then enjoy the tasty treats before they escape. All ages are encouraged to participate.

Family Zumba Night

Second & Fourth Wednesdays Monthly

6:30 - 7:30 p.m.

A fun and easy way to keep your family active with Zumba. To register, please call (562) 929-5544.

Foundation for Life

First & Third Monday Monthly • 6 - 8 p.m.

Leadership and mentorship program for young men, ages 14 - 18. For more information, please call (562) 929-5544.

Neurotics Anonymous

Tuesdays Weekly • 12 - 2 p.m.

If you suffer from fear, anxiety, loneliness, anger, depression, or other emotions that may make life unbearable, you are encouraged to seek help from Neurotics Anonymous. Spanish only. For more information, please call (562) 929-5544.

AA (Alcoholics Anonymous)

Every Monday and Tuesday • 6 - 8 p.m.

Peer support group intended to guide and encourage individuals trying to recover from alcoholism. Spanish Only. For more information, please call (562) 929-5544.

L.A.D.Y.

(Leadership & Advocacy for the Direction of Young Women)

Second & Fourth Thursday Monthly • 6 - 8 p.m.

Mentoring program for young women ages 15-23, who have struggled with any of the following, due to the COVID-19 pandemic: Mental/physical health, financial stability, personal growth, relationships, and education. L.A.D.Y. will focus on proactive techniques to manage these issues. For more information please call, (562) 929-5544.

Youth Intervention Services

Youth Intervention services are available to Norwalk families whose youth are experiencing dysfunction in today's society. Intervention workers are trained counselors who work with at-risk adolescents experiencing negative behaviors at school, home, or community. For more information, please call Norwalk Social Services at (562) 929-5544.

National Alliance on Mental Illness

(NAMI)

Second & Fourth Wednesday Monthly • 6 - 8 p.m.

Free educational program designed for parents, family members, and caregivers of children and adolescents, with emotional or behavioral difficulties. This support group is available in Spanish only. To make an inquiry or to schedule an appointment, please contact Silvia at (562) 448-4816.

Senior Zumba Classes

First & Third Wednesday Monthly • 9:30 - 10:30

a.m.

Free Zumba classes are available for all seniors at Norwalk Social Services. Seniors are encouraged to come and enjoy an active morning. For more information, please call (562) 929-5544.

Loteria

Every Friday • 9:30 - 10:30 a.m.

Seniors are encouraged to join our free loteria mornings at the Social Services Center. For more information, please call (562) 929-5544.

CEA-H.O.W.

Every Tuesday • 10 - 11:30 a.m.

CEA-H.O.W. is a fellowship of men and women who meet to share their experience, strength and hope. Our purpose is to help others and ourselves who suffer from the self-destruction of compulsive eating. Spanish Only.

Cal Fresh

Thursdays Monthly • 9 - 11 a.m.

by appointment only

A Cal Fresh Outreach worker, from the Los Angeles Regional Food Bank, will be available to assist community members with their Cal Fresh Application. To schedule an appointment, please call (562) 929-5544.

Community Legal Aid

Second & Fourth Wednesday Monthly

10 a.m. - 2 p.m. by appointment only

Free legal services will be available for Norwalk residents who meet income eligibility guidelines. To schedule an appointment, please call (562) 929-5544.