



Mental Health Lifeline

Hope has a new number.

9-8-8



Dear Friends,

Help and hope are [available](#) anytime, anywhere. With the launch of the new nationwide Suicide and Crisis Lifeline, anyone can call or text 9-8-8 and get immediately connected to help 24 hours a day. Callers and texters will speak with trained counselors who will find the least invasive, most relevant, and most

for anyone who needs it and also opens the door for our communities to have more honest conversations about mental health. If you have questions about the lifeline, visit [988lifeline.org](https://www.988lifeline.org) today. If you want to amplify 9-8-8 with your network, you can [share my PSA on social media](#), too. In addition to 9-8-8, to get connected to local mental health services in Los Angeles County, you can still continue to access resources from the Department of Mental Health at their [website](#), by calling (800) 854-7771, or texting "LA" to 741741. Remember, you're not alone and there is help waiting for you or a loved one.

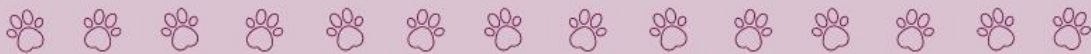
Best wishes,



Kathryn Barger

Supervisor, Fifth District

Pets of the Week



Lilly



Ronnie

homes. If you're interested in meeting either of them, you can make a morning appointment at the Palmdale Animal Care Center or drop by in the afternoon from 2 to 7 p.m. on Wednesday or 2 to 5 p.m. any other day!

Pick your perfect pet.

Wonder Woman



I was so grateful to be one of the first to ride Six Flags Magic Mountain's Wonder Woman Flight of Courage, the tallest and longest single-rail coaster on the planet! I was joined by a group of Los Angeles County firefighters and Sheriff's deputies, who are our own real-life wonder women. I'm a Six Flags enthusiast and I can confidently say this was the absolute most thrilling ride I've been on at the park!

Take the flight of courage.

Play Ball



It was a privilege to celebrate the 150th anniversary of baseball in Japan this past weekend at the Japanese American National Museum. We honored Masanori “Mashi” Murakami, the first Japanese baseball player in the MLB!

[Explore the museum.](#)

Aging & Disabilities



The new Los Angeles County Aging and Disabilities Department launched this week, offering renewed focus and dedicated resources for our communities to live with dignity and independence. Access services for yourself or a loved one, and find your nearest community center, at their brand new website.

[Meet the department.](#)

Economic Partnership



I was honored to join other local leaders for the San Gabriel Valley Economic Partnership's Legislative Networking Reception to connect with their members. Government works best when it's engaged with the community it's intended to serve. I'm truly grateful to this organization for their commitment to be an advocate and voice for business in the San Gabriel Valley!

Partner with SGVEP.

Parks After Dark

Back-to-School Giveaway & Family Movie Night

Saturday, July 30
Pamela Park, Duarte

Giveaway: 6 p.m.
Spiderman: 8 p.m.

Backpacks • School Supplies •
Lunch Bags • Snacks • & More!



Kathryn
BARGER
District Supervisor • County of Los Angeles

Enjoy summer fun while getting ready for school! I'm proud to host a Back-to-School Giveaway and Family Movie Night at Pamela Park next Saturday in partnership with the Department of Parks and Recreation and the Department of Public Social Services. The first 100 school-aged children will receive backpacks filled with school supplies provided by DPSS, and every attendee will get lunch bags, snacks, and lots of fun goodies from my office. Community members of all ages are invited to the movie night to see Spiderman as soon as the sun sets. I hope to see you there for lots of family fun!

[Watch a movie at your local park.](#)

Tool Lending Program



Did you know you can check out tools with your L.A. County Library card? Tackle your next home project with all the equipment you'll need at a local library branch, including Lancaster, Rosemead, San Fernando, and more!

[Check out tools.](#)

Keeping Home Safe

Seguridad en el Hogar

para alguien con Alzheimer

Miércoles, 27 de julio • 12-1:30 PM

Alzheimer's LOS ANGELES | City of Los Angeles BARGER | L.A. FOUND | Los Angeles County Aging & Disabilities Department

I'm partnering with Alzheimer's Los Angeles to host a webinar in Spanish for caregivers of people living with Alzheimer's or dementia. The event will make sure caregivers have the resources they need to keep home safe for their loved one. I'm grateful that we'll be joined by the L.A. Found program, which uses bracelets with tracking devices to find those who wander or get lost. If you know someone who speaks Spanish and could use these valuable resources, please be sure to let them know about this event on July 27!

¿Sabía que hay algunos pasos sencillos que puede tomar para mantener a su familiar con demencia más seguro en casa?

Le invitamos a nuestro evento virtual el 27 de julio de 12:00 a 1:30 p.m. para aprender estrategias para familiares, métodos para hacer modificaciones en el hogar y formas de usar tecnología para reducir el riesgo y mejorar la seguridad. Esta presentación será grabada.

Si tiene preguntas, comuníquese con Margarita Bermudez enviando un correo electrónico a mbermudez@alzla.org o llamando al 323-930-6272.

Register for the webinar.

Access resources.



Downtown:

500 W. Temple St. #869
Los Angeles, CA 90012
(213) 974-5555

Antelope Valley:

42455 10th Street West, Suite 104
Lancaster, CA 93534
(661) 726-3600

East San Gabriel Valley:

615 E. Foothill Bl. Suite A

(909) 394-2264

Santa Clarita Valley:

27441 Tourney Rd. Suite 120

Santa Clarita, CA 91355

(661) 287-3657

San Gabriel Valley:

215 N. Marengo Ave. Suite 120

Pasadena, CA 91101

(626) 356-5407

San Fernando Valley:

21943 Plummer St.

Chatsworth, CA 91311

(818) 993-5170
