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Transforming Communities through Shared Exploration of Health and Wellness
Community Collaboration Coming to Koreatown through Para Los Niños and Best Start Metro LA

Los Angeles, CA. – Senderos A Bienestar, of Para Los Niños, and Best Start Metro LA will be moving to the First Baptist Church in Koreatown, to share a space for greater impact. The new office, will serve as space committed to community-centered work promoting mental, physical, and social emotional health.

The two teams will collaborate through a joint workgroup to build the skills of families to make the best health and leadership decisions for themselves and their communities through convening monthly gatherings. At these meetings members of the public can join in dynamic presentations where information on relevant health topics is shared, and centered on action and application.

“We look forward to this new chapter in our community transformation efforts, made possible with the grant support of the Los Angeles County Department of Public Health and First 5 LA.,” Senderos A Bienestar, Program Manager, Kimberly Wu says of the move and collaboration. Wu continued, “It’s been exciting these past few years to have an active role in the shifting individual and collective understanding of the value that health has in our lives, and we welcome new families to come to our new location at 760 S Westmoreland Ave Los Angeles, 90005, to continue to adapt and grow!”

While each program will continue to work toward their individual initiatives, they will make more time for collaboration. Together, Senderos A Bienestar, of Para Los Niños, and Best Start Metro LA, facilitated by Para Los Niños will find new ways to benefit and empower residents to make healthy choices for themselves and the community. Collaboration has already begun and has yielded intersectional interest in the exploration of city resources to address issues of trash and cleanliness in the built environment through popular education methodology. As a joint effort the programs will create spaces to address issues of community health and to develop community-centered health and wellness initiatives through providing education and capacity building on topics related to healthy eating and active living.

The first monthly meeting will be October 11th, for more details and information visit paralosninos.org.

From encouraging the community to find less sugary beverage options, to collaborations with community-based partners, Senderos A Bienestar aims to support the health and development of the

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children and families through coordinating workshops and incubating community-sourced health initiatives.

Best Start Metro LA works to create community changes that help improve the lives of children and their families through sustaining community leadership spaces and opportunities for shared decision making from residents. Over 450 community residents and agency representatives come together regularly to discuss strengths and needs in their communities, identify priorities, and mobilize to create community changes that help improve the lives of children and their families.

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About Senderos A Bienestar:

Senderos a Bienestar is a division of Para Los Niños (PLN) focused on promoting healthy eating and active living through education and capacity building. Working across 11 PLN sites, they focus on developing lasting partnerships to support the physical well-being of students and families.

About Best Start Metro LA:

Best Start Metro LA (BSMLA) is a community partnership made up of over 450 community residents and agency representatives who come together to discuss strengths and needs in their communities, identify priorities, and mobilize to create community changes that help improve the lives of children and their families. Parents and residents strengthen their leadership skills by participating in the BSMLA Leadership Development Workshop Series and in the weekly Neighborhood Leadership Groups (NLGS).

About Para Los Niños:

Founded on Skid Row in 1980, Para Los Niños provides education and wraparound support to over 6,000 of L.A.'s neediest children, youth, and families each year. PLN fosters pathways to success by striving for excellence in education, family support, and comprehensive social-emotional, and community based services.

Through early-education, tk-8th grade education, youth workforce services, and family and community services Para Los Niño's' model provides a comprehensive, holistic approach to break the cycle of poverty and help children and youth thrive.

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