

CAROLYN'S RESOURCES

50
Years
ACW
EST. 1974

RESOURCES

LOS ANGELES HOMELESS SERVICE AUTHORITY REAL TIME BED AVAILABILITY APP

"LAHSA's Real-Time Bed Availability system, a powerful tool to track interim housing inventory and help service providers connect unhoused individuals to available shelter beds faster and more efficiently."

ADULT LITERACY: PICO UNION BRANCH

These programs help adults meet their literacy goals. Goals such as learning to vote, reading a newspaper, helping children with homework, using a computer, and getting a better job.



TRY - PHYSICAL ACTIVITY

WORKSTATION 5-MIN

Try out this 5 minute cardio/stretches you can do behind your desk when you take a break!

Try it once per week for the entire month. Share with us! We want to hear from you @acw.la



TRY - MENTAL WELLBEING

ME AND MY BRAIN

Learn about Neuroplasticity, benefits and practical strategies to help rewire your brain.



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