



A Public Agency

Beach Cities
Health District

ANNUAL REPORT

FY 21-22





Dear Beach Cities Resident,

If I were to choose a word that sums up the 2021-22 fiscal year, I would start with “adapt.” The ability to change to fit a new or specific use or situation – thanks Merriam-Webster – applies to so much of what our team at Beach Cities Health District (BCHD) did during those 12 months.

The BCHD team adapted to provide more than 155,000 COVID-19 tests to residents at our campus and thousands of vaccines doses were administered at BCHD and school campuses, face masks and hand sanitizers were distributed, meals were delivered and much more was done to help our neighbors.

Another suitable word could be “teamwork.” Staff from the Center for Health & Fitness, AdventurePlex and our administrative team all took on new roles and teamed with Redondo Beach Fire Department and Police Department personnel, nurses from Providence Little Company of Mary and hundreds of volunteers.

Working with our local school districts, this collaborative team provided an effective tool to keep our community safe from the virus. From registration and data entry to handling bio-waste, we and our partners worked together and adapted to fight COVID-19. Working with Chambers of Commerce, we teamed up to provide businesses with tools for re-opening through our “Safe in the South Bay” program.

Teamwork and adaptability have helped us get to this point in the pandemic, where COVID-19 appears to be waning, and both will be needed as we work to move forward while simultaneously addressing one of the side effects of the COVID-19 pandemic: the impact the events of the last three years have had on mental health, particularly among young people.

To address this, we have adapted, teaming with allcove, Stanford’s Center for Youth Mental Health and Wellbeing, and numerous local providers to establish allcove Beach Cities on our campus. allcove Beach Cities provides mental and physical health services, education and employment assistance, peer and family support, and substance use prevention programs for young people ages 12-25 in the South Bay.

allcove Beach Cities will be part of our Healthy Living Campus project, which will provide a continuum of care for residents of all ages. Progress continues on this important project, which will help residents across the lifespan, while allowing BCHD to continue providing preventive health and wellness services to residents of the Beach Cities – our teammates in health – for many years to come.

Throughout the pandemic, I have been inspired by the many ways our BCHD staff has taken on new roles and responsibilities to serve our community and I have been similarly inspired by the cooperation we have received from our community partners. The relationships built before and during the pandemic will continue to benefit our great community in the years to come. I look forward to seeing the results this amazing team will accomplish for the Beach Cities.

Yours in health,

Tom Bakaly, Chief Executive Officer

BEACH CITIES HEALTH DISTRICT

(BCHD) is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach, California. Established in 1955 as a public agency, BCHD offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent disease across the lifespan.

VISION

A healthy beach community.

MISSION

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

BOARD OF DIRECTORS

Michelle Bholat, M.D.
Noel Chun, M.D.
Jane Diehl
Martha Koo, M.D.
Vanessa Poster

CHIEF OFFICERS

Tom Bakaly
Chief Executive Officer
William Kim, M.D.
Chief Medical Advisor
Monica Suua
Chief Financial Officer
Kerianne Lawson
Chief Programs Officer
Cristan Higa
Chief Health Operations & Communications Officer
Megan Vixie
Chief Engagement Officer
Ali Steward
Chief Partnership Development Officer

Health Priorities

Every three years, Beach Cities Health District assesses the overall health of the Beach Cities using a variety of data sources to prepare a Community Health Report. The 2022-2025 report, released last spring, guides our strategic planning process with the indication of health priorities and provides an opportunity to evaluate current programming. It focuses on evidence-based public health practices, which the Centers for Disease Control and Prevention defines as the integration of science-based interventions with community preferences for improving population health.



Mental Health

- Decrease anxiety, depression and suicidal ideation across the lifespan
- Decrease bullying across the lifespan
- Decrease isolation and loneliness across the lifespan
- Increase access to early intervention mental health services for youth
- Increase stress management across the lifespan to decrease stress

Physical and Brain Health

- Increase exercise participation across the lifespan
- Increase fruit and vegetable consumption across the lifespan
- Promote brain health across the lifespan
- Promote healthy sleep across the lifespan
- Reduce percentage of children and adults who are obese or overweight

Public Health and Safety

- Improve emergency preparedness
- Increase community access to and education about preventive health programs and services
- Increase community awareness and education regarding social determinants of health and health equity
- Increase community capacity to respond to public health crises (e.g., COVID-19)
- Improve biking and walking infrastructure
- Increase equitable and inclusive delivery of BCHD programs and services
- Reduce homelessness

Substance Use

- Continue to reduce the percentage of adult smokers
- Reduce alcohol use, drug consumption and vaping in youth
- Reduce the number of victims of accidents involving alcohol/substance use
- Reduce substance abuse among adults

BCHD's Advisory Committees

The BCHD Board of Directors seeks qualified residents of Hermosa Beach, Manhattan Beach or Redondo Beach to serve on its advisory committees. Committee members serve two-year terms and have a direct impact on the health and wellness programs and services BCHD provides to the Beach Cities community. High school students are also encouraged to participate on the committees, but serve a one-year term.

More information, including how to apply for a committee position is available at www.bchd.org/advisory-committees.

Community Health Committee

Responsible for assessing community health and wellness concerns, monitoring the availability of community health resources, and recommending programs, service areas and business ventures to promote high-quality standards of health in the Beach Cities.

Strategic Planning Committee

Assists the Board in formulating and fulfilling BCHD's strategic vision, mission and goals on an annual basis. Additionally, the committee is responsible for overseeing the development of BCHD's strategic plan, which is updated every three years.

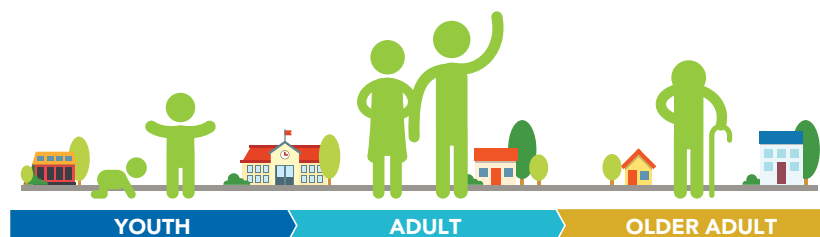
Finance Committee

Responsible for budget oversight, audit review, setting investment policies and business plan development. Members are expected to have demonstrated experience in finance, business or banking.

Properties Committee Advisors

Assists the Board in fulfilling its responsibility for managing District properties. The Committee Advisors are responsible for policy advice to the Board on property assets; acquisition, development, leasing and disposition of District properties; lease negotiation oversight; and, capital development plans.

FY22-23 Priority Based Budgeting

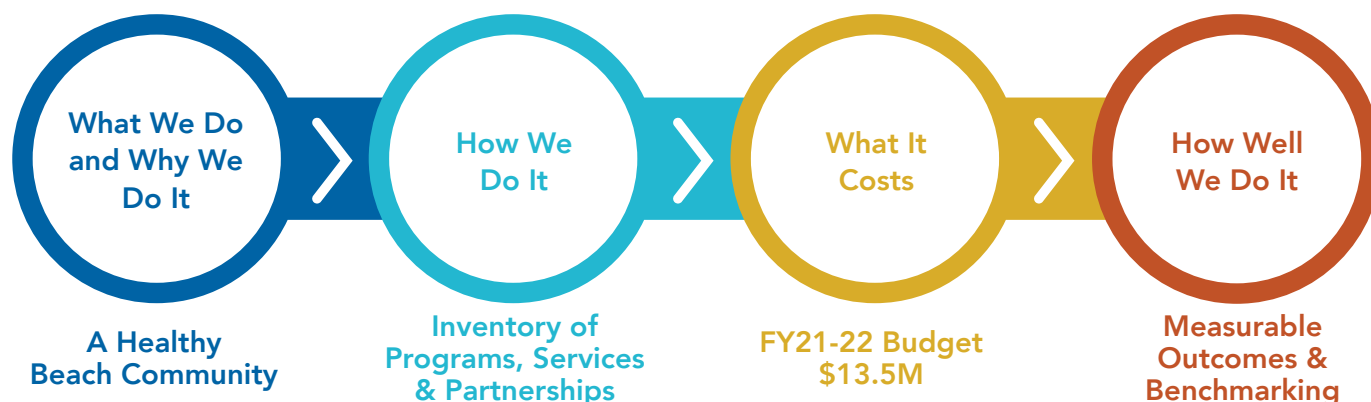


Priority Based Budgeting is a process used to understand community values, and budget accordingly to those values, while providing flexibility in order to meet the changing needs of the community.

Philosophy:

- A government entity should invest resources to meet its stated objectives
- Resources should be allocated according to how effectively a program or service achieves the goals and objectives that are of most significant value to the community
- Helps us to better articulate why the services we offer exist, what price we pay for them, and consequently, what value they offer citizens
- Clarifies trade-offs between different spending options, service delivery and what citizens pay

Why Now? In a diverse and fast-changing environment, a Priority Based “Program” Budget is a vehicle for the District to be adaptive to the growing health needs and gaps in health services in our community — providing a space for trade-off discussions to capitalize on strengths, promote meaningful outcomes and identify innovative solutions.



FY21-22 Budget By Health Priority						
Fiscal Year	Nutrition & Exercise	Social-Emotional Health	Substance Use	Cognitive Health	Properties	Total
FY20-21	35%	31%	8%	6%	20%	100%
FY21-22	34%	29%	10%	7%	20%	100%
FY20-21	\$4,992,000	\$4,422,000	\$1,141,000	\$856,000	\$2,853,000	\$14,264,000
FY21-22	\$4,577,000	\$3,881,000	\$1,409,000	\$961,000	\$2,760,000	\$13,534,000

Keeping Older Adults Healthy

Helping Our Community's Most Vulnerable Residents Live Safely in Their Homes

Our team of Care Managers has one mission: help older adults and adults with disabilities in the Beach Cities live independently in their homes for as long as safely possible.

Care Management

Many older adults and adults with disabilities in the Beach Cities need support to continue living in their home. Our Care Management Program is designed to help address the challenges faced by this population – related to caregiving, isolation, household chores, transportation, mobility, and more – by sending BCHD Care Managers to the homes of residents in need to develop customized care plans and connect them to vital resources and services.

What Types of Services are Available?



Resource Connection

Care Managers connect clients with local services and resources, including home-delivered meals, transportation, in-home care, and mental health support.



Errand Assistance

Volunteers assist clients with vital errands, including trips to the grocery store and prescription pick-ups.



Social Support

Care Managers and "Conversation Companion" Volunteers make weekly calls and/or visits to clients in need of social support and friendship.



Healthcare Assistance

Counselors are available at no cost to help residents secure health insurance through Covered California, Medi-Cal and other public benefits. Our Care Managers also assist clients with navigating the medical system.

THE IMPACT OF BCHD'S CARE MANAGEMENT PROGRAM IN FY 21-22

2,793

Community Requests for Information

689

Care Management Visits (done by Care Managers)

8,559

Care Management Calls (done by Care Managers)

794

Volunteer Visits to Clients

1,112

Volunteer Calls to Check in on Clients (Support Line Calls)

478

Unduplicated Clients Served

Is There a Cost for Care Management?

Care Management is available at no cost for residents of Hermosa Beach, Manhattan Beach and Redondo Beach age 60 or older and adults with disabilities. Some services have costs depending on income qualifications.



"I can't say enough good things about Beach Cities Health District's services. My 88-year mother has been enrolled in their senior program for several years, and the support we have received is fantastic." - M. Calhoun

If you or a loved one could benefit from Care Management, please call **310-374-3426**, and press option 1. You can also visit bchd.org/resources for health information and referrals.

Volunteer

Volunteer Highlights



THE IMPACT OF BCHD IN FY 21-22



595
Volunteers



55%

of BCHD volunteers provided direct service to the community, and 45% provided support in an administrative capacity



20,610
Hours



\$732,883
In time & services

*Hour count does not include LiveWell Kids docents

**Based on Independent Sector's monetary value for California average at \$35.56 per hour http://independentsector.org/volunteer_time

Volunteers are the heart and soul of Beach Cities Health District, making everything we do and offer to the community that much better. Our volunteers benefit too, as studies have shown volunteering leads to greater life satisfaction and lower rates of depression. Volunteering can also create a sense of accomplishment, help develop skills and foster social connectedness.

BCHD has many types of volunteer opportunities throughout the year available to individuals, groups or organizations. These opportunities include:

Beach Cities Volunteer Day – Each August, volunteers, parents and students work in eight of BCHD's LiveWell Kids gardens, a program that works to prevent childhood obesity through hands-on gardening and nutrition lessons. Volunteers plant and weed to prepare the gardens for the upcoming school year.

Brain Buddies – Volunteers engage care management clients with memory loss in structured activities (games, music, art, etc.) to provide socialization and engagement.

Errand Assistance – Volunteers support older adults and adults with disabilities who are homebound or can no longer drive maintain their independence. Trained volunteers can drive clients to the grocery store or pharmacy, or even do their shopping for them.

Event Support – These volunteers help staff BCHD's booth at events like Fiesta Hermosa, the Manhattan Beach Hometown Fair and the Redondo Beach Super Bowl 10K and Health Expo, or BCHD events like summer Free Fitness.

Holiday Gift Bag program – Each holiday season since 1998, friendly volunteers have delivered gift bags filled with practical and fun gifts like grocery gift cards, stamps, batteries and more to 250 beach cities seniors and adults with disabilities in the BCHD Care Management program.

For more information about our volunteer opportunities, visit bchd.org/volunteer.

Keeping The Community Healthy

Beach Cities Well-Being Improves While National Numbers Decline

The Gallup National Health and Well-Being Index (WBI), which polls adults nationwide on social, purpose, financial, community and physical well-being, was first collected in the Beach Cities in 2010 as a baseline of our community health status. Most recently, Gallup collected new Beach Cities data in fall 2020. The 2020 results show the Beach Cities earning a WBI score of 68.3, outpacing California (62.2) and the United States (61.2).

	Beach Cities (2020)	Beach Cities (2010)	Percent Change
% smoker	6.2%	10.7%	42% decrease in smoking
% exercised for 30+ minutes 3+ days in last week	72.4%	60.7%	19% increase in exercise
% obese + overweight	42.4%	60.0%	29% decrease in above normal weight
% thriving	77%	64.4%	20% increase in thriving
% stress	49.4%	45.3%	9% increase in stress

Source: Gallup National Health and Well-Being Index, 2020

In-person & Virtual Events

BCHD offered a mix of in-person and virtual events to provide the community opportunities to strengthen social connections, bolster mental well-being and encourage healthy behaviors. Recorded workshops available at www.bchd.org.

Programming included more than 50 events:

- Mental Health and Happiness workshops
- Virtual Mindfulness Drop-in
- Virtual Happiness Chat
- Moai® events

Employee Wellness

BCHD promotes employee wellness through our WorkWell program. The program uses data through biometric screens and health risk assessments to create tailored wellness challenges focused on addressing a variety of health topics ranging from nutrition, exercise, social connections, financial wellness and healthy behaviors. In 2021-22, we partnered with Redondo Beach Unified School District and Manhattan Beach Unified School District to deliver WorkWell to school district staff.

389 participants across **17** school sites

5 tailored wellness challenges focused on fitness, healthy habits, kindness and heart health



Facilities to Keep the Community Healthy



A Beach Cities Health District Program



Annually voted Best of the Beach



AdventurePlex is where kids and families play their way to good health. There's something for everyone, so drop in for some heart-pounding fun!

- Drop-in Play
- Seasonal & Weekend Camps
- ToddlerTown
- 5-level play structure
- Birthday Parties



Did you know?

AdventurePlex welcomed 7,573 summer campers in 2022.

1701 Marine Ave., Manhattan Beach, CA 90266
310-546-7708 • adventureplex.org



Center for Health & Fitness

A Beach Cities Health District Program

Beach Cities Health District's Center for Health & Fitness (CHF) is the most comprehensive fitness center in the South Bay and is the only fitness facility in California to be certified by the Medical Fitness Association.

- Indoor Gym Floor Exercise Equipment Reservations
- Outdoor Group Exercise Classes
- Indoor Group Exercise Classes
- Virtual Classes
- Yoga & Pilates
- Massage
- Personal Training
- Small Group Training
- Age 65+ Programs

514 N. Prospect Ave., 2nd floor
Redondo Beach, CA 90277
310-374-3426, press option 3
beachcitiesgym.com



Did you know?

During 2021-22, CHF had:

- 49,951 in-person gym visits
- 29,514 class participants (virtual and in-person – indoor and outdoor)
- 4,778 personal training sessions (virtual and in-person)



Keeping Young People Healthy

Key Youth Health Indicators

Although there have been declines in substance use, mental health concerns persist for Beach Cities students.



Percentage of Beach Cities students who reported using alcohol or drugs in the past 30 days

	2018	2019	2020	2021	2022
7th Grade	4%	3%	2%	3%	3%
9th Grade	25%	17%	12%	9%	11%
11th Grade	42%	37%	31%	25%	30%



Percentage of Beach Cities students who reported using e-cigarettes or other vaping devices in the past 30 days

	2018	2019	2020	2021	2022
7th Grade	3%	2%	<1%	<1%	<1%
9th Grade	14%	13%	6%	4%	4%
11th Grade	28%	25%	15%	10%	13%



Percentage of Beach Cities students who reported experiencing chronic sadness or hopelessness in the past 12 months

	2018	2019	2020	2021	2022
7th Grade	20%	23%	29%	29%	20%
9th Grade	30%	28%	34%	41%	29%
11th Grade	35%	40%	41%	45%	37%



Percentage of Beach Cities students who reported seriously considering attempting suicide within the past 12 months

	2018	2019	2020	2021	2022
7th Grade	N/A	10%	10%	13%	7%
9th Grade	17%	13%	13%	16%	14%
11th Grade	16%	18%	15%	15%	18%

Source: California Healthy Kids Survey (CHKS)

*Due to COVID-19, CHKS data was unable to be collected in Spring 2020 in Manhattan Beach Unified School District (MBUSD) and Hermosa Beach City School District (HBCSD). In order to account for this gap, survey data was collected twice throughout the 2020-2021 school year in these school districts. Data displayed as "2020" was collected in Spring 2020 for Redondo Beach Unified School District (RBUSD) and Fall 2020 for HBCSD and MBUSD, with 2021 data collected in all three districts in Spring 2021. Data has been rounded to the whole number.

BCHD's Youth Advisory Council

BCHD's Youth Advisory Council, comprised of more than 50 middle and high school students (grades 8-12) from Redondo Beach, Hermosa Beach and Manhattan Beach schools, worked to prioritize the mental health of their peers. Their "Youth Mental Health in the Beach Cities" PhotoVoice captures the current state of youth mental health during the COVID-19 pandemic through statistics and testimonials of students and features preventive and intervention practices to help take care of our own mental health. During Mental Health Awareness Month, posters created by BCHD's Youth Advisory Council were displayed at Beach Cities schools, providing students and staff with phrases on how to support someone going through a challenging time. Buttons were distributed at schools for students to wear, demonstrating their support for mental health.



allcove Beach Cities

BCHD is partnering with allcove, a program developing an innovative network of integrated youth mental health centers in California. Thanks to the Mental Health Services Oversight and Accountability Commission, a \$2 million, 4-year grant enabled the "allcove Beach Cities" center to open in November 2022 on the 4th floor at 514 N. Prospect Ave. in Redondo Beach. allcove Beach Cities offers mental and physical health services, education and employment assistance, peer and family support, and substance use prevention programs for young people ages 12-25 in the greater South Bay.

allcove Beach Cities is in a temporary location at the Beach Cities Health Center and will be a permanent feature in BCHD's Healthy Living Campus project, which includes a re-design of its current Prospect Avenue campus.



Did you know?

In March 2022, President Joe Biden signed the \$1.5 trillion omnibus spending legislation, which included \$1 million for the allcove Beach Cities center. This funding for the was requested and championed by Congressman Ted Lieu for California's 33rd Congressional District.

Facilities to Keep the Community Healthy

Healthy Living Campus Continues Forward

The transformation of our aging 11-acre medical campus in Redondo Beach into a modern, intergenerational Healthy Living Campus moved closer to reality in 2022.

In the fall of 2022, BCHD selected PMB WRC Redondo Beach, a joint venture, to be the developer-operator for the Healthy Living Campus and awarded a design-build contract. PMB WRC Redondo Beach is now in its due diligence phase, working to finalize plans and designs for the project, as well as a construction timeline. Next steps include applying for a Conditional Use Permit (CUP) with the city of Redondo Beach, with a tentative start of construction in 2024.



In May 2017, BCHD began making plans to update our medical campus property, which stretches from Diamond Street to Beryl Street and Prospect Avenue to Flagler Lane. Since then, there have been four revisions to the proposed plan based on input from more than 60 meetings and more than 1,000 comments; from financial, seismic and architectural experts; and from public surveys, trade-off discussions and, ultimately, the certified Environmental Impact Report, completed in 2021. With each revised plan, BCHD has moved closer to the vision of developing a community health center that offers a continuum of care for all ages. Now, after 4 ½ years of design, concept and construction modifications, the selected project features:

Phase 1

- allcove Beach Cities: focuses on mental health (for ages 12 – 25)
- Approximately two acres of active open green space
- Residential Care for the Elderly (reduced from 420 units to 217, including memory care)
- Program for All-inclusive Care for the Elderly, or PACE, an outpatient program that includes medical care, medication management and adult day health care services
- Bike and pedestrian paths
- A new energy-efficient, seismically compliant facility
- Programmable space for community services and activities, creating greater access to BCHD's robust preventive health programs

Changed in response to community input

- Building height limited to 83 feet and under (the tallest building on the current campus is 76 feet)
- Buildings shifted to the north behind the Vons center and away from the Torrance-facing side of the campus
- Minimized construction time: five years in two phases (originally nine years in three phases)

Phase 2

- Community Wellness Pavilion, aquatics and new Center for Health & Fitness

By upgrading the Healthy Living Campus to expand Beach Cities' health programs and services, with a focus on emerging technologies and innovation, BCHD will continue to effectively provide a blend of wellness, prevention and research for current and future generations throughout Hermosa Beach, Manhattan Beach and Redondo Beach.

Information and updates regarding the Healthy Living Campus can be found at www.bchdcampus.org.

Funding a Healthy Beach Community



Received "Excellence Award" for its 2021-22 operating budget by the California Society of Municipal Finance Officers

California Society of Municipal Finance Officers (CSMFO) presented BCHD with an Excellence Award for its 2021-22 operating budget. BCHD is the only healthcare district to meet the CSMFO standards of excellence and has received 17 CSMFO Excellence or Meritorious Awards since the 2007-2008 fiscal year. Government Finance Officers Association of the United States and Canada (GFOA) has also presented a Certificate of Achievement for Excellence in Financial Reporting to BCHD for its Comprehensive Annual Financial Report (CAFR) for the fiscal year ending June 30, 2021. This is the third consecutive year GFOA awarded BCHD its Certificate of Achievement for Excellence in Financial Reporting for its comprehensive annual financial report. Earlier this year, GFOA also awarded BCHD the Distinguished Budget Presentation Award.

Ranked among the top "2022 Best Places to Work" by Modern Healthcare Best Places to Work

BCHD has once again been ranked among the top healthcare providers and insurers in Modern Healthcare's 2022 Best Places to Work. BCHD is ranked No. 3 this year, moving up two spots from the previous year's ranking. The District also ranked among Modern Healthcare's list of Family Friendliest workplaces. This is the tenth straight year, and 11th time in 12 years BCHD has made Modern Healthcare's list.

You can read more about these awards in our press releases by visiting www.bchd.org/press-releases.

Funding a Healthy Beach Community

Beach Cities Health District has served the evolving health needs of the community since 1955.

Based on our sustainable and transparent model of financial stewardship, BCHD continues to provide maximum value for every tax dollar received, through partnerships, volunteers and 40+ programs and services that enhance the health and well-being of Beach Cities residents of all ages.

Power of Your Penny



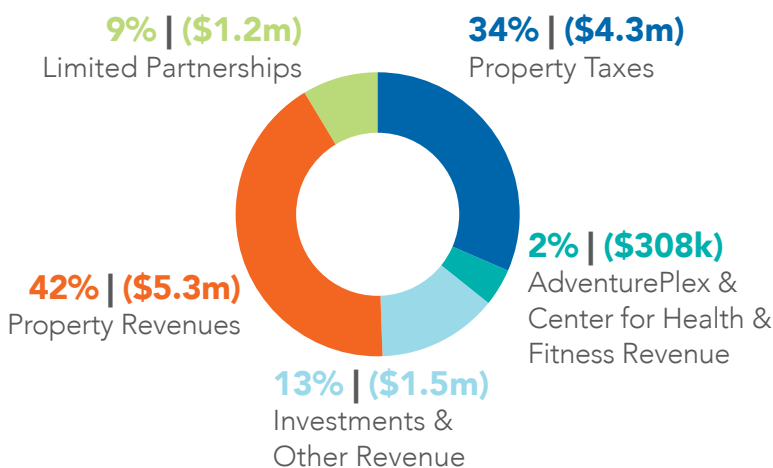
For every \$1 in property taxes collected, **BCHD receives \$0.0088** – less than a penny.

Maximizing Your Tax Dollar

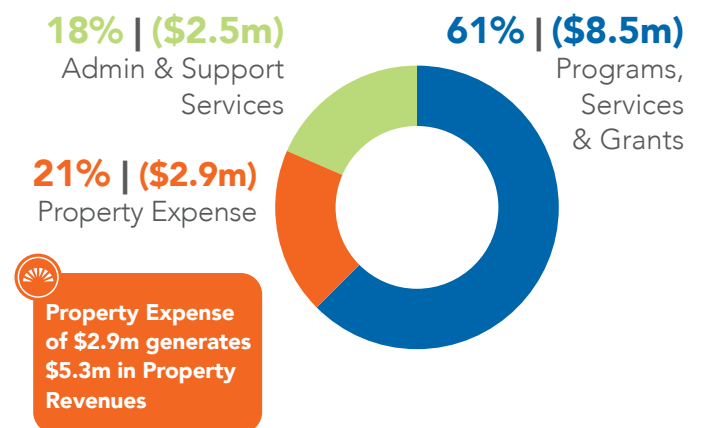


For every \$1 received in property taxes, BCHD provides **\$3.01 in programs and services** back to the community.

INCOMING FUNDING



OUTGOING FUNDING



Actual (\$ Millions)

BCHD is committed to being a transparent public agency and providing Beach Cities residents with information. We've repeatedly been recognized for accountability and transparency by exceeding the high standards of governmental budgeting and reporting. **BCHD's audited financials and operating budget are publicly available online at bchd.org/transparency.**



Operating Budget Meritorious Award: 2007-2008 through 2017-2018
Operating Budget Excellence Award: 2018-2019 through 2020-2021



BCHD has been honored by the California Society of Municipal Finance Officers (2010-11 to 2017-18) and the Special District Leadership Foundation (2007-08 to 2018-19) for excellence in financial reporting.



Government Finance Officers Association Distinguished Budget Presentation Award: FY 19-20

\$1,402,375 IN BCHD GRANTS & SERVICE CONTRACTS FUND

HEALTH ACCESS

\$330,030

Beach Cities Health District's Health Access Fund supports income-qualified residents to help pay for a range of services, including caregiving, adult medical, adult day care, homemaking, respite care, personal care, transportation, incontinence supplies and primary care.

SCHOOL DISTRICTS

\$722,594

Counseling, Nurses/Health Aides, Substance Use Prevention, Physical Education

Hermosa Beach City School District	100,091
Manhattan Beach Unified School District	210,520
Redondo Beach Unified School District	411,983

CITIES

\$127,170

Emergency Preparedness, Domestic Violence Prevention

Manhattan Beach Paramedic Services	29,359
Redondo Beach Paramedic Services	58,000
Redondo Beach Domestic Violence Prevention	39,811

COMMUNITY GRANTS

\$222,581

Community Assistance Programs

HEALTHY AGING

\$50,000

Adult Day Care, Senior Nutrition

50,000

- The Salvation Army Meals on Wheels

COMMUNITY HEALTH PROGRAMS

\$116,514

• South Bay Families Connected	40,000
• Wellness Community/Cancer Support	20,000
• MB Community Counseling Center	7,780
• Manhattan Beach CERT	5,384
• South Bay Children's Health Center - Summer Programs	32,350
• Our Village	11,000

CEO/BOARD MICROGRANTS

\$26,500

The Micro Enrichment Grant applications for Fall 2021 were awarded to six projects. Grantees include: Leadership Hermosa Beach, South Bay Artist Collective, Inc., Breastfeeding Task Force of Greater Los Angeles, Jimmy Miller Memorial Foundation, South Bay Parkland Conservancy, and Music, Community, & Culture

BCHD RESIDENT COVID-19 HELP FUND

\$29,567



514 N. Prospect Ave., Suite 102
Redondo Beach, CA 90277
310-374-3426 | bchd.org

PRSR STD
U.S. POSTAGE
PAID
Redondo Beach
CA 90277
PERMIT NO. 53

*****ECRWSEDDM****
POSTAL CUSTOMER

allcove Beach Cities



allcove is a place for young people (ages 12-25)
to take a moment of pause and access a range
of services that include:

- Mental health.
- Physical health.
- Substance use.
- Peer support.
- Family support.
- Supported education and employment.



find your moment.
find your space.
find your center.



  [@allcovebeachcities](https://www.instagram.com/allcovebeachcities)

Visit allcove.org/beach-cities
for more info.

Tuesday - Friday: 1 - 7 PM

Saturday: 10 AM - 2 PM

514 N. Prospect Ave., 4th floor
Redondo Beach, CA 90277