



# ELITE SKILLS DEVELOPMENT

**LADIES FIRST**



**BLACK  
RESOURCE  
CENTER**

CONNECTING THE DOTS

# THE BLUE BOOK

**Elite Skills Development**

**3515 Linden Ave #56, LB 90807**

[www.eliteskillsdevorg](http://www.eliteskillsdevorg)

**Black Resource Center**

**1133 Rhea St, LB 90806**

**(562) 303-2750**

*Elite Skills Development  
was incorporated in 2010  
and is a federal 501 (c) (3)  
non-profit, public benefit  
corporation.*

Contacts: Sharon Diggs-Jackson, Executive Director  
Ginger Johnson, Program Director

# VISION AND MISSION



**Elite Skills Development** began in 1999 as Ladies First, a collective of mothers who were interested in developing and mentoring their daughters and other girls of color in Long Beach. In 2010, Ladies First transitioned to Elite Skills Development. The mission of Elite Skills Development (ESD) is to provide programming and resources to youth, adults, organizations, and small businesses in order to create pathways to self-sustainability and build healthy, productive communities.

**The Black Resource Center (BRC)** provides residents, Black-led nonprofits, Black serving organizations, and community-based organizations access to tools and resources they need to be successful and make their organizations and community thrive.



The mission of the monthly **Black Magic Gatherings** is to promote collaborative opportunities, enhanced networking opportunities, custom support services, educational seminars and workshops. We provide an intergenerational space for learning and sharing diverse perspectives.



# GET YOUR AFFAIRS IN ORDER

-Make sure all bank accounts have direct beneficiaries. The beneficiary need only go to the bank with your death certificate and an ID of their own.

-Make a list of all banks and account numbers, all investment institutions with account numbers, lists of credit cards, utility accounts, etc. Leave clear instructions as to how and when these things are paid.

-Make sure heirs knows where life insurance policies are located.

-Make 100% sure SOMEONE knows your Apple or Android ID, bank ID account logins and passwords!

-Make sure you have titles for all vehicles, campers, etc!

-Set up a trust for intended beneficiaries that are too young, and appoint a trustee of said trust.

**MOST IMPORTANTLY!!!!** - Talk with those closest to you and make all your wishes KNOWN. Talk to those whom you've designated, as well as those close to you whom you did not designate. - Do this to explain why your decisions were made and to avoid any lingering questions or hurt feelings.

Hope this helps! Hope this lights a spark to encourage all your friends and family to take care of these things to make it easier for those we all leave behind! Our hope is that this information at least helps you start an important conversation with your loved ones.



**TOD = Transfer-On-Death** deed if you own a home. Completing this document and filing it with your county saves your heirs THOUSANDS. This document allows you to transfer ownership of your home to your designee. All they need to do is take their ID and your death certificate to the county building, and the deed is signed over. Doing this will avoid the home having to go through probate.

**Living Will:** Allows one to put in writing exactly what you want done in the event you cannot speak for yourself when it comes to healthcare decisions as well as other final decisions.

**Durable Power of Attorney:** Allows one to designate a person to make legal decisions if one is no longer competent to do so.

**Power of Attorney for Healthcare:** This document allows one to designate someone to make healthcare decisions for their person.

**Last Will and Testament:** Designates to whom personal belongings will go too.

**Funeral Planning Declaration:** allows one to say exactly one's wishes as far as disposition of the body and the services. If the above documents are done, you can AVOID probate.

## Black & African American Organizations

Name	Mission
LB Community Improvement League Ahmed Saafir, President Dr. Farah Naz Khaleghi, Ex Director	<a href="http://www.lbcil.org">www.lbcil.org</a>  Today, our mission stands as it has for fifty years: To create quality public service programs to empower the community economically, socially, and culturally.
NAACP -Naomi Rainey 3580 Pacific Coast Hwy, LB, CA 90804 Phone: (562) 856-7586	<a href="http://lbcanaacp.org">lbcanaacp.org</a>  Ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.
Black Lives Matter LB Audrena Redmond 562 208-1251	A local organizing effort in Long Beach, CA, in solidarity with the national and global #BlackLivesMatter movement. We are a Black-led, women affirming, queer, and working-class affirming organization that seeks Black liberation, and accordingly liberation for all people
Success in Challenges Rev O. Leon, Jr & Paula Wood 562 500-5313 323 672-0960	<a href="http://successinchallenges.org">successinchallenges.org</a>  -To provide community youth and adults with safe, interactive programs that promote good citizenship, character development, creativity and discipline, designed to inspire them to face life's challenges with enthusiasm and dignity.
LB Center for Economic Inclusion Jeff Williams (310) 562-6665	<a href="http://www.lbcei.org">www.lbcei.org</a>  LBCEI is a community development corporation that expands inclusive economic opportunities to build and sustain wealth for all communities in Long Beach.
All Things Black Melissa Morgan 562 386-1739	<a href="http://www.allthingsblack.us">www.allthingsblack.us</a>  To educate others around systemic and interpersonal racism and discrimination.
100 Black Men of Long Beach Jesse Johnson 323 806-0765	<a href="http://www.100blackmenlbc.com">www.100blackmenlbc.com</a>  100 Black Men of America, Inc., (The 100) improves the quality of life for the communities we serve. Mentoring is the core service delivery of The 100,
Clarissa Manuel Foundation Sheila LeFridge 562 650-5078	<a href="http://clarissamanuelfoundation.org">clarissamanuelfoundation.org</a>  The Clarissa Manuel Foundation is a public non-profit institution focused on preventing the further deterioration of the community through educational and enrichment programs.
LB Ministers Alliance Gregory Sanders, Lead Pastor The ROCK 562 637-3092	<a href="mailto:info@lbmalliance.org">info@lbmalliance.org</a>  Connect, Build, Equip, Declare, Pray  The Long Beach Ministers Alliance is a coalition of Pastors, Churches, Para Churches, Ministries and Community Advocates committed to serving our city.
African American Cultural Center Erroll Parker, President 562 426-2670	<a href="http://aacclb.org">aacclb.org</a>  Our mission is to celebrate, cultivate, and advance the enrichment of the heritage and culture of the Black/African American community in Long Beach and beyond.
Forgotten Images Sharon McLucas 562 896-6511	Forgotten Images prides itself on collecting African American artifacts and making sure their rich history is not forgotten.
African American Heritage Society Nicole Ballard, President P.O. Box 20624 Long Beach, CA 90802-9911	<a href="mailto:aahslongbeach@gmail.com">aahslongbeach@gmail.com</a>  To solicit funds, collect resources, promote and preserve African American History, Achievement and Culture, expand public awareness of these contributions as an inspiration for all Americans, and promote genealogical research.
Adventures to Dreams Enrichment Sheila Grantham, Founder 903 Fairbanks Ave,	<a href="mailto:sheilag@adventurestodreams.org">sheilag@adventurestodreams.org</a>

Long Beach CA, 90813 Phone: 562-233-6223	A child's mindset begins to develop at birth. We serve youth (ages 4-14) by engaging them in gardening, art, and STEM. Our hands-on enrichment opens minds to a complete potential for learning all while having fun, laughter, and excitement.
Speak-Up Empowerment Foundations, Inc. Robbie Butler, 4580 Atlantic Ave., #17771 Long Beach, CA 90807.	<a href="http://speakupempowermentfoundation.org">speakupempowermentfoundation.org</a> The Speak Up Empowerment Foundation, Inc. 501(c) (3) organization provides resource connections, growth-based training, and support for single parent families, families headed by a single mom in particular, based in Greater Long Beach, Los Angeles and surrounding areas.
Love Beyond Limits Maleka Chris 562 377-4857	<a href="https://lovebeyonlimits.org">https://lovebeyonlimits.org</a> We provide exceptional enrichment and leadership development opportunities for kids across the nation with our after-school youth programs. We see the true power that our youth hold and it is our mission to transform them into natural-born leaders, ready to take on the world.
DemoChicks Robin Thorne 562 305-2325	<a href="http://www.demochicks.com">www.demochicks.com</a> DemoChicks is a nonprofit organization whose mission is to introduce girls to nontraditional careers, including demolitions, construction and those in the STEM fields.
Springs of Hope Juanita Matthews 562 234-8667 jstrongmat@gmail.com	<a href="http://Springsofhoegcc.com">Springsofhoegcc.com</a> <b>Springs of Hope Grief-Care Center</b> is a community service, non-profit organization with a mission to give <b>hope</b> to hurting people. We offer personal support, materials, and training. We use unique tools and strategies to assist in navigating the most difficult stages of life — death, lose, and significant life changes.
SHORTSTOP Youth Projects LB Bar Foundation Carolyn Bell, Director (562) 981-7525	<a href="http://longbeachbarfoundation.org">longbeachbarfoundation.org</a> SHORTSTOP Youth Project is dedicated to strengthening the youth and families of the greater Long Beach community through juvenile crime prevention and diversion, family counseling services and law-related education
Earthlodge Center for Transformation (323) 387-8739	<a href="http://earthlodgecenter.org">earthlodgecenter.org</a> The Center is a spiritual sanctuary for people to transform their trauma into healing and justice.
Sankofa Parent Village (562) 997-8045 Dr. Elyssa Taylor	<a href="http://Etaylorlbschools.net">Etaylorlbschools.net</a> A program of LBUSD, Sankofa Village's mission is to collaborate, and build community with parents, caregivers, and members of our village.
Jack & Jill, Long Beach Chapter PO Box 18615, Long Beach, CA, 90807	<a href="mailto:jjlbc@gmail.com">jjlbc@gmail.com</a> Membership organization of mothers with children ages 2 – 19, dedicated to nurturing future African American leaders by strengthening children through leadership development, volunteer service, philanthropic giving and civic duty.
National Council Negro Women Long Beach Chapter PO Box 91914 Long Beach CA 90898	<a href="mailto:ncnwlongbeach@yahoo.com">ncnwlongbeach@yahoo.com</a> The National Council of Negro Women mission is to lead, advocate for, and empower women of African descent, their families and communities.
Urban League Steven Neal	The mission of the Urban League movement is to enable African Americans to secure economic self-reliance, parity, power and civil rights.
Delta Sigma Theta Sorority Long Beach Alumnae Chapter President Cheryl Joy P. O. Box 91623 Long Beach, CA 90809	<a href="http://lbadst.org">lbadst.org</a> <a href="mailto:longbeachalumnae_dst@yahoo.com">longbeachalumnae_dst@yahoo.com</a> Delta Sigma Theta Sorority, Incorporated is an organization of college educated women committed to constructive development of its members and to public service with a primary focus on the Black community.
Zeta Phi Beta Sorority P.O. BOX 7154 Long Beach, CA 90805	<a href="mailto:LongBeachZetas2001@gmail.com">LongBeachZetas2001@gmail.com</a> Our members are active in their respective communities and hold dear the ideals of Service, Scholarship, Sisterhood and Finer Womanhood.
Black Health Equity Collaborative Dr Amber Johnson <a href="mailto:Amber.johnson@csulb.edu">Amber.johnson@csulb.edu</a>	<a href="http://BHECLB.org">BHECLB.org</a> The mission of the Black Health Equity Collaborative (BHEC) is to address health inequities and disparities in black communities through one powerful voice.



# MENTAL HEALTH RESOURCES

## Long Beach Black Mental Health Program

### Resource List



#### **Lavender Soul Care**

Ginger Lavender Wilkerson, LMFT

**Email:** gingermft@gmail.com

**Website:** <https://gingerlavendertherapy.com/>

**Services:** Lavender Soul Care provides mental health services to the Black community including women, men, teens, single mothers, LGBTQ, as well as other women of color. Services include therapy sessions, healing circles, training, workshops, and coaching.

#### **Center for Better Living**

Dr. Sandra Hardy

Phone Number: (562) 367-1703

**Email:** info@centerforbestliving.com

**Website:** <https://centerforbestliving.com/>

**Services:** Center for Best Living provides mental health services to support men, women, individuals, couples, families, single moms, and seniors. They specialize in anxiety, depression, maternal mental health, racial trauma, grief, work stress, and much more. Services include therapy sessions, life, and transitional coaching.

#### **Emblaze Family Therapy Inc.**

Kelley Lewis

**Email:** klewis@emblazefamilytherapy.com

**Services:** Emblaze Family Therapy provides mental health support to both individuals and families. They specialize in addiction, identity issues, relationships, self-esteem, substance use, trauma, and PTSD. They provide creative ways to support individuals like walk and talk therapy.

#### **Shelly Ware Marriage and Family Therapist**

Shelly Ware

Phone number: 562-275-8371

**Email:** info@mycounselingclinic.com

**Website:** [www.mycounselingclinic.com](http://www.mycounselingclinic.com)

**Services:** Shelly Ware specializes in women's issues like maternal mental health, trauma, grief, loss, parent issues, and anxiety. They also provide services to men/dads. Services include therapy sessions, training, and step-family education.

#### **SHIELDS for Families**

Danielle Lowe

**Phone Number:** 323-242-5000

**Email:** dlowe@shieldsforfamilies.org

**Website:** <https://www.shieldsforfamilies.org>

**Services:** SHIELDS for Families is a mental health organization that specializes in substance use disorders, family and child welfare, behavioral health, homelessness prevention, community and supportive services, and more. They provide support mental health services from birth to older adults. Services include individual and group therapy sessions.

#### **Sistahfriends**

Yolanda Whittington

**Email:** yolanda@sistahfriends.org

**Website:** <https://sistahfriends.org/>

**Services:** SISTAHFRIENDS is a mental health clinic committed to the emotional and psychological wellness of Black women, men, and elders. They specialize in reentry support, domestic violence and intimate partner abuse, terminal illness, physical disabilities, chronic conditions, people of color living with cancer, depression, trauma, LGBTQ community, and elders. Services include individual therapy sessions and eldercare management.

# EMERGENCY PREPAREDNESS

## City of Long Beach

The Department of Disaster Preparedness and Emergency Communications is home to the City of Long Beach 9-1-1 Public Safety Dispatchers. Our dispatchers are the City's first, "first responders", connecting residents with Police, Fire and Emergency Medical Services. They are the first to respond to emergency calls for service from residents to help ensure a swift response by law enforcement and fire personnel.



**Contacts:**  
**Emergency Dial 911**  
**Non-emergency**  
**562) 435-6711**

### 1 Do Your Research

Familiarize yourself with the risks that could occur in our community, these include earthquakes, fires, flooding and extreme heat

### 2 Pack an emergency Kit

They should all contain food, water, meds and supplies for a minimum of 72 hours, highly recommend preparations for 5 days.

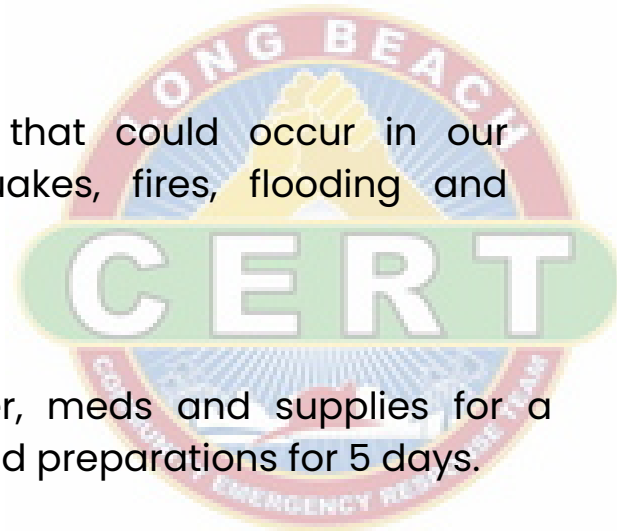
### 3 Be Cell Phone Ready

Register your phone for AlertLongBeach  
<http://longbeach.gov/disasterpreparedness/alert-long-beach/>

Program an ICE (In Case of Emergency) contact into your phone's address book

### 4 Make A plan

One of the most important steps you can take in preparing for emergencies is to develop a household disaster plan. A plan will help you think ahead about the steps you can take to keep you and your family safe.



# HELPFUL CONTACTS

The following is a list of helpful phone numbers in the City of Long Beach to assist you with problems and issues you may come across in your neighborhood.

## **Code Enforcement/Nuisance Issues**

- Barking dogs and stray, vicious or dead animals: Animal Care Services – 562.570.PETS or 562.570.7387
- Garage/yard sale information or complaints: Yard Sale Hotline – 562.570.YARD or 562.570.9273
- Neighborhood nuisance: Neighborhood Nuisance Abatement – 562.570.5097
- Problems with noisy neighbors: Police – 911 or 562.435.6711
  - You can request to remain anonymous.
- Report Code violations: Code Enforcement – 562.570.CODE or 562.570.2633.
  - Violations include: vacant and open buildings and/or substandard building conditions, including broken stairs or handrails or hazardous electrical; tall weeds, discarded furniture or abandoned vehicles on front, rear or side yards; problems with garages including garages full of storage and required parking not available or people living in garages.
- Report illegally dumped items: Integrated Resources – 562.570.2876

## **Neighborhood Improvement and Beautification**

- Abandoned shopping cart removal (supermarkets and Target stores only): Shopping Cart Retrieval – 800.252.4613 or [jgamez@csrc.net](mailto:jgamez@csrc.net)
- Graffiti removal/reporting: Graffiti Hotline – 562.570.2773
- Neighborhood improvement activities, Neighborhood Resource Center – 562.570.1010
- Report shoes on power lines: Public Works – 562.570.2726
- Special trash pick-up of large items (including chairs, couches or refrigerators): Integrated Resources – 562.570.2876 (Residents with City-provided refuse service are eligible for two free pickups a year. Additional pickups may be scheduled for a fee.)

## **Public Health and Safety**

- Food facility (restaurant or market) concerns, including health violations (inadequate trash receptacles, overcrowding, insect and rodent problems, etc.): Environmental Health – 562.570.4132
- Potential fire hazards (including car repair that is leaking oil onto the public street): Fire Prevention – 562.570.2563
- Replace burned-out street lights: Public Works – 562.570.2700
- Report suspected stolen property: LBPD Robbery Detail – 562.570.7231

## **Tenant Resources**

- Assistance with filing a small claims action against a property owner: County of Los Angeles, Small Claims Advisor Program – 213.974.9759
- Assistance with obtaining the name and address of a property owner: Los Angeles County Tax Assessor, located at 1401 Willow St., Signal Hill, CA – 562.256.1701
- Housing Choice Voucher Program (formerly known as Section 8): Housing Authority – 562.570.6985 or [longbeach.gov/haclb](http://longbeach.gov/haclb)