

# **Resources During COVID-19 Safer-At-Home Spring 2020**

**These are provided as a courtesy, gathered from other sources--  
not vetted, endorsed, or updated by University of the West**

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## STAYING UP TO DATE

[CDC | Centers for Disease Control and Prevention](#)

[NIH | National Institute of Health](#)

[LA County Department of Public Health](#)

[EDD Latest News for Regarding COVID-19](#)

News for workers seeking unemployment insurance benefits (UIB), employers, resources, and [FAQs](#).

[Los Angeles County](#)

211 is a free, confidential referral and information helpline and website that connects people of all ages and from all communities to the essential health and human services they need, 24 hours a day, seven days a week.

[California Department of Health Updates –](#)

Daily Updates on Counts & Resources on Testing

[National Association of Student Financial Aid Administrators \(NASFAA\)](#)

NASFAA created this web center to keep the financial aid community updated on COVID-19 related news. [NASFAA Webinar Recording](#). [Upcoming webinar follow up](#).

[Tracking List of What is Open and Closed in Los Angeles](#)

[Tracking List of Companies Providing Food, Major Discounts or Food Accessibility](#)

[Community Legal Aid So Cal](#)

Legal resources

[COVID-19: Guidance for People at Higher Risk](#)

A guide for those at higher risk, which includes: A) People over 60 years of age. The risk increases significantly thereafter and escalates with age, with persons over age 80 in the highest risk category. B) People, regardless of age, with underlying health conditions including cardiovascular disease, diabetes, cancer, heart disease, or chronic lung diseases like COPD, as well as those with severely weakened immune systems.

## SELF-CARE

In the current environment, there's a lot of stress and anxiety. Please utilize these resources for yourself and share it with your students. Reminding folks to take care of themselves is a good way to check in with colleagues virtually!

[Domestic Violence](#)

If you are concerned about being quarantined in an unsafe home situation or need help, all DV shelter resources are available here. The National Domestic Violence Hotline is available 24/7 at 1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)

### [Sojourn Domestic Violence Services](#)

A shelter on the Westside of LA. While support groups are not available at this time, their hotline is always open 24/7 for safety planning and peer counseling. They are accepting clients into their shelters. Their hotline number is 310-264-6644.

### [CDC - Taking Care of Your Emotional Health](#)

Includes links to various websites and apps for virtual AA meetings to respond to suspensions in in-person meetings.

### [Los Angeles County Department of Mental Health](#)

Resources for Coping with stress during COVID-19. LACDMH provides helpful resources for coping with anxiety and stress during the pandemic. The site also lists various resources for families, parents, children, healthcare providers, and community and peer support.

Access Center 24/7 Helpline

Phone: (800) 854-7771

### [CA Guide to Managing Mental Health](#)

The California Surgeon General has a [simple guide](#) with things you can do every day, at home, to help support your mental and physical health.

Navigating Stress Management with Kids. ([Guide](#))

### [Disaster Distress Helpline](#)

Provides immediate crisis counseling for people experiencing emotional distress relating to natural/human-caused disaster.

Phone: (800) 985-5990

### [Substance Abuse and Mental Health Services Administration](#)

(SAMHSA) – National Helpline (800-662-HELP) or (800) 662-4951. Tip sheet with information for taking care of behavioral health during times of social distancing, quarantine, and isolation.

### [Alcoholics Anonymous Online Meeting Directory](#)

### [International Online Alcoholics Anonymous Intergroup Meetings](#)

### [Toolkit to Deal With Anxiety/Stress from Impacts of Virus](#)

### [CredibleMind COVID-19 Center](#)

CredibleMind provides medical information, practical tips, and mental health and wellbeing support in their COVID-10 Resource Center

### [Active Minds Special Online Hub](#)

Recognizing the challenges faced by students everywhere during these unique circumstances, Active Minds has created a special online hub for students to support their mental health during COVID-19.

Mental Health / Psychotherapy through UWest's Wellness Center, Virtual & Free to enrolled UWest students in California: contact April Afoa at [aprila@uwest.edu](mailto:aprila@uwest.edu).

Sliding Scale Clinics that Provide Low Fee Psychotherapy: Contact April Afoa at [aprila@uwest.edu](mailto:aprila@uwest.edu) to obtain referrals near you.

### Articles:

[Coronavirus Anxiety](#)

[Coronavirus: How to Protect Your Mental Health](#)

[How to Calm Down](#)

[Free Mindfulness Apps](#)

[Managing Anxiety During COVID-19](#)

[Mental health tips & resources](#)

[Accessing Inner Strength During Traumatic Times](#)

[Psychotherapeutic technique to calm sympathetic nervous system](#)

[Taking Care of your Mental Health in the Face of Uncertainty](#)

[Down Dog Free Yoga App](#) Free Yoga through July 1, 2020

[Calm App - Free Meditation Resources](#)

Includes different guided meditations and mindfulness resources to help stay calm during the COVID-19 pandemic

[Headspace | Weathering the Storm](#)

Headspace is offering a collection of meditations and sleep/movement exercises to help you find some space and kindness for yourself and those around you.

[Wysa](#)

Wysa is an AI chatbot to Cope with Isolation with exercises to help with stress, depression, and anxiety. They have developed activity packs for Isolation Stress and Pandemic Stress and are currently offering those for free to the public. They are also offering their entire platform for free to frontline healthcare workers

[Sanvello](#)

Free Premium Access During COVID-19 Crisis.

Sanvello is an app that provides exercises for managing stress, anxiety, and depression. They are providing premium access- all content, coping tools, and peer support, for free during the crisis.

[Happify](#)

Free Tracks for COVID-19.

Happify is an app and website designed to help users overcome negative thoughts, stress, and life's challenges using evidence-based solutions. They are offering a free set of tracks during this time to help users care for their mental health.

Strategies for Managing COVID-19 Anxiety

### **Recreational Opportunities, virtually at-home**

1. PLAY!

Spend an hour at Disney World on 10 roller coasters for free with no wait! <https://youtu.be/ME5WJoHCaFU>

See the animals. Lots of facilities have live feeds so that you can keep in touch with our animal friends. Visit the San Diego Zoo's multiple live cams & see the Seattle Aquarium "eyes" trained on harbor seals, with a fact sheet to accompany the view.

If you aren't able to go outside, see nature by coloring it [www.coloringnature.org/](http://www.coloringnature.org/) or take a look at livecams from many different places in the world <https://www.earthcam.com/>

Shoot Professional Videos with an Android Smartphone – COMPLETE Guide!  
[https://www.youtube.com/watch?v=8YiwBsTQ\\_c0](https://www.youtube.com/watch?v=8YiwBsTQ_c0)

## 2. GET CULTURED

Go to the theater & see some of the best filmed New York City Broadway shows!  
<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR1cclpctdYCEg87EhLiJlWUk04Szwrf1yOluS1aON2u8RcbXa1GYcGelHY>

Throw down a blanket & take a virtual tour of a museum from anywhere in the world such as the British Museum in London to the Guggenheim Museum in New York City  
<https://artsandculture.google.com/partner?hl=en>

## 3. STAY HEALTHY

Wellness Center's Jenny Hannah recorded three brief yoga routines to gently move the body while staying home during the pandemic  
<https://www.youtube.com/channel/UCwR8aduuteldsgKLLNtrLlg>

Diversify your exercise routine by going to City of Rosemead's Virtual Recreation Center  
[http://www.cityofrosemead.org/government/city\\_departments/parks\\_recreation/c\\_o\\_v\\_i\\_d-19\\_recreational\\_resources](http://www.cityofrosemead.org/government/city_departments/parks_recreation/c_o_v_i_d-19_recreational_resources)

Make at-home masks <https://youtu.be/iel7HITRm3c> and wear one each time you leave your residence (and wash your hands or use hand sanitizer when you return to your residence)

## **OPPORTUNITIES TO VIRTUALLY CONNECT WITH OTHERS**

Center for Council, a Los Angeles based non-profit organization, is holding twice a week virtual community councils. Social Connection Councils will offer a space for people to be seen and heard, and a facilitated practice for connecting to ourselves and our community through listening and speaking from the heart. Register in advance, space is limited to only 16 people per council.  
<https://www.centerforcouncil.org/social-connection-councils.html>

## **SPIRITUAL SELF-CARE**

UWest's Dr. William Chu offers a free meditation in Chinese every Saturday at 7pm. The class is regularly attended by close to 100 people, and is open to public.  
The Zoom meeting ID for the class: 917-109-8990

UWest's Chaplaincy Club offers a free meditation every Tuesday at 12pm at <https://us04web.zoom.us/j/679409428>.

**Articles:**

- [Love in the Time of Coronavirus](#)
- [Coping with Moral Struggles Arising from Coronavirus Stress](#)

## USING ZOOM

Zoom may be new to many folks, here are some resources:

[Quick reference guide](#)

[Zoom video tutorials](#)

(each video is under 2 minutes)

[How to hide your background](#)

[Virtual Presentations](#)

## FINANCIAL & PUBLIC SUPPORT SERVICES

### California Social Services

Access to general relief/unemployment benefits: please click the links corresponding to your county to apply for general relief, CalWORKs, Medi-Cal, and/or CalFresh

[Los Angeles County](#)

[Orange County](#)

[Riverside County](#)

[LA County Department of Public Social Services](#)

Financial resources for individuals impacted by COVID-19.

[Aunt Bertha](#)

Find food bank locations or food resources (along with other free or reduced-cost services such as medical care, housing, financial, education, work, legal, transit, etc.)

[Educational Companies Offering Free Subscriptions Due to School Closings](#)

[One Degree \(updated daily\) https://about.1degree.org/covid-19-en](#)

Resources available throughout the state of California

[Hope Center Infographic](#)

[The Hope Center: Meeting Student Basic Needs and Keeping Them Enrolled During COVID-19](#)

Colleges and universities across the United States and around the world are scrambling to keep their students, faculty, and staff healthy, safe, and educated during the COVID-19 pandemic.

## **JOB ASSISTANCE**

Employment opportunities, how to file for unemployment, Employment Development Department resources, labor laws, and small business support.

### [Pacific Gateway](#).

America's Job Center of California. Click here for helpful links regarding Unemployment Insurance with [General Information](#), [Unemployment Insurance Checklist](#), and [Unemployment Insurance Video](#). Look for updates on their [Instagram Page](#).

### [Industries Hiring](#)

Census Bureau, Medical/Healthcare, Delivery Services, especially food delivery, Grocery Stores, Virtual Platforms, especially for educational services, Supply Chain & Logistics, Janitorial.

### [Freelancing Females' COVID-19 Resources Guide](#)

A helpful guide for female freelancers navigating COVID-19

### [National Retail Federation](#)

Retail job opportunities

### [Glassdoor](#)

Companies hiring to address COVID-19

### [The Muse](#)

57 Companies Hiring During COVID-19

### [LinkedIn](#)

Companies hiring with ongoing updates

### [Words of Mouth](#)

(newsletter with job opportunities) - Mostly remote roles at the moment) for professional and creative development across design, the arts, tech, nonprofits, architecture, and urbanism. Also sharing remote leads on Instagram (@words.ofmouth) and building a list of remote-friendly employers

### [Fiverr](#)

Sign up for free, set up your Gig, and offer your work to their global audience

### [Employing Artists](#)

(Public Facebook Group)

### [Upwork](#)

Upwork expertly connects professionals and agencies to businesses seeking specialized talent

### [2020 Census Jobs](#)

(Uncertain how this might be affected) - Temporary part-time positions with the 2020 Census.

### [Real Ways to Earn Money Online](#)

(verified) - Features different work from home opportunities.

### [SoCal Places That Are Hiring](#)

### [College Nannies and Sitters](#)

Babysit children whose parents are not able to work from home.

### [Ralphs and Food 4 Less](#)

These parent companies are looking to hire about 450 workers. Apply online and interview over the phone.

### [Albertsons, VONS, and Pavilions](#)

They are looking to fill at least 1,000 new positions locally.

They are proceeding with candidates remotely in the first stages of hiring.

### [GMI Integrated Facility Solutions](#)

Provides janitorial services to large buildings in Southern California. (Taking on a lot of new temporary janitors.)

### [Amazon and Walmart](#)

Will soon be hiring more people.

### [New Life Cardio Equipment](#)

Hiring people to assemble machines and to drive delivery trucks. Also looking for a new salesperson.

### [Companies Open to Remote Work](#)

(Google Doc) - Interdisciplinary Remote & Remote-Friendly Employers (by Words of Mouth)

### [Resources for Remote Work](#)

Job listings and other resources for remote work.

### [Online Opportunities for Bilinguals](#)

(not verified)

### [Rev](#)

Verified WFH transcription work.

### [Remote Jobs](#)

### [25+ Sites for Finding Remote Work](#)

A guide with advice and resources for those seeking work from home opportunities.

### [Flex Jobs](#)

Virtual companies hiring.

### [11Alive](#)

A list of companies hiring or offering work-from-home positions from A to Z.

### [Apply for Unemployment Insurance](#)

EDD - Employment Development Department for the State of California.

### [Step by Step Guide for Applying for Unemployment \(video\)](#)

### [Tips For Applying:](#)

If you have lost work due to COVID-19 and applying for unemployment in CA you HAVE TO TELL THEM that the reason is because of the virus to get the waiting period waived. If you don't mention you lost work, you will wait the normal time.

They need your SSN, DL/ID number, have a list of employers you have worked with since Oct 2018 in any state. If you are freelance, UEI does not require you to state the days worked. Have



the payroll company information handy (address, etc.), UEI will be looking for Payroll information, not the company that you worked for.

### [How to File a Paid Family Leave Claim](#)

File your claim online using [SDI Online](#).

### [Labor & Workforce Development Agency](#)

Benefits Summary (chart) for Workers Impacted by COVID-19

### [Labor Laws Amidst COVID-19](#)

Know your rights, from paid sick leave to working from home

## EDUCATIONAL

### [Charter Communications](#)

Free access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households who do not currently have Spectrum broadband subscription.

### [NAFSA: Association of International Educators](#)

[Resources from Organizations Serving International Education](#). NAFSA provides links to various resources surrounding COVID-19 and its impact on international education. [NASFAA Fact Sheet](#).

### [US Senate Committee on Health, Education, Labor & Pensions](#)

This bill would provide more than \$3 billion to address education-related issues during the COVID-19 pandemic.

### **UWest Library Support**

<https://lib.uwest.edu/services-requests/services-during-remote-instruction>

## RELIEF FUNDS FOR UNDOCUMENTED WORKERS IN CALIFORNIA

### [Cash Assistance Program for Immigrants](#)

provides money for non-citizens who are disabled or of a certain age. Participants are also eligible for Medi-Cal, In-Home Supportive Services, and/or Food Stamp benefits. For more information about the program call 1-800-929-8118.

### [National Day Laborer Organizing Network – Immigrant Worker Safety Net Fund](#)

Day Laborers (National)

No application available yet; for now, workers can contact NDLO by email at [info@ndlon.org](mailto:info@ndlon.org) or by phone at (626) 799-3566.

### [UndocuScholars Relief Fund](#)

If you are undocumented yourself or have family members who are undocumented and have been impacted by the COVID-19 pandemic. (National)

[Apply Here](#) (Distributing funds via Venmo, Zelle, or Paypal.)

### [Farmworkers' COVID-19 Pandemic Relief Fund](#)

Farmworkers (National). An estimated two to three million farmworkers feed us through their labor, bringing fruits, vegetables and other crops to homes across the nation. As the country is learning, their work is critical, yet they and their work have not been properly valued.

### [Latinx Elder Mutual Aid](#)

For Latinas/o/e/x people over 65 years of age who work non-wage jobs like street vending, can collectors, sales by catalog or swap meet, house cleaners, etc. \$100-250 per family depending on funds collected and a number of applicants. (California)

### [Apply Here](#)

### [CARECEN Immigrant Families Fund](#)

Families that need assistance to pay for housing, healthcare, food, transportation, education technology, and other vitals.

Apply Here: MISSING - will update with application information when available.

### [Root & Rebound Fund](#)

As a response to the current pandemic, Root & Rebound will be providing support to formerly-incarcerated and system-impacted Californians and South Carolinians in financial need, offering gift cards for up to \$100 to support our communities in dire need of basic necessities. Anyone in California or South Carolina who is formerly-incarcerated and system-impacted (including a family member or friend of a person with a record) in need of basic necessities. (California and South Carolina) (Target/ Walmart gift cards.)

### [Malibu Community Labor Exchange](#)

Day laborers in the Malibu area. (Malibu, California)

Apply Here: Email [malibucle@gmail.com](mailto:malibucle@gmail.com) or call (310) 317-4717 for more information.

### [Grantmakers Concerned with Refugees and Immigrants](#)

COVID-19 Immigrant Response Funds.

### [Relief funds for Undocumented Workers In California](#)

Legal aid at work.

### [California Immigrant Youth Justice Alliance](#)

COVID-19 Resources Guide for Undocumented Californians. Includes: FAQ Sheets, undocumented workers' rights in California, basic information of COVID-19 from the CDC in Spanish, and more.

### [Resources for Undocumented Community](#)

Organizations to that are helping undocumented students during the COVID-19 outbreak.

### [Grantmakers Concerned with Refugees and Immigrants](#)

A continuously updated resources with a focus on how it is impacting immigrants and how philanthropy is addressing that impact.

### [United States Citizenship & Immigration Services](#)

U.S. Citizenship and Immigration Services has suspended routine in-person services until at least April 1 to help slow the spread of Coronavirus Disease 2019. Use online tools for USCIS to check case status, check processing times, find an office, office closings. Create an account to

petition for alien relative, extend your stay, renew your green card, apply for Naturalization, Replace your Naturalization or Citizenship Document, or Other Forms.

## **RESOURCES FOR THE DISABLED COMMUNITY**

### [Getting Supplies to Compromised People in Need](#)

Mutual aid support for getting aid to compromised people in need in our communities.

### [COVID-19: Guidance for People at Higher Risk](#)

A guide for those at higher risk, which includes: A) People over 60 years of age. The risk increases significantly thereafter and escalates with age, with persons over age 80 in the highest risk category. B) People, regardless of age, with underlying health conditions including cardiovascular disease, diabetes, cancer, heart disease, or chronic lung diseases like COPD, as well as those with severely weakened immune systems.

### ["Coronavirus Threatens Americans With Underlying Conditions"](#)

NY Times Article explaining risks for people living with underlying conditions that make them particularly at risk for COVID-19 as well as advice for members of those groups.

### [What People with HIV Need to Know About Corona Virus](#)

What people with HIV need to know about the New Coronavirus. New research is emerging about how the respiratory virus spreads and how people can protect themselves and others.

### [California Unemployment Insurance and Disability Insurance Info](#)

California is responding to the spread of a respiratory illness caused by a new coronavirus (COVID-19). While investigations to learn more about the virus are ongoing, workers and employers should review their health and safety procedures to help prevent exposure to the virus. The EDD provides a variety of support services to individuals affected by COVID-19 in California. For faster and more convenient access to those services, we encourage the use of our online options.

California está respondiendo a la propagación de una enfermedad respiratoria causada por un nuevo coronavirus (COVID-19). Mientras las investigaciones para saber más acerca del virus están en curso, tanto los trabajadores como los empleadores deberían revisar los procedimientos de salud y seguridad para prevenir la exposición al virus.

### [California Labor Commissioner FAQ](#)

Coronavirus Disease (COVID-19) FAQs on laws enforced by the California Labor Commissioner's Office.

### [Video: Filing for Disability Insurance](#)

(English)

### [Video: Filing for Disability Insurance](#)

(Spanish)

### [How to Get On](#)

(for people with disabilities) - A self-advocacy guide for anyone who is homebound or bed bound in the US. Special focus on folks with Myalgic Encephalomyelitis (sometimes called

“Chronic Fatigue Syndrome”). If you are not lucky enough to have ME or CFS, you are still welcome to use this guide. In the time of Coronavirus, they’ve created some guides for everyone (not just disabled people)

### [Unemployment or Disability Benefits](#)

#### [Coronavirus 2019 FAQ from EDD \(Employment Development Department of California\)](#)

General guidance as to what programs are available and what situations may be applicable to your circumstances. We encourage you to apply for the program you believe best fits your needs and the EDD will determine your eligibility for benefits.

## **RESOURCES & RELIEF FUNDS FOR ARTISTS/CREATORS**

### [COVID-19 Freelance Artist Resources](#)

This list is specifically designed to serve freelance artists, and those interested in supporting the independent artist community.

#### [The Creator Fund](#)

\$50,000 fund for creators who are experiencing hardship due to COVID-19. Up to \$500 per applicant for assistance with medical, grocery, childcare, rent, and mortgage expenses.

#### [Mutual Aid Project: Support Independent Artists in Response to COVID-19 by POSTB1NARY](#)

This form’s purpose is to collect information and build a directory of independent artists (YOU) to showcase your work. We will then put out a call to action to the larger community to support your work during this time of unstable employment/limited opportunities. This directory will be in the form of a Google Sheet that POSTB1NARY will continue to update as more information is collected.

Please direct any questions or concerns to [info.p0stb1nary@gmail.com](mailto:info.p0stb1nary@gmail.com).

#### [List of Funding Opportunities from 3Arts](#)

Based in Chicago, but currently maintaining a list of emergency resources for artists all over the country.

#### [List of Funding Opportunities from Women Arts](#)

An emergency list to help artists in various disciplines find other organizations where they can apply for funding.

#### [List of Emergency Funding Opportunities for Visual Artists](#)

A list of several grants intended to address a specific issue visual artists faces (such as an emergency).

#### [Emergency Grants – Foundation for Contemporary Arts](#)

Emergency Grants provide urgent funding for visual and performing artists.

#### [Emergency Grants – New York Foundation for the Arts](#)

Another aggregated list of funds for artists of various disciplines around the country (visual arts heavy)

### [Emergency Grants – Rauschenberg Foundation](#)

The program provides one-time grants of up to \$5,000 for unexpected medical emergencies

### [Emergency Relief Programs – Alliance of Artist Communities](#)

Support for artists by way of connecting them with a diverse network of residency programs across the country.

### [Emergency Grants – Haven Foundation](#)

Interim financial assistance to freelance professionals in the arts who face crises and for individuals to overcome temporary adversity and return to full-time work.

### [Emergency Grants – Adolph & Esther Gottlieb Emergency Grant \(visual arts\)](#)

Interim financial assistance to qualified painters, printmakers, and sculptors.

### [Emergency Grants – Dramatists Guild Foundation](#)

Emergency financial assistance to individual playwrights, composers, lyricists, and book writers.

### [Emergency Funding – CERF + The Artists Safety Net](#)

Grants with a focus on those infected with the virus that requires intensive medical care.

### [Emergency Financial Assistance-Actors Fund](#)

An ongoing collaborative effort at The Actors Fund to provide a one-stop database of services and organizations that meet the unique and essential needs of the arts and entertainment professional.

### [Artist Relief Tree](#)

A relief fund for artists affected by cancellations due to COVID-19.

### [Local 802 Emergency Relief](#)

(Musicians)

### [MusiCares](#)

(Run by The Grammys) - A safety net of critical assistance for music people in times of need.

### [Musicians Foundation Emergency Fund](#)

Microgrants for qualified applicants.

### [Sweet Relief Musicians Fund](#)

For musicians and music industry workers affected by the Coronavirus for medical expenses, lodging, clothing, food and other vital living expenses to those impacted due to sickness or loss of work.

### [International Bluegrass Music Association – Bluegrass Trust Fund](#)

### [The Blues Foundation: The Hart Fund](#)

(Musicians) - For Blues musicians and their families in financial need due to a broad range of health concerns.

### [Jazz Foundation](#)

Musicians' Emergency Fund providing housing & emergency assistance, pro bono medical, and disaster relief.

### [Equal Sound](#)

Provides direct financial assistance to musicians who have lost work as a result of Corona-related event cancellations.

### [The National Writers Union Freelance Solidarity Project](#)

#### [PEN America Writers Emergency Fund](#)

A small grants program for professionals—published or produced—writers in acute or unexpected financial crises.

#### [Authors League Fund](#)

(Writers) - The Fund exists to help professional writers continue their careers with dignity by providing no-strings-attached “loans” to pay for pressing expenses.

#### [Listings Project](#)

In response to COVID-19 they have made it free to post in their Seeking Living, Seeking Work Space and (non-real estate) Opportunities listings sections.

#### [Joust | For Freelancers](#)

(collecting unpaid/outstanding bills) - Regain money lost from events canceled due to the COVID-19 outbreak. Support those impacted by offering advances on unpaid invoices, absolutely zero processing fees on payments, free bank accounts.

#### [Relief Fund for Hollywood Support Staff \(gofundme.com\)](#)

Over \$100,000 raised so far. Aimed to assist LA-based support staffers affected by the COVID-19 shutdowns.

#### [Financial Solidarity Mutual Aid Google Sheet](#)

If your livelihood is being directly impacted by the Coronavirus crisis and you need support, post requests on this spreadsheet.

#### [Share & Receive / Amazon Wishlists](#)

(food, supplies, etc) - For those in need, you can link to your Amazon wishlist for donors to fulfill.

#### [Tongal’s Global Creative Platform for Writers, Animators, Editors, Podcasters, and Filmmakers](#)

Businesses sign up for a Tongal subscription, which provides unlimited, managed access to their web-based workflow tools and creative community.

## **RESOURCES & RELIEF FUNDS FOR THE LGBTQ+ COMMUNITY**

### [COVID-19 Trans/Queer Relief From](#)

#### [Los Angeles LGBT Center](#)

We’re fortunate to live in a city with such an amazing organization dedicated to serving and supporting the entire LGBTQ+ community. A first responder for the LGBT+ community and tens of thousands of people depend on their services, keeping the Los Angeles queer community updated about how COVID-19 is impacting all of us.

### [COVID-19 Mutual Aid Fund for LGBTQI+ BIPOC Folks](#)

The COVID-19 pandemic has exposed the particular vulnerability of queer, transgender, non-binary and/or intersex Black, Indigenous folks and other LGBTQ+ people of color (QTIBIPOC folks). This emergency fund will prioritize LGBTQI+, non-binary, gender fluid, and gender non-conforming people of color.

### [Queer Writers of Color Relief Fund](#)

This fund is to help at least 100 queer writers of color who have been financially impacted by the current COVID-19. Priority will be given to queer trans women of color and queer disabled writers of color.

### [Twitter thread to drop some cash to queer/trans folks in the gig economy](#)

Help support members of this community get through COVID-19.

### [Shade Literary Arts Queer Writers of Color Relief Fund](#)

## **RESOURCES & RELIEF FUNDS FOR SERVICE WORKERS**

### [Service Workers Mutual Aid Fund](#)

All service workers are encouraged to apply, regardless of location.

### [National Domestic Workers Alliance Coronavirus Care Fund](#)

The Coronavirus Care Fund (CCF) provides \$400 emergency assistance for qualifying home care workers, nannies, and house cleaners experiencing financial hardship due to the pandemic

### [One Wage](#)

(Service Workers Fund) - Providing cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers and more who need the money they aren't getting to survive. Fill out the [Intake Form](#).

### [US National Charity Foundation - Bartender Relief Fund](#)

During these uncertain times, the USBG Foundation strives to be a resource for our bar industry community. Please find all of their COVID-19 Relief & Response here. The USBG Foundation has granted over \$200,000 in funds.

### [Restaurant Opportunities Centers United Restaurant Workers Relief Fund](#)

(National)

### [Restaurant Workers' Community Foundation](#)

Emergency assistance for those employed by restaurants or bars or are employed by a restaurant or bar supplier. (National)

### [GET HELP | One Fair Wage Emergency Fund](#)

(Service Workers) Cash assistance to restaurant workers, car service drivers, delivery workers, personal service workers and more who need the money they aren't getting to survive  
(National)

### [Another Round, Another Rally Emergency Assistance](#)

\$500 relief grants. Workers in the hospitality industry, dishwasher, bartender, server, busser, chef, cook, sommelier, manager, host, concierge, cleaning staff, or barback may apply for funds. (National)

### [Southern Smoke Emergency Relief Program](#)

Southern Smoke is a nonprofit 501c3 charitable foundation. Our Emergency Relief Program provides emergency funding to those employed by or own restaurants or bars or are employed by a restaurant or bar supplier that are faced unforeseen expenses that cannot or will not be covered by insurance. We stand with those in our community and are committed to “taking care of our own”.

### [Restaurant Opportunities Center](#)

ROC United is working to provide relief and resources to restaurant workers affected by the coronavirus crisis.

### [Restaurant Workers Community Foundation](#)

RWCF is working to collect information and links to resources that will help restaurants and workers deal most effectively with the COVID-19 Emergency. If you have information to share with the restaurant community, please email us at [info@restaurantworkerscf.org](mailto:info@restaurantworkerscf.org)

### [California Restaurant Association Foundation - Grants for Restaurant Workers](#)

CRAF is offering financial assistance to restaurant workers in crisis. Click the link to find relevant COVID-19 resources or to apply for a grant.

### [National Domestic Workers Alliance Coronavirus Care Fund](#)

At this time, the application is open to domestic workers who have participated in activities of the National Domestic Workers Alliance (NDWA), NDWA chapters, affiliate organizations, circles and current Alia users. We will open the Fund for applications from other domestic workers as soon as funding allows. (National)

If you are a domestic worker, text RELIEF to 97779 to get updates from NDWA, and find out when the Coronavirus Care Fund applications are ready.

### [Farmworkers' COVID-19 Pandemic Relief Fund](#)

Farmworkers (National). An estimated two to three million farmworkers feed us through their labor, bringing fruits, vegetables and other crops to homes across the nation. As the country is learning, their work is critical, yet they and their work have not been properly valued.

## **VOLUNTEERING SERVICE**

### [California Volunteers.](#)

Help Your Community Safely with COVID-19



## [How To Help Your Community/Neighbors Poster](#)

### [Nonprofit Ronnie's House](#)

To help our neighbors make it through this tough time we are mobilizing the community to share information, resources and a helping hand.

### [In-House Supportive Services Application.](#)

In-home supportive services will also remain available, and are intended for people 65 years and older, blind, disabled or simply can't live at home alone safely. Submit applications to [IHSSapplications@ssa.ocgov.com](mailto:IHSSapplications@ssa.ocgov.com), via fax at (714) 825-3001, or mailed in to P.O. Box 22006, Santa Ana, CA 92702. Apply via phone by calling (714) 825-3000 during regular business hours.

### [Mutual Aid Application \(Volunteers\)](#)

#### [St. Luke's Episcopal Church Shower Program](#)

[525 E 7th St, Long Beach, CA 90813](#)

We look for volunteers who can commit to one Saturday morning a month for either a four or five-hour shift to be part of a regular team. If this doesn't work for you, we are happy to have drop-in volunteers. Advance notice is appreciated, however. The starting time is 7:30 am. We are happy to have students needing community service hours. If you need further information or have questions about donations or volunteering, please feel free to contact me: Gail Mutke, Shower Coordinator, at (562) 439-9496 or [gamutke@verizon.net](mailto:gmutke@verizon.net).

#### [St. Luke's Episcopal Church Manna Meals](#)

[525 E 7th St, Long Beach, CA 90813](#)

St. Luke's provides a hot sit-down meal called Manna Meals on the fourth Saturday of each month. Volunteers are welcome to help serve and prepare food. Starting time in the kitchen is 9:00 am and is usually finished by 12:30 pm. If you would like to volunteer please contact McKenzie Stribich at [mckenzie.stribich@gmail.com](mailto:mckenzie.stribich@gmail.com).

## **ELDERLY FOOD ASSISTANCE**

### [Elderly Meal Program Map](#)

### [Community and Senior Centers - Senior Lunch Programs](#)

### [List Of Los Angeles Stores Offering Special Senior Shopping Hours](#)

CBS is maintaining a helpful list of several major grocery store chains across the region that have reserved shopping time for seniors so they can get the supplies they need

### [Northgate Market Senior Hours](#)

All 41 locations will be open exclusively for seniors from 7:00 am to 8:00 am starting Tuesday, March 17, 2020. [Visit the website for more information.](#)

### [Vallarta Supermarkets](#)

All locations will be open from 7:00 am to 8:00 am for those 65+ years old, pregnant women, and those with disabilities starting Wednesday, March 18th, 2020.

### [Grocery Outlet in Altadena](#)

Senior shopping will be available exclusively from 7:00 am - 8:00 am every day starting on Thursday, March 17, 2020. Call (626) 314-2700 for more information.

### [Super A Markets](#)

ALL Super A Markets will open one hour early to allow Seniors 65 years and up to exclusively shop during the hours of 7:00 am- 8:00 am.

### [Whole Foods Market](#)

All Whole Food Market stores in the U.S. will service customers who are 60+ an hour before regular store hours, from 6:00 am- 7:00 am.

### [Albertsons Companies Stores](#)

All Albertson Companies stores including Vons will be reserving 7:00 am- 9:00 am on Tues and Thurs for immuno-compromised and at-risk customers to shop (includes pregnant women and seniors).

## **FOOD RESOURCES FOR CALIFORNIANS**

### [Food Resources for LA County](#)

#### [California Food Banks](#)

#### [Supplemental Nutrition Assistance Program \(SNAP\)](#)

If you or anyone you know is on SNAP, follow this link to get reimbursed for your groceries.

#### [Lost Angeles Food Bank Locator](#)

#### [Expensify](#)

If you or anyone you know is on SNAP, follow this link to get reimbursed for your groceries.

#### [Eat Fresh](#)

#### [EveryTable](#)

[Everytable](#) is offering meals to EVERYONE. Food distribution for seniors who need food brought to their homes. Food is available for students. Food distribution centers that can distribute food to a group of people. If you need 10-10,000 meals, call (323) 458 - 6487 for the Everytable Helpline.

#### [WhyHunger Hotline](#)

Refers to people across the U.S to food pantries, soup kitchens, and government nutrition programs.

Phone: (800) 548-6479 or 1 (800) 5-HUNGRY

#### [LAUSD](#)

LAUSD is opening 60 sites providing two grab-and-go meals for students and families beginning on Wednesday, March 18th from 7am to 10 am.

#### [Eastside Riders for Students and Families](#)

Free breakfast (8 am-10 am) provided by Eastside Riders for students in Watts community starting Monday, March 16, 2020, and ending Friday, March 20, 2020.

### [Dream Center](#)

Free breakfast (7:30-9:30 am), lunch (11:30-1:30 pm), and dinner (4:30-6:30 pm) for all LAUSD students starting Monday, March 16, 2020 from 7:30 am to 6:30 pm at [2301 Bellevue Ave., Los Angeles 90026](#).

### [Hugo's Restaurants](#)

Beginning Monday, March 16th, Hugo's kid's menu will be free for guests 12 and under throughout the LAUSD closure.

### [USDA Food and Nutrition Service COVID-19 Waivers](#)

Click the link to see available child nutrition, WIC, and SNAP waivers available during the COVID-19 outbreak.

### [Swipe Out Hunger & Rise – Student Basic Needs Petition](#)

Add your name to the petition to support a bill to provide \$1.2 million in emergency aid to college students affected by COVID-19-related campus closures

### [LA Consumer & Business Affairs: Awareness of Price Gouging](#)

### [Swipe Out Hunger](#)

Includes resources guides to best meet students' basic needs.

Join Swipe Out Hunger for their [weekly webinars](#) to learn about concrete steps to ensure students' basic needs are being met during this crisis. Webinars are held on Mondays at 1:00 PM PST

### **List of Grab and Go Food Centers in Los Angeles**

<https://achieve.lausd.net/resources>

<https://laist.com/2020/03/20/los-angeles-orange-county-food-resources-for-students.php>

## **AREA SPECIFIC FOOD ASSISTANCE IN LOS ANGELES**

### Antelope Valley:

#### **Grace Resource Center, Inc.**

[45134 N. Sierra Hwy, Lancaster, CA. 93534.](#)

Call (661) 940-5272.

#### **Shekinah Worship Center**

[42640 10th Street West, Lancaster, CA. 93534.](#)

Call (661) 940-8378

#### **Salvation Army – Lancaster Corp**

[44517 Sierra Highway, Lancaster, CA. 93534.](#)

Call (661) 940-8378.

#### **Palmdale Community Foundation-S.A.V.E.S.**

[1012 East Avenue Q-12, Palmdale, CA. 93550.](#)

Call (661) 267-5191.

#### **SA-Mountain View Mobile Home Park**

[3255 E. Avenue R., Palmdale, CA. 93550](#)

Call (661) 947-4700.

**Twin Lakes Community Church**

[17213 Lake Los Angeles, Los Angeles, CA. 93591.](#)

Call (661) 264-1215.

**San Fernando Valley:**

**[MEND Poverty](#)**

Homeless care services on Tuesday mornings. Food distribution on Thursday and Fridays from 9 to 11 am. [10641 N. San Fernando Rd., Pacoima, CA 91331.](#)

Call (818) 897-2443 or (818) 896-0246. Fax (818) 897-0128.

[MEND Poverty](#) has a Family Support Program, Emergency Food Bank, Clothing Center, Pathways to Wellness Program, Buen Provecho Farmers Market, and Services for the Homeless.

**Freedom Church**

Hosting grab & go FREE grocery pick up on Wednesday, 3/18 from 12 pm to 2 pm

[9200 Owensmouth, Chatsworth, CA 91311.](#)

**SOVA – Community Food and Resource Program**

[16439 Vanowen Street, Van Nuys, CA. 91406.](#)

Call (818) 988-7682

**House of Light Church Corporation**

[19359 Londelius Street, Northridge, CA. 91324.](#)

Call (818) 988-2931

**Congregational Church of Chatsworth**

[20440 Lassen Street, Chatsworth, CA. 91311.](#)

Call (818) 882-2474

**Burbank – Temporary Aid Center- B-TAC**

[1304 West Burbank Boulevard, Burbank, CA. 91506.](#)

Call (818) 848-2822

**Loaves & Fishes-Glendale**

[4322 San Fernando Road, Glendale, CA. 91204.](#)

Call (818) 409-3080

**San Gabriel Valley:**

**Freedom Church**

[5609 York Blvd., Highland Park, CA 90042.](#) Community meals for homeless friends EVERY Saturday.

**Foothill Unity Center**

[191 North Oak Avenue, Pasadena, CA. 91107](#)

Call (626) 584-7420. FAX: (626) 584-7422

**Friends In Deed Food Pantry**

[444 East Washington Boulevard, Pasadena, CA. 91104](#)

Pantry Phone: (626) 797-6072 | Email: [pantry@ecpac.net](mailto:pantry@ecpac.net)

Agency Phone: (626) 797-2402 | Fax: (626) 797-7353

**Foothill Unity Center – Monrovia**

[415 West Chestnut Avenue, Monrovia, CA. 91016](#)

Phone: (626) 358-3486 | Fax: (626) 358-8224

### **El Monte and South El Monte**

[10900 Mulhall Street, El Monte, CA. 91731](#). El Monte Emergency Resources – Food Bank.

Phone: (626) 444-7269

### **Salvation Army Food Bank – Pomona**

[490 East LaVerne Avenue, Pomona, CA. 91767](#).

Phone: (909) 623-1579 extension 201

### **Metro**

#### **St. Francis Center**

Services: breakfast service, case management, clothing closet, showers/bathroom services, pantry services, rental and utility assistant program (over the phone).

[1835 South Hope Street, Los Angeles CA 90015](#)

Phone: (213) 747-5347

#### **Wilshire Boulevard Temple**

[3663 Wilshire Boulevard, Los Angeles, CA. 90005](#)

Phone: (213) 388-2401

#### **Silver Lake Community Church**

[2930 Hyperion Avenue., Los Angeles, CA. 90010](#)

Phone: (323) 663-3151

#### **Our Lady Queen of Angels Catholic Church**

[535 North Main Street, \(cross street- Cesar Chavez\), Los Angeles, CA. 90012](#)

Phone: (213) 629-3101

#### **Sova- Community Food and Resource Program**

[1140 North La Brea Avenue, West Hollywood, CA. 90038](#)

Phone: (818) 988-7682

#### **Food Net- Centro Maravilla**

[4716 East Cesar Chavez Avenue, Los Angeles, CA. 90022](#)

Phone: (323) 260-2805

#### **Sova – Community Food and Resource Program**

[8846 West Pico Boulevard, Los Angeles, CA. 90035](#)

Phone: (818) 988-7682

### **South**

#### **Food Net - East Rancho Dominguez**

Food Distribution: Tues- Fri 10 am-4 pm appointment needed.

[15116 S. Atlantic Ave, Compton, CA 90221](#)

[4513 East Compton Boulevard](#) (Same area as above)

Call (310) 603-7401 for appointment

#### **Shields for Families-Social Service Agency – Food Bank**

Food Distribution: Thursdays 10 am- 2 pm

[11705 Deputy Yamamoto Place, Lynwood, CA. 90262](#)

Phone: (323) 242-5000 ext. 4200

#### **Paramount Care Foundation**

[8303 Alondra Boulevard, Paramount, CA. 90723](#)

Phone: (562) 531-6820

**Toberman Neighborhood Center**

[131 N. Grand Ave, San Pedro, CA 90230](#)

**WSFB –Salvation Army**

[324 E. Queen Street, Inglewood, CA. 90301](#)

Phone: (310) 677-3375

**Helping In Services, Inc.**

[1535 Gundry Avenue, Long Beach, CA. 90813](#)

Phone: (562) 591-8778

**St Margaret’s Center**

[10217 Inglewood Avenue, Lennox, CA. 90304](#)

Phone: (310) 672-2208

**All Saints Church**

[346 Termino Ave., Long Beach, CA 90814](#)

Phone: (562) 438-3650

3<sup>rd</sup> Sat of the month at 11:30 am, meal for the community, take out style, bring ID

**Christian Outreach in Action**

[515 East 3<sup>rd</sup> Street, Long Beach, CA 90802](#)

Phone: (562) 432-1440

Meals – Tues/Thurs 9 am -noon, take out style, bring ID

**Lutheran Social Services**

[1611 Pine Street, Long Beach, CA 90813](#)

Phone: (562) 599-1321

Food Bank - Mon-Thus from 10 am -noon and 12:30 pm- 2:00 pm, bring ID

**Salvation Army**

[3092 Long Beach Blvd, Long Beach, CA 90807](#)

Phone: (562) 247-3525

Food Bank – 8:00 am-noon and 1:00 -4:00 pm – bring ID

**St. Gregory’s Church**

[6201 Willow Street, Long Beach, Ca 90815](#)

Phone: (562) 420-1311

Food Bank 1<sup>st</sup> Wed of the month 9:30 – 11:30 am, bring ID

**Urban Community Outreach Drop-In Center**

[241 Cedar Ave, Long Beach, CA 90802](#)

Phone: (562) 582-1000

Food Bank – every Sunday from 1:30 – 4:00 pm, bring ID

**Christ the Good Shepherd**

[1535 Gundry Avenue](#)

[90813 Long Beach CA](#)

Phone: (562) 674-0288

Food Bank Hours: Friday 9:00 AM - 12:00 PM, bring ID

**LYNWOOD UNIFIED SCHOOL DISTRICT**

**Lynwood High School**

In the back of the campus, off of Harris St. drive-up/walk-up

[4050 E Imperial Hwy, Lynwood, CA 90262](#)

**Firebaugh High School**

Front parking lot drive-up/walk-up

[5246 Martin Luther King Jr. Blvd, Lynwood, CA 90262](#)

**Cesar Chavez Middle School**

Front parking lot drive-up/walk-up

[3898 Abbott Rd, Lynwood, CA 90262](#)

**Rosa Parks Elementary**

Parking lot drive-up/walk-up

[3900 Agnes Ave, Lynwood, CA 90262](#)

**Helen Keller Elementary**

Student drop off area drive-up/walk-up

[3521 Palm Ave, Lynwood, CA 90262](#)

**East**

**Food Pantry - LAX**

Open Tuesdays and Fridays from 10 AM to 12 PM

[355 East Beach Street \(Between – LaBrea and Centinela Streets\), South Gate, CA. 90280](#)

Phone: (310) 677-5597

**Hawaiian Gardens Food Bank**

Open Mondays, Tuesdays, and Thursdays from 9:30 AM to 3:30 PM

Open Wednesdays from 2 PM to 6 PM

[22121 Norwalk Boulevard, Hawaiian Gardens, CA. 90716](#)

Phone: (562) 860-9097

**Southeast Churches Service Center**

Open Monday through Friday from 9 AM to 4 PM

[2780 East Gage Avenue, Huntington Park, CA. 90255](#)

Phone: (323) 585-8254

**St Mary's Place**

Open Monday through Wednesday from 9 AM to 12 PM

[7215 Newlin Avenue, Whittier, CA. 90602](#)

Phone: (562) 698-0107

**West**

**St. Augustine's SAVES- Saint Augustine's Volunteer**

Emergency Services

[3820 Jasmine Avenue, Culver City, CA. 90232](#)

Phone: (310) 838-2702

**St. Anne's Church and Social Services**

[2013 Colorado Avenue, Santa Monica, CA. 90232](#)

Phone: (310) 829-4411

**WSFB – St. Joseph’s Center**

[2034 Hampton Drive, Venice, CA. 90291](#)

Phone: (310) 396-6468

South Bay

**Toberman Neighborhood Center**

[131 N. Grand Ave., San Pedro CA 90230](#)

**WSFB –Salvation Army**

[324 E. Queen Street, Inglewood, CA. 90301](#)

Phone: (310) 677-3375

**Christ the Good Shepherd**

Corner of 16th and Gundry Food Distribution Fridays 9:30 am- 11:30 am

[1535 Gundry Ave, Long Beach, CA 90813](#)

Phone:(562) 674-0288

**St Margaret’s Center**

[10217 S. Inglewood Avenue, Lennox, CA. 90304](#)

Phone: (310) 672-2208

## **FINANCIAL STUDENT RESOURCES & RELIEF FUNDS**

### **Help with Bills**

<https://www.usa.gov/help-with-bills>

1(844) 872-4681

<https://www.benefits.gov/benefit/623>

1(866) 674-6327

### [Lambda Theta Alpha Foundation Disaster Relief Fund Application \(2020\)](#)

The Lambda Theta Alpha Foundation Disaster Relief Fund was established to help provide relief to those affected by a natural disaster. Lambda Theta Alpha is providing stipends up to \$250 for those needing immediate financial assistance due to COVID-19.

### [Student Relief Fund](#)

The Student Relief Fund supports students affected by COVID-19-related campus closures. Students who submit a note may gain access to financial assistance, resources, and other solutions

### [Scholly COVID-19 Student Relief Fund](#)

Scholly is offering \$200 in cash assistance to support students in need during the COVID-19 health crisis.

### [COVID-19 Student Loan Aid Tool](#)

This automatic sign-up tool is for people who lose their jobs or have hours cut due to COVID-19. Students in this situation may be eligible to have their student loan payment reduced.



## [Loans Available for Those Affected By Coronavirus](#)

JFLA (Jewish Free Loan Association) is offering interest-free and fee-free loans to those impacted by coronavirus, to cover childcare, lost wages, and student homelessness. You do not need to be Jewish to apply.

## HOUSING

There has been a temporary suspension of foreclosures and evictions for Federal Housing Administration insured mortgages; Fannie Mae and Freddie Mac backed mortgages; and, USDA financed homes across rural America.

### [Students and Foster Youth](#)

If you are or know of a foster youth that is staying at a college dorm room that is going to be closed due to the coronavirus, please email [info@togetherwerise.org](mailto:info@togetherwerise.org) and they will provide or help you find housing during this transition.

### [Federal Housing Finance Agency](#)

Mortgage Assistance for Homeowners Affected by COVID-19.

### [Bankrate Mortgage Relief Guide](#)

Information on suspended mortgage payments along with a list of states that are helping homeowners.

### [Millionacres](#)

Cities & States That Have Paused Evictions Due to COVID-19

### [City of Los Angeles to Open Thousands of Shelter Beds](#)

### [UHaul offering 30 days free storage](#)

### [Koreatown for All - Home](#)

## NOTICE OF CORONAVIRUS-RELATED INABILITY TO PAY RENT

### [\(TO PAY RENT CALIFORNIA EXECUTIVE ORDER N-37-20 Form\)](#)

The California Attorney General has approved this form for optional use by tenants affected by the

coronavirus pandemic to notify their landlords of their inability to pay rent. Local measures where you live may

provide greater protection; you should research the applicable local rules carefully.

### [California Tenant Protection](#)

[Executive Order N-28-20](#) Explanation.

### [The Los Angeles Tenants Union](#)

Support around evictions. [Find your local union.](#)

### [Los Angeles Homeless Services Authority: Winter Shelters \(Extensions\)](#)

The listing for shelters in different cities.

### [National Alliance to End Homelessness](#)

Letter: Tell Congress to Include Emergency Funds for Homelessness in COVID-19 Response

### [Rent Strike 2020 \(California\)](#)

Rent Strike 2020 to temporarily suspend rent, mortgage, and utility payments during COVID-19 crisis to protect workers who must skip work for the sake of the health of their community

### [Governor Newsom Issues Executive Order for Renters and Homeowners](#)

The Executive Order authorizes local governments to halt evictions, slows foreclosures, and protects against utility shut-offs.

Get free legal services at LAFLA (Legal Aid Foundation of Los Angeles). [Apply Online](#). Call (800) 399-4529.

## **FOOD & HOUSING – HOMELESS / LOW-INCOME**

### [St. Francis Center](#)

provides meal services, clothing closets, showers/bathroom services, and rental and utility assistance programs (over the phone) for homeless and low-income individuals in Los Angeles.

### [SOVA – Community Food and Resource Program](#)

[16439 Vanowen Street, Van Nuys, CA. 91406](#)

Phone: (818) 988-7682

### [House of Light Church Corporation](#)

[19359 Londerius Street, Northridge, CA. 91324](#)

Phone: (818) 988-2931

### [Congregational Church of Chatsworth](#)

[20440 Lassen Street, Chatsworth, CA. 91311](#)

Phone: (818) 882-2474

### [Burbank – Temporary Aid Center- B-TAC](#)

[1304 West Burbank Boulevard, Burbank, CA. 91506](#)

Phone: (818) 848-2822

### [Loaves & Fishes-Glendale](#)

[4322 San Fernando Road, Glendale, CA. 91204](#)

Phone: (818) 409-3080

### [Wilshire Boulevard Temple](#)

[3663 Wilshire Boulevard, Los Angeles, CA. 90005](#)

Phone: (213)388-2401

### [Silver Lake Community Church](#)

[2930 Hyperion Avenue, Los Angeles, CA. 90010](#)

Phone: (323) 663-3151

### [Our Lady Queen of Angels Catholic Church](#)

(cross street--Cesar Chavez) [535 North Main Street, Los Angeles, CA. 90012](#)

Phone: (213) 629-3101

### [Sova- Community Food and Resource Program](#)

[1140 North La Brea Avenue, West Hollywood, CA. 90038](#)

Phone: (818) 988-7682

### [Food Net- Centro Maravilla](#)

[4716 East Cesar Chavez Avenue, Los Angeles, CA. 90022](#)

Phone: 323-260-2805

### [Sova – Community Food and Resource Program](#)

[8846 West Pico Boulevard, Los Angeles, CA. 90035](#)

Phone: (818) 988-7682

### [The Midnight Mission - Comprehensive homeless center](#)

[601 S. San Pedro St, Los Angeles, CA 90014](#)

Emergency Services including shelter, onsite medical and mental health care, educational and job training services, free meals served 3 times a day and clothing donations.

### [Downtown Women’s Center](#)

[442 S. San Pedro St, Los Angeles, CA](#)

Emergency services including daytime shelter, phone booth access, and their team will help find overnight housing, free meals served 3 times a day, case management services, job readiness and training services, health clinic and counseling services.

### [Los Angeles Mission](#)

[303 East 5th Street, Los Angeles, CA 90054](#)

Free meals served 3 times a day, overnight shelter and temporary baggage storage, clothing donations.

### [Shower Program](#)

[525 E 7th St, Long Beach, CA 90813](#)

St. Luke’s homeless Shower Program takes place four Saturday’s a month. People experiencing homeless can shower there. They provide clean clothes serving 75+ men and 25+ women for clothing showers each week, 7:30 AM to 12:30 PM.

### [Manna Meals](#)

[525 E 7th St, Long Beach, CA 90813](#)

St. Luke’s provides a hot sit-down meal called Manna Meals on the fourth Saturday of each month. Volunteers are welcome to help serve and prepare food. Starting time in the kitchen is 9 AM and are usually finished by 12:30 PM.

Contact: McKenzie Stribich at [mckenzie.stribich@gmail.com](mailto:mckenzie.stribich@gmail.com)

[Supporting Children and Youth Experiencing Homelessness Due To COVID-19](#)

## BASIC NEEDS, ANOTHER LISTING FOR FINANCIAL, FOOD & HOUSING ASSISTANCE FOR THOSE IN LOS ANGELES

[https://docs.google.com/document/u/0/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc\\_MTI2LiUA63Ycyg/mobilebasic?urp=gmail\\_link](https://docs.google.com/document/u/0/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/mobilebasic?urp=gmail_link)

### TRAVEL & STORAGE OPTIONS

#### Low-Cost Auto Insurance

CA Low-Cost Auto is a state-sponsored program, passed by the CA legislature and managed by the CA Department of Insurance. The program provides affordable, low-cost liability insurance to eligible California drivers whose income is 250% or below the Federal Poverty Guidelines and benefits, not just low-income drivers, many middle-class households may qualify.

#### Enterprise

reduce age minimum and waive young renter fee through 5/31/2020 reserve in advance driver license and student ID required.

#### Travel Cancellation Policies

Listing of airlines and their policies for travel.

#### U-Haul

30-days free self-storage college ID required. Subject to availability. [Create an account](#).

U.S. Department of State: Visit the Bureau of Consular Affairs website for all guidance regarding travel and restrictions.

[www.mypassportphotos.com](http://www.mypassportphotos.com) : Online passport services for OPT and STEM-OPT applications

### INTERNET SERVICES

#### Comcast

Free services for 60 days. Free Internet Service for Households with children. Increase in internet speed.

Phone: (844) 488-8395

#### Cox

The first month free. Free Cox Complete Care until 5/12/2020. Discounted and refurbished equipment.

#### Spectrum

SPECTRUM Internet beginning Monday, March 16, 2020, and for the following 60 days:

Offers [secure public wifi hotspots](#). Offers to continue their [Spectrum Internet Assist](#) program: a high-speed broadband program to eligible low-income households. Offers two free months of internet and WiFi services for K-12 and college students affected by the current school closures, in households not already subscribed to Spectrum Internet.

## [Charter COMCAST](#)

Free Internet Service for Households with Children. To enroll call (844) 488-8359

### **Internet Assistance**

<https://www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic>

## **UTILITIES**

### [Edison](#)

SCE Responds to COVID-19 Emergency, Suspends Service Disconnections

### [T-mobile](#)

A low-priced smartphone option to ensure that everyone has an affordable option to get and stay connected during the COVID-19 pandemic!

### [Verizon](#)

Verizon will help customers and small businesses disrupted by the impact of coronavirus.

### [Los Angeles Department of Water and Power](#)

Offering payment plan and suspending utility shut off for March (for now)