



COMMUNITY RESOURCES FOR FAMILIES DURING COVID-19

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1. Where can I find information on COVID-19?

COVID-19 is a new disease caused by a virus that has not previously been seen in humans. It causes mild to severe respiratory illness with fever, cough, and difficulty breathing. Some people have the disease but have no symptoms.

- https://disasterlegalservicesca.org/wp-content/uploads/2020/03/2019-Novel-Coronavirus-COVID-19-HealthyChildren.org_.pdf

2. Where can I find CDC updates on COVID-19?

- English: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/index.html>
- Spanish: <https://espanol.cdc.gov/coronavirus/2019-ncov/index.html>
- Chinese: <https://chinese.cdc.gov/coronavirus/2019-ncov/index.html>

3. Where can I find a Summary of COVID-19 Bills and Available Resources?

- Important Information for Workers, Small Businesses, Renters, Students and More
- <https://www.wyden.senate.gov/imo/media/doc/Summary%20of%20COVID-19%20bills%20and%20Available%20Resources.pdf>

4. Where can I find help?

- **Financial Assistance, Food, and More:**
Allows small businesses effected by the coronavirus pandemic to apply for loans interest free, the distribution of meals, and an open food pantry in their Los Angeles location.

https://laist.com/2020/03/23/where_to_get_financial_assistance_food_and_more_during_the_coronavirus.php
- **Employment, Education, Food, Internet, and More:** <https://whileathome.org/>
- **Food, Shelter, Resources for Immigrants, Internet, and More:** <https://www.first5la.org/article/covid-19-resources-for-communities-/>
- **Los Angeles Community Resources:** https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/preview#heading=h.byfa0jxxfxyb
- **Know Your Rights- Healthcare & Disability Rights:** <https://disasterlegalservicesca.org/wp-content/uploads/2020/03/DREDF-Know-Your-Rights-COVID-19-03-27-2020-English-Spanish.pdf>
- **Coronavirus Los Angeles Mutual Aid FB Public Group:** <https://www.facebook.com/groups/2572703392942644/>
- **Coronavirus and dealing with debt: Tips to help ease the impact:** <https://www.consumerfinance.gov/about-us/blog/coronavirus-and-dealing-debt-tips-help-ease-impact/> (available to read in Spanish).
- **Mass Resource List (Food, Education, Housing, Grocery Shopping, Employment, Tax Assistance, Impacted Business, Nonbinary Folks, Unemployment Relief for all age groups across California)**
https://docs.google.com/document/u/1/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/mobilebasic?fbclid=IwAR1HfyBNFFmAwHYnVVGvo40tUYrYaIWzC9TcC4vpwIMLRk91E6L7O-C8xK0&usp=gmail_thread
- **How to apply for disability/family leave**

<https://www.abc10.com/article/news/local/jobs/how-to-apply-for-disability-unemployment-family-leave-during-the-coronavirus-pandemic/103-cbc17c3f-9516-4356-ab6a-2dd5520fd783?fbclid=IwAR3zTswbMZ8czLxbyvTJ86zqyqIJG8Toe9zZ14IxXfF840du6wJgahgsOI>

5. Where can I find FOOD resources available in Southern California available during the COVID-19 Pandemic?

- **LA Food Bank:** Distributes Food to children and the elderly, and provides programs that offer free summer lunch and after school meal.

<https://www.lafoodbank.org/coronavirus/>

- **“CA Meals for Kids” mobile app:**
Allows you to find nearby California Afterschool and Summer Meal Programs.

<https://www.cde.ca.gov/nr/ne/yr20/yr20rel14.asp>

- **Food Pantries Across LA:**
Allows access to a map of food pantries and pick centers in the entire county of Los Angeles.

<https://lacontroller.org/data-stories-and-maps/food-access-in-l-a/>

- **Food and Educational Resources:**
Includes Free Meals at Grab and Go Food Centers

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

- **Map of Grab & Go Food Centers (8am to 11am, weekdays)**
https://www.google.com/maps/d/u/0/viewer?mid=1_R_MQhVYaKh3A5_8oAtOtINK2XWjzP2t&ll=34.01970969160954%2C-118.38496199999997&z=10

6. Where can I find EDUCATION Resources Available During the COVID-19 School Closures?

- **Oxford Owl:** Free e-books tailored to age
<https://home.oxfordowl.co.uk/books/free-ebooks/>

- **Online Learning Platform**
<https://www.kennedy-center.org/education/mo-willems/>

- **Online Learning Resources**

<https://docs.google.com/document/d/1PwsD2W6JmcqoO2w3kzAyuytbJRonZyfhY2XKjXnB1uo/edit?usp=sharing>

- **Resources for Students with Disabilities**
<https://achieve.lausd.net/sped>
- **Resources for Parents with Students with Disabilities**
<https://achieve.lausd.net/Page/16606>
- **Online Learning Guide for Parents**
<https://www.ncl.org/wp-content/uploads/2020/03/A-Parents-Guide-to-Virtual-Learning-4-Actions-To-Improve-your-Childs-Experience-with-Online-Learning.pdf>
- **Virtual Field Trips**
<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>
- **PBS At-Home Learning**
https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/930/PBS%20Parent%20OneSheet%20and%20Flyer_English.pdf
- **Students from Harvard, MIT, UC Berkeley give free tutoring to K-12 students**
<https://gopeer.org/>
- **Free online math classes taught by graduates of UCLA, Harvard, and Dartmouth University.**
<https://www.cultivatinghope.net/>
- **MIND Research Institute** (free math instructional program for students in grades K-8)
https://www.stmath.com/coronavirus?fbclid=IwAR2Z9kqIE7kBeVq7YdAEYuyWQEW2quTvZ6m9KS_zMeyeiT9wHYcwgpmRv0
- **Scholastic** (free online learning)
<https://classroommagazines.scholastic.com/support/learnathome.html>
- Unlock **Scholastic's BookFlix** using
username: Learning20, password: Clifford
- **Special Education K-12 Impact of Coronavirus:**
<https://www.disabilityrightsca.org/post/coronavirus-k-12-education> (Spanish version available)

7. **How can I obtain a low-cost or free COMPUTER access?**

- **The On It Foundation:**

<http://theonitfoundation.org/faqs/>

The On It Foundation is a National 501(c)(3) public non-profit that provides free computers, computer training and Internet to low-income families with students in grades K-12 that receive a free or reduced school lunch, attend a public school and reside within the United States. The On It Foundation was Founded by Calvetta Phair in November 1999.

- **Computers with Causes**

<https://www.computerswithcauses.org/application.htm>

- **Find Low-Cost Internet Service and Computers in Your Area**

<https://www.everyoneon.org/find-offers?partner=CETF>

Find available resources for low cost/free internet access in Ventura County:

<https://www.everyoneon.org/find-offers-vcoe> (Spanish version available)

8. **How can I get help with free or low cost internet access?**

- **Internet For All Now**

The California Emerging Technology Fund has provided **access to affordable offers**, as well as a number to call 1-844-841-INFO (4636) to assist parents. (Spanish version available)

The site also provides resources on low-cost computers by NorCal/SoCal.

- **Charter**

Offering **free Spectrum broadband and Wi-Fi access** for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription. To enroll: **1-844-488-8395**.

- **Comcast**

Announced it would offer two months of free internet services to low-income households in its service areas. <https://corporate.comcast.com/covid-19>

- **AT&T**

Waiving internet data overage fees for customers who have capped data plans.

- **Verizon**

Waiving any late fees and will not terminate any service for the next 60 days.

Waiving Internet and voice service charges for current Lifeline customers for two billing cycles. For more information, visit:

<https://www.verizon.com/about/news/our-response-coronavirus>.

- **COX Communications**

Cox Communications is providing the first two months free of the Connect2Compete service and the service will be \$9.95/month thereafter. Cox Communications is providing phone and remote desktop support through Cox Complete Care at no charge to provide peace of mind and ease for technology needs through May 15, 2020.

Cox Communications is providing resources for discounted, refurbished equipment through their association with PCs for People.

For more information, visit:

<https://www.cox.com/residential/internet/connect2compete/covid-19-response.html> (**Spanish Version Available**)

- **Human-I-T**

human-I-T is providing low-cost Internet assistance and free Chromebooks when households are eligible.

human-I-T is providing its hITconnect store where individuals can purchase computers for as low as \$55.

For more information, visit: <https://www.human-i-t.org/>

- **Southeast Community Development Corporation (SCDC) Community Resources** is providing free Chromebooks to youth and adults if they enroll into a low-cost Internet service. [Get more information](#).

- **T-mobile**

Announced current customers will have unlimited smartphone data, an additional 20GB of mobile hotspot / tethering service, and extra free data up to 5GB of data per month for the next 60 days. (For more information: <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>)

- **Sprint**

[Sprint COVID-19 Response](#) (link)

follows FCC agreement, provides unlimited data to existing customers, and, starting Tuesday, 3/17/2020, will allow all handsets to enable hot-spots for 60 days at no extra charge.

- **Altice/Suddenlink**
Altice/Suddenlink Response (link): offers 30 MB internet to any new subscriber free for 60 days, no late fees or terminations for existing customers.

- **Find Low-Cost Internet Service and Computers in Your Area**

<https://www.everyoneon.org/find-offers?partner=CETF>

Find available resources for low cost/free internet access in Ventura County:

<https://www.everyoneon.org/find-offers-vcoe> (Spanish version available)

- **A list of resources on programs that provide affordable internet access for free/at low cost)**

<https://www.highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service>

- **Internet Essentials**

Providing provides 2 free months of Internet service if applied by May 13, 2020. After promotion, regular rates apply. You can cancel at any time.

<https://www.internetessentials.com/covid19>

- **The Federal Communications Commission agreement** (Link) stating that providers will waive late fees, not cutoff service for lack of payment, and open hot-spots.

- **Free Resources for Schools During COVID-19 Outbreak**

<https://thejournal.com/articles/2020/03/13/free-resources-ed-tech-companies-step-up-during-coronavirus-outbreak.aspx>

- **183 free K-12 resources during coronavirus pandemic**

<https://districtadministration.com/coronavirus-free-teaching-resources-free-education-services-covid-19/>

9. **Where can I find CHILDCARE Resources?**

- **Mighty Little Giants** (offering free baby supplies for families who have newborns in the newborn intensive care unit (NICU))
mightylittlegiants.org

10. **What can I find help with HOUSING resources and information?**

- **Information on Covid-19 Renter Protections**

<https://hcidla.lacity.org/covid-19-renter-protections>

- Use templates to reach out to your landlord to request a rent payment plan, rent suspension and/or temporary rent reduction due to COVID-19. Access the templates at [CA Renters](#) or [Renters Outside CA](#)

11. What are some EMPLOYMENT Resources available in response to COVID-19?

- **Benefits for Workers**
<https://www.labor.ca.gov/coronavirus2019/#chart>
https://www.edd.ca.gov/about_edd/coronavirus-2019.htm
- **Paid Family Leave**
Paid family leave is available for those who stay home because they need to take care of someone who has contracted the virus (Covid-19) or who has been quarantined (must be certified by a medical professional).
https://edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm
- **Disability Benefits/Paid Sick Leave**
Disability benefits /paid sick leave are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits).
https://edd.ca.gov/Disability/How_to_File_a_DI_Claim_in_SDI_Online.htm
- **Unemployment Benefits**
Unemployment benefits are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required).

SCHOOL CLOSURES: If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits.
https://edd.ca.gov/Unemployment/Filing_a_Claim.htm

12. Where can I find IMMIGRATION resources during COVID-19?

- **Immigrants Rising**
https://docs.google.com/document/d/1PxLuuH0-hwHXftUXuEi52Q1qWUDEgN8_I1L4ulIFwzk/edit
- **Immigration Right:** (Spanish Version Available)
<https://www.chirla.org/>

- **Restaurant Opportunities Centers United – Restaurant Workers Relief Fund**
<https://rocunited.org/relief/application/>
- **One Fair Wage Emergency Fund**
English: <https://ofwemergencyfund.org/help>
Español: <https://ofwemergencyfund.org/ayuda>
- **Another Round, Another Rally Emergency Assistance**
<https://anotherroundanotherally.org/?fbclid=IwAR2NY15YUCDvpIjCYRjxzvxaoMrYOLW3DWANoQKDJEKZT-yFf6x2OsCXias>
- **National Domestic Workers Alliance Coronavirus Care Fund**
<https://domesticworkers.org/coronavirus-care-fund>
- **Guide to Disaster Assistance Services for Immigrant Californians:**
English:
<https://disasterlegalservicesca.org/wp-content/uploads/2020/01/Guide-to-Disaster-Assistance-service-for-immigrant-californians.pdf>

Spanish:
<https://disasterlegalservicesca.org/wp-content/uploads/2020/01/DisasterAssistanceGuideforImmigrantCaliforniansSpanishFinal.pdf>
- **Medical Examinations for Immigrants**
<https://disasterlegalservicesca.org/wp-content/uploads/2020/03/You-Have-Rights-Protect-Your-Health-Updated-February-2020-ENGLISH.pdf>
- **National Day Laborer Organizing Network – Immigrant Worker Safety Net Fund**
<https://ndlon.org/immigrant-worker-safety-net-fund/>
No application available yet; for now, workers can contact NDLO by email at info@ndlon.org or by phone at (626) 799-3566. / Por ahora, no hay un solicitud; se puede contactar a NDLO por info@ndlon.org o por telefono a (626) 799-3566.
- **Resources for Undocumented Individuals:**
https://docs.google.com/spreadsheets/u/1/d/18p9OSILpSYanIoUC-gEbhVbRMYVUfw4wyrixa9ekGdc/htmlview?fbclid=IwAR1PVAWI-e6MBDKbaQpykhlrmuCVsWtY6MmmNpX79JCzXL-FvBboBjE_hY0&usp=gmail#gid=0
- **Undocumented Workers’ Employment Rights**
English: <https://legalaidatwork.org/factsheet/undocumented-workers-employment-rights/>

Español: <https://legalaidatwork.org/factsheet/undocumented-workers-employment-rights/?lang=es>

- **Relief Funds for Undocumented Workers in California:**
<https://docs.google.com/document/d/1IsPLuHoYK6ec7Gzxaw0i7On-NT1Z9IEj/preview> (Spanish & Chinese versions available)
- **Coronavirus Resources for the Undocumented Californians:**
(including residents in North CA/Riverside/SB etc.)
<https://ciyja.org/covid19/>

13. Where can I find MENTAL HEALTH Resources?

- **Los Angeles County Department of Mental Health**
<https://dmh.lacounty.gov>
- **Sliding scale clinics that provide low fee psychotherapy:**

Wright Institute Los Angeles (West LA)
11845 W Olympic Blvd #505W, Los Angeles, CA 90064
424-371-5191
wila.org

Maple Center- Beverly Hills (They see kids and adults)
9107 Wilshire Blvd, Beverly Hills, CA 90210
[\(310\) 271-9999](tel:(310)271-9999)

Southern California Counseling Center (mid city)
5615 W Pico Blvd, Los Angeles, CA 90019
[\(323\) 937-1344](tel:(323)937-1344)

Rose City Counseling Center (Pasadena)
595 E Colorado Blvd #418, Pasadena, CA 91101
[\(626\) 793-8609](tel:(626)793-8609)

- **Sliding scale resources for college students**
<https://docs.google.com/spreadsheets/d/1qtWqNvvLP0kNUNL0ZmIzbtAZxdhVZ8sUqJ5Q4XbjFHQ/edit#gid=0>
- **Free Online Support Groups** - These are meeting over Zoom several times per week. Run by counselors at The Relational Center, a community mental health center in the South Robertson area.
- **Optum's Emotional-Support Help Line** is free of charge to help anyone dealing with stress and anxiety. Call (866) 342-6892 or visit [here](#) for more info.

- **Lumos Transforms** is offering free webinars (Anchoring Resilience for Turbulent Times) to help people understand and manage the stress of the current situation within a trauma-informed framework. For a complete list of their webinars and for more information, please click [here!](#)
- **Sites related to mental health:**
 - [National Alliance on Mental Illness](#)
 - [Each Mind Matters](#)
 - [Kaiser Permanente Southern California](#)
 - [Mental Health America](#)
 - [The Los Angeles Trust for Children's Health](#)
 - [Didi Hirsch Mental Health Services](#)
 - [La CLAVE - Latino Mental Health Outreach](#)
 - [Mission Community Hospital - In-Patient Mental Health Treatment Center](#)
 - [Olive View - Mental Health Urgent Care Center](#)
 - [Hillview Mental Health Center](#)

14. What resources are available in VENTURA COUNTY?:

- <https://a44.asmdc.org/novel-coronavirus-information-and-resources>
- <https://vcreporter.com/2020/04/covid-19-helpful-resources-march-26-2020/>
- For kids & Families in VC:
<https://www.kidsandfamilies.org/covid-19-resources/>
- COVID-19 Cases Update in Ventura County:
<https://vcoes.maps.arcgis.com/apps/opsdashboard/index.html#/b0c21ac2a7ed47c1bb01aa9267962401>
- VC Health Care Agency:
<http://www.vchca.org/agency-divisions/public-health>
- VC Mass Community-based Resources List:
<https://www.ventura.org/human-services-agency/community-resources/>
- <https://www.ventura.org/departments/hsa/community-events/coronavirus-remote-resources/remote-resources-during-coronavirus/> (Spanish version available)
- VC Meal Serving During School Closure:
<https://www.vcoe.org/meals>
- Resources for Indigenous people
<https://www.indigenousclimateaction.com/post/covid19-resources-for-indigenous-peoples>
- VC-based:

<http://mixteco.org/>

15. Are there resources for Chinese speaking clients?

- Coronavirus Aid, Relief and Economic Security Act (CARES)
新冠肺炎COVID-19救助金合集：(包含失业金等申请及领取步骤)
<https://www.guruin.com/articles/4677>
- Health care
洛杉矶中国领事馆“健康包”发放渠道和联系方式：
<http://losangeles.china-consulate.org/chn/lbyj/t1764972.htm>
- Contact Information to China Embassy
中国领事馆联系方式：
<http://www.china-embassy.org/chn/lszj/zytz/t1767701.htm>

16. Where can I find masks?

Masks are hard to obtain during these times. Most places are only selling masks, rather than donating them. One option for low-cost masks is:

- Forever 21 (\$5 for one) found [here](#)
- Additionally, Bella Canvas Alo is an LA-based clothing store that is donating masks to people and organizations in need. To request these free masks you can send them an email at facemasks@bellacanvas.com.