

COVID-19 Los Angeles County Mass Community Resources List

This document is composed by the Crossroads School Equity & Justice Institute, along with many other advocates and county professionals, who are committed to our community's health and well-being. Obviously, this is not an all-inclusive list. You are more than welcome to add resources, copy information and/or to distribute the list to others in need of immediate support. Please email djohnson@xrds.org and/or jzolliecoffer@xrds.org, if you find any inaccuracies or if you'd like to include additional information.

Translation: [Español](#)

****All restaurants (sit-in), gyms, fitness studios, theaters and bars closed starting March 16, 2020, at midnight.**** Read more [here](#).

This resource list is separated into five general categories: **children and youth, adults, the elderly, and the undocumented and LGBTQ+ communities**. Categories of support include **food, housing, health, transportation, education and employment**. There is also a section called **Service Planning Area** that outlines these and other resources by geographic region in Los Angeles County.

* **Food for all:**

- For the closest food pantry/bank to you, visit the [Los Angeles Food Bank Pantry Locator](#).

Children and Youth (0-17)

- **Food:** LAUSD is opening 60 sites providing two grab-and-go meals for students and families beginning on Wednesday, March 18, from 7-10 a.m. Students need not attend LAUSD to receive food.
(For more information, click [here!](#))
 - Map of all LAUSD campuses serving food for K-12:
<https://www.lataco.com/lausd-free-meals/>
- **Food:** List of all Alliance Campuses serving food from March 16-27 on weekdays from 8 a.m. to noon (for Alliance Charter School Scholars only):
https://drive.google.com/file/d/1X6VnrH-QweHJnoHNeMCztgKF_8nnVPqG/view
- **Food:** Free breakfast (7:30-9:30 a.m.), lunch (11:30-1:30 p.m.), and dinner (4:30-6:30 p.m.) for all LAUSD students starting Monday, March 16, 2020 at 2301 Bellevue Ave., Los Angeles 90026.
(For more information, click [here!](#))
- **Food:** Beginning Monday, March 16, Hugo's kids' menu will be free for guests 12 and under throughout the LAUSD closure.
(For more information, click [here!](#))

- **Food:** Los Angelitos Bakery is offering one free bread to each child, ages 5-13, Monday-Friday, noon-2 p.m.
(For more information, click [here!](#))
- **Food:** Starting Monday, March 16, 2020, the City of Lynwood is offering supper meals for kids ages 1-18.
(For more information, click [here!](#))
- **Food:** Starting Monday, March 16, 2020, kids 12 and under can eat for free at El Torito Restaurants.
(For more information, click [here!](#))
- **Food:** Free Breakfast Burritos for children ages 6-12 years old. Pick up Monday-Friday 7-8 a.m.
 - Toast: 11119 First Ave. Los Angeles, CA
 - The Benediction: 17501 Colima Road, City of Industry, CA
 - The Dylan: 190 S. State College Blvd., Brea, CA
- **Food:** Free meals for children ages 5-17. Breakfast, lunch and snacks. Please bring School ID. This is for any child in the community. This will occur from through Mach 27, 2020, from 9:30 a.m.-12 p.m. Location will be from TEACH Academy: 10045 S. Western., Los Angeles, CA 90047. If you have any questions, call 562-665-6263.
(For more information, click [here!](#))

- **Education:** Free access to Spectrum Broadband and Wi-Fi for 60 Days for new K-12 and college student households.
(For more information, click [here!](#))
- **Education:** Free access to L'il Libros worksheets for kids.
(For more information, click [here!](#))
(For more information, click [here!](#))
- **Education:** [FB Group](#) for parents to get support with home learning.
- **Education:** MIND Research Institute is offering no-cost access to a free math instructional program for students in grades K-8.
(For more information, click [here!](#))
- **Education:** Scholastic offers free, online learning experiences for kids of all ages.
(For more information, click [here!](#))
- **Education:** PBS offers free educational daytime programming designated for K-12 each through the following channels:
 - Pre-K-3rd grade on PBS SoCal
 - Pre-K-12th grade on KLCS
 - 9th-12th grade on KCET
 - (For more info: click [here!](#))
- **Education:** Free indoor activities for kids (in English only).
(For more information, click [here!](#))
- **Education:** Virtual Trips
 - San Diego Zoo: [San Diego Zoo](#) has a website just for kids with amazing videos, activities and games. Enjoy the tour!

- Yellowstone National Park Virtual Field Trip: [Mud Volcano](#), [Mammoth Hot Springs](#) and so much more at [Yellowstone National Park!](#)
- MARS!!!: [Explore the surface of Mars](#) on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but [360 Mode](#) offers a digital view!
- Animal Cameras: [Live Cams at the San Diego Zoo](#), [Monterey Bay Aquarium Live Cams](#), [Panda Cam at Zoo Atlanta](#), [6 Animal Cams at Houston Zoo](#), [Georgia Aquarium](#) has [Jellyfish](#), [Beluga Whales](#), and [more](#).
- Virtual Farm Tour: [FarmFood 360](#) offers [11 Virtual Tours](#) of farms from minks, pigs and cows, to apples and eggs.
- Discovery Education Virtual Field Trips: A few of the field trip topics include [Polar Bears and the Tundra](#), [Social Emotional Skills](#), [STEM](#) and [Manufacturing](#).
- The Louvre: Travel to Paris, France, to see amazing works of art at [The Louvre](#) with this virtual field trip.
- The Great Wall of China: This [virtual tour](#) of the [Great Wall of China](#) is beautiful and makes history come to life.
- Boston Children's Museum: Walk through the [Boston Children's Museum](#) thanks to Google Maps! [This](#) virtual tour allows kids to explore three floors of fun.

Adults (18-64)

- **Housing:** STUDENTS/ 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 and they will provide or help you find housing during this transition.
- **Housing:** The Los Angeles Tenants Union is providing support around evictions. Find your local union at: <https://latenantsunion.org/en/locals/>
- **Food/housing:** HOMELESS/LOW-INCOME INDIVIDUALS AND FAMILY
 - 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.
(For more information, click [here!](#))
- **Housing:** College Students
 - U-Haul provides 30-day free storage for college students
(For more information, click [here!](#))

Eldery (65+)

Food

- Elderly Meal Program Map
 - <https://www.google.com/maps/d/viewer?mid=1paBMfsRqsS4r9Px4xiOGYCFxA4-J9y2E&ll=34.029728592186366%2C-118.13568714999201&z=10>
- Community and Senior Centers Senior Lunch Programs
 - https://wdacs.lacounty.gov/wp-content/uploads/2020/03/CentersUpdate_SeniorLunches_3.13.20.pdf

- Seniors in Lynwood, Compton, South Gate and Watts who need food delivery call Greater Emmanuel Temple at 424-296-0400, Tuesday-Friday, 9 a.m. to noon.

Food/Grocery Shopping

- ALL 41 Northgate Market shopping locations will be open exclusively for seniors from 7 to 8 a.m. starting Tuesday, March 17, 2020.
 - (For more information, click [here!](#))
- ALL Vallarta supermarkets will be open for seniors, disabled people and pregnant people from 7 to 8 a.m. starting Wednesday, March 18, 2020
 - (For more information, click [here!](#))
- Senior Shopping Hour at Grocery Outlet in Altadena (located at 2270 Lake Ave., Altadena, CA 91001) offers a shopping slot exclusively for the elderly from 7 to 8 a.m., every day starting on Thursday, March 17.
 - (For more information, click [here!](#))
- ALL Super A Markets will open one hour early to allow seniors 65 years and up to exclusively shop during the hours of from 7 to 8 a.m. before the store opens to the general public.

(For more information, click [here!](#))
- ALL Superior Grocers will open one hour early to allow Seniors 65 years and up and older and disabled folks to exclusively shop from 7 to 8 a.m. before the store opens to the general public.

(For more information, click [here!](#))

Undocumented Community

- Resource guide created by California Immigrant Youth Justice Alliance available at <https://ciyja.org/covid19/>.
- CHIRLA (Coalition for Humane Immigrant Rights Los Angeles) has a free hotline you can call if you think you have the coronavirus at 888-624-4752. In California, immigrants have access to emergency care regardless of immigration status. More information here: https://www.chirla.org/avada_portfolio/community-education/

Trans/Queer Relief

- Trans/ queer relief assistance form: https://docs.google.com/forms/d/e/1FAIpQLSfO1Ws5YgKFMXKu9CSh_WUVCznssExW6bnJpom5JsP24XwCLQ/viewform
- Navigating COVID-19 and Chest Binding: Tips for respiratory health for trans and non-binary people who bind their chest: <https://www.instagram.com/p/B9u3L6mjg8x/>
- What Trans People Need to Know: Creating a Plan of Action for Trans Folx: <https://transequality.org/covid19>
- Queer Elder Hotline for Stress or Anxiety: SAGE, an advocacy and services group for LGBT elders, has a national 24/7 hotline for elders if they are feeling stress or anxiety at

877-360-LGBT or 877-360-5428. Find more info here:

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

Employment

What employees are entitled to may be confusing. [This chart](#) makes it easier to understand what resources may be available. More information below.

Employment Issues

- Please visit https://www.edd.ca.gov/about_edd/coronavirus-2019.htm for Benefits for Workers Impacted by COVID-19 and also check out the EDD's Frequently Asked Questions: https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm
- For a run-down of labor laws in California, please visit: <https://www.latimes.com/business/story/2020-03-12/coronavirus-labor-law-know-your-rights-california-worker>

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). [Learn how to file a Paid Family Leave Claim here.](#)

Disability Benefits/Paid Sick Leave

****Disability benefits and 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). [Learn how to file a Disability Insurance Claim here.](#)

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 one-week wait time and the person may not be required to be actively looking for work (as is usually required). [Learn how to file an Unemployment Insurance Claim here.](#)

- Unfortunately though, this benefit is not available to undocumented persons whose hours are reduced or lose their job for reasons related to COVID-19, etc.
- 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. [Learn how to file an Unemployment Insurance Claim here.](#)

Worker's Compensation

****Worker's comp** is available for those who are unable to do their usual job because they were exposed to and contracted COVID-19 while in the regular course of their job (i.e. healthcare workers).

Tax Assistance

Directly from the [Employment Development Department](#): “Employers experiencing a hardship as a result of COVID-19 may request up to a 60-day extension of time from the EDD to file their state payroll reports and/or deposit state payroll taxes without penalty or interest. A written request for extension must be received within 60 days from the original delinquent date of the payment or return.

For questions, employers may call the EDD Taxpayer Assistance Center.

- Toll-free from the U.S. or Canada: 888-745-3886
- Hearing impaired (TTY): 800-547-9565
- Outside the U.S. or Canada: 916-464-3502”

(For more information, click [here!](#))

Resources Based on Type of Employment

- For resources for **freelance artists**, click [here!](#)
- For resources for **bartenders**, click [here!](#)
- For resources for **musicians**, click [here!](#)
- For resources for **tipped workers/service workers**, click [here!](#)

Lay-Off Aversion

Rapid Response/Lay-Off Aversion

Is your business facing the possibility of laying off employees or even closing? The Los Angeles County America’s Jobs Centers of California (AJCCs) can help you get your business back on track. Specialized Business Service Representatives can work with you and your employees to minimize losses and improve morale. We can also assist your business with strategic planning to ensure that your business does not face a similar situation in the future. Contact your local Business Service Representative at an America’s Job Center of California for more information by emailing bizdev@wdacs.lacounty.gov or calling (213) 810-1641.

Service Planning Areas (SPA)

Categories under this heading include: **food, housing, health, transportation, and education** and are separated into [8 Service Planning Areas](#)

SPA 1: Antelope Valley (includes Acton, Agua Dulce, Gorman, Lake Hughes, Lake Los Angeles, Lancaster, Littlerock, Palmdale, Quartz Hill, and others.)

Food

- Grace Resource Center Inc.
 - 45134 N. Sierra Hwy, Lancaster, CA 93534
 - Phone: 661-940-5272
- Shekinah Worship Center
 - 42640 10th Street West, Lancaster, CA 93534

- Phone: 661-940-8378
- Salvation Army – Lancaster Corp
 - 44517 Sierra Highway, Lancaster, CA 93534
 - Phone: 661-940-8378
- Palmdale Community Foundation-S.A.V.E.S.
 - 1012 East Avenue Q-12, Palmdale, CA 93550
 - Phone: 661-267-5191
- SA-Mountain View Mobile Home Park
 - 3255 E. Avenue R., Palmdale, CA 93550
 - Main Office in the Mobile Home Park
 - Phone: 661-947-4700
- Twin Lakes Community Church
 - 17213 Lake Los Angeles, Los Angeles, CA 93591
 - Phone: 661-264-1215

SPA 2: San Fernando Valley (includes Burbank, Calabasas, Canoga Park, Canyon Country, Encino, Glendale, LA Cañada-Flintridge, San Fernando, Sherman Oaks, Sun Valley, Van Nuys, Woodland Hills, and others.)

- Santa Clarita Valley School Food Services Agency (School Day Café) will provide student meals to all children at any of the designated locations. You do not need to be an enrolled student in order to receive meals at any of these locations. One bagged/boxed lunch per child (18 years and younger) will be provided.
 - Beginning Monday, March 23 through Friday April 3, Drive-up Lunch Services will be provided from noon to 1 p.m. at the following locations during school days (Monday to Friday):
 - Santa Clarita Elementary - 27177 Seco Canyon Rd, Saugus, CA 91350
 - Cedarcreek Elementary - 27792 Camp Plenty Rd, Canyon Country, CA 91351
 - Rio Vista Elementary - 20417 Cedarcreek St, Canyon Country, CA 91351
 - Newhall Elementary - 24607 Walnut St, Newhall, CA 91321
 - Peachland Elementary - 24800 Peachland Ave, Santa Clarita, CA 91321
 - Wiley Canyon Elementary - 24240 W La Glorita Cir, Newhall, CA 91321
 - Dr. J. Michael McGrath Elementary - 21501 Deputy Jake Dr, Newhall, CA 91321
 - Canyon Springs Community Elementary - 19059 Vicci St, Santa Clarita, CA 91351
 - Mitchell Community Elementary - 16821 Goodvale Rd, Canyon Country, CA 91387
 - Live Oak Elementary - 27715 Saddleridge Way, Castaic, CA 91384
 - Northlake Hills Elementary - 32545 Ridge Rte Rd, Castaic, CA 91384
- LAUSD students living in SPA2 can receive two free meals per student from 7 a.m. to 2 p.m. starting on Wednesday, March 18:

- If you live in Sun Valley, please visit Byrd Middle School
(8501 Arleta Ave, Sun Valley, CA 91352)
- If you live in North Hollywood/Valley Village, please visit East Valley High School
(5525 Vineland Ave, North Hollywood, CA 91601)
- If you live in Panorama City, please visit Fulton College Prep
(7477 Kester Ave, Van Nuys, CA 91405)
- If you live in San Fernando/Sylmar, please visit San Fernando High School
(11133 O'Melveny Ave, San Fernando, CA 91340)
- If you live in Sunland/Tujunga, please visit Verdugo Hills High School
(10625 Plainview Ave, Tujunga, CA 91042)
- If you live in Van Valley/Valley Glen, please visit Van Nuys High School
(6535 Cedros Ave, Van Nuys, CA 91411)
- Care for homeless community and food distribution
 - MEND Poverty
 - 10641 N. San Fernando Rd., Pacoima, CA 91331
 - Phone: (818) 897-2443 or (818) 896-0246
 - Fax: (818) 897-0128
 - Homeless care services on Tuesday mornings
 - Food distribution on Thursday and Fridays from 9 to 11 am
(For more info, click [here](#) and [here!](#))
 - SOVA – Community Food and Resource Program
 - 16439 Vanowen Street, Van Nuys, CA 91406
 - Phone: 818-988-7682
 - House of Light Church Corporation
 - 19359 Londelius 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

SPA 3: San Gabriel Valley (includes Alhambra, Altadena, Arcadia, Azusa, Baldwin Park, Claremont, Covina, Diamond Bar, Duarte, El Monte, Glendora, Irwindale, Monrovia, Monterey Park, Highland Park, Pasadena, Pomona, San Dimas, San Gabriel, San Marino, Temple City, Walnut, West Covina, and others.)

- 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
 - Phone: 626-584-7420 / FAX: 626-584-7422
- Friends In Deed Food Pantry
 - 444 East Washington Boulevard, Pasadena, CA 91104
 - Pantry Phone: 626-797-6072,
 - Pantry Email: 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: 358-8224
- El Monte and South El Monte
 - El Monte Emergency Resources – Food Bank
 - 10900 Mulhall Street, El Monte, CA 91731
 - Phone: 626-444-7269
- Salvation Army Food Bank – Pomona
 - 490 East LaVerne Avenue, Pomona, CA 91767
 - Phone: 909- 623-1579 x201

SPA 4: Metro (includes Boyle Heights, Central City, Downtown LA, Echo Park, El Sereno, Hollywood, Mid-City Wilshire, Monterey Hills, Mount Washington, Silverlake, West Hollywood, and Westlake.)

- Resources Developed by Korean Youth Community Center: www.kycc.org
 - Link to KYCC Resource Guide:
https://docs.google.com/document/d/1RPknhH0o5RS4j3U11hAKKgcXiedIU7Pas_7JUUhDjHE/edit?usp=sharing
- Food/housing
- St. Francis Center
 - 1835 South Hope Street, Los Angeles CA 90015
 - Phone: 213-747-5347
 - Services: breakfast service, case management, clothing closet, showers/bathroom services, pantry services, rental and utility assistant program (over the phone)
- 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

SPA 5: West (includes Beverly Hills, Brentwood, Culver City, Malibu, Pacific Palisades, Playa del Rey, Santa Monica, and Venice.)

- Food
 - 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
 - 204 Hampton Drive, Venice, CA 90291
 - Phone: 310-396-6468

SPA 6: South (includes Athens, Compton, Crenshaw, Florence, Hyde Park, Lynwood, Paramount, and Watts.)

- Food
 - Food Net - East Rancho Dominguez
 - 15116 S. Atlantic Ave, Compton, CA 90221
 - Food Distribution: Tuesday-Friday 10 a.m.-4 p.m. (appointment needed)
 - Call 310-603-7401 for appointment.
 - Shields for Families-Social Service Agency–Food Bank
 - 11705 Deputy Yamamoto Place, Lynwood, CA 90262
 - Phone: 323-242-5000 ext. 4200
 - Food Distribution: Thursdays 10 a.m.-2 p.m.
 - Paramount Care Foundation
 - 8303 Alondra Blvd., Paramount, CA 90723
 - Phone: 562-531-6820
 - Lynwood Unified School District
 - Lynwood High School
 - 4050 E Imperial Hwy, Lynwood, CA 90262

- In the back of the campus, off of Harris St. (drive or walk up)
- Firebaugh High School
 - 5246 Martin Luther King Jr. Blvd., Lynwood, CA 90262
- Front parking lot (drive or walk up)
- Cesar Chavez Middle School
 - 3898 Abbott Rd, Lynwood, CA 90262
 - Front parking lot (drive or walk up)
- Rosa Parks Elementary
 - 3900 Agnes Ave, Lynwood, CA 90262
 - Parking lot (drive or walk up)
- Helen Keller Elementary
 - 3521 Palm Ave, Lynwood, CA 90262
 - Student drop-off area (drive or walk up)

SPA 7: East (includes Artesia, Bell, Bellflower, Bell Gardens, Cerritos, City of Commerce, City Terrace, Cudahy, Downey, East Los Angeles, Hawaiian Gardens, Huntington Park, La Habra Heights, Lakewood, La Mirada, Los Nietos, Maywood, Montebello, Norwalk, Pico Rivera, Santa Fe Springs, Signal Hill, South Gate, Vernon, Walnut Park, Whittier, and others.)

- Food
 - Food Pantry – LAX
 - 355 East Beach Street (between LaBrea and Centinela), South Gate, CA 90280
 - Phone: 310-677-5597
 - Hawaiian Gardens Food Bank
 - 21411 Norwalk Boulevard, Hawaiian Gardens, CA 90716
 - Phone: 562-860-9097
 - Southeast Churches Service Center
 - 2780 East Gage Avenue, Huntington Park, CA 90255
 - Phone: 323-585-8254
 - St. Mary's Place
 - 7215 Newlin Avenue, Whittier, CA 90602
 - Phone: 562-698-0107

SPA 8: South Bay (includes Athens, Avalon, Carson, Catalina Island, El Segundo, Gardena, Harbor City, Hawthorne, Inglewood, Lawndale, Lennox, Long Beach*, Hermosa Beach, Manhattan Beach, Palos Verdes Estates, Rancho Dominguez, Rancho Palos Verdes, Redondo Beach, Rolling Hills, Rolling Hills Estates, San Pedro, Wilmington, and others.)

* *City of Long Beach has its own Health Department*

- Food
 - Hawthorne School District is providing FREE grab-and-go breakfast and lunch, Monday through Friday, from 10 a.m. to noon, until April 3rd at the following locations:
 - Eucalyptus Elementary

- 12044 S. Eucalyptus Avenue., Hawthorne, CA 90250
- Kornblum Elementary
 - 3620 W. El Segundo Blvd., Hawthorne, CA 90250
- Prairie Vista Middle School
 - 13600 Prairie Ave., Hawthorne, CA 90250
- Washington Elementary/Hawthorne Middle School
 - 4339 W. 129th St., Hawthorne, CA 90250
- For more information, please contact Nutrition Services Department at 310-263-3990
- 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 of Good Shepherd
 - Food Distribution: Fridays 9:30-11:30 a.m.
 - Corner of 16th and Gundry
 - Phone: 562-674-0288
- St. Margaret's Center
 - 10217 Inglewood Avenue, Lennox, CA 90304
 - Phone: 310-672-2208

Services/Issues

Utilities

- EveryoneOn.org - EveryoneOn is a leading nonprofit that helps advocate at the local, state and federal level for affordable internet service and is connected to hundreds of local organizations across the country that can provide on-the-ground individual support (i.e. over the phone now, in person at a later date) to people that need help signing up. There are low-cost offers for low-income folks or families with K-12 students that EveryoneOn helped create and are available year-round, not only during emergency situations. [Use their offer locator to find internet offers, and refurbished computers by zip code that are available now!](#)
- Southern California Edison Responds to COVID-19 Emergency, Suspends Service Disconnections ([Source/More Information](#))
 - Eligibility: All residential and commercial customers
 - Effective immediately, SCE will suspend disconnections for non-payment
 - Flexible Payment Plans to Impacted Customers
 - Eligibility: Customers who contact SCE and self-identify as being impacted financially by the COVID-19 emergency
 - Customers with current accounts will be offered a one-time, up to 60-day, extension

- Customers with past due amounts will be offered up to six-month payment arrangement
 - SCE will work with the customer to accommodate a customer's unique situation that may result in a payment arrangement for up to 12 months ([Source/More Information](#))
- Edison International is giving \$1,000,000 to community-based organizations to help [#SoCal](#) communities facing economic hardship because of quarantines, illnesses or school closures, starting with \$150,000 to support the CA Community Foundation's [#COVID19 #LACounty](#) Response Fund (For more information, click [here!](#))
- 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: 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
 (For more information, click [here!](#))
- T-Mobile, for next 60 days:
 - ALL current T-Mobile and Metro by T-Mobile customers have unlimited smartphone data for the next 60 days (excluding roaming)
 - Giving all T-Mobile and Metro by T-Mobile customers 20GB of additional mobile hotspot data
 - Increasing data for schools in our EmpowerED program to ensure each participant has access to at least 20GB of data per month
 - Making it free to call severely impacted countries
 - Are working with our Lifeline partners to provide customers extra free data up to 5GB per month over the next two months
 (For more information, click [here!](#))
- AT&T, For the next 60 days, beginning March 14, 2020, AT&T is pledging to:
 - Not terminate the service of any wireless, home phone or broadband residential or small business customer because of their inability to pay their bill due to disruptions caused by the coronavirus pandemic.
 - Waive any late payment fees that any wireless, home phone or broadband residential or small business customer may incur because of economic hardship related to the coronavirus pandemic.
 - Keep our public Wi-Fi hotspots open.
- Los Angeles Department of Water & Power still offering payment plan and suspending utility shut off for March (for now).
[A Message from LADWP Regarding Power and Water Service During Coronavirus/COVID-19 Pandemic](#)
- Public Works will not shut off or stop services for customers who are delinquent or behind in service or permit payments until this order is lifted. This includes water, sewer

and trash pick-up services. For any inquires, Public Works' 24-hour/7-day dispatch number is 800-675-4357.

WIC Services

- WIC clinics under South Los Angeles Health Projects, PHFE, Watts Health Foundation, Pasadena, Long Beach, Antelope Valley, and Northeast Valley Health Corporation will remain open. WIC offices will remotely be issuing participants food benefits onto their WIC cards to avoid families from going out. For those families that have not yet gotten the new WIC card and wish to locate the nearest WIC clinic to them please call or visit the following websites for further guidance and assistance:
 - South Los Angeles Health Projects
 - <http://www.slahp.org/wic-centers-by-city/>
 - 310-661-3080
 - PHFE
 - <https://www.phfewic.org/>
 - 888-942-2229
 - Watts Health Foundation
 - <https://www.wattshealth.org/wic-program/>
 - 323-564-4331
 - Pasadena
 - https://www.cityofpasadena.net/public-health/wic/?gclid=Cj0KCQjwx7zzBRCcARIsABPRscPNVndmcMPfCt-2boLex6qoP0uvyd45EMPsy2dKITghITKPR8glwOcaAvQhEALw_wcB
 - 626-744-6520
 - Long Beach
 - <http://www.longbeach.gov/health/healthy-living/individual/wic/>
 - 562-570-4242
 - Antelope Valley
 - https://www.wicprograms.org/li/antelope_valley_lancaster_wic_93534
 - 661-949-5805
 - Northeast Valley Health Corporation
 - <https://nevhc.org/wic/>
 - 818-340-3570

Mental Health

- Los Angeles County Department of Mental Health
 - Access Center 24/7 Helpline
(800) 854-7771
(562) 651-2549 TDD/TTY
<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 (appointments for adults and kids)
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)
- Queer Anxiety Virtual Support: Queer Healing Oasis is offering an anxiety virtual support non-clinical space to share and cope. For more info, email marcos.emdr@gmail.com or call 818-233-1079. Or find more information here:
<https://www.queerhealingoasis.com/>
 - Donation-based and no one turned away for lack of funds. As of March 17, 2020, they are taking on three free clients.
 - QTBIPOC are prioritized.

Holistic Health

- [Third Root Community Health Center on how to holistically support your body through COVID-19 \(Brooklyn, NY\)](#)
- [How to support your body's innate ability to protect and heal](#), including herbs to take to support immune system (recommended from Third Root).
- [DIY Hand Sanitizer](#) from @aguadejade
 - Another recipe [from WHO](#).
 - [The Verge - Hand Sanitizer Recipe](#)
- [Why and how to moisturize your hands too](#), including DIY hand oil recipe from @hoodherbalism
- [SUPPORTING YOURSELF THROUGH THE COVID-19 FRENZY by Leata Mae](#)
- Emotional Check-In with Mama Maiz (mamamaizservices@gmail.com) a Los Angeles Doula of Color (*not a licensed therapist)
 - Schedule a 15-minute Zoom call for herbal support, heart medicine and just a connection to share frustrations or laugh
 - \$5-\$40 sliding scale donation, prioritizing indigenous, black, POC, queer, non-binary, trans community

Domestic Violence

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

- Sojourn Domestic Violence Services: A shelter on the Westside of LA. The shelter is not accepting new referrals for the time being but their hotline is always open 24/7 for safety planning and peer counseling. Their hotline number is 310-264-6644. (For more information, click [here!](#))

Child Care

Pathways LA is a nonprofit child care agency offering subsidized child care for low-income families. They are one of ten partnered agencies under the Child Care Alliance of Los Angeles County. Parents eligible to receive services are able to choose a child care provider of their choice, which Pathways LA would then be responsible to process payment for. Affected parents are encouraged to seek child care assistance rather than allowing children to remain home alone and unsupervised.

- At this time, offices are closed to the public; however, parents are able to apply online through their website at pathwaysla.org or by phone at 213-427-2710. Any questions may also be addressed by our Resource and Referral Department to that same phone number.

Housing

- Governor Gavin Newsom issued an executive order that authorizes local governments to halt evictions for renters and homeowners, slows foreclosures and protects against utility shutoffs for Californians affected by COVID-19.
 - The order does not relieve a tenant from the obligation to pay rent, or restrict the landlord's ability to recover rent that is due. The protections are in effect through May 31, 2020, unless extended. The order also requests banks and other financial institutions to halt foreclosures and related evictions during this time period. The full executive order can be found [here](#).
- Eviction Defense Network, a nonprofit community organization dedicated to protecting the right to decent, safe, sanitary and affordable housing, serves households facing eviction by providing consultations for a donation (no one turned away due to lack of funds) and/or providing representation in court on a sliding fee scale based on ability to pay (payment plans are available).
 - Please send an email to askanattorney@edn.la. If you don't have email, send a text or call: 213-537-5473 and your request will be screened by a paralegal. (For more information, click [here!](#))

*The following is also listed in this document under, "Populations > Adults."

- 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 and they will provide or help you find housing during this transition.
- The Los Angeles Tenants Union is providing support around evictions. Find your local union at <https://latenantsunion.org/en/locals/>

- 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.
(For more information, click [here!](#))

Other Resources

- Reporting Racism/Xenophobia:
211 is now taking reports of racism/xenophobia related to coronavirus. If you have been the victim of or witness to an act of violence, bullying, harassment, threat or other act motivated by hate, please fill out the [Hate Incident Report Form](#) or call 2-1-1 to file a report and be connected to support services.
- [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.
(For more information, click the link above or click [here!](#))

Price Gouging:

Price gouging is the act of a business raising prices of needed products and services over 10% during a declared emergency.

- Price gouging is prohibited and is governed by California Penal Code 396 and the Los Angeles County Price Gouging Ordinance. For 30 days following the declaration of emergency, it is illegal for a person, contractor or business to sell or offer to sell any food items or goods or service for a price of more than 10 percent above the price charged by that person or business immediately before the declaration of emergency was issued.
- Typically, this statute applies for 30 days after an emergency declaration. However, the statute applies for 180 days for reconstruction services and emergency cleanup services. State and local municipalities may extend the effective period of the statute beyond these timeframes.
- If you believe that you have been a victim of price gouging or you suspect a business is price gouging, contact the Los Angeles County Department of Consumer and Business Affairs at 800-593-8222.
- [Mutual Aid and Advocacy Resources Google Doc](#)
- [Mutual Aid Application \(Volunteers\)](#)
- [Toolkit to deal with anxiety/stress from impacts of virus](#)
- Walgreens
 - Beginning March 13, 2020, Walgreens is waiving delivery fees for all eligible prescriptions during this evolving situation.

- There will be free delivery on any purchase on Walgreens.com, beginning March 13, 2020 and until further notice, with no minimum purchase required
- More info: <https://news.walgreens.com/press-releases/general-news/walgreens-takes-further-action-to-support-customers-during-covid-19-pandemic.htm>
- CVS
 - Beginning March 9, 2020, CVS Pharmacy will waive charges for home delivery of prescription medications: <https://cvshealth.com/newsroom/press-releases/cvs-health-announces-additional-covid-19-resources-focused-patient-access>
- Google Hangouts
 - Starting March 3, 2020, we will begin rolling out free access to our advanced Hangouts Meet video-conferencing capabilities to all G Suite and G Suite for Education customers globally including
 - Larger meetings, for up to 250 participants per call
 - Live streaming for up to 100,000 viewers within a domain
 - The ability to record meetings and save them to Google Drive
 - These features are typically available in the Enterprise edition of G Suite and in G Suite Enterprise for Education, and will be available at no additional cost to all customers until July 1, 2020. If you need help getting started, please visit our learning center page or follow the instructions outlined in our message to G Suite admins.
 - More Info: <https://cloud.google.com/blog/products/g-suite/helping-businesses-and-schools-stay-connected-in-response-to-coronavirus>
- LA County Library
 - Due dates for borrowed materials will automatically be extended, no late fines will be assessed, and customers can return materials when the Library reopens.
 - As of March 18, the LA County Library is offering temporary digital cards for digital resources for 90 days. With the temporary card you can access e-books, audiobooks, magazines, movies and TV streaming, homework help, online classes and more. Fill out this form: <https://colapl.wufoo.com/forms/ztns1cw0q78qml/>
 - Library Access from Home 24/7: All you need is your library card number and PIN. Read [eBooks](#) and listen to [audiobooks](#) on OverDrive or Libby. Stream [movies and TV shows](#) on Kanopy and Hoopla. Check out [digital magazines](#) via RBdigital. Stream [music](#) on Freegal. If you're a parent or caregiver, sign up for [ReadyRosie](#) to get texts or emails with ideas for family engagement tips and early learning opportunities or check out our [TumbleBook Library](#), an online collection of animated and talking picture books. Kids and learners of all ages can get one-on-one homework help and tutoring from noon-10 p.m. every day on [Brainfuse](#). For more information, click [here!](#)

- Alcoholics Anonymous
 - [AA Online Meetings](#)
 - [Online Alcoholics Anonymous Intergroup Meetings](#)