

RESOURCES FOR FAMILIES DURING COVID-19

Compiled by Candice Mack ([@tinylibrarian](#)), Teen Services Manager, LA Public Library and many others

FREE MEALS FOR LA-AREA YOUTH WHILE LAUSD IS CLOSED:

[Los Angeles Unified Opens 60 Grab & Go Food Centers open from 7 a.m. - 10 a.m.](#) - Map of all LAUSD Campuses serving food for k-12: <https://www.lataco.com/lausd-free-meals>

[CA Meals for Kids Mobile App](#) helps you find nearby California Afterschool and Summer Meal Programs Sites through your iOS, Android, or Microsoft devices.

[Hugo's Restaurants](#) are offering free lunch to youth 12 and under during the LAUSD closures.

[Dream Center of Los Angeles](#) offering free meals to LAUSD students from 7:30 a.m. to 6:30 p.m. at the Dream Center, 2301 Bellevue Ave., LA 90026.

[El Torito Restaurants](#) offering free meals to youth 12 and under.

From [Connect to Protect LA](#)

- **Food:** Free lunch (starting 11am) provided by Eastside Riders for student in Watts community starting Monday, April 6, 2020. Free breakfast starting Mon., Apr. 13, at 9 a.m.
(For more info, click [here!](#))
- **Food:** Free breakfast (730-930am), lunch (1130-130pm), and dinner (430-630) for all LAUSD students starting Monday, March 16, 2020 from 7:30am to 6:30pm at 2301 Bellevue Ave., Los Angeles 90026
(For more information, click [here!](#))
- **Food:** Los Angelitos Bakery offering 1 free bread to each child, aged 5-13 years old, Monday-Friday from 12pm-2pm
(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:** Free Breakfast Burritos for children ages 6-12 years old. Pick up Monday-Friday 7am-8am
 - Toast: 11119 first ave los angeles ca
 - The Benediction: 17501 Colima Road, City of Industry
 - The Dylan: 190 S. State College Blvd, Brea
- **Food:** Free breakfast and lunch grab-and-go during Spring Break from 9:30-11:30am from TEACH Academy. 10045 S. Western., Los Angeles, CA 90047. If you have any questions, call 562-665-6263.
(For more information, click [here!](#))

Related: Please consider [supporting legislation to ensure access to school meals during COVID-19 related school closures!](#)

ACTIVITIES, SCHEDULES, RESOURCES FOR YOUTH:

Parent friends are sending around the **COVID-19 daily schedule**. Also applies to grownups who need structure. (Wake up before 9, morning walk, chore time!) - via [@Josie_Huang](#)

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

[U-Haul is offering 30 days of free storage to college students who are displaced due to the coronavirus outbreak](#)

Comcast is offering qualifying students and parents are eligible for 60 days of free internet through [Comcast Internet Essentials](#) during the pandemic. (via Afterschool Alliance)

[Altice USA](#) and [Charter/Spectrum](#) are both offering free internet access to K-12 and college students during pandemic.

Looking for **ways to talk to children and youth about COVID-19**? There are a number of great resources from the [Child Mind Institute](#), [National Association of School Psychologists](#), [National Child Traumatic Stress Network](#), and [Kids Health](#). (via Afterschool Alliance)

Parents, community members, and others likely have lots of questions about COVID-19. The Washington Department of Health is here to help, with a [fact sheet](#) translated into several different languages. (via Afterschool Alliance)

[The American Federation of Teachers](#) has a wealth of resources to help with **learning at home**. (via Afterschool Alliance)

LOS ANGELES PUBLIC LIBRARY (LAPL) RESOURCES:

While all city of Los Angeles Public Library locations are physically closed to the public through March 31, you can still access our e-media and e-resources!

- All LAUSD students received a [Student Success library card](#) either by mail at home or at their school. (Exception: students new to LAUSD this year - deliveries of your cards have been suspended due to public health concerns)
- If you do not have a Student Success card or regular LAPL library card, residents of the city of LA can [register for an e-library card](#), which gives you gives you immediate, unlimited, and free access to:
 - **e-Media**: download or stream e-books, audiobooks, movies, documentary films, music, podcasts, newspapers, and magazines.
 - **Research & Homework**: access newspaper archives, genealogy tools, professional magazines, and scholarly journals.
 - **Online Learning**: enroll in an online course, learn a new language, take practice tests, or access Lynda.com
 - [LAPL's subscription to Tutor.com](#) offers free online tutoring to students K-12, 7 days a week, from 11 a.m. -9 p.m. with vetted, background checked tutors (often current and retired teachers.)
 - [LearningExpress Library](#) offers online interactive practice exams covering adult basic, academic, job related, civil service, ESL Spanish Basic Skills Course and more.

LAPL also has a [kids' section of our website called KidsPath](#) and a [teen section of our website called Teen Web](#), both of which feature links to school assignment resources and fun things to do!

Self-care Activities:

- [Insight timer](#) has free meditations for kids and teens. (via [@MagpieLibrarian](#))

- Box Breathing (aka Four Square Breathing):
<https://www.healthline.com/health/box-breathing#slowly-inhale>
- Meditation Apps: Calm (30 day free trial), Headspace (1 week free trial), The Breathing App (free)
- [Free yoga classes at 5 PM EST](#) via online certified yoga instructor [@ErikHinton](#)

MISC. ACTIVITIES:

- Dance Party
- Create a cooking show (opportunities for learning: learning how to read a recipe, how to measure, how to cook, how to film, how to present)
 - Kids Cooking: <https://tasty.co/search?q=junior> (via [@Magpie Librarian](#))
- Act out the latest book you read and have the rest of the family guess what happened (Charades)
- Board games
- Card games
- Invent/practice [new ways to greet people without touching them](#)

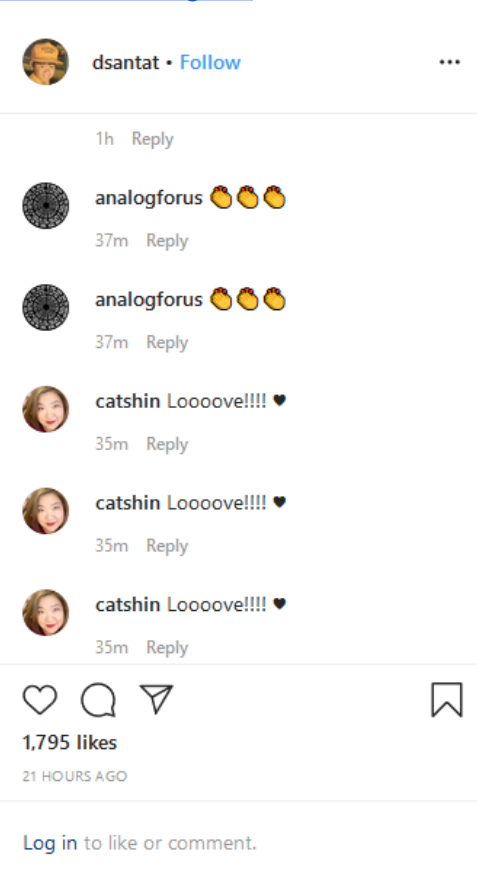
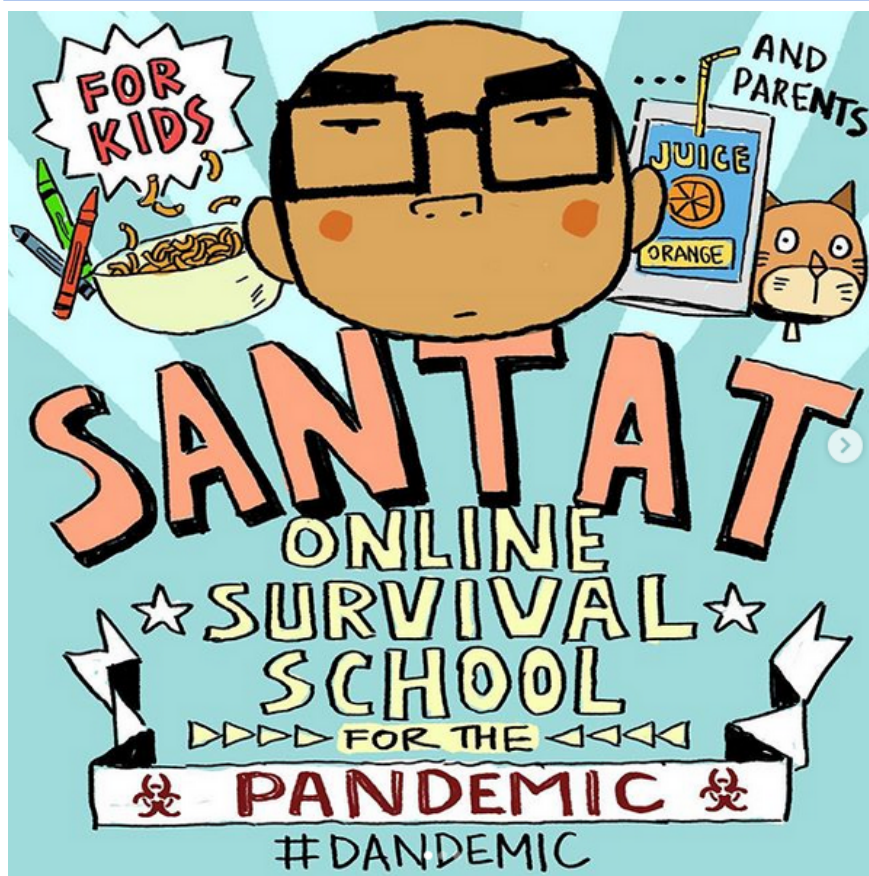
SCIENCE ACTIVITIES (compiled by [Dr. Jacqueline Gill](#)):

- [Zooniverse](#): crowd sourced citizen science projects
- [iNaturalist](#): social network for naturalists. Go for a hike, and photograph plants, animals, and fungi and upload Geo-tagged photos.
- [Old Weather](#): a project where you can transcribe historic records of weather data (like from old whaling vessels) to help scientists studying climate change
- [Wild Time Learning](#) is a while website devoted to educational outdoor kid activities that are easy to search by length (e.g., 1 hour), location (e.g., grass), and theme (e.g. investigating, writing). (HT [@CaitlinInMaine](#))
- The [@britishmuseum](#) put together [A History of the World in 100 Objects](#). Start at the beginning (Mummy of Hornedjitef) and work your way to the present, with this series of 100 short podcast episodes. You can look at the objects online, too!
- [Brain Scoop](#) by the [@FieldMuseum](#)'s Chief Curiosity Correspondent, [@Ehmee](#)
- Brush up on your climate change knowledge with [@KHayhoe](#)'s [Global Weirding](#) series from PBS, available for free on YouTube
- Want something hands-on? Check out these videos for fun, hands-on, cheap science experiments you can do from home: <https://riqb.org/ExpeRimental> (Thanks for the tip,
 - [@alomshaha](#))
- You've likely got ginkgos in your town; they're a common urban tree. Help paleobotanists reconstruct ancient atmospheres: collect and send leaves from your local trees to the [Smithsonian](#), or count stomata (little holes on leaves for gas exchange) online!
- Spring is here in the northern hemisphere! You can watch for signs of spring (leaves budding, flowers blooming) and record your observations for Project Budburst: <https://budburst.org>
- Are you a birder? Turn your observations into science and conservation, with [@Team_eBird](#)! Watch birds from your backyard, or go for a walk in a park or a longer hike. <https://ebird.org/home>

LANGUAGE ARTS ACTIVITIES:

- Reader's Theater (acting out a book or story without having to memorize a script)

- https://www.readingrockets.org/strategies/readers_theater
- <https://www.scholastic.com/librarians/programs/whatisrt.htm>
- [Scholastic Learn at Home Resources](#)
- [Storyline Online](#): free for anyone to use and features celebrities reading contemporary and classic picture books (via [@MagpieLibrarian](#))
- List of authors/creators reading their lit on YouTube:
<https://docs.google.com/document/d/1MrM7Ypu3uoEEwbyLQ6sxkx8d-sePrP2J64WQrb6dNfl/edit>
- List of education companies offering free subscriptions during school closures:
<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- List of virtual field trips (HT [@TraceyBaptiste](#) and [@Carin Berger](#)):
https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/previ ew?fbclid=IwAR3blqwSAXBRDMpjGSa1lscAcaNXXKCI m8CvRAVArsIx-1lt6TMA_9Mr8jg4
- Comics-related Activities (via [@Jarrett Lerner](#)) <https://jarrettlerner.com/activities/>
- Every weekday at 2 pm ET for at least the next few weeks, Jarrett J. Krosoczka will be hosting free webcasts [@youtube.com/studiojjk](#)
- Kidlit.tv's [Read Out Loud Archives](#)
- Medium's [list of Kids Podcasts](#)
- Teacher Pernille Rip's [list of picture book read alouds and other resources](#)
- [@KateMessner](#)'s [list of read aloud resources](#)
- [Dan Santat's Santat Online Survival School for the Pandemic #Dandemic on Instagram](#)



More resources via [@Elisewho](#) and Jessica Yuen - "Survival Guide for WFH Parents with Kids at Home"

From [Connect to Protect LA](#)

*** Food for all:**

- For the closest food pantry/bank to you, visit:
[Los Angeles Food Bank Pantry Locator](#)
- Every table is offering meals to EVERYONE. Food distribution for seniors who need food brought to their homes. Food available for students. Food distribution centers that can distribute food to a group of people. If you need 10-10,000 meals, reach out to Everytable at (323) 458 - 6487. For more info, click [here](#)!

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](#)!)

Elderly (65+)

Food

- Elderly Meal Program Map
 - <https://www.google.com/maps/d/viewer?mid=1paBMfsRqsS4r9Px4xiOGYCfxA4-J9y2E&ll=34.029728592186366%2C-118.13568714999201&z=10>
- Gloria Molina YWCA food distribution
 - 7515 Pacific Blvd, Walnut Park, CA 90255
 - (213) 516-3575
 - Starting Wednesday march 18th
- 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, Watts who need food delivery
 - Call Greater Emmanuel Temple at 424.296.0400
 - Tuesday - Friday, 9am to 12pm

Grocery Shopping

- ALL 41 Northgate Market shopping locations will be open exclusively for seniors from 7am to 8am starting Tuesday, March 17, 2020.
 - (For more information, click [here!](#))
- ALL Vallarta supermarkets will be open for seniors, disabled people, and pregnant people from 7am to 8am 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 7am to 8am 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 7:00am- 8:00am 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 during the hours of 7:00am- 8:00am 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 thier chest: <https://www.instagram.com/p/B9u3L6mjg8x/>
- The Coronavirus: 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 & services group for LGBT Elders, has a national 24/7 hotline for elders if they are feeling stress or anxiety at 1-877-360-LGBT / 1-877-360-5428 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 /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 1 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: 1-888-745-3886
- Hearing impaired (TTY): 1-800-547-9565
- Outside the U.S. or Canada: 1-916-464-3502”

(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](#)!

Impacted Businesses

Loans

- The U.S. Small Business Administration offers up to \$2 Million in Disaster Assistance Loans for Small Businesses Impacted by COVID-19
(For more information, click [here](#), or contact the SBA disaster assistance customer service center at 1-800-659-2955 (TTY: 1-800-877-8339) or disastercustomerservice@sba.gov.)
- Los Angeles City Small Business Emergency Microloan Program
 - For general eligibility, important documentation, and microloan terms, please visit: <http://ewddlacity.com/index.php/microloan-program>
 - To apply, please visit: [Log In - City of LA](#)
 - To check if your business falls within LA City limits, visit: <https://neighborhoodinfo.lacity.org>
- **How to get access to lending partners?** SBA has developed [Lender Match](#), a free online referral tool that connects small businesses with participating SBA-approved lenders within 48 hours.
 - **7(a) program** offers loan amounts up to \$5,000,000 and is an all-inclusive loan program deployed by lending partners for eligible small businesses within the U.S. States and its territories. The uses of proceeds include: working capital; expansion/renovation; new construction; purchase of land or buildings; purchase of equipment, fixtures; lease-hold improvements; refinancing debt for compelling reasons; seasonal line of credit; inventory; or starting a business.

- **Express** loan program provides loans up to \$350,000 for no more than 7 years with an option to revolve. There is a turnaround time of 36 hours for approval or denial of a completed application. The uses of proceeds are the same as the standard 7(a) loan.
- **Community Advantage** loan pilot program allows mission-based lenders to assist small businesses in underserved markets with a maximum loan size of \$250,000. The uses of proceeds are the same as the standard 7(a) loan.
- **504** loan program is designed to foster economic development and job creation and/or retention. The eligible use of proceeds is limited to the acquisition or eligible refinance of fixed assets.
- **Microloan** program involves making loans through nonprofit lending organizations to underserved markets. Authorized use of loan proceeds includes working capital, supplies, machinery & equipment, and fixtures (does not include real estate). The maximum loan amount is \$50,000 with the average loan size of \$14,000.
- **Exporting Assistance:** SBA provides export loans to help small businesses achieve sales through exports and can help these businesses respond to opportunities and challenges associated with trade, such as COVID-19. The loans are available to U.S. small businesses that export directly overseas, or those that export indirectly by selling to a customer that then exports their products.
 - **Export Express** loan program allows access to capital quickly for businesses that need financing up to \$500,000. Businesses can apply for a line of credit or term note prior to finalizing an export sale or while pursuing opportunities overseas, such as identifying a new overseas customer should an export sale be lost due to COVID-19.
 - **Export Working Capital** program enables small businesses to fulfill export orders and finance international sales by providing revolving lines of credit or transaction-based financing of up to \$5 million. Businesses could use a loan to obtain or retain overseas customers by offering attractive payment terms.
 - **International Trade** loan program helps small businesses engaged in international trade to retool or expand to better compete and react to changing business conditions. It can also help exporting firms to expand their sales to new markets or to re-shore operations back to the U.S.

Insurance

Many businesses have business interruption insurance; now is the time to contact your insurance agent to review your policy to understand precisely what you are and are not covered for in the event of an extended incident.

Government Contracting

SBA is focused on assisting with the continuity of operations for small business contracting programs and small businesses with federal contracts. For more information on federal contracting, visit <https://www.sba.gov/federal-contracting/contracting-guide>

More specifically:

- **8(a) Business Development** program serves to help provide a level playing field for small businesses owned by socially and economically disadvantaged people or entities, and the

government limits competition for certain contracts to businesses that participate. The 8(a) program offer and acceptance process is available nationwide, and the SBA continues to work with federal agencies to ensure maximum practicable opportunity to small businesses. 8(a) program participants should stay in touch with their Business Opportunity Specialist (BOS).

- [HUBZone](#) program offers eligibility assistance every Thursday from 2:00-3:00 p.m. ET at 1-202-765-1264; access code 63068189#. Members of the HUBZone team answer questions to help firms navigate the certification process. For specific questions regarding an application, please contact the HUBZone Help Desk at hubzone@sba.gov.
- [Women-owned Small Business](#) firms who have questions, please visit www.sba.gov/wosbready or write to wosb@sba.gov.

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 (AJCC) for more information by emailing bizdev@wdacs.lacounty.gov or calling (213) 810-1641.

Best Practices

- Do your part to slow the spread
- Avoid social gatherings of 10 people or more
- Work or engage from home
- If necessary, working on location or place of business make sure to conduct regular environmental cleaning i.e. wipe down with cleaning solution, sanitize workspace and make sure employees are washing hands on a regular basis.
 - Staff should wear and use appropriate Personal Protective Equipment according to your existing policies and procedures.
 - Have soap and paper towels in bathrooms at all times.
- Avoid unnecessary travel
- California EDD has issued updated guidance on issues beyond unemployment insurance (e.g. caregiving for ill family members). [CLICK HERE](#) for that updated guidance.
- California's Department of Industrial Relations has issued updated guidance on what employers are expected to do to help promote hygiene/safety in the workplace. [CLICK HERE](#) for that updated guidance.
- Marketing – It's critical to communicate openly with your customers about the status of your operations, what protective measures you've implemented, and how they (as customers) will be protected when they visit your business. Promotions may also help incentivize customers who may be reluctant to patronize your business.
- Consider providing in-home services i.e. provide free delivery, etc.
- Inventory and Supply Chain Shortfalls – While the possibility could be remote, it is a prudent preparedness measure to ensure you have either adequate supplies of inventory for a sustained

period and/or diversify your distributor sources in the event one supplier cannot meet an order request.

- Share best practices with other businesses in your communities (especially those in your supply chain), chambers of commerce, and associations to improve community response efforts.

Service Planning Areas

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

Service Planning Area 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

Service Planning Area 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.)

- Food and care for homeless community
 - 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](#)!)

- Food
 - Freedom Church:
 - 9200 Owensmouth, Chatsworth, CA 91311
 - Hosting grab & go FREE grocery pick up on Wednesday, 3/18 from 12pm to 2pm
 - 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

Service Planning Area 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.)

- Food
 - 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, 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

Service Planning Area 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.)

- 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)
- Food
 - 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

Service Planning Area 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

Service Planning Area 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: Tues- Fri 10am-4pm appointment needed.
 - Call 310-603-7401 for apt.
 - Shields for Families-Social Service Agency–Food Bank
 - 11705 Deputy Yamamoto Place
 - Lynwood, CA. 90262
 - Phone: 323-242-5000 ext. 4200
 - Food Distribution: Thursdays 10am- 2pm
 - Paramount Care Foundation
 - 8303 Alondra Boulevard, 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 up/walk up
 - Firebaugh High School
 - 5246 Martin Luther King Jr. Blvd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Cesar Chavez Middle School
 - 3898 Abbott Rd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Rosa Parks Elementary
 - 3900 Agnes Ave, Lynwood, CA 90262
 - Parking lot drive up/walk up
 - Helen Keller Elementary
 - 3521 Palm Ave, Lynwood, CA 90262
 - Student drop off area drive up/walk up

Service Planning Area 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 Streets), 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

Service Planning Area 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
 - 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 9:30am- 11:30am
 - 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 6-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 \$1M to community-based organizations to help [#SoCal](#) communities facing economic hardship because of quarantines, illnesses or school closures, starting with \$150K 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 add'l 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 14th, 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 inquiries, Public Works' 24 hour/7 day dispatch number is 800-675-435

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=Cj0KCQjwx7zzBRCcARIsABPRs_cPNVndmcMPfCt-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 (They see kids and adults)
9107 Wilshire Blvd, Beverly Hills, CA 90210
[\(310\) 271-9999](tel:3102719999)
 - Southern California Counseling Center (mid city)
5615 W Pico Blvd, Los Angeles, CA 90019
[\(323\) 937-1344](tel:3239371344)
 - Rose City Counseling Center (Pasadena)
595 E Colorado Blvd #418, Pasadena, CA 91101
[\(626\) 793-8609](tel:6267938609)
 - Queer Anxiety Virtual Support: Queer Healing Oasis is offering an anxiety virtual support non-clinical space to share & cope. For more info email marcos.emdr@gmail.com or call 818-233-1079, more info here: <https://www.queerhealingoasis.com/>
 - Donation-based and no one turned away for lack of funds. As of March 17th, 2020, they are taking on 3 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 & 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 a 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 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 also still accepting clients into our shelters. Their hotline number is 310-264-6644.
(For more information, click [here!](#))

Child Support Services

All Los Angeles County Child Support Services (CSS) locations are closed to the public effective Monday, March 16th until further notice.

(For more information, click [here](#) for English and click [here](#) for Spanish!)

- Court Dates: All court cases will be continued to a new date. If you have an upcoming court date, you will receive a letter informing you of your new court date. If you have questions please call our Customer Contact Center at (866) 901-3212 or check our website (cssd.lacounty.gov) for more information.

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 www.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](#).

Alcoholics Anonymous

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

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 9th, 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>

Grocery Shopping

- ALL 41 Northgate Market shopping locations will be open exclusively for seniors from 7am to 8am starting Tuesday, March 17, 2020.
 - (For more information, click [here!](#))

- ALL Vallarta supermarkets will be open for seniors, disabled people, and pregnant people from 7am to 8am 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 7am to 8am 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 7:00am- 8:00am 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 during the hours of 7:00am- 8:00am 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 thier chest: <https://www.instagram.com/p/B9u3L6mjq8x/>
- The Coronavirus: 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 & services group for LGBT Elders, has a national 24/7 hotline for elders if they are feeling stress or anxiety at 1-877-360-LGBT / 1-877-360-5428 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 /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 1 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: 1-888-745-3886
- Hearing impaired (TTY): 1-800-547-9565
- Outside the U.S. or Canada: 1-916-464-3502”

(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!](#)

Impacted Businesses

Loans

- The U.S. Small Business Administration offers up to \$2 Million in Disaster Assistance Loans for Small Businesses Impacted by COVID-19
(For more information, click [here](#), or contact the SBA disaster assistance customer service center at 1-800-659-2955 (TTY: 1-800-877-8339) or disastercustomerservice@sba.gov.)
- Los Angeles City Small Business Emergency Microloan Program
 - For general eligibility, important documentation, and microloan terms, please visit: <http://ewddlacity.com/index.php/microloan-program>
 - To apply, please visit: [Log In - City of LA](#)
 - To check if your business falls within LA City limits, visit: <https://neighborhoodinfo.lacity.org>
- **How to get access to lending partners?** SBA has developed [Lender Match](#), a free online referral tool that connects small businesses with participating SBA-approved lenders within 48 hours.
 - **7(a) program** offers loan amounts up to \$5,000,000 and is an all-inclusive loan program deployed by lending partners for eligible small businesses within the U.S. States and its territories. The uses of proceeds include: working capital; expansion/renovation; new construction; purchase of land or buildings; purchase of equipment, fixtures; lease-hold improvements; refinancing debt for compelling reasons; seasonal line of credit; inventory; or starting a business.
 - **Express** loan program provides loans up to \$350,000 for no more than 7 years with an option to revolve. There is a turnaround time of 36 hours for approval or denial of a completed application. The uses of proceeds are the same as the standard 7(a) loan.

- **Community Advantage** loan pilot program allows mission-based lenders to assist small businesses in underserved markets with a maximum loan size of \$250,000. The uses of proceeds are the same as the standard 7(a) loan.
- **504** loan program is designed to foster economic development and job creation and/or retention. The eligible use of proceeds is limited to the acquisition or eligible refinance of fixed assets.
- **Microloan** program involves making loans through nonprofit lending organizations to underserved markets. Authorized use of loan proceeds includes working capital, supplies, machinery & equipment, and fixtures (does not include real estate). The maximum loan amount is \$50,000 with the average loan size of \$14,000.
- **Exporting Assistance:** SBA provides export loans to help small businesses achieve sales through exports and can help these businesses respond to opportunities and challenges associated with trade, such as COVID-19. The loans are available to U.S. small businesses that export directly overseas, or those that export indirectly by selling to a customer that then exports their products.
 - **Export Express** loan program allows access to capital quickly for businesses that need financing up to \$500,000. Businesses can apply for a line of credit or term note prior to finalizing an export sale or while pursuing opportunities overseas, such as identifying a new overseas customer should an export sale be lost due to COVID-19.
 - **Export Working Capital** program enables small businesses to fulfill export orders and finance international sales by providing revolving lines of credit or transaction-based financing of up to \$5 million. Businesses could use a loan to obtain or retain overseas customers by offering attractive payment terms.
 - **International Trade** loan program helps small businesses engaged in international trade to retool or expand to better compete and react to changing business conditions. It can also help exporting firms to expand their sales to new markets or to re-shore operations back to the U.S.

Insurance

Many businesses have business interruption insurance; now is the time to contact your insurance agent to review your policy to understand precisely what you are and are not covered for in the event of an extended incident.

Government Contracting

SBA is focused on assisting with the continuity of operations for small business contracting programs and small businesses with federal contracts. For more information on federal contracting, visit

<https://www.sba.gov/federal-contracting/contracting-guide>

More specifically:

- **[8\(a\) Business Development](#)** program serves to help provide a level playing field for small businesses owned by socially and economically disadvantaged people or entities, and the government limits competition for certain contracts to businesses that participate. The 8(a) program offer and acceptance process is available nationwide, and the SBA continues to work

with federal agencies to ensure maximum practicable opportunity to small businesses. 8(a) program participants should stay in touch with their Business Opportunity Specialist (BOS).

- [HUBZone](#) program offers eligibility assistance every Thursday from 2:00-3:00 p.m. ET at 1-202-765-1264; access code 63068189#. Members of the HUBZone team answer questions to help firms navigate the certification process. For specific questions regarding an application, please contact the HUBZone Help Desk at hubzone@sba.gov.
- [Women-owned Small Business](#) firms who have questions, please visit www.sba.gov/wosbready or write to wosb@sba.gov.

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 (AJCC) for more information by emailing bizdev@wdacs.lacounty.gov or calling (213) 810-1641.

Best Practices

- Do your part to slow the spread
- Avoid social gatherings of 10 people or more
- Work or engage from home
- If necessary, working on location or place of business make sure to conduct regular environmental cleaning i.e. wipe down with cleaning solution, sanitize workspace and make sure employees are washing hands on a regular basis.
 - Staff should wear and use appropriate Personal Protective Equipment according to your existing policies and procedures.
 - Have soap and paper towels in bathrooms at all times.
- Avoid unnecessary travel
- California EDD has issued updated guidance on issues beyond unemployment insurance (e.g. caregiving for ill family members). [CLICK HERE](#) for that updated guidance.
- California's Department of Industrial Relations has issued updated guidance on what employers are expected to do to help promote hygiene/safety in the workplace. [CLICK HERE](#) for that updated guidance.
- Marketing – It's critical to communicate openly with your customers about the status of your operations, what protective measures you've implemented, and how they (as customers) will be protected when they visit your business. Promotions may also help incentivize customers who may be reluctant to patronize your business.
- Consider providing in-home services i.e. provide free delivery, etc.
- Inventory and Supply Chain Shortfalls – While the possibility could be remote, it is a prudent preparedness measure to ensure you have either adequate supplies of inventory for a sustained period and/or diversify your distributor sources in the event one supplier cannot meet an order request.

- Share best practices with other businesses in your communities (especially those in your supply chain), chambers of commerce, and associations to improve community response efforts.

Service Planning Areas

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

Service Planning Area 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

Service Planning Area 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.)

- Food and care for homeless community
 - 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](#)!)
- Food

- Freedom Church:
 - 9200 Owensmouth, Chatsworth, CA 91311
 - Hosting grab & go FREE grocery pick up on Wednesday, 3/18 from 12pm to 2pm
- 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

Service Planning Area 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.)

- Food

- 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, 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

Service Planning Area 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.)

- 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)
- Food
 - 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

Service Planning Area 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

Service Planning Area 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: Tues- Fri 10am-4pm appointment needed.
 - Call 310-603-7401 for apt.
 - Shields for Families-Social Service Agency–Food Bank
 - 11705 Deputy Yamamoto Place
 - Lynwood, CA. 90262
 - Phone: 323-242-5000 ext. 4200
 - Food Distribution: Thursdays 10am- 2pm
 - Paramount Care Foundation
 - 8303 Alondra Boulevard, 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 up/walk up
 - Firebaugh High School
 - 5246 Martin Luther King Jr. Blvd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Cesar Chavez Middle School
 - 3898 Abbott Rd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Rosa Parks Elementary
 - 3900 Agnes Ave, Lynwood, CA 90262
 - Parking lot drive up/walk up
 - Helen Keller Elementary
 - 3521 Palm Ave, Lynwood, CA 90262
 - Student drop off area drive up/walk up

Service Planning Area 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 Streets), 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

Service Planning Area 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
 - 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 9:30am- 11:30am
 - 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 6-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 \$1M to community-based organizations to help [#SoCal](#) communities facing economic hardship because of quarantines, illnesses or school closures, starting with \$150K 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 add'l 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 14th, 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 800-675-435

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=Cj0KCQjwx7zzBRCcARIsABPRs_cPNVndmcMPfCt-2boLex6qoP0uvy45EMPsy2dKITghITKPR8glwOcaAvQhEALw_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 (They see kids and adults)
9107 Wilshire Blvd, Beverly Hills, CA 90210
[\(310\) 271-9999](tel:3102719999)
 - Southern California Counseling Center (mid city)
5615 W Pico Blvd, Los Angeles, CA 90019
[\(323\) 937-1344](tel:3239371344)
 - Rose City Counseling Center (Pasadena)
595 E Colorado Blvd #418, Pasadena, CA 91101
[\(626\) 793-8609](tel:6267938609)
 - Queer Anxiety Virtual Support: Queer Healing Oasis is offering an anxiety virtual support non-clinical space to share & cope. For more info email marcos.emdr@gmail.com or call 818-233-1079, more info here: <https://www.queerhealingoasis.com/>
 - Donation-based and no one turned away for lack of funds. As of March 17th, 2020, they are taking on 3 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 & 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 a 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 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 also still accepting clients into our shelters. Their hotline number is 310-264-6644.

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

Child Support Services

All Los Angeles County Child Support Services (CSS) locations are closed to the public effective Monday, March 16th until further notice.

(For more information, click [here](#) for English and click [here](#) for Spanish!)

- Court Dates: All court cases will be continued to a new date. If you have an upcoming court date, you will receive a letter informing you of your new court date. If you have questions please call our Customer Contact Center at (866) 901-3212 or check our website (cssd.lacounty.gov) for more information.

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 www.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](#).

Alcoholics Anonymous

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

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 9th, 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>

Grocery Shopping

- ALL 41 Northgate Market shopping locations will be open exclusively for seniors from 7am to 8am starting Tuesday, March 17, 2020.
 - (For more information, click [here!](#))
- ALL Vallarta supermarkets will be open for seniors, disabled people, and pregnant people from 7am to 8am 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 7am to 8am 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 7:00am- 8:00am 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 during the hours of 7:00am- 8:00am 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 thier chest: <https://www.instagram.com/p/B9u3L6mjq8x/>
- The Coronavirus: 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 & services group for LGBT Elders, has a national 24/7 hotline for elders if they are feeling stress or anxiety at 1-877-360-LGBT / 1-877-360-5428 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 heck 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 /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 1 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: 1-888-745-3886
- Hearing impaired (TTY): 1-800-547-9565
- Outside the U.S. or Canada: 1-916-464-3502"

(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](#)!

Impacted Businesses

Loans

- The U.S. Small Business Administration offers up to \$2 Million in Disaster Assistance Loans for Small Businesses Impacted by COVID-19
(For more information, click [here](#), or contact the SBA disaster assistance customer service center at 1-800-659-2955 (TTY: 1-800-877-8339) or disastercustomerservice@sba.gov.)
- Los Angeles City Small Business Emergency Microloan Program
 - For general eligibility, important documentation, and microloan terms, please visit: <http://ewddlacity.com/index.php/microloan-program>
 - To apply, please visit: [Log In - City of LA](#)
 - To check if your business falls within LA City limits, visit: <https://neighborhoodinfo.lacity.org>
- **How to get access to lending partners?** SBA has developed [Lender Match](#), a free online referral tool that connects small businesses with participating SBA-approved lenders within 48 hours.
 - **7(a) program** offers loan amounts up to \$5,000,000 and is an all-inclusive loan program deployed by lending partners for eligible small businesses within the U.S. States and its territories. The uses of proceeds include: working capital; expansion/renovation; new construction; purchase of land or buildings; purchase of equipment, fixtures; lease-hold improvements; refinancing debt for compelling reasons; seasonal line of credit; inventory; or starting a business.
 - **Express** loan program provides loans up to \$350,000 for no more than 7 years with an option to revolve. There is a turnaround time of 36 hours for approval or denial of a completed application. The uses of proceeds are the same as the standard 7(a) loan.
 - **Community Advantage** loan pilot program allows mission-based lenders to assist small businesses in underserved markets with a maximum loan size of \$250,000. The uses of proceeds are the same as the standard 7(a) loan.
 - **504** loan program is designed to foster economic development and job creation and/or retention. The eligible use of proceeds is limited to the acquisition or eligible refinance of fixed assets.
 - **Microloan** program involves making loans through nonprofit lending organizations to underserved markets. Authorized use of loan proceeds includes working capital, supplies, machinery & equipment, and fixtures (does not include real estate). The maximum loan amount is \$50,000 with the average loan size of \$14,000.
- **Exporting Assistance:** SBA provides export loans to help small businesses achieve sales through exports and can help these businesses respond to opportunities and challenges

associated with trade, such as COVID-19. The loans are available to U.S. small businesses that export directly overseas, or those that export indirectly by selling to a customer that then exports their products.

- **Export Express** loan program allows access to capital quickly for businesses that need financing up to \$500,000. Businesses can apply for a line of credit or term note prior to finalizing an export sale or while pursuing opportunities overseas, such as identifying a new overseas customer should an export sale be lost due to COVID-19.
- **Export Working Capital** program enables small businesses to fulfill export orders and finance international sales by providing revolving lines of credit or transaction-based financing of up to \$5 million. Businesses could use a loan to obtain or retain overseas customers by offering attractive payment terms.
- **International Trade** loan program helps small businesses engaged in international trade to retool or expand to better compete and react to changing business conditions. It can also help exporting firms to expand their sales to new markets or to re-shore operations back to the U.S.

Insurance

Many businesses have business interruption insurance; now is the time to contact your insurance agent to review your policy to understand precisely what you are and are not covered for in the event of an extended incident.

Government Contracting

SBA is focused on assisting with the continuity of operations for small business contracting programs and small businesses with federal contracts. For more information on federal contracting, visit <https://www.sba.gov/federal-contracting/contracting-guide>

More specifically:

- **[8\(a\) Business Development](#)** program serves to help provide a level playing field for small businesses owned by socially and economically disadvantaged people or entities, and the government limits competition for certain contracts to businesses that participate. The 8(a) program offer and acceptance process is available nationwide, and the SBA continues to work with federal agencies to ensure maximum practicable opportunity to small businesses. 8(a) program participants should stay in touch with their Business Opportunity Specialist (BOS).
- **[HUBZone](#)** program offers eligibility assistance every Thursday from 2:00-3:00 p.m. ET at 1-202-765-1264; access code 63068189#. Members of the HUBZone team answer questions to help firms navigate the certification process. For specific questions regarding an application, please contact the HUBZone Help Desk at hubzone@sba.gov.
- **[Women-owned Small Business](#)** firms who have questions, please visit www.sba.gov/wosbready or write to wosb@sba.gov.

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 (AJCC) for more information by emailing bizdev@wdacs.lacounty.gov or calling (213) 810-1641.

Best Practices

- Do your part to slow the spread
- Avoid social gatherings of 10 people or more
- Work or engage from home
- If necessary, working on location or place of business make sure to conduct regular environmental cleaning i.e. wipe down with cleaning solution, sanitize workspace and make sure employees are washing hands on a regular basis.
 - Staff should wear and use appropriate Personal Protective Equipment according to your existing policies and procedures.
 - Have soap and paper towels in bathrooms at all times.
- Avoid unnecessary travel
- California EDD has issued updated guidance on issues beyond unemployment insurance (e.g. caregiving for ill family members). [CLICK HERE](#) for that updated guidance.
- California's Department of Industrial Relations has issued updated guidance on what employers are expected to do to help promote hygiene/safety in the workplace. [CLICK HERE](#) for that updated guidance.
- Marketing – It's critical to communicate openly with your customers about the status of your operations, what protective measures you've implemented, and how they (as customers) will be protected when they visit your business. Promotions may also help incentivize customers who may be reluctant to patronize your business.
- Consider providing in-home services i.e. provide free delivery, etc.
- Inventory and Supply Chain Shortfalls – While the possibility could be remote, it is a prudent preparedness measure to ensure you have either adequate supplies of inventory for a sustained period and/or diversify your distributor sources in the event one supplier cannot meet an order request.
- Share best practices with other businesses in your communities (especially those in your supply chain), chambers of commerce, and associations to improve community response efforts.

Service Planning Areas

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

Service Planning Area 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

Service Planning Area 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.)

- Food and care for homeless community
 - 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](#)!)
- Food
 - Freedom Church:
 - 9200 Owensmouth, Chatsworth, CA 91311
 - Hosting grab & go FREE grocery pick up on Wednesday, 3/18 from 12pm to 2pm
 - 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

Service Planning Area 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.)

- Food
 - 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, 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

Service Planning Area 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.)

- 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)
- Food
 - 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

Service Planning Area 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

Service Planning Area 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: Tues- Fri 10am-4pm appointment needed.
 - Call 310-603-7401 for apt.
 - Shields for Families-Social Service Agency–Food Bank
 - 11705 Deputy Yamamoto Place
 - Lynwood, CA. 90262
 - Phone: 323-242-5000 ext. 4200
 - Food Distribution: Thursdays 10am- 2pm
 - Paramount Care Foundation
 - 8303 Alondra Boulevard, 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 up/walk up
 - Firebaugh High School
 - 5246 Martin Luther King Jr. Blvd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Cesar Chavez Middle School
 - 3898 Abbott Rd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Rosa Parks Elementary
 - 3900 Agnes Ave, Lynwood, CA 90262
 - Parking lot drive up/walk up
 - Helen Keller Elementary
 - 3521 Palm Ave, Lynwood, CA 90262
 - Student drop off area drive up/walk up

Service Planning Area 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 Streets), 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

Service Planning Area 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
 - 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 9:30am- 11:30am
 - 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 6-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 \$1M to community-based organizations to help [#SoCal](#) communities facing economic hardship because of quarantines, illnesses or school closures, starting with \$150K 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 add'l 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 14th, 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 800-675-435

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=Cj0KCQjwx7zzBRCcARIsABPRs_cPNVndmcMPfCt-2boLex6qoP0uvyd45EMPsy2dKITghITKPR8qlwOcaAvQhEALw_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 (They see kids and adults)
9107 Wilshire Blvd, Beverly Hills, CA 90210
(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 & cope. For more info email marcos.emdr@gmail.com or call 818-233-1079, more info here: <https://www.queerhealingoasis.com/>
 - Donation-based and no one turned away for lack of funds. As of March 17th, 2020, they are taking on 3 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 & 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 a 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 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 also still accepting clients into our shelters. Their hotline number is 310-264-6644.
(For more information, click [here!](#))

Child Support Services

All Los Angeles County Child Support Services (CSS) locations are closed to the public effective Monday, March 16th until further notice.

(For more information, click [here](#) for English and click [here](#) for Spanish!)

- Court Dates: All court cases will be continued to a new date. If you have an upcoming court date, you will receive a letter informing you of your new court date. If you have questions please call our Customer Contact Center at (866) 901-3212 or check our website (cssd.lacounty.gov) for more information.

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 www.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](#).

Alcoholics Anonymous

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

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 9th, 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>

Grocery Shopping

- ALL 41 Northgate Market shopping locations will be open exclusively for seniors from 7am to 8am starting Tuesday, March 17, 2020.
 - (For more information, click [here!](#))
- ALL Vallarta supermarkets will be open for seniors, disabled people, and pregnant people from 7am to 8am 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 7am to 8am 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 7:00am- 8:00am 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 during the hours of 7:00am- 8:00am 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 thier chest: <https://www.instagram.com/p/B9u3L6mjq8x/>
- The Coronavirus: 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 & services group for LGBT Elders, has a national 24/7 hotline for elders if they are feeling stress or anxiety at 1-877-360-LGBT / 1-877-360-5428 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 heck 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 /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 1 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: 1-888-745-3886
- Hearing impaired (TTY): 1-800-547-9565
- Outside the U.S. or Canada: 1-916-464-3502"

(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!](#)

Impacted Businesses

Loans

- The U.S. Small Business Administration offers up to \$2 Million in Disaster Assistance Loans for Small Businesses Impacted by COVID-19
(For more information, click [here](#), or contact the SBA disaster assistance customer service center at 1-800-659-2955 (TTY: 1-800-877-8339) or disastercustomerservice@sba.gov.)
- Los Angeles City Small Business Emergency Microloan Program
 - For general eligibility, important documentation, and microloan terms, please visit: <http://ewddlacity.com/index.php/microloan-program>

- To apply, please visit: [Log In - City of LA](#)
- To check if your business falls within LA City limits, visit:
- <https://neighborhoodinfo.lacity.org>
- **How to get access to lending partners?** SBA has developed [Lender Match](#), a free online referral tool that connects small businesses with participating SBA-approved lenders within 48 hours.
 - **7(a) program** offers loan amounts up to \$5,000,000 and is an all-inclusive loan program deployed by lending partners for eligible small businesses within the U.S. States and its territories. The uses of proceeds include: working capital; expansion/renovation; new construction; purchase of land or buildings; purchase of equipment, fixtures; lease-hold improvements; refinancing debt for compelling reasons; seasonal line of credit; inventory; or starting a business.
 - **Express** loan program provides loans up to \$350,000 for no more than 7 years with an option to revolve. There is a turnaround time of 36 hours for approval or denial of a completed application. The uses of proceeds are the same as the standard 7(a) loan.
 - **Community Advantage** loan pilot program allows mission-based lenders to assist small businesses in underserved markets with a maximum loan size of \$250,000. The uses of proceeds are the same as the standard 7(a) loan.
 - **504** loan program is designed to foster economic development and job creation and/or retention. The eligible use of proceeds is limited to the acquisition or eligible refinance of fixed assets.
 - **Microloan** program involves making loans through nonprofit lending organizations to underserved markets. Authorized use of loan proceeds includes working capital, supplies, machinery & equipment, and fixtures (does not include real estate). The maximum loan amount is \$50,000 with the average loan size of \$14,000.
- **Exporting Assistance:** SBA provides export loans to help small businesses achieve sales through exports and can help these businesses respond to opportunities and challenges associated with trade, such as COVID-19. The loans are available to U.S. small businesses that export directly overseas, or those that export indirectly by selling to a customer that then exports their products.
 - **Export Express** loan program allows access to capital quickly for businesses that need financing up to \$500,000. Businesses can apply for a line of credit or term note prior to finalizing an export sale or while pursuing opportunities overseas, such as identifying a new overseas customer should an export sale be lost due to COVID-19.
 - **Export Working Capital** program enables small businesses to fulfill export orders and finance international sales by providing revolving lines of credit or transaction-based financing of up to \$5 million. Businesses could use a loan to obtain or retain overseas customers by offering attractive payment terms.
 - **International Trade** loan program helps small businesses engaged in international trade to retool or expand to better compete and react to changing business conditions. It can also help exporting firms to expand their sales to new markets or to re-shore operations back to the U.S.

Insurance

Many businesses have business interruption insurance; now is the time to contact your insurance agent to review your policy to understand precisely what you are and are not covered for in the event of an extended incident.

Government Contracting

SBA is focused on assisting with the continuity of operations for small business contracting programs and small businesses with federal contracts. For more information on federal contracting, visit

<https://www.sba.gov/federal-contracting/contracting-guide>

More specifically:

- **[8\(a\) Business Development](#)** program serves to help provide a level playing field for small businesses owned by socially and economically disadvantaged people or entities, and the government limits competition for certain contracts to businesses that participate. The 8(a) program offer and acceptance process is available nationwide, and the SBA continues to work with federal agencies to ensure maximum practicable opportunity to small businesses. 8(a) program participants should stay in touch with their Business Opportunity Specialist (BOS).
- **[HUBZone](#)** program offers eligibility assistance every Thursday from 2:00-3:00 p.m. ET at 1-202-765-1264; access code 63068189#. Members of the HUBZone team answer questions to help firms navigate the certification process. For specific questions regarding an application, please contact the HUBZone Help Desk at hubzone@sba.gov.
- **[Women-owned Small Business](#)** firms who have questions, please visit www.sba.gov/wosbready or write to wosb@sba.gov.

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 (AJCC) for more information by emailing bizdev@wdacs.lacounty.gov or calling (213) 810-1641.

Best Practices

- Do your part to slow the spread
- Avoid social gatherings of 10 people or more
- Work or engage from home
- If necessary, working on location or place of business make sure to conduct regular environmental cleaning i.e. wipe down with cleaning solution, sanitize workspace and make sure employees are washing hands on a regular basis.
 - Staff should wear and use appropriate Personal Protective Equipment according to your existing policies and procedures.

- Have soap and paper towels in bathrooms at all times.
- Avoid unnecessary travel
- California EDD has issued updated guidance on issues beyond unemployment insurance (e.g. caregiving for ill family members). [CLICK HERE](#) for that updated guidance.
- California's Department of Industrial Relations has issued updated guidance on what employers are expected to do to help promote hygiene/safety in the workplace. [CLICK HERE](#) for that updated guidance.
- Marketing – It's critical to communicate openly with your customers about the status of your operations, what protective measures you've implemented, and how they (as customers) will be protected when they visit your business. Promotions may also help incentivize customers who may be reluctant to patronize your business.
- Consider providing in-home services i.e. provide free delivery, etc.
- Inventory and Supply Chain Shortfalls – While the possibility could be remote, it is a prudent preparedness measure to ensure you have either adequate supplies of inventory for a sustained period and/or diversify your distributor sources in the event one supplier cannot meet an order request.
- Share best practices with other businesses in your communities (especially those in your supply chain), chambers of commerce, and associations to improve community response efforts.

Service Planning Areas

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

Service Planning Area 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

Service Planning Area 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.)

- Food and care for homeless community
 - 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](#)!)
- Food
 - Freedom Church:
 - 9200 Owensmouth, Chatsworth, CA 91311
 - Hosting grab & go FREE grocery pick up on Wednesday, 3/18 from 12pm to 2pm
 - 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

Service Planning Area 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.)

- Food
 - 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, 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

Service Planning Area 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.)

- 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)
- Food
 - 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

Service Planning Area 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

Service Planning Area 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: Tues- Fri 10am-4pm appointment needed.
 - Call 310-603-7401 for apt.
 - Shields for Families-Social Service Agency–Food Bank
 - 11705 Deputy Yamamoto Place
 - Lynwood, CA. 90262
 - Phone: 323-242-5000 ext. 4200
 - Food Distribution: Thursdays 10am- 2pm
 - Paramount Care Foundation
 - 8303 Alondra Boulevard, 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 up/walk up
 - Firebaugh High School
 - 5246 Martin Luther King Jr. Blvd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Cesar Chavez Middle School
 - 3898 Abbott Rd, Lynwood, CA 90262
 - Front parking lot drive up/walk up
 - Rosa Parks Elementary
 - 3900 Agnes Ave, Lynwood, CA 90262
 - Parking lot drive up/walk up
 - Helen Keller Elementary
 - 3521 Palm Ave, Lynwood, CA 90262
 - Student drop off area drive up/walk up

Service Planning Area 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 Streets), 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

Service Planning Area 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
 - 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 9:30am- 11:30am
 - 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 6-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 \$1M to community-based organizations to help [#SoCal](#) communities facing economic hardship because of quarantines, illnesses or school closures, starting with \$150K 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 add'l 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 14th, 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 800-675-435

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=Cj0KCQjwx7zzBRCcARIsABPRs_cPNVndmcMPfCt-2boLex6qoP0uvyd45EMPsy2dKITghITKPR8qlwOcaAvQhEALw_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 (They see kids and adults)
9107 Wilshire Blvd, Beverly Hills, CA 90210
[\(310\) 271-9999](tel:3102719999)
 - Southern California Counseling Center (mid city)
5615 W Pico Blvd, Los Angeles, CA 90019
[\(323\) 937-1344](tel:3239371344)
 - Rose City Counseling Center (Pasadena)
595 E Colorado Blvd #418, Pasadena, CA 91101
[\(626\) 793-8609](tel:6267938609)

- Queer Anxiety Virtual Support: Queer Healing Oasis is offering an anxiety virtual support non-clinical space to share & cope. For more info email marcos.emdr@gmail.com or call 818-233-1079, more info here: <https://www.queerhealingoasis.com/>
 - Donation-based and no one turned away for lack of funds. As of March 17th, 2020, they are taking on 3 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 & 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 a 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 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 also still accepting clients into our shelters. Their hotline number is 310-264-6644.
(For more information, click [here!](#))

Child Support Services

All Los Angeles County Child Support Services (CSS) locations are closed to the public effective Monday, March 16th until further notice.

(For more information, click [here](#) for English and click [here](#) for Spanish!)

- Court Dates: All court cases will be continued to a new date. If you have an upcoming court date, you will receive a letter informing you of your new court date. If you have questions please call our Customer Contact Center at (866) 901-3212 or check our website (cssd.lacounty.gov) for more information.

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 www.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](#).

Alcoholics Anonymous

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

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 9th, 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>

FREE MEALS & CHILDCARE IN SAN FRANCISCO DURING SCHOOL CLOSURES:

<https://www.sfstation.com/2020/03/13/where-families-can-get-free-breakfast-and-lunch-in-san-francisco-during-school-closures/>

FREE MEALS IN AUSTIN, TX DURING SCHOOL CLOSURES:

<https://www.kxan.com/news/local/austin/aisd-providing-lunch-for-students-at-14-places-in-austin-despite-school-cancellation/>

FREE MEALS IN ANNAPOLIS, MD DURING SCHOOL CLOSURES:

http://aapssschools.org/pressr/?p=5666&fbclid=IwAR1r7w7L91aVP1aBDH_wr_UnoE67N1oAvT7Zu46lfuk5UYttcnu7oPILSj8