### **FAMILY & COMMUNITY RESOURCES**

### **Food Assistance**

* Alliance College-Ready Public Schools: Free distribution of meals at [Alliance](https://4.files.edl.io/8f13/03/16/20/160117-ccc87d4d-c822-4c48-b7c2-a98cb98d5709.pdf) Schools & a list of food pantry partners.
* Grab & Go Food Centers: 60 LAUSD facilitated grab & go [food centers](https://achieve.lausd.net/resources) that offer free meals.
* Los Angeles Regional Food Bank: A [website](https://www.lafoodbank.org/find-food/pantry-locator/) to help find nearby food pantries. Clients should bring photo identification with them. Identification should show client’s current residential address. Some pantries have an application process and ask clients for documents supporting income. However, all clients will be served the first time regardless of completion of application and service area.
* Seniors Meal Map: To ensure older adults continue to receive meals, LA County Dept. of Workforce Development in partnership with City of LA Dept. of Aging offer [free meals](https://www.google.com/maps/d/u/0/viewer?mid=1paBMfsRqsS4r9Px4xiOGYCfxA4-J9y2E&ll=34.029728592186366%2C-118.13568714999201&z=10).
* Grocery Outlet: Daily “[Senior Shopping Hou](https://www.coloradoboulevard.net/local-altadena-grocery-offers-senior-shopping-hour/)r” from 7-8am. [Northgate](https://www.northgatemarket.com) Markets, [Vallarta](https://vallartasupermarkets.com) Supermarkets also have senior shopping hours from 7-8am.
* Community & Senior Centers Senior Lunch Programs: Work Force Development Services Aging and Community Services operates more than 100 congregate [meal sites](https://wdacs.lacounty.gov/wp-content/uploads/2020/03/CentersUpdate_SeniorLunches_3.13.20.pdf). A list of their locations is provided.
* Hugo's Restaurants: Kids 12 and under eat for [free](https://www.instagram.com/p/B9sFXZZJhnL/).
* City of Lynwood: [Free](https://twitter.com/mysafela/status/1239666368313622529) meals for all youth ages 1-18.
* Every Table:Local LA healthy food options chain will provide [delivery](https://twitter.com/foreverytable/status/1239566924863815682) to families, senior citizens, and even small businesses.

### **Clothing Assistance**

* Dream Center: A list of [resources](https://docs.google.com/document/d/1EbAAkqPTfcUycFs54KYo9WVvjXXrQzpQnIG1qr988LQ/edit) that the Dream Center offers to community members including access to free food, clothing, and shelter.
* [St. Francis Center](https://www.stfranciscenterla.org/detailed-information-on-program-modifications/): is committed to continue to serve our community on a daily basis. They provide free food, clothing, and housing assistance.

**Housing & Utilities Assistance**

* City of Los Angeles Eviction Moratorium: Mayor Eric Garcetti has signed an [order](https://www.lamayor.org/mayor-garcetti-orders-moratorium-commercial-evictions-related-novel-coronavirus) halting residential evictions in the city of Los Angeles.
* [LADWP](https://www.ladwpnews.com/a-message-from-ladwp-regarding-power-water-service-during-coronavirus-covid-19-pandemic/?fbclid=IwAR2WQSOvsnvwy7Ho6hkEvoRlHF3VJLvJHmruGIw6mKBZIQtgiV5AJxHdjo4): In response to questions and concerns about whether the COVID-19 Pandemic could affect the continuity of water and power service to residents, businesses and institutions, LADWP wants to reassure our customers that we have been and continue to take steps to ensure our core mission of delivering reliable water and electric service continues uninterrupted.
* Comcast: [Comcast](https://www.internetessentials.com) offering 60 days of free internet, plus low cost computers for $149.
* Gas Updates: The [Southern CA Gas Company](https://socalgas.com/coronavirus) & [Southern CA Edison](https://www.sce.com/safety/coronavirus) announced that it will not disconnect services for those impacted by COVID-19.
* Verizon Assistance: [Verizon](https://www.verizon.com/about/news/verizon-help-customers-and-small-businesses) will waive late fees due to any COVID-19 related financial challenges.
* Spectrum: [Free](https://abc11.com/health/spectrum-offers-free-internet-to-students-amid-covid-19-pandemic/6017902/) wifi for 60 days to low income families. Also offering high speed internet at an affordable price. See their application in [Spanish](https://www.spectrum.com/content/dam/spectrum/residential/en/pdfs/spectrum-internet-assist/Nov2019_SIA_Eligibility_Form_FINAL_REV.pdf).

### **Employment Assistance**

### Paid Family Leave: Parents qualify for paid family leave if they have to stay home and take care of a Covid-19 infected person or they have been quarantined themselves (medical professional must certify). **Directions on how to file a paid family leave is** [**here**](https://edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm)**.**

### Disability Benefits/Paid Sick Leave: These benefits apply to anyone that has Covid-19 and are quarantined (medical professional required to certify). **Directions on how to file a disability insurance claim is** [**here**](https://edd.ca.gov/Disability/How_to_File_a_DI_Claim_in_SDI_Online.htm)**.**

### Unemployment Benefits: These benefits apply to anyone whose work hours have been reduced or have lost their job due to Covid-19 measures (including parents impacted by school closures which is a Covid-19 measure). Unemployment benefits will also apply to those that self select to stay at home due to pre-existing health conditions that place them at higher risk. The usual one week time period (to look for work) has been currently waived by California. **Directions on how to file an unemployment insurance claim is** [**here**](https://edd.ca.gov/Unemployment/Filing_a_Claim.htm)**.**

### Worker’s Compensation: This benefit is available to anyone that contracted Covid-19 or were exposed to it and are no longer able to do their normal work duties (i.e. child development workers, healthcare workers). See other FAQ [here](https://www.dir.ca.gov/dlse/2019-Novel-Coronavirus.htm).

### Tax Assistance: Language from the[**Employment Development Department**](https://edd.ca.gov/about_edd/coronavirus-2019.htm?fbclid=IwAR3vS9NqAlxiZJtKT21dJSoMSvV-klMlSK2nvPGzA2v8FHeglkS4YKrLh78): “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.

**Health & Wellness, Mental Well Being**

* [COVID-19 Testing](https://www.talktomira.com/post/where-how-to-get-tested-for-coronavirus-in-los-angeles): A list of health centers that provide COVID-19 testing.
* National Association of School Psychologists: [Tips](https://drive.google.com/drive/folders/1BhPHayhtwJP3Y8MsSzAi_R0oSD36Zp_b) on helping scholars cope with any fears and how to talk to scholars about Covid-19 and the measures that are being enacted at the local, state and federal levels.
* [Shine & Mental Health America](https://www.virusanxiety.com): Online resource that can be accessed to help manage anxiety during this time.
* [Crisis Text Line](https://www.crisistextline.org): Available for all types of crisis situations for scholars and families. Text “HOME” to 741741
* [Free Online Workouts](https://blog.feedspot.com/workout_youtube_channels/): Top 100 Youtube Channels for new exercises.
* [Healthy Eating](https://www.huffpost.com/entry/healthy-instagram-feeds_n_5693dbebe4b0cad15e65940e?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAAIk3DSg3czohPhdrhTboPaW1WAiWD8GQw_jaDHyRoWR0LO5QmGbfVYHBK1GQ-1C5te0tZ4E9YSwNc7JVP00yr4Y1m8GyyfYP-0woSAVhL8Cwv5VWAMoL9_wWa4BGqFXILp5gB2twFIanfNLwYaAssa2aG1Acrmi-zx7cXa_wmdfe): A list of top Instagram feeds to help you focus on healthy eating habits.
* [Free & Low Cost Health Care:](https://lacounty.gov/government/county-services/free-and-low-cost-health-care/) This guide contains information about many free and low-cost health care services and programs for residents of Los Angeles. County. [Free Clinics](https://www.freeclinics.com/cit/ca-los_angeles) also provides a list of free and income based health.

**General Resources**

* Household Preparedness: This is [guidance](https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fget-your-household-ready-for-COVID-19.html) from the CDC to help prepare household for COVID-19.
* California Department of Health: General COVID-19 [Updates](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx). Also a Spanish version of the website.
* L.A. County Department of Public Health: A list of [FAQ](http://publichealth.lacounty.gov/media/Coronavirus/FAQ.pdf) regarding COVID-19 and online resources.
* World Health Organization: A series of [myths](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters) about COVID-19.