

One Degree COVID-19 (Coronavirus) Resource Guide

Los Angeles County resources

Updated April 13, 2020

What is this guide?

At One Degree we always strive to provide comprehensive, updated and accurate community resource information. During the COVID-19 outbreak we maintain that same commitment and are happy to provide this guide as **a quick and effective reference to resources you might need during this period.**

We will be updating the guide **Monday - Friday by 2PM PT** with new resources as they become available. Please check back for the most up-to-date-information!

Other guides and viewing options:

View this guide online in [English](#) and [Spanish](#)

View this guide in [Spanish](#) via PDF

View the Bay Area & State-wide Resource guide online in [English](#) and [Spanish](#)

View the Bay Area & State-wide Resource guide via PDF in [English](#) or [Spanish](#)

Help your community by contributing to the guide.

This is a living document and we need your help to make it as comprehensive as possible.

- Share resources or resource guides with us that we should add! **[Complete this form](#) or email us at help@1degree.org**
- Inform us if a resource or other information listed incorrectly on the guide. We will review your suggestions, confirm the accuracy, and make the appropriate edits. **[Complete this form](#) or email us at help@1degree.org**
- Let us know if this guide has been helpful to you. We always appreciate your feedback. Feedback can be anonymous. **[Complete this form](#) or email us at help@1degree.org**

Resource Availability

Please note that the resources listed on the website (www.1degree.org) and apps may be unavailable or have limited availability. If you have urgent resource needs that may be impacted by office closures, please reference this Resource Guide.

Need more help?

You may also email us at help@1degree.org (English and Spanish, respond within 1 business day) if you need help beyond this guide. You can also reach us on **Live Chat** by clicking the yellow box on the bottom right of any page on www.1degree.org.

CA State Wide & National

Food Support

- **Access a local food bank**
 - California Association of Food Banks
 - California Association of Food Banks and its food bank network will continue to work to ensure that our most vulnerable communities have consistent and safe access to nutritious food.
 - Locate a food bank here by entering your zip code: [Find a Food Bank](#)
 - More: [Information on COVID-19 \(Corona Virus\)](#)

Financial Support

- **Get an extension on filing your tax return and making payments**
 - Franchise Tax Board
 - Taxpayers affected by COVID-19 are granted an extension to file California tax returns and make certain payments until June 15, 2020. The Franchise Tax Board will also waive any interest and late filing/payment penalties that would otherwise apply.
 - If you're claiming the COVID-19 relief, write COVID-19 in black ink at the top of your tax return. If you're e-filing, follow the software instructions to enter disaster information.
 - Tax filing and payment deadlines that occur on March 15, 2020 through June 15, 2020 are extended to June 15, 2020.
 - More info: [Franchise Tax Board news release](#)
- **Get fee waivers and waived penalties for Citibank customers**
 - Citibank
 - Starting March 9, 2020 and effective for an initial 30 days, Citibank Retail Bank customers can get fee waivers on monthly service fees and waived penalties for early Certificate of Deposit withdrawal. Citibank Retail Bank Small Business customers can get fee waivers on monthly service fees and remote deposit capture and waived penalties for early Certificate of Deposit withdrawal.
 - Call the phone number on the back of your card to inquire about account assistance. If you currently work with a Banker or Financial Advisor, you can contact them during their regular business hours.
 - Assistance is available 24/7 via the phone number on the back of your card.
 - More info: [Citibank online announcement](#)
- **Get financial assistance for individuals and their families in the alcohol industry**
 - USBG National Charity Foundation
 - Eligible if worked for at least one year directly serving or in the production, promotion or distribution of alcoholic beverages, or the spouse or child of someone in the industry
 - Apply with online [form](#)
 - More info: [COVID-19 Relief](#)
- **Get low interest loans for small businesses and nonprofits**

- US Small Business Administration
 - These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. The interest rate is 3.75% for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for non-profits is 2.75%
 - Apply Here: [Online Application](#)
 - More info: Call **1-800-659-2955** or email disastercustomerservice@sba.gov
- **Get paid leave for caretakers**
 - Paid Family Leave (PFL) provides up to six weeks of benefit payments to eligible workers who have a full or partial loss of wages because they need time off work to care for an ill or quarantined family member with COVID-19. Diagnosis by a medical professional is required. Benefit amounts are approximately 60-70% of wages (depending on income) and range from \$50-\$1,300/week.
 - File online: [How to File a Paid Family Leave \(PFL\) Claim in SDI Online](#)
 - More info: [Coronavirus 2019 \(COVID-19\)](#)
- **Claim unemployment benefits**
 - Employment Development Department
 - Employees who lost their job or had their hours reduced due to COVID-19 can claim Unemployment Insurance (UI) to get partial wage replacement benefit payments. Workers are expected to return to work with their employer within a few weeks, are not required to actively seek work each week, and must remain able and available and ready to work during their unemployment for each week of benefits claimed. Benefits range from \$40-\$450 per week.
 - File online here: https://edd.ca.gov/Unemployment/Filing_a_Claim.htm
 - More info: [Coronavirus 2019 \(COVID-19\)](#)
- **Get cash assistance for service workers**
 - One Fair Wage
 - Restaurant workers, delivery drivers, and other tipped workers and service workers who are seeing their income decline or aren't able to work because of quarantines or other health concerns can request cash assistance.
 - Submit request online: <https://ofwemergencyfund.org/help>
- **Get cash assistance for bartenders**
 - Bartender Emergency Assistance Program
 - Bartenders who are experiencing a catastrophic event or emergency hardship can request financial assistance.
 - Apply online: <https://www.usbgfoundation.org/beap-application>
 - Full eligibility requirements: <https://www.usbgfoundation.org/beap>
- **Get cash assistance for DJs**
 - The Beat Goes On Fund
 - One-time financial stipend of up to \$400 to help active working club DJs who are experiencing financial hardship due to a loss of gigs from COVID-19. Must have a Venmo or Paypal account.
 - [Visit the link](#) and complete and submit the online form to apply for a stipend.

- Email: iknowfranchise@gmail.com (Felix Flores [DJ Franchise]).
 - More info: [The Beat Goes On Fund homepage](#)
- **Get cash assistance for artists and arts administrators of color**
 - Arts Administrators of Color Network
 - One-time \$200 stipend for US-based artists and arts administrators (consultants, facilitators, box office staff, seasonal/temporary employees, etc.) who have been financially impacted due to COVID-19. Must self-identify as black, indigenous, or a person of color. Funds distributed on a first-come, first-served basis.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: emergencyfund@aacdmv.org
 - More info: [Our Response to COVID-19](#)
- **Access a free financial planning session for freelancers**
 - Freelance Financial Planning
 - Free 45-minute virtual financial planning session for freelancers affected by COVID-19. Topics may include identifying sources of emergency funding, brainstorming ways to cut spending, and questions about retirement savings.
 - Email ben@freelancefp.com to schedule a session. Phone #: 402-979-6473; email: ben@freelancefp.com.
 - More info: [Freelance Financial Planning MailChimp announcement](#)
- **Apply for cash assistance for experimental artists**
 - Foundation for Contemporary Arts
 - The COVID-19 Relief Fund is distributing \$1000 grants to US-based experimental artists who have had performances or exhibitions cancelled or postponed due to COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Phone #: 212-807-7077; email: info@contemporary-arts.org.
 - More info: [COVID-19 Relief Fund Application page](#)
- **Apply for cash assistance for individuals who work behind the scenes in the entertainment technology industry who have been hospitalized with COVID-19**
 - Behind the Scenes Charity
 - Behind the Scenes is accepting applications for emergency financial assistance from behind-the-scenes workers in the entertainment technology industry who have been hospitalized with COVID-19 and have financial need. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the application form by email, fax, or mail to apply for funds.
 - phone #: 212-244-1421; fax #: 646-713-2308; email: info@btshelp.org.
 - More info: [Apply for a Basic Needs Grant](#)
- **Apply for cash assistance for musicians with cancelled work due to COVID-19**
 - Equal Sound
 - Financial assistance for US-based musicians who have had gigs cancelled due to COVID-19. Must submit W-9 form and proof of gig cancellation.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: corona@equalsound.org.
 - More info: [Corona Relief Fund FAQ](#)

- **Apply for cash assistance for music industry professionals**
 - MusiCares
 - Financial assistance of up to \$1000 for rent/mortgage costs for music industry professionals who have had work cancelled due to COVID-19. Must submit proof of cancellation and copy of rent/mortgage agreement/statement.
 - [Visit the link](#) and complete and submit the application form by email or fax to apply for funds.
 - Fax #: 615.327.0876; email: MusiCaresRelief@MusiCares.org.
 - More info: [MusiCares COVID-19 Relief Fund](#)

- **Apply for cash assistance for queer writers of color**
 - Shade Literary Arts
 - Financial assistance of \$100-\$500 for queer writers of color impacted by COVID-19. Priority given to trans women and individuals with disabilities.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: info@shadeliteraryarts.org
 - More info: [Queer Writers of Color Relief Fund GoFundMe page](#) and [Twitter announcement](#)

- **Apply for cash assistance for theater writers**
 - Dramatists Guild Foundation
 - Emergency financial assistance for theater playwrights, composers, lyricists, and book writers. Applications will be reviewed based on severity of need, especially as relates to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Phone #: 212-391-8384; email: applications@dgf.org.
 - More info: [Emergency Grants page](#)

- **Apply for cash assistance for artists working in craft disciplines who require intensive medical care due to COVID-19**
 - CERF+
 - Emergency \$3,000 grants for artists working in craft disciplines who are infected with COVID-19 and require intensive medical care. [Click here](#) for eligibility.
 - [Visit the link](#) and complete and submit the Emergency Assistance Inquiry form to inquire about receiving assistance. If you are determined to be eligible, you will be invited to submit an application.
 - 535 Stone Cutters Way, Suite 202, Montpelier, VT 05602; phone #: 802-229-2306; email: info@craftemergency.org.
 - More info: [CERF+ new release](#) and [Emergency Grants and Resources for Artists page](#)

- **Get Workers' Compensation for employees who are exposed to and contract COVID-19 during regular work**
 - State of California Department of Industrial Relations
 - Workers' Compensation is available when a doctor says you can't do your usual work for more than three days or you are hospitalized overnight. COVID-19 diagnosis by a medical professional required. And proof that an employee was exposed to and contracted COVID-19 during regular work.

- Benefits in general pay two-thirds of gross wages lost while recovering.
- File online: [File a Workers' Compensation Claim](#)
- More info: [Workers' Compensation Guidebook and Eligibility](#)

- **Get an interest free loan for Jewish residents of Northern California**
 - Hebrew Free Loan
 - Hebrew Free Loan is offering interest free loans to help manage financial difficulties related to COVID-19. Assisting with needs such as lost wages, child care costs, small business losses, or cancelled study abroad programs.
 - Call (415) 546-9902 x 110 or email info@hflasf.org with any questions.
 - [Visit the link](#) and submit the application to apply for a loan.
 - More info: [Hebrew Free Loan](#)

- **Apply for relief funds for members of the entertainment unions**
 - The Actors Fund
 - Includes AEA, AGMA, Musician Union Local 802, Producer Guild of America, SAG-AFTRA
 - See [site](#) for eligibility requirements for each union, if eligible apply [here](#). It is taking up to two weeks to process applications at the moment.
 - General info email: info@actorsfund.org

- **Apply for cash assistance for musicians and music industry workers**
 - Sweet Relief Musicians Fund
 - Funds available for musicians and music industry workers (artist managers, tour managers, booking agents, producers, recording engineers, publicists, etc.) impacted by sickness or loss of work due to COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) to download the application form. Complete and submit the application by email, fax, or mail.
 - 2601 E Chapman Ave, Suite 204, Fullerton, CA 92831; phone #: 714-626-0447; fax #: 714-626-0473; email: info@sweetrelief.org.
 - More info: [COVID-19 Fund page](#)

- **Apply for emergency grants for writers**
 - Authors League
 - For career writers (published book authors, dramatist with full length plays produced in mid/large theaters, journalists/critics/
 - Read FAQ page before applying, apply online [here](#)
 - For more information, visit www.authorsleaguefund.org or email: staff@authorsleaguefund.org.
 - For info: [Emergency Circumstance Grant](#)

- **Apply for cash assistance for artists and activists**
 - The Soze Agency
 - \$250 grants for artists and activists whose work has been impacted by COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for a grant.
 - More info: [Artist + Activist Relief Fund page](#) and [announcement on The Soze Agency's Facebook page](#)

- **Apply for cash assistance for freelance musicians working in new, creative, experimental, or improvised music**

- New Music USA
 - \$500 emergency grants for freelance musicians working in new, creative, experimental, or improvised music whose livelihoods have been threatened by cancellations due to COVID-19.
 - [Visit the link](#) to access the application.
 - 90 Broad St, 19th Floor, New York, NY 10004; email: info@newmusicusa.org; applications open from March 31-April 30.
 - More info: [New Music Solidarity Fund press release](#) and [application page](#)
- **Apply for cash assistance for self-employed photographers**
 - Format
 - \$500 grants for self-employed photographers who are facing financial hardship due to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for a grant.
 - Email: info@format.com.
 - More info: [The Photographer Fund page](#)
- **Apply for cash assistance for restaurant workers**
 - Restaurant Workers' Community Foundation
 - Emergency funds for US-based restaurant workers impacted by COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: info@restaurantworkerscf.org.
 - More info: [Frequently Asked Questions About Our COVID-19 Relief Fund](#)
- **Apply for cash assistance for hospitality workers**
 - Another Round, Another Rally
 - \$500 relief grants for hospitality workers who lost their job or had their hours cut due to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for a grant.
 - Email: info@AnotherRoundAnotherRally.org.
 - More info: [Another Round, Another Rally homepage](#) and [announcement on Another Round, Another Rally's Facebook page](#)
- **Apply for cash assistance for food and beverage service employees with children**
 - Children of Restaurant Employees (CORE)
 - Financial support for food and beverage service employees with children. Must be diagnosed with COVID-19 or have a family member living in the same home be diagnosed with COVID-19 with self-quarantine required by a doctor. Documentation required.
 - [Visit the link](#) and complete and submit the online form to apply for support.
 - Phone #:404-655-4690; email: info@coregives.org.
 - More info: [COVID-19 page](#)
- **Apply for grant for writers**
 - PEN America
 - To be eligible, must be a professional writer and demonstrate at a one time gran can help fulfill a specific. grants are \$500 - \$1000, takes about 10 days to review
 - Apply Online: [Application](#)

- PEN America, 8444 Wilshire Blvd., 4th Floor, Beverly Hills, CA 90211, phone number: 323-424-4939, email: writersfund@pen.org
- More Info: [Writers Emergency Fund](#)
- **Apply for grant for painters, printmakers and sculptors**
 - Adoph & Esther Gottlieb Foundation
 - To be eligible, minimum of 10 years dedicated to painting, printmaking or sculpting
 - Read [instructions](#), then create an account and fill out an application [here](#).
 - Phone #: 212-226-0581, grants manager: Melissa Joseph, mjoseph@gottliebfoundation.org
 - More info: [Adoph & Esther Gottlieb Emergency Grant](#)
- **Apply for financial hardship for domestic workers**
 - National Domestic Workers Alliance (NDWA)
 - To be eligible must participated in NDWA activities, affiliate organization or Alia users
 - [Login](#) to account to apply
 - Phone #: 646-360-5806
 - More info: [Coronavirus Care Fund](#)
- **Defer payments on federally-held student loans**
 - US Department of Education
 - Borrowers of federally-held student loans have the option to defer loan payments with no penalty for 60 days starting on March 13, 2020.
 - Call your loan servicer and ask for an administrative forbearance. If you're not sure who your servicer is or how to contact them, [visit the link](#) or call 1-800-433-3243 for assistance.
 - Federal Student Aid Information Center phone #: 1-800-433-3243; TTY: 1-800-730-8913
 - More info: [Coronavirus and Forbearance Info for Students, Borrowers, and Parents](#)
- **Get mortgage assistance for U.S. Bank mortgage customers**
 - U.S. Bank
 - U.S. Bank is offering its mortgage customers assistance programs that may allow you to suspend your mortgage payments for 90 days, during which time you won't be charged any late fees and your accounts will not be reported as delinquent.
 - Call (888) 287-7817 and press option #2 to request assistance.
 - Phone #: (888) 287-7817.
 - More info: [Mortgage Help and Repayment Options](#)
- **Apply for loan for small to mid-sized arts organizations**
 - Northern California Grantmakers
 - Low-interest loans (2.5%) with 12 - 24 month repayment period, to cover basic such as staff salaries, rent and other operating cost
 - Check [eligibility list](#), then contact Margaret Southerland (margaret@padmaconsulting.com or 415-567-5494) to identify if this loan fits your organization's need, then apply online: [Application](#)
 - [COVID-19 Emergency Loan](#)
- **Request fee waivers and payment deferrals for Bank of America customers**
 - Bank of America

- Bank of America is offering additional support to its customers impacted by COVID-19 on a case-by-case basis. Support may include payment deferrals for credit cards, mortgages, and small business and auto loans and refunds on overdraft, non-sufficient funds, monthly maintenance, and late fees.
 - [Visit the link](#) to request a deferral on credit card or mortgage payments or call 800-432-1000 for more information.
 - Phone #: 800-432-1000.
 - More info: [Bank of America press release](#)
- **Request payment deferrals for PNC customers**
 - PNC Bank
 - PNC is offering additional support to its customers impacted by COVID-19, which may include payment deferrals of up to 90 days for auto loans, unsecured installment loans or unsecured lines of credit, credit cards, mortgages, and home equity loans or home equity lines of credit.
 - [Visit the link](#) and complete and submit the online form to request a payment deferral.
 - Phone #: 1-800-558-8472 (credit card); 1-800-523-8654 (mortgage); 1-888-762-2265 (auto loan, home equity loan or line of credit, and personal loan or line of credit).
 - More info: [Important Updates for Our Customers About Coronavirus \(COVID-19\)](#)
- **Request fee waivers and payment deferrals for Wells Fargo customers**
 - Wells Fargo
 - Wells Fargo is offering additional support to its customers impacted by COVID-19, such as fee waivers and payment deferrals, including 90-day payment deferrals for mortgages.
 - [Visit the link](#) to sign into your online banking account and email Wells Fargo through the Message Center to request support.
 - Phone #: 1-800-869-3557; TDD/TTY: 1-800-877-4833.
 - More info: [Wells Fargo press release](#) and [Coronavirus \(COVID-19\) Information Center](#)
- **Apply for cash assistance for DoorDash drivers**
 - DoorDash
 - Up to two weeks of financial assistance for DoorDash drivers who have tested positive for COVID-19, are under mandatory or doctor-recommended COVID-19-related quarantine, or live in a house with someone who has tested positive for COVID-19 or is under COVID-19-related quarantine. [Click here](#) for eligibility.
 - [Visit the link](#) and follow the instructions under the “How do I submit a claim?” heading to apply for assistance.
 - More info: [COVID-19 Financial Assistance Program](#)
- **Apply for a relief credit for healthcare expenses for Postmates drivers**
 - Postmates
 - Postmates is offering its drivers a relief credit that can be used for health expenses, including co-pays and wellness products. Must live in a state/district with reported cases of COVID-19, have completed at least one delivery on the Postmates platform since Feb. 25, 2020, and have a Starship Health Savings Account.
 - [Visit the link](#) and complete and submit the online form to apply for the relief credit.
 - More info: [Postmates Fleet Relief Fund, Coronavirus](#)

- **Request flexible payment plans for PG&E customers**
 - PG&E
 - PG&E is offering flexible payment plans for its customers impacted by COVID-19.
 - Call 1-800-743-5000 to request assistance.
 - Phone #: 1-800-743-5000.
 - More info: [COVID-19 Consumer Protections](#)

- **Get waivers on late fees and overage charges for Verizon customers**
 - Verizon
 - Verizon is waiving late fees and overage charges for wireless, business, and in-home services from March 16 to May 13, 2020 for customers who are unable to pay as a result of economic hardship due to COVID-19.
 - Contact Verizon's customer service team and let them know you are experiencing economic hardship due to COVID-19.
 - [Click here](#) for wireless support and contact information; [click here](#) for business support and contact information; and [click here](#) for in-home services support and contact information.
 - More info: [Verizon news release](#), [Our Customers page](#) and <https://www.verizon.com/support/consumer/announcements/covid-19>

- **Apply for cash assistance for women-identifying visual artists over the age of 40**
 - Anonymous Was A Woman and New York Foundation for the Arts
 - Grants of up to \$2,500/person for women-identifying visual arts over the age of 40 who have experienced financial hardship from loss of income or opportunity due to COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) to access the online application.
 - Email: AWAW@nyfa.org; application period: April 6, 2020 at 10:00am EST to April 8, 2020 at 6:00pm EST.
 - More info: [Anonymous Was A Woman Emergency Relief Grant](#)

- **Get information about workers' unemployment insurance rights relating to COVID-19**
 - California Employment Development Department (EDD)
 - California's Employment Development Department (EDD) offers online answers to questions about applying for unemployment insurance relating to layoffs, reduced hours and staying home to care for students because of COVID-19. Information is available 24 hours a day seven days a week.
 - Please visit the link for more information.
 - [Coronavirus 2019 \(COVID-19\)](#)

- **Apply for cash assistance for blues musicians**
 - The Blues Foundation
 - Emergency funding for essential needs for blues musicians for whom performing makes up the bulk of their income and who have no other opportunities for work.
 - Email Elizabeth Montgomery Brown at elizabeth@blues.org to request funding. After you contact Elizabeth, you will be asked to complete an application form that will be reviewed by a committee.

- Email: elizabeth@blues.org.
 - More info: [COVID-19 Blues Musician Emergency Relief Fund](#)
- **Apply for cash assistance for musicians**
 - Music Health Alliance
 - Emergency financial assistance of up to \$250/month for two months for music professionals who are unable to pay their basic living expenses over the next two months. Must have current financial need and at least three years of music industry employment. Employment and financial documentation required.
 - [Visit the link](#) to download the grant application. Email the completed application and required documentation to info@musichealthalliance.com or fax the completed application and required documentation to 800-934-1977.
 - Phone #: 615-200-6896; fax #: 800-934-1977; email: info@musichealthalliance.com.
 - More info: [COVID-19 & Tornado Relief Resources](#)
- **Apply for cash assistance for freelancers**
 - Freelancers Union
 - Financial assistance of up to \$1,000/freelance household for US-based freelancers to cover lost income due to COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) to access the funding application.
 - Email: membership@freelancersunion.org; applications open on April 2, 2020.
 - More info: [Freelancers Relief Fund](#)
- **Apply for cash assistance for artists**
 - Artist Relief Project
 - One-time emergency stipend of \$200 for working artists in any discipline impacted by COVID-19-related cancellations and closures. Must demonstrate that you're a working artist and share the fundraiser information with your own networks.
 - [Visit the link](#) and complete and submit the online form to apply for funds.
 - Email: artistrelief@artlyworld.org.
 - More info: [Artist Relief Project homepage](#)
- **Apply for cash assistance for undocumented individuals and families**
 - Betancourt-Macias Family Scholarship Foundation
 - Financial assistance for undocumented individuals and families who have been impacted by COVID-19.
 - [Visit the link](#) and complete and submit the online form or call 360-524-3664
 - to apply for funds
 - Phone: 360-524-3664.
 - More info: [COVID-19 Resources](#)
- **Apply for cash assistance for Latinix individuals over the age of 65 working in non-traditional service jobs**
 - COVID-19 Mutual Aid Fund for CA Latinix Elders
 - Financial assistance for California-based Latinix individuals over the age of 65 who work in non-traditional service jobs.
 - [Visit the link](#) and complete and submit the online form to apply for assistance.
 - More info: [COVID-19 Mutual Aid Fund for CA Latinix Elders GoFundMe page](#)

- **Apply for cash assistance for formerly-incarcerated and system-impacted individuals**
 - Root & Rebound
 - Gift cards of up to \$100 to help formerly-incarcerated or system-impacted individuals impacted by COVID meet basic needs. Must be a resident of California or South Carolina.
 - Phone #: 510-279-4662; email: info@rootandrebond.org.
 - [Visit the link](#) and complete and submit the online form to apply for assistance.
 - More info: [Announcement on Root & Rebound's Facebook page](#)

Childcare Support

- **Find on site child care support vital employers**
 - Tootris
 - Technology enabled service providers that connected parents to high-quality Child Care that lost their child care availability due to closures of schools and programs during Covid-19.
 - New Programs that assist working parents who cannot obtain Child Care due to the COVID-19 health crisis: Emergency Enrollment Services - helps impacted parents. Operating Temporary Employer Sponsored Child Care -Program creates partnerships with regional employers that want to set up on site Child Care pods (up to 10 children). They are brought in early children educational staff to deploy and run these temporary on site care sites with no cost to employers. FCC/Parent Informational kit-Provides families hygiene posters to kids in both english and spanish to educate about COVID-19.
 - Contact person : Jasmin Belisario O: (858) 208-4044 x 104 M: (858) 880-6029 email: jbelisario@tootris.com, Monday- Friday 6am-5pm
 - More info: <https://tootris.com/contact/> [TOOTRiS Announces Measures to Support Child Care for Parents Impacted by COVID-19](#); [Tootris On-Demand Child Care - Home](#)

Housing/Eviction Prevention Support

- **Supporting Eviction bans for Tenants**
 - California Apartment Association
 - Webinars are available through CAA to help address challenges that are faced by housing providers. Webinars are available online.
 - CAA's Safe at Home Guidelines - Freeze Rent on all Residents, waive late fees, Halt evictions, flexible payment plans, direct renters to available resources, and communicate with residents proactively. Toll number : 800-967-4222
 - More info: CAA on COVID-19: www.caanet.org

Mental Health Support

- **Free, emotional support line for people with mental health challenges**
 - California Peer-Run Warm Line
 - Everything is virtual, mobile based since COVID-19. Operates everyday Covid related. Phone number: (855) 845-7415.
Chat is available at <https://www.mentalhealthsf.org/peer-run-warmline/>

More info: <https://camhpro.org/category/california-warmlines/>

- **Access Center 24/7 Helpline**
 - Los Angeles County Department of Mental Health
 - Call 1 (800) 854-7771 or (562) 651-2549 TDD/TTY for services
 - More info: [Department of Mental Health Services](#)

- **Counseling Services for All**
 - Los Angeles County Department of Mental Health Warmline
 - The warmline is designed to aid people who are having difficulty coping with the stresses and crises which arise in daily living or who are concerned about particular personal or interpersonal problems. All calls are handled confidentially, and referrals are available for additional or ongoing services if needed.
 - Phone:
 - Service and Intake: 1 (855) 952-9276
 - Administrative: 1 (714) 544-8488
 - Hours: Monday through Sunday, 10:00pm to 6:00am, including holidays
 - More info: [Mental Health Warmline](#)

- **Free Confidential Case Management, Counseling, Advocacy, Accompaniment, and more for Sexual Assault Victims**
 - YWCA Greater Los Angeles
 - Services are provided for those 12 years of age. Free and confidential case management, counseling, advocacy, accompaniments and community education. Call hotline.
 - 24-hour hotline: 1-877-943-5778
 - More info: [Sexual Assault Intervention](#)

- **Self-Help and Support Groups on Zoom**
 - SHARE (Self-Help and Recovery Exchange)
 - Get support from SHARE meetings you can attend from any computer or device.
 - Meetings available 7 days a week on Zoom. See website for more details or call 1-877-SHARE-49 or (310) 305-8878
 - More info: [Share website](#)

Tax Preparation Support

- **Filing the taxes for free and with our support**
 - United Way- California Region
 - Households that earned 60,000 or less in 2018 can receive free tax help in person from United Way's Free Tax Prep Program. Information : <https://www.yourlocalunitedway.org/free-tax-preparation>
Schedule appointments by calling 2-1-1 or toll free 800-500-4931.
The new federal tax deadline is July 15, 2020
Check out this site : Youfreetaxprep.org, for other information
Hours of operation is Monday-Friday 8am-4:45pm

More info: <https://www.yourlocalunitedway.org/covid-19-response>

Employment/Unemployment Support

- **Protect workers from Coronavirus**
 - Department of Industrial Relations (DIR)
 - Cal/ATD requires protection for employees working in healthcare facilities and other services mentioned in the link. [Cal/OSHA Guidance on Requirements to Protect Workers from Coronavirus](#).
 - To protect workers and to prevent exposure to the virus, employers must develop and maintain the required programs and plans for their facility or operation. Any questions please contact infocons@dir.ca.gov
 - Link : [Cal/OSHA Guidance on Requirements to Protect Workers from Coronavirus](#)

Health Support

- **Take paid sick leave from your job if you or a family member is sick with COVID-19**
 - State of California Department of Industrial Relations (DIR)
 - If you have worked for the same employer for at least 30 days within a year in California and have passed a 90-day employment (probationary) period, you are generally entitled to a certain amount of paid sick leave paid to you at your regular rate of pay or an average based on the past 90 days. [Check eligibility here](#).
 - Give notice of your sick leave to your employer as soon as is practical. If your accrued sick leave is denied by your employer, [click here](#) to learn how to file a wage claim.
 - More info: [Coronavirus \(COVID-19\) - FAQs on Laws Enforced by the California Labor Commissioner's Office](#) and [California Paid Sick Leave: Frequently Asked Questions](#)
- **Health Insurance Advocacy**
 - The California Health Insurance Counseling and Advocacy Program known as HICAP
 - Statewide Program with advocates in each county
 - Contracts with the city AND the county of Los Angeles Area agencies on Aging
 - HICAP Volunteer Counselors help Medicare beneficiaries understand their Medicare, Medicare Part D, and private insurance options. HICAP Volunteer Counselors also assist older adult's with financial assistance programs that will help with their medical expenses. This is all done at no cost for the individual.
 - Center for Health Care Rights 520 S La Fayette Park Place Suite 214 Los Angeles, CA 90057 Local phone: (213) 383-4519 Toll-free: (800) 824-0780 (LA County residents)

Homeless Support

- **Find homeless shelters, a warm place to stay, groceries, or financial support**
 - Salvation Army
 - Temporary shelters provide homeless individuals with food and lodging while equipping them with the resources and support.
 - Please contact your local Salvation Army to see what services are available in your area. Search by Zip code here: [COVID19](#)

- **Support and temporary shelter for homeless youth experiencing emotional and mental health issues**
 - Penny Lane Transitional Age Youth (TAY) Drop-In Centers
 - Temporary safety and support for youth aged 16-25 that are experiencing emotional and mental health issues and who are living on the streets or in unstable conditions
 - Services provided include access to showers, meals, clothing, computer/internet access, peer support groups
 - linkage to mental health and case management services, substance abuse treatment information, educational services, employment assistance, and housing assistance
 - List of drop-in locations is [here](#)
 - More information at <https://www.pennylane.org/pennylane/transitional-age-youth-tay-drop-in-center/>

Other Support

- **Get disability insurance for employees diagnosed with COVID-19**
 - Employment Development Department
 - Disability Insurance (DI) provides short-term benefit payments to employees who are unable to work due to having or being exposed to COVID-19. Diagnosis by a medical professional required. Benefit amounts are approximately 60-70% of wages (depending on income) and range from \$50-\$1,300/week.
 - File online: [SDI Online](#)
 - More info: [Coronavirus 2019 \(COVID-19\)](#)
- **Get free internet service for two months**
 - Comcast
 - New families who connect to Comcast's Internet Essentials program will get free internet service for two months. The Internet Essentials program is normally available to qualified low-income households in Comcast's service area for \$9.95/month (check for <https://www.internetessentials.com/> for eligibility requirements). You can cancel at any time (no contract and no term) if you don't want to continue the program after the first two months.
 - Visit <https://www.internetessentials.com/> to sign up online or call 1-855-846-8376 (English) and 1-855-765-6995 (Spanish) to sign up over the phone. After you sign up, Comcast will mail you a free self-install kit with a cable modem and a Wi-Fi router.
 - Phone #: 1-855-846-8376 (English) and 1-855-765-6995 (Spanish); web: <https://www.internetessentials.com/>.
 - More info: [Comcast press release](#)
- **Access free fitness videos**
 - YMCA
 - The YMCA recorded and posted their instructor-led fitness classes online that can be accessed via tablet or computer.
 - View videos online: [YMCA 360: Your Virtual YMCA](#)
- **Get free storage space for college students**

- U-Haul
 - U-Haul is offering 30 days of free storage space, usage of U-Box portable moving, and storage containers for college students impacted by unforeseen schedule changes at their universities. Offer valid for new customers with college IDs.
 - Visit link to find a participating location: <https://www.uhaul.com/Storage/>
 - More info: [College Students U-Haul Offers 30 Days Free Self Storage amid Coronavirus Outbreak](#)
- **Call or message a non-emergency peer-run warm line for emotional support**
 - Mental Health Association of San Francisco (MHASF)
 - Call or message a free peer-run warm line for non-emergency emotional and mental health support. The line can also help connect you to local emergency, mental health, or social services. All calls are confidential.
 - Call the warm line at 1-855-845-7415 or [visit the link](#) and start the webchat to receive emotional support.
 - More info: [MHASF press release](#)
- **Get free internet access for households with students**
 - Charter Communications
 - Free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. Installation fees are waived.
 - Call to enroll: 844-488-8395
 - More info: [Charter to Offer Free Access to Spectrum Broadband and Wi-Fi For 60-Days For New K-12 and College Student Households and More](#)
- **Get free video communications for students and staff**
 - Zoom
 - All K-12 schools can request a free basic account for online video communications with no time limits using their school's email address.
 - [Sign up here](#)

Education Support

- **Join online social studies lessons for children and youth**
 - Sonia Lewis
 - Teach In Time With Revolutionary Minds is an online education resource offered to children and youth via Zoom video conference while schools are closed.
 - Black-centered curriculum including a structured social studies lesson and social interaction. Each group will meet twice a week for 90 minutes on Zoom. Free; donations accepted.
 - [Visit the link](#) to find the Zoom video meeting link and join a meeting at scheduled class times. You may need to install the Zoom app on your computer.
 - Young Scholars (ages 5-12 years) meet Tuesday and Thursday at 11:00am and Big Gins (ages 13-19 years) meet Wednesday and Friday at 11:00am for 90 minutes each. Meetings are currently scheduled until April 17.
 - More info: [Announcement on Sonia Lewis' Facebook page](#)

- **Receive help with obtaining smartphones, hotspots, and laptops for current or former foster youth**
 - iFoster
 - iFoster can support with getting smartphones/hotspots with unlimited data to stream classes, & tablets, chromebooks & laptops. You MUST be a current or former foster youth & current student at a college, high school or middle school.
 - Complete the application here: <https://www.tfaforms.com/4811639>
 - [More info](#)

- **Access free virtual museum resources, e-learning, and online collections**
 - MCN
 - List of free, public, web-based museum resources, e-learning, and online collections.
 - More info: [The Ultimate Guide to Virtual Museum Resources, E-learning, and Online Collections](#)

- **Access a digital library of children's magazines for free**
 - TIME
 - TIME is offering free access to a digital library of four grade-specific editions of its *TIME for Kids* and *Your \$* magazines.
 - [Visit the link](#) to register for access to the free digital library.
 - Free for the rest of the school year.
 - More info: [TIME for Kids Digital Library Free for the Rest of the School Year](#)

- **Receive help with obtaining smartphones, hotspots, and laptops for current or former foster youth**
 - iFoster
 - iFoster can support with getting smartphones/hotspots with unlimited data to stream classes, & tablets, chromebooks & laptops. You MUST be a current or former foster youth & current student at a college, high school or middle school.
 - Complete the application here: <https://www.tfaforms.com/4811639>
 - [More info](#)

- **Access a free online math program for children in grades K-8**
 - ST Math
 - ST Math is offering free access to its online math education program through June 30, 2020 for children in grades K-8.
 - [Visit the link](#) to register for access to the free online math program.
 - Free through June 30, 2020.
 - More info: [Coronavirus Resources](#)

- **Get two free hours of online tutoring for students in grades K-12**
 - GoPeer
 - GoPeer is offering two free hours of online tutoring with a college student for students in grades K-12.
 - [Visit the link](#) and complete and submit the online form to request free tutoring.

- More info: [Free Online Tutoring: A Commitment to K-12 Students During the Coronavirus Outbreak](#)
- **Get cash assistance for students**
 - Scholly
 - Students, parents of a student, or graduates can apply for \$200 in cash assistance to buy groceries, health supplies, and other necessities.
 - Fill out the application: [Apply Today for the Scholly COVID-19 Student Relief Fund](#)

Los Angeles County Wide

Food Support

- **Pick up free packaged meals for seniors**
 - Workforce Development Aging & Community Services
 - Seniors can pick up packaged/frozen meals once per week at selected locations
 - View participating locations: [Community and Senior Centers](#)
- **Free meals for Alliance Charter School Students**
 - Alliance College-Ready Public Schools
 - Meals to be picked-up.
 - [See pick-up sites](#)
 - More info: [Alliance Schools: Latest News on COVID-19](#)
- **Free meals for LAUSD students**
 - Dream Center
 - Meals to be picked-up
 - Location: 2301 Bellevue Ave., Los Angeles CA 90026
 - Hours: Monday through Sunday, 7:30am to 6:30pm
 - More info: [Dream Center Food Program starts Monday, March 16](#)
- **Free meals for kids 12 years old and under (added 3.30.2020, verified by One Degree team member)**
 - Hugo's Restaurants
 - Free meals for guests 12 years old and under. Meals to be picked up.
 - Locations:
 - 12851 Riverside Dr., Valley Village, CA 91607
 - 8401 Santa Monica Blvd., West Hollywood, CA 90069
 - More info: [Free meals starting Monday, March 16th](#)
- **Free meals for the elderly**
 - The County and City of Los Angeles
 - Free packaged and frozen meals for all adults 65+
 - [See pick-up sites](#)
 - More info: [Department of Aging COVID 19 Updates](#)
- **Find access to food pantries and distribution sites**
 - LA Controller

- Website provides maps to food pantries, LAUSD Grab & Go centers, density of populations near supermarkets, farmers markets
 - Grab & Go centers: families can pick up 2 meals per child daily, open Monday-Friday 7am-11am
 - Various locations throughout LA County (shown on maps)
 - Controller's office: 200 N. Main Street, Suite 300 Los Angeles, CA 90012
 - Hours from Monday to Friday 8am-5pm, phone at 213.978.7200
 - More info: [Food Access in LA](#)
- **Free meals for kids 12 years old and under**
 - El Torito Restaurants
 - Free meals for kids 12 years old and under. Meals to be picked-up.
 - Various locations throughout LA County: <https://locations.eltorito.com/>
 - More info: <https://www.instagram.com/p/B9xkzW6B7NV/>
- **Free meals for LAUSD kids**
 - Prime Pizza
 - Send a DM to PrimePizzala on Instagram if you or know of a family that needs help and they will send pizza, salad, cookie, etc.
 - More info: <https://www.instagram.com/p/B90HOaUhd9G/>
- **Apply for Meal Program and Emergency Food Delivery for Seniors**
 - Department of Aging
 - Seniors enrolled in the Department of Aging's meal program may receive deliveries of five meals, delivered twice a week. Meals are prioritized for the seniors most at need, such as those experiencing food insecurity and financial hardship.
 - Seniors already enrolled in the meal program can sign up for meals by calling the Department of Aging at 213-482-7252. Seniors not aware of their meal provider can call 1-800-510-2020.
 - Seniors not already enrolled in the meal program can call the department at 213-482-7252 to enroll.
 - Contact by phone at 213-482-7252 (Monday-Sunday: 8 AM - 5 PM) or by e-mail at age.webinfo@lacity.org
 - More info: [Department of Aging Webpage](#)

Financial Support

- **60-Day Tax Filing Extension for Employers**
 - Employment Development Office
 - 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.

- 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.
 - More info: [EDD Covid-19 Updates](#)
- **Apply for emergency relief funds for AFM Local Members**
 - Music Fund of Los Angeles - Coronavirus Emergency Relief Funds
 - AFM local members who have lost revenue due to the coronavirus-related work stoppages can apply for the Coronavirus Emergency Relief Fund. The fund will give a limited amount of grants to members who work for employers covered by either a Local 47 contract or a collective bargaining agreement (CBA). AFM Members can submit applications for up to two service sets lost, in the amount of \$75 per service set, for a maximum total of \$150. These service sets can be from the same employer or from different employers.
 - AFM members can submit applications at: [Online Sign-Up Form](#)
 - Contact: Call (323) 993-3159 or e-mail info@musicfundla.org
- **Apply for Round One Arts Emergency Relief Fund for Artists and Ensembles**
 - City of Los Angeles Department of Cultural Affairs (DCA)
 - Round One of emergency relief funds for performing artists and ensembles in dance, music, or theater. Solo artists are eligible for grants up to \$400 and ensembles are eligible for up to \$1200. Applications are open until 450 applications are received or until 11:59 PM, Friday, May 1, 2020, whichever comes first. Applicants must reside within the City of Los Angeles.
 - [Click this link](#) to view detailed eligibility/application requirements and additional information, then submit an application [here](#).
 - Email Contact for questions: dca.grants@lacity.org
- **Apply for relief funds for Los Angeles artists**
 - CultureLA
 - This program provides emergency relief grants to City of Los Angeles-based dance, music, and theatre artists, as well as small ensembles who have had their public performances, shows, or concerts cancelled. Solo artists are eligible for up to \$400 and ensembles up to \$1,200 to cover losses in time and/or materials that were committed toward events, which were to have taken place at a venue within the City of Los Angeles and were to be open to the general public. Eligible events should have been publicly advertised and scheduled to take place between March 16, 2020 and May 16, 2020, AND must have been cancelled (or postponed to after August 30, 2020).
 - Email: dca.grants@lacity.org
 - To apply and for more info: <https://culturela.org/grants-and-calls/aer-fund/>
- **Apply for COVID-19 Emergency Relief Fund for entertainment industry workers**
 - Motion Picture & Television Fund
 - Entertainment industry workers can apply for MPTF's emergency relief fund for coronavirus-related hardships. Grants are roughly \$1000 per industry worker with two-member households being eligible for up to \$2000. The financial assistance will not go to the industry member directly but rather to specific vendors (banks for

mortgages or car payments or student loans, utility company, landlord, healthcare providers or insurers) provided to MPTF.

- Call the MPTF hotline at (323) 634-3888 to talk with MPTF social workers who will determine eligibility and the process of applying.
- Phone: Toll-free | 855-760-6783; E-mail: info@mptf.com
- More info: [MPTF COVID-19 Relief Funds Webpage](#)

Childcare Support

- **Subsidized childcare for low-income families**

- Pathways LA
- Pathways LA processes payments for the child care provider of choice. Offices are closed to the public by parents can apply online at <https://pathwaysla.org/> or by phone at (213) 427-2710
- More info: [Pathways LA Landing Page](#)

- **Free baby supplies**

- Mighty Little Giants, Inc.
- Provides free baby supplies for families who have babies in the NICU (newborn intensive care unit)
- More info: [Might Little Giants COVID-19 Resources](#) or Email Info@MightyLittleGiants.org

Homeless Support

- **Hand-washing stations (verified by email by a One Degree team member)**

- Los Angeles County Department of Public Health
- Handwashing stations, showers and hygiene centers
- [List of Hygiene Centers](#)
- [Map of Hygiene Centers](#)

- **Housing for Foster Youth Students**

- Together We Rise
- Support for foster youth whose is housing insecure due to dorms closing down
- E-mail info@togetherwerise.org for help finding housing during transition
- For more info: [Together We Rise COVID Update](#)

Housing/Eviction Prevention Support

- **Donation-based consultations with housing attorneys**

- Eviction Defense Network
- Serve households facing eviction by providing consultations for a donation (no one turned away due to lack of funds) and/or providing representation in court on a sliding fee scale based on ability to pay (payment plans are available).
- Send an email to: askanattorney@edn.la. If you don't have email, send a text or call: 213/537-5473 and your request will be screened by a paralegal.
- Hours: Monday through Thursday, 9am to 9pm; Friday 9am to 6pm
- More info: [EDN Landing Page](#)

- **Assistance for LA Residential Renters**

- LA Housing and Community Investment Department

- Mayo issued a COVID-19 Eviction Moratorium Emergency Order
- To learn more please see website or call 1-866-557-7368
- [LA Housing + Community Investment Department website](#)

Mental Health Support

- **Get Counseling and Support**
 - Project Return Peer Support Network
 - Non crisis support line
 - What to do Next instructions: Call 1-888-448-9777
 - Toll free M-F 5-10 PM, Saturday 11-4 PM
 - Reference information [Project Return Peer Support Line](#)
- **Sliding Scale/Low-Fee Psychotherapy for All (verified through email by a One Degree team member)**
 - Wright Institute of Los Angeles
 - Low-cost and confidential therapy via a telehealth service for individuals, couples or families. Must call (424) 371-5191 to schedule an appointment.
 - More info: [WILA Landing Page](#)
- **Sliding Scale/Low-Fee Psychotherapy for Children and Adults (verified through email by a One Degree team member)**
 - Maple Center (Beverly Hills)
 - Low-cost and confidential therapy via a telehealth service for children and adults. Must call (310) 271-9999 to schedule an appointment.
- **Sliding Scale/Low-Fee Psychotherapy for Adults (verified through email by a One Degree team member)**
 - Rose City Counseling Center
 - Low-cost and confidential therapy via a telehealth service for individuals. Must call (626) 793-8609 to schedule an appointment.
 - More info: [Rose City COVID Update](#)
- **Online Support Groups for all**
 - The Relational Center
 - Online video chat support groups for all. Free and open to the public.
 - [Hours of Operation](#)
 - More info: [The Relational Center Online Support Groups](#)
- **Emotional Support Helpline for all**
 - UnitedHealth Group
 - Support help line for anyone experiencing anxiety or stress around COVID-19. Call 1 (866) 342-6892. Open to all.
 - Hours: Available 24 hours a day, 7 days a week
 - More info: [UnitedHealth Group COVID 19 Support](#)
- **Emotional Support Webinars for all**

- Lumos Transforms
- Free webinars available for anyone experiencing stress. Must RSVP.
- [Schedules](#)
- More info: [Lumos Transforms Landing Page](#)

- **Access Center 24/7 Helpline**
 - Los Angeles County Department of Mental Health
 - Call 1 (800) 854-7771 or (562) 651-2549 TDD/TTY for services
 - More info: [Department of Mental Health Services](#)

- **Counseling Services for All**
 - Los Angeles County Department of Mental Health Warmline
 - The warmline is designed to aid people who are having difficulty coping with the stresses and crises which arise in daily living or who are concerned about particular personal or interpersonal problems. All calls are handled confidentially, and referrals are available for additional or ongoing services if needed.
 - Phone:
 - Service and Intake: 1 (855) 952-9276
 - Administrative: 1 (714) 544-8488
 - Hours: Monday through Sunday, 10:00pm to 6:00am, including holidays
 - More info: [Mental Health Warmline](#)

- **Free Confidential Case Management, Counseling, Advocacy, Accompaniment, and more**
 - YWCA Greater Los Angeles
 - Services are provided for those 12 years of age. Free and confidential case management, counseling, advocacy, accompaniments and community education. Call hotline.
 - 24-hour hotline: 1-877-943-5778
 - More info: [Sexual Assault Intervention](#)

- **Self-Help and Support Groups on Zoom**
 - SHARE (Self-Help and Recovery Exchange)
 - Get support from SHARE meetings you can attend from any computer or device.
 - Meetings available 7 days a week on Zoom. See website for more details or call 1-877-SHARE-49 or (310) 305-8878
 - More info: [Share website](#)

Health Support

- **No delivery fees on prescriptions**
 - Walgreens
 - Beginning March 13, 2020, Walgreens is waiving delivery fees for all eligible prescriptions during this evolving situation, no minimum purchase required
 - [Pharmacy Locator](#)
 - More Info: [Walgreens COVID 19 Response](#)

- **No delivery fees on prescriptions**
 - CVS
 - Beginning March 9th, 2020, CVS Pharmacy will waive charges for home delivery of prescription medications

- [Pharmacy Locator](#)
- More info: [CVS COVID19 Response](#)
- **Coronavirus Testing and Treatment (verified via email 3.20.20 by a OneDegree team member)**
 - LAC 4 You - LA County Office of Immigrant Affairs
 - COVID-19 Testing and Treatment for uninsured L.A. County residents
 - Available in English, Spanish, Korean, Tagalog, Chinese, and Khmer
 - For flyer click [here](#) for more language options visit [LA 4 You website](#)

Undocumented Support

- **Learn your rights as an Immigrant (Verified 3.20.20 by a One Degree team member)**
 - LAC 4 YOU - LA County Office of Immigrant Affairs
 - Rights as an immigrant include: pocket cards, driver licenses, power of attorney form, caregiver authorization form
 - More on [LA Office of Immigrant Affairs website](#)

Senior Support

- **Critical Delivery Service**
 - WDACS (Workforce Development Aging & Community Services)
 - WDACS is providing temporary delivery services to individuals unable to leave home due to COVID-19 for older adults and adults who cannot leave home
 - Deliveries include: groceries, Household items, Vital Necessities. Available 24/7 at no cost to the client.
 - No application process is required, however, items must be prepaid and ready for pickup. Clients may utilize this service up to four times or 40 miles per month, whichever comes first.
 - Call to schedule a delivery 1-888-863-7411 (between 8am-5pm, Mon-Fri)
 - [See flyer](#) or visit [WDACS Main Website](#)
- **Crisis Intervention Hotline and Warmline for Seniors**
 - Institute on Aging
 - Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults, serving both as a crisis intervention hotline and warmline for non-emergency emotional support calls.
 - To connect with the IOA Friendline, call the toll-free number: 800-971-0016
 - Contact for questions: 415-750-4111 or 650-424-1411.
 - More Info: [Institute on Aging Senior Friendship Line](#)

Other Support

- **Access free educational daytime programming for students**
 - PBS

- Students in grades Pre-K - 12 can access free, educational PBS daytime programming designated for each grade level on weekdays.
 - Access the following channels:
 - Pre-K - 3rd grade on [PBS SoCal](#)
 - Pre-K - 12th grade on [KLCS](#)
 - 9th - 12th grade on [KCET](#)
 - [More info](#)
- **Low Cost Internet Services and Computer Locator for Low-Income Individuals**
 - EveryoneOn
 - Low-cost offers on internet services and computers for low-income individuals or families with K-12 students.
 - More info: [EveryoneOn COVID19 Updates](#)
- **Safety planning and peer counseling hotline for Domestic Violence Victims and Survivors**
 - Sojourn Domestic Violence Services
 - Safety planning and peer counseling hotline. Call (310) 264-6644 for support.
 - Hours: Available 24 hours a day, 7 days a week
 - More info: [Sojourn Landing Page](#)
- **Free hotline for Domestic Violence Survivors**
 - The HotLine
 - Support for victims and survivors.
 - Call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](#) or text LOVEIS to 22522.
 - Hours: Available 24 hours a day, 7 days a week
 - More info: [Staying Safe During COVID-19](#)
- **Support for Individuals in Recovery**
 - Path CCM
 - Telehealth company donating their therapists' time to help individuals in the community whose recovery might be impacted by social isolation.
 - Call (323) 205-7088 or email intake@pathccm.com to be connected with a LSCW.
 - Hours: Weekdays, 8:30am to 7pm
 - For more info: [Path CCM Landing Page](#)
- **Alcoholics Anonymous Online Meetings**
 - Crowd-sourced online Alcoholics Anonymous Meetings
 - For more info: [LA AA Online Meeting Directory](#)
- **Legal support for all**
 - LA Law Library
 - Free telephonic consultations with a lawyer available. Remote reference assistance via phone and email. Call (213) 785-2513 for Reference Assistance. Email reference staff at reference@lalawlibrary.org to ask questions and fulfill document deliveries. Use the [Ask a Law Librarian](#) statewide chat service.
 - More info: [LA Law Library Services Online](#)
- **CalFresh assistance for those impacted by COVID-19**

- Community Services Unlimited Inc.
 - Helps anyone impacted in their ability to buy food submit their CalFresh application.
 - Call to make an appointment (213) 746-1216 or email calfresh@csuinc.org.
 - For more info: [CSU Inc. CalFresh Assistance](#)
- **Trans/Queer Support- Counseling and Support for Queer Elders (verified via email by a One Degree team member)**
 - SAGE: Advocacy & Services for LGBT Elders
 - LGBT Elders seeking to connect with an LGBT responder who is certified in crisis response and is able to provide information about community support resources such as healthcare, transportation, counseling, and legal services should call (877) 360-5428. Available in English and Spanish, with translations in over 180 languages.
 - Hours: Available 24 hours a day, 7 days a week
 - More info: [SAGE National LGBT Elder Hotline](#)
- **Peer Support for Trans Individuals (verified via email by a One Degree team member)**
 - Trans Lifeline
 - Trans people seeking peer support can call (877) 565-8860 to speak to a transgender peer support volunteer. Available in English and Spanish.
 - More information: [Trans Community and COVID-19](#)
- **Anxiety Virtual Support for Queer Individuals**
 - Queer Healing Oasis
 - Queer individuals seeking support in a non-clinical space can e-mail marcos.emdr@gmail.com or call 818-233-1079. Donation-based and no one turned away for lack of funds. As of March 17th, 2020, they are taking on 3 free clients.
 - For more info: [Queer Healing Landing Page](#)
- **Crisis Intervention and Suicide Prevention Support (verified by a One Degree team member)**
 - The Trevor Project
 - Support for queer individuals seeking crisis intervention or experiencing suicidal ideation. Individuals can text START to 678678, call (866) 488-7386, or [instant message](#) a Trevor counselor.
 - Hours: Available 24 hours a day, 7 days a week
 - For more info: [Trevor Project: Get Help Now](#)
- **Peer Support for LGBTQ Teens**
 - Teen Line
 - Non-emergency hotline for advice and listening ears. Text TEEN to 839863 or call (310) 855-4673.
 - Hours: 6pm to 9pm
 - For more info: [Teen Line Resources](#)
- **Peer Support for LGBTQ Youth**
 - LGBT National Help Center

- Youth seeking peer support for youth available by phone can call 1-800-246-7743. Online private, one-to-one chat and email also available. Responders can connect people to local resources for cities and towns across the US.
 - [Hours of Operation](#)
 - For more info: [LGBT National Youth Talkline](#)
- **Get affordable, low-cost liability driver insurance**
 - CA Low-Cost Auto
 - 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.
 - More info: [Low Cost Auto Insurance](#)
https://www.facebook.com/pg/mylowcostauto/posts/?ref=page_internal
- **Domestic Violence Support**
 - Women's Shelter of Long Beach (WSLB) (Linda)
 - Domestic Violence programs and services via telephone and video format
 - Call 24-hour Crisis Hotline (562) 437-4663 or by email info@wslb.org
 - Updates and tips on Instagram @WomenShelterLB and on WomenShelter of Long Beach
 - Domestic Violence Resource Center (DVRC) located at 4201 Long Beach Blvd., Suite 102, Long Beach, CA 90807 will be closed until further notice (see site listed below for updates)
 - The 24-Hour Crisis Hotline and confidential emergency supportive housing facility, *Cherese's Safe Home* will be open 24/7
 - Reference-Webpage of Covid updated services and other resources
<https://www.womenshelterlb.org/covid-19/>
- **Civil and Criminal Legal Advocacy, Crisis Intervention, and more for Survivors**
 - Institute for Multicultural Counseling & Education Services
 - Provides civil and criminal legal advocacy, crisis intervention and information and referrals as well as mental health services for domestic violence survivors who are residents of Los Angeles County.
 - Phone: LA Office, (213) 381-1250; Glendale Office, (818) 240-4311
 - More info: [IMCES Advocacy Services](#)
- **Workplace Safety: Guidance on Requirements to Protect worker from COVID-19**
 - Cal/OSHA
 - For those who work or are in contact with clinical settings, correctional facilities, homeless shelters, and drug treatment programs. Guide and educational materials and resources to protect workers (statewide)
 - General Guideline for nation-wide workers and employers:
<https://www.osha.gov/SLTC/covid-19/controlprevention.html#deathcare>
 - More info:
<https://www.dir.ca.gov/dosh/coronavirus/Health-Care-General-Industry.html>
- **Receive virtual companionship and/or grocery deliveries for high-risk individuals**
 - LA Helping Hands
 - LA Helping Hands matches local volunteers with high risk individuals, such as the elderly and immunocompromised, for virtual companionship and/or no-contact

grocery and prescription deliveries. They also provide information on a list of local restaurants providing takeout and/or delivery services.

- To request a match, [click this link](#) or call (424) 279-8544.
- Email contact: lahelpinghands2020@gmail.com
- More Info: [LA Helping Hands Website](#) and [LA Helping Hand Sign-up Webpage](#)

- **Free legal assistance for low-income individuals and families**

- Community Legal Aid Social
- Provide free legal assistance to low income people in Orange and LA Counties, focusing on: family law, housing, health, safety and protection, immigration, domestic violence and elder abuse
- Phone: 1-800-834-5001
- More info: [Community Legal Aid](#)

- **Hand washing stations**

- Los Angeles County Department of Health Services
- Available to public
- Pick the SPA you live in to find a nearby station on the map
- [Map of Hand Washing Locations](#)
- More info: [Map](#)

- **Support for domestic violence survivors**

- Center for Pacific Asian Families
- CPAF provides crisis intervention, safety planning, and emotional support for survivors, as well as referrals to appropriate resources in the community. They offer support in multiple languages and dialects, including: (繁體中文, 한국어, 日本語, Tagalog, Tiếng Việt, ဣန္ဒြေ, हिन्दी, ไทย).
- 24/7 Multilanguage Hotline: 1-800-339-3940
- More info: [Center for Pacific Asian Families Webpage](#)

- **Advocacy services and support for domestic violence victims and survivors**

- Institute for Multicultural Counseling and Education Services
- IMCES's Legal Advocacy Program seeks to increase immediate and long-term safety for victims of domestic violence, sexual assault, and stalking by providing civil and criminal legal advocacy, crisis intervention and information and referrals. IMCES works with survivors of domestic violence, providing culturally appropriate intervention, treatment and education.
- Call (213) 381-1250 to inquire about services and eligibility.
- More Info: [IMCES Advocacy Services](#)

Antelope Valley (SPA 1)

Food Support

- **Free meals for LAUSD students**

- Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Get free groceries and/or a hot meal**
 - Grace Resources
 - Hot meals are Wednesday and Friday at 5:30pm and Sunday at 1:30pm. Groceries are distributed Tuesdays and Thursdays at 10:00am and 1:00pm and Spanish-speaking groceries at 10:00am on Wednesdays.
 - Go in person to 45134 Sierra Hwy Lancaster, California during hot meal hours or grocery distribution hours.
 - [More info](#)
- **Receive hot meals every last saturday of the month**
 - Shekinah Worship Center
 - Hot Meals every last Saturday of the month from 10am-1pm must arrive at 9am to receive a ticket. 42640 10th Street West, Lancaster, CA. 93534 | Phone: 661-940-8378
 - [More info](#)
- **Access a food pantry**
 - Salvation Army - Lancaster Corp
 - Food Pantry. Address: 44517 Sierra Highway, Lancaster, CA. 93534 Phone: 661-940-8378
 - [More info](#)
- **Receive food, motel vouchers, and more**
 - Palmdale Community Foundation - S.A.V.E.S
 - SAVES is a City of Palmdale program. Food is provided by federal programs, local markets and stores. SAVES helps provide food, motel vouchers, senior food program
 - Address: 1012 East Avenue Q-12, Palmdale, CA. 93550
 - Phone: 661-267-5191
 - More info: [here](#)

Financial Support

- ***One Degree is working on gathering resources in this area.*** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Childcare Support

- **Receive free personalized referrals to licensed child care providers**
 - CCRC -Child Care Referral Counselor

- Downloadable keys to quality child care checklist is a good guide when screening and interviewing child care providers.
- During COVID-19 orders, Referral counselors are available-Antelope Valley (661) 789-1200 ext. 4723 Location: 250 Grand Cypress Avenue Palmdale, CA 93551
- Hours :Monday: 8:00 am – 7:00 pm: Tuesday - Friday: 8:00 am - 5:00pm
- More info: <https://www.ccrcca.org/parents/finding-child-care>

Homeless Support

- **Access showers, meals, clothing, and more for the homeless**
 - Penny Lane Centers - Yellow Submarine
 - Address: 432520 Division St Lancaster, CA 93535
 - Phone: 661.361.1454
 - Showers, Meals, Clothing, Computer/Internet Access, Mental Health Services, Substance abuse services
 - [More info](#)
- **Access a shelter**
 - Desert Macc/High Desert Multi Service Ambulatory Care Center
 - Address: 335 E. Avenue I, Lancaster CA 93535
 - Phone: (661) 471-4000
 - More info: [Winter Shelter Program Update](#)

Housing/Eviction Prevention Support

- **Receive housing support and resources for families**
 - NISLA- Neighborhood Legal Services of Los Angeles
 - Legal changes due to Covid 19
 - Lock out/notice to vacate
 - Not performing any lockouts
 - Eviction cases
 - Landlord can still file eviction
 - Deadline to file a UD answer (5 court days) will not include any of the days between March 16th and April 17th.
 - Notice to pay
 - Any questions, contact call their hotline Monday through Friday between 9:00 a.m. and 5:00pm
 - Antelope Valley: 818-485-0573, AVSHpublic@nlsla.org
 - More info: <https://www.nlsla.org/covid-19-legal-changes/>

Mental Health Support

- **Resources to help cope with COVID-19**
 - Department of Mental Health -Antelope Valley
 - Read a flyer "coping with stress during infectious disease outbreak
 - 24/7 access line for resources and support system
 - List of resources available via website: <https://dmh.lacounty.gov/covid-19-information/>
 - 349 East Ave K6 A Lancaster CA 93535

- Phone: 800 854 7771
- More info: <https://dmh.lacounty.gov/covid-19-information/>

Tax Preparation Support

- **Preparing taxes with support and guidelines**
 - Antelope Tax Service
 - Prepare taxes via phone, email, fax, & secure website due to COVID-19
 - E-file tax returns, tax planning, tax Preparation, help individuals and businesses prepare their federal and multi state income taxes.
 - Location 42544 10th street west, suite F Lancaster 93534
 - Phone: 661-949-3794
 - More information: www.antelopetax.com

Senior Support

- **Receive meal services for the aging population**
 - WDACS
 - Meal planning- frozen and packaged food.
 - You may call your local meal provider to make arrangements. If you are not aware of who your meal provider is, you may call 1-800-510-2020 for assistance.
 - See map for all areas: [Coronavirus Updates - Los Angeles County](#)
 - Older adult must send a family member, friend or caregiver over the age 65 to pick up meals from the sites listed on map
 - Location : 3175 W 6th St, Los Angeles, CA 90020
 - More info: [Coronavirus Updates - Los Angeles County](#)

San Fernando Valley (SPA 2)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Free lunch for Children and Youth (0-18 years old)**
 - Santa Clarita Valley School District Food Services Agency
 - One bagged/boxed lunch provided per child. Students must be 18 years and younger to receive a meal. No proof of enrollment needed.
 - [Pick-up sites](#)
 - Hours: Monday through Friday, 12pm to 1pm
 - More info: [Free Meals Press Release](#)
- **Get food and care for the homeless community**

- MEND Poverty
 - Homeless Care Services will continue on Tuesday mornings until further notice. Food Distribution will take place on Thursdays and Fridays, 9AM-11AM only. MEND will remain closed on Saturdays.
 - Go in person to 10641 N. San Fernando Road, Pacoima, CA 91331 during homeless care services hours and food distribution.
 - [More info](#)
- **Get free groceries**
 - Freedom Church
 - Hosting grab and go FREE grocery pick up
 - Starting Wednesday 3/18/202
 - Go to the location: 9200 Owensmouth Avenue, Chatsworth, CA 91311
 - More info: <https://freedom.church>
- **Receive free groceries from a food pantry**
 - SOVA - Community Food and Resource Program
 - 16439 Vanowen Street, Van Nuys, CA 91406
 - Phone: 818-988-7682
 - Updated schedules: [here](#)
 - [More info](#)
- **Access a weekly food pantry (verified 3.20.20 by a One Degree team member)**
 - Congregational Church of Chatsworth
 - Food Pantry open Saturdays 12-5pm
 - 0440 Lassen Street, Chatsworth, CA. 91311
 - Phone: 818-329-2550
 - More info: [here](#)
- **Receive free meals (verified 3.20.20 by a One Degree team member)**
 - Loaves & Fishes-Glendale
 - Patry hours Monday-Wednesday, Friday 10 am - 1:30pm. Free assistance with free meals, legal/immigration services (in office next door). Must be an LA County resident, low-income household, have a valid form of ID
 - 4322 San Fernando Road, Glendale, CA. 91204
 - Register to be a recipient at the food pantry: Phone: (213) 318-5707
 - More info in Glendale Community Center - Loaves and Fishes flyer: [here](#)
- **Apply for a gift card for groceries SPA 2**
 - FamilySource Centers
 - 3-1-1 staff will connect callers to a FamilySource Center to apply over the phone and schedule an appointment. Families/Individuals must call first before visiting the FSC. Walk-in appointments are not available for public safety reasons.
 - Call 3-1-1 for eligibility requirements
 - Location: Pacoima EL Nido Family Centers, 11243 Glenoaks Boulevard, Pacoima, CA 91331
 - Phone: (818) 896-777

- Hours of Operation: Monday - Friday 8am-6pm, Saturday 9am-12pm
 - Service Zip codes: 91331, 91342, 91344, 91352, and surrounding neighborhoods
 - Verified by LA Department of Health
- **Glendale Free Meals All Kids under 18**
 - Glendale Unified School District (GUSD) All children under 18 can pick up both breakfast and lunch at 12 GUSD Schools
 - Drive Up/Grab and Go Service only-either 7:30A-10:30A or 10:00A-1:00P depending on specific site
 - See specific times and locations of pick up sites on
 - Contact is GUSD Nutrition Service (818) 552-2677
 - More info: [Remote Learning / Healthy Meals](#)

Homeless Support

- **Access emergency shelter**
 - Winter Shelter Program (extended hours)
 - Address 6425 Tyrone Avenue, Van Nuys, CA 91401
 - Individuals must go to the transportation pick up in Van Nuys location from
 - 4:30-6:00
 - Call 1-800-458-6047
 - [2626 - LAHSA Winter Shelter Program List \(English\)](#)
- **Free showers, meals and clothing (verified 3.20.20 by a One Degree team member)**
 - The Village Family Services
 - Available only for pick up/grab and go: Get showers, meals, and clothing
 - Address 6801 Coldwater Canyon, North Hollywood, CA 91606
 - Go to the center M-F 9:30 -3:30 PST
 - Saturday-Sunday 9:00 - 3:00 PST
 - Please call (main office) 818-755-8786, (drop-in center) 818-738-7342
 - More info: [Important Updates Regarding COVID-19](#)
- **Receive care services and food for the homeless (verified 3.31.20 by a One Degree team member)**
 - MEND Poverty
 - Homeless care services on Tuesday mornings. Food distribution on Tuesday and Friday 9-11am (close friday 4/10 for Good Friday)
 - 10641 N. San Fernando Rd., Pacoima, CA 91331
 - Phone: (818) 897-2443 or (818) 896-0246
 - Fax: (818) 897-0128
 - More info, click [here](#) and [here](#)
- **Free groceries, transportation assistance and more**
 - Burbank – Temporary Aid Center- B-TAC
 - B-TAC provides free groceries, assistance with utility bills, transportation assistance, ID/License replacement program, limited emergency shelter (via voucher), shower facilities, laundry facilities

- Hours of Operation: Mon-Fri 9am-12pm, Mon-Fri: Homeless assistance, Tu, Wed, Thu: Housed Clients
 - 1304 West Burbank Boulevard, Burbank, CA. 91506
 - Phone: 818-848-2822
 - More info: [BTAC Response to COVID-19](#)
- **Showers and restrooms open SPA 2**
 - YMCA of Metropolitan Los Angeles and LA City Sanitation
 - Temporary shower program opens “hygiene centers” for showers
 - Visit location for free showers/restroom facilities
 - Mid-Valley Family YMCA 6901 Lennox Ave, Van Nuys, CA 91405
 - North Valley Family YMCA 11336 Corbin Ave, Northridge, CA 91326
 - Westchester Family YMCA 8015 S Sepulveda Boulevard, Los Angeles, California 90045
 - West Valley Family YMCA 18810 Vanowen St, Reseda, CA 91335
 - See Website for List of Locations - [Resource](#)
- **Youth Drop-In Center**
 - The Village Family Services
 - Drop-in center that serves homeless youth and provides many resources including access to medical care, food and showers, safe housing, education including tutoring and literacy assistance, resume workshops, clothing assistance, and employment coaching.
 - Visit the shelter location or call/email for more information.
 - Address: 6801 Coldwater Canyon Avenue North Hollywood, CA 91605. Hours: Monday-Friday 9:30am to 3:30 pm, Monday-Friday 3:30 to 5:30pm (appointment only), Saturday and Sunday 9:00am-3:00pm. Phone number: 818-755-8786 or 818-683-5084. Email: contact@TheVillageFS.org
 - More info: <https://www.thevillagefs.org/dropin-center>, [COVID-19 Updates](#)

Mental Health Support

- **Get Counseling and Support**
 - Soledad Enrichment Action
 - Counseling services
 - Call 213-480-4200
 - M-F 9:00 - 5:30 PST
 - <http://www.seaprograms.org/family-services/>

Financial Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Childcare Support

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Other Support

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San Gabriel Valley (SPA 3)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Receive free food for all (verified 3.31.20 by a One Degree team member)**
 - Foothill Unity Center
 - Family food program, bagged lunch program (lasts two weeks), homebound grocery delivery (for seniors and disabled people)
 - Location: 191 North Oak Avenue, Pasadena, CA. 91107 Phone: 626-584-7420 / FAX: 626-584-7422
 - Drive-in Pick-up Hours: Tuesdays, 9am to 11:30am; Wednesdays and Fridays 1pm-3:30pm
 - More info: [Foothill COVID-19 Update](#)
- **Receive free food for all (verified 3.31.20 by a One Degree team member)**
 - Friends In Deed Food Pantry
 - Starting Tuesday, March 17 Friends In Deed Food Pantry has created Shelf Stable Options for clients to choose from: selection of produce and meat. All Pantry hours Tuesdays and Wednesdays 10 am-3pm, Thursdays 10am-1pm. To get registered: bring ID, for families (bring documentation of current address and proof of low-income status). Registration between 10am-12pm each day. Pick up only
 - 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
 - More info: [here](#) and recent updates: [COVID-19 Protocols at FID](#)

- **Food for seniors and disabled individuals (verified 3.31.20 by a One Degree team member)**
 - Foothill Unity Center – Monrovia
 - Offers Family Food Program Bag Lunch Program (enough to last two weeks), Homebound Grocery Delivery (for seniors and disabled persons)
 - Monday 9am-11:30am, Wednesdays and Fridays 1pm-3:30pm
 - 415 West Chestnut Avenue, Monrovia, CA. 91016
 - Phone: 626-358-3486
 - Fax: 358-8224
 - More info: [here](#)

- **Food and emergency resources for El Monte and South El Monte residents**
 - El Monte Emergency Resources – Food Bank
 - Includes Our Savior Center Food Pantry, El Monte/South El Monte Emergency Resource Association, added listings SGV Service Center, Shepherd's Pantry Baldwin Park, and many more. Please see link below for more details.
 - Location: 10900 Mulhall Street, El Monte, CA. 91731 Phone: 626-444-7269
 - More information: [here](#)

- **Food for the homeless and families**
 - Salvation Army Food Bank – Pomona
 - Provides monthly assistance to homeless individuals or families and once-every-two-months assistance to those with an address. Participants are also given bus vouchers at request.
 - 490 East LaVerne Avenue, Pomona, CA. 91767
 - Phone: 909- 623-1579 x201
 - More info: [here](#)

- **Food Case management in Pasadena**
 - Foothill Unity Center
 - Food distribution
 - Pasadena - 191 N Oak Avenue
 - Hours - Tuesday 9am-11:30am; Wednesday & Friday 1pm-3:30pm
 - Web - <https://foothillunitycenter.org/>, Email : info@footilunitycenter.org, Phone:(626) 584-7420

- **Food for Woman, infants and Children**
 - PHFE Women, Infant and Children
 - Free food and nutrition resources
 - Apply for services via phone, (888) 942-2229 or text, 91997
 - Hours : Monday - Friday 9:15am-5:30pm some Saturdays
 - Pregnant, breastfeeding and postpartum woman, infants and children under five who have allowed income
 - Phone. Numbers : (888) 942-2229 General ; (888) 278-6455 Breastfeeding assistance, web - <https://www.phfewic.org/>, email PHFEWIC@WICEmail.org

- **Visit Food Bank**
 - Mission Community United Methodist Church
 - Offer to go bags of groceries
 - Address 9032 Mission Drive Rosemead CA for seniors 60 years and older with valid ID and income \$1,3534 Month or less For 1 person or \$ 1, 832 month or less than 2 people
 - Address 9032 Mission Drive Rosemead CA, phone (323 234-3030) x 152 (food bank)
 - email: mhernadez@lafoodbank.org

Housing/Evictions Support

- **Housing assistance, food**
 - Foothills AIDS Project
 - Housing case management, short term rental, mortgage assistance, food bank
 - Individuals and families who have HIV/AIDs
 - Services by appointment only call or email while physical location is closed
 - Hours: Monday - Friday 9am - 5:30pm
 - (909) 482- 2066 x301
 - Web: <https://fapinfo.org/>
 - Email: nancy@fapinfo.org
- **Program that helps connect people to useful information about housing**
 - Azusa City Library - Neighborhood connections program
 - Information and referrals for housing evictions, tenants rights, legal advocacy, employment and ,social services
 - Services provided via phone or email while physical location is closed
 - Hours Monday to Friday 830am to 5:00 p.m. Phone, (626)812-5100, or email
 - Web: <https://www.ci.azusa.ca.us/1495/Neighborhood-Connections>

Financial Support

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Childcare Support

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Homeless Support

- **Emergency COED shelter**
 - Volunteers of America LA, Bassett Park
 - Emergency coed shelter for individuals who are 18 and older, experiencing homelessness and are able to manage activities of daily living; 100 beds

- Address: 510 Vineland Ave., La Puente 91746
- Phone: (909) 282-7710
- More info: [Winter Shelter Program Update](#)
- **Emergency WOMEN's shelter**
 - Volunteers of America LA, Steinmetz Park
 - Emergency women's shelter for individuals who are 18 and older, experiencing homelessness and are able to manage activities of daily living; 30 beds
 - Address: 1545 S. Stimson Ave., Hacienda Heights
 - More info: [Winter Shelter Program Update](#)
- **Emergency COED shelter**
 - Volunteers of America LA, Pamela Park
 - Emergency coed shelter for individuals who are 18 and older, experiencing homelessness and are able to manage activities of daily living; 100 beds
 - Address: 2236 Goodall Ave., Duarte CA 91010
 - More info: [Winter Shelter Program Update](#)

Mental Health Support

- **Receive virtual therapy services**
 - Hillsides Pasadena
 - Hillsides TeleHealth services are available to speak with a therapist during COVID-19
 - Sessions available Mon-Friday by appointment. Must have a computer or smartphone with internet access, microsoft teams app or zoom (free)
 - Call: 323-274-3075 make an appointment fill out form: [Hillsides Referral](#)
 - Flyer of information [here](#)
 - More information: [Hillsides' Homepage](#)
- **Get Counseling and Support**
 - Project Return Peer Support Network
 - Non crisis support line
 - What to do Next instructions: Call 1-888-448-9777
 - Toll free M-F 5-10 PM, Saturday 11-4 PM
 - Reference information [here](#)
- **Get Counseling and Support**
 - Soledad Enrichment Action
 - Counseling services
 - Call 213-480-4200
 - M-F 9:00 - 5:30 PST
 - More info [here](#)
- **Providing recovery services from trauma**
 - Uplift Family Services
 - Comprehensive behavioral and mental health intakes and services
 - Services provided remotely via phone or telehealth
 - Children 0-20 of age who has a full scope LA county Medi-Cal and resides in the San Bernardino County

- Hours : Monday- Friday 8am-5pm
- Website: <https://upliftfs.org/our-services/services-by-region/los-angeles/>
- Phone number : (909) 266- 2807

- **Providing children,adults and families mental health services**
 - Bridges
 - Mental health and supportive services
 - Services provided via phone , telehealth and other as determined necessary
 - Hours : Monday - Friday 9am -5pm (may vary by service)
 - Children, transitional age youths adults and families who are Medi Cal eligible in Los Angeles County
 - (909) 623-6651 × 110 (corporate)
 - (626) 350-5304 ×510 or 523
 - Web: www.bridgesrehab.org
 - Email : adominguez@bridgesrehan.org (intake Coordinator)

- **Get Mental Services for Seniors**
 - DMH - Arcadia Mental Health
 - Mental services current limit to 5150, medications and phone evaluations
 - Hours : Monday- Friday 8am -5pm
 - Hospital discharge and crisis/5150
 - (626)-254-1400

- **Providing Case management and early childhood development**
 - Foothill Family
 - Mental Health Services , Case management, early childhood development, youth and family services.
 - Services provided via phone
 - Children 0-21 of age, families, and seniors
 - Hours: M -F 830am - 4:45pm
 - (626) 993- 3000 option 4
 - Web: <https://www.foothillfamily.org/>

- **Mental Health & Behavioral health**
 - David & Margaret youth and Family Services
 - Mental health services, assessments,therapy, management linkage,psychiatric medications
 - For Children, adolescents, youth adults (thru ages 20), who are Medi Cal eligible, areas covered Azusa, Claremont, Covina,Diamond Ranch, Glendora, LAverne, Pomona, San Dimas, and W Covina
 - Services Provided Via Phone And TeleTherapy
 - 1351 Palomares Ave., La Verne, CA 91750, limited hours, Monday to Friday 10:00 AM - 4:00 PM, increased cleaning, with social distancing protocol in place
 - Phone number (909)596-5921 Ext 3510 and 3520 for general questions, or 909-957-1346 for 24/7 emergency hotline
 - Web: www.davidandmargaret.org

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- **Mental Health Services aimed for pregnant women and families**

- Feel Well Empowerment Center
 - Mental Health and Maternal health services
 - Services provided via phone, web and telehealth
 - Hours : Monday - Saturday 9:30 a.m. to 7:30 p.m (evenings Sunday hours may be available)
 - (800) 488-3414
 - Web: www.thefeelwell.com
 - Email: hello@thefeelwell.com
 - Social media: @thefeelwell
- **Provides Substance Abuse services**
 - Social Model Recovery
 - Residential and outpatient treatment services for substance_use_disorders and co occurring disorders services
 - Hours: Monday- Friday 8am-5pm (24 hour services for residential treatment)
 - Adults men and women (pregnant and mothers)
 - Services provided via phone and telehealth
 - Phone number : 626-332-3145 and 626-636-2370 outpatient
- **Substance abuse services including syringe exchange**
 - The Asian American Drug Abuse Program (AADAP)
 - One to one counseling available by phone and in-person following a phone screening by the counselor
 - Residential program is continuing to operate daily programs with safety precautions in place
 - Syringe exchange at fixed locations Tuesdays to Fridays, see the [bottom of this page](#) for exact times and locations
 - Contact: (323) 293-6284
 - More information: <https://aadapinc.org/>
- **Behavioral Health**
 - Maxim Healthcare Services
 - Services via telehealth
 - Hours: M-F 8am-5pm
 - Children with developmental and other needs (autism, ADHD)
 - Phone : (909) 618-0974
 - Web:<https://www.maximhealthcare.com/>
- **Outpatient mental health services**
 - Enki La Puente Valley Mental Health Center
 - Some services provided via phone or telehealth
 - **Hours: M-F 8am-5pm**
 - Adults with Medi-Cal
 - (866) 227-1302
 - Web: <http://www.ehrs.com/>
- **Substance abuse treatment service**
 - Mental Health; Substance Use Treatment

- Prototypes – Prevention and Aftercare
 - Mental health, substance use disorder and FSP services
 - Some services provided web or phone; Prevention and Aftercare services only via phone
 - **Hours: M-F 8:30am-5pm**
 - Parents and guardians of minor children
 - Phone : (909) 837-9911
 - Email: Sporter@prototypes.org
- **Mental health & wellness center**
 - Tri-City Mental Health - Wellness Center
 - Services provided via telehealth, telephone. Support groups will be available remotely soon.
 - Hours: 8am-5pm
 - Residents of Pomona, La Verne and Claremont
 - (888) 436-3246 (community navigators)
 - Phone - (909) 623-6131
 - (24-hour crisis support – ask for supplemental crisis team; 8am-5pm non-crisis - ask for Chris Anzalone)
 - Web: <https://www.tricitymhs.org/>

Senior Support

- **Providing free services for seniors**
 - Service center for independent life
 - Wide variety of services; benefits assistance, ILS training, benefit counseling, housing information, living skills training and etc.
 - Services provided remotely via phone, email and Facebook
 - Hours: Monday-Friday 8am-4:30pm
 - Phone (909) 621- 6722
 - Web: <http://www.scil-ilc.org/>
 - Email: Larry@scil-ilc.org
 - Facebook: <https://www.Facebook.com/ServicesCenterforIndepenxentlife>

Education

- **Providing educational reading materials**
 - Azusa City Library
 - Information assistance, access electronic databases (VetNow, Mango language learning , Digital Reel local newspapers archives , gale research database), downloadable ebooks and audiobooks
 - Services provided remotely via phone email or web
 - Hours : Monday-Friday 8am -5pm; phone and email
 - Phone number (626) 812- 5232
 - Web: <https://www.ci.azuth.er.us/library>
 - Email: NC@azusaca.gov

Legal Support

- **Benefit Assistance**
 - Neighborhood Legal Services of LA County (NLSLA)
 - Legal Services (housing, domestic violence, family law, immigration, public benefits assistance, health care access)
 - Low income
 - Services provided via phone
 - (800) 433 6251 General
 - (800 896 3202 Health hotline
 - (818) 485 0572 Pomona self health center
 - Hours: 9am-5pm
 - Web: www.nlsla.org
 - Email: PHpublic@nlsla.org
- **Services to help victims of violent crimes**
 - LA District Attorney's Office -Victim Services
 - Services provided via phone
 - Hours: 8am-5pm
 - (909) 620- 3373 (Ariana Garcia)
 - (323) 217- 3386 Noel Nassar

Social Services

- **Services focused on Alzheimers and or dementia clients**
 - Alzheimer's Association CA Southland Chapter
 - Educational programs, support groups, care consultants, information and referrals
 - Services include via phone and web
 - Hours: 24/7
 - Individuals with Alzheimers, dementia, their families and their caregivers
 - (800) 272- 3900
 - Web: alz.org
- **Children social services**
 - Options for Learning
 - Has referrals for childcare services
 - Services via phone
 - Hours: 8am-5pm
 - For all population
 - Phone number : (626) 856-5900 x 1
 - Web: www.optionsforlearning.org, [COVID-19 updates](#), [Childcare Referrals](#)
- **Children and Family; Social Services**
 - The Whole Child Home Visiting Program
 - Mental health, family housing, parent enrichment and nutrition education services
 - Services provided via phone or virtually
 - Hours: M-F 8am-6pm

- Parents with children from prenatal to 3 years old
 - Phone : (626) 204-6175
 - Web: <https://www.thewholechild.org/>
 - Email: twchomevisiting@thewholechild.org
 - Social media: @TheWholeChild
- **Guidelines for parents**
 - Parents in Partnership - Pomona
 - Focuses on Parents mentoring program
 - Services provided via phone and email
 - **Hours: M-F 7am-4pm**
 - Families in the DCFS child welfare system
 - Web: <https://dcfs.lacounty.gov/parents/parent-resources/dcfs-parent-services/parents-in-partnership/>
 - Email: olaguj@dcfs.lacounty.gov
- **Providing services for families**
 - Just Us 4 Youth
 - Mentoring, tutoring, parent groups, drug and alcohol support groups, restorative circles.
 - Services provided virtually via social media, Facetime, Google meets
 - **Hours: Sun-Sat 10am-8pm**
 - Aimed for K-12 and parents
 - Phone : (909) 260-5736
 - Web: <http://www.justus4youth.org/ju4y-update>
 - Email: eric@ju4y.org

Other Support

- **Providing Church Services**
 - Glenkirk Church
 - Livestream of services on website
 - Hours : Sunday 9am, 10:45am
 - Web: www.glenkirkchurch.org
- **Church Services**
 - Hope unlimited
 - Online services (hopeucla.online.church), kids curriculum, digital life groups
 - Hours: Sunday-10:30am,12pm,2pm spanish ; Tuesday, Thursday 7pm
 - Phone: (626) 327-2330
 - Website: <https://hopeuc.com/la/>
- **Providing Faith Based Services**
 - Montrose Church
 - Livestream of Services on website
 - All population included
 - Phone number : (818) 249- 8309

- Web: montrosechurch.org
- Email: office@montrosechurch.org
- **Volunteer work**
 - Inland Valley Volunteer Resources Center
 - Volunteer opportunities, count ordered community service programs
 - Services provided via web, email and phone
 - Hours : online registration only
 - All population
 - Phone: (909) 973 6713
 - Web: <https://www.socalservicecorps.org/>
- **Providing free services for individuals with developmental disabilities**
 - Service center for independent life
 - Wide variety of services; benefits assistance, ILS training, benefit counseling, housing information, living skills training and etc.
 - Services provided remotely via phone, email and Facebook
 - Hours: Monday-Friday 8am-4:30pm
 - Phone (909) 621- 6722
 - Web: <http://www.scil-ilc.org/>
 - Email: Larry@scil-ilc.org
 - Facebook: <https://www.Facebook.com/ServicesCenterforIndepenxentlife>
- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Metro LA (SPA 4)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Free packaged evening meal**
 - Hollywood Food Coalition

- Nightly meals will be served as a packaged takeaway meal (no seating in the dining room)
 - Visit the location during meal time
 - Location: 5939 Hollywood Blvd, LA CA 90028,
 - Phone number: (323) 462-2032
 - Hours: Monday through Sunday 6:15 pm - 8:00 pm
 - [Important Update Hollywood Food Coalition](#)
- **Free meals for all (verified 3.26.2020 by OneDegree team member)**
 - Silver Lake Community Church
 - Meals for all. Pick-up only. No ID needed.
 - Location: 2930 Hyperion Ave., Los Angeles CA 90010
 - Hours: Wednesday, 5 p.m to 6:30 p.m
 - More info: [Silver Lake Community Church Landing Page](#)
- **Free meals for all**
 - Our Lady Queen of Angels Catholic Church
 - Helping Hands Ministry for homeless and low income individuals and families. Referral to organizations for meals, shelters, and aid in job searches. \$15-20 bus passes and food gift cards.
 - 535 North Main Street, (cross street- Cesar Chavez)., Los Angeles, CA. 90012
 - Phone: 213-629-3101
 - More info at [Our Lady Queen of Angels Catholic Church Community Outreach website](#)
- **Free meals for low-income individuals (verified OneDegree team member)**
 - SOVA - Community Food and Resource Program
 - Meals for low-income and living within area zip code; the head of household must provide a proof of residency to begin or maintain services; residency proof must be official mails (e.g. utility bill, government check, rent receipt signed by landlord)
 - Location: 1140 North La Brea Avenue, West Hollywood, CA. 90038
 - Hours: Monday to Thursday from 10 a.m to 1:30 p.m and Sunday from 9 a.m to 12 p.m
 - More info: [Sova Food Resource Program](#) or call (818) 988-7682
- **Free meals for all**
 - Food Net- Centro Maravilla
 - The programs and services offered at the center include, but not limited to: form completion, food bank, resource fairs, community forums, VITA income tax assistance, unlawful detainer assistance, mediation services and advocacy. Open Monday-Friday 8am-5pm
 - 4716 East Cesar Chavez Avenue, Los Angeles, CA. 90022
 - More information: [here](#) or call 323-260-2804
- **Free meals for low income and homeless individuals (verified via email by OneDegree team member)**
 - St. Francis Center

- Breakfast service, case management, clothing closet, showers/bathroom services, pantry services, rental and utility assistant program (over the phone) for low-income and homeless individuals
 - Location: 1835 South Hope Street, Los Angeles CA 90015
 - More info: [St. Francis Center Landing Page](#) or call (213) 747-5347
- **Get home-delivered meals for seniors**
 - Jewish Family Services of Los Angeles
 - Provides frozen nutritious meals
 - Please call Erwin Estrada 323-937-5852
 - Location: 6310 San Vicente Blvd., Ste. 275, Los Angeles, CA 90048
 - [More info](#)

Homeless Support

- **Receive showers, meals, and more (verified via phone 3.23.20 by a One Degree team member)**
 - Los Angeles LGBTQ Center
 - Offers showers, meals, mental health services and more. Call (888) 255-2429 or (323) 860-2280 before visiting to inquire about available services.
 - Location: 1220 N. Highland Ave., Los Angeles CA 90038
 - Hours: Weekdays from 7:30 a.m to 5 p.m and weekends from 7:30 a.m to 2 p.m
 - Live updates hours and available services: [LGBTQ News Center](#)

Mental Health Support

- **Get Counseling and Support**
 - Project Return Peer Support Network
 - Non crisis support line
 - What to do Next instructions: Call 1-888-448-9777
 - Toll free M-F 5-10 PM, Saturday 11-4 PM
 - Reference information <http://prpsn.org/services/warm-line/>
- **Get Counseling and Support**
 - Soledad Enrichment Action
 - Counseling services
 - Call 213-480-4200
 - M-F 9:00 - 5:30 PST
 - <http://www.seaprograms.org/family-services/>

Financial Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Childcare Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Other Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

West LA (SPA 5)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up. Each child can take home two nutritious meals
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Get free meals for seniors, students, and anyone in need**
 - Everytable
 - Meals can be delivered to homes, health care centers, senior centers, employees.
 - Call **323-458-6487**
 - [More info](#)
- **Get free packed meals**
 - Safe Place for Youth (SPY)
 - Get to go packed meals and clothing
 - No appointment
 - Address: 2469 Lincoln Blvd., Venice, CA 90291
 - Call (310) 902-2283 Ext. 120
 - Tuesday, Wednesday, Thursday from 11 am - 1pm PST
 - More info: <http://www.safeplaceforyouth.org/youth>
- **Free meals for all (verified by phone, OneDegree team member)**
 - St. Augustine's SAVES
 - Meals to be picked-up. Must call (310) 838-2702 to confirm that the individual lives in the area.

- 3820 Jasmine Ave., Culver City, CA 90232
- Hours: Monday, Wednesday, and Friday from 9 a.m to 11 a.m
- **Free meals for all (added 3/26/2020, verified by phone, OneDegree team member)**
 - WSFB -- St. Joseph's Center
 - Meals to be picked-up.
 - 204 Hampton Dr., Venice, CA 90291
 - Hours: Monday from 10 a.m to 12 p.m, Tuesday from 12 p.m to 3 pm., and Friday from 12 p.m to 3 p.m
 - For more info, call (310) 396-6468

Homeless Support

- **Showers, meals, and more**
 - Step Up on Second - Daniel's Place
 - Showers, meals, clothing, mental health and substance abuse services
 - 1328 2nd St., Santa Monica, CA 90401
 - (310) 394-6889
- **Find emergency shelter**
 - LAHSA Winter Shelter Program
 - Address 6425 Tyrone Avenue, Van Nuys, CA 91401
 - Individuals must go to the transportation pick up in Van Nuys location from 4:30-6:00p,m
 - Call 1-800-458-6047
 - More info: [2626 - LAHSA Winter Shelter Program List \(English\)](#)
- **Find emergency shelter**
 - First to Serve
 - Emergency coed shelter for individuals who are 18 and older, experiencing homelessness and are able to manage activities of daily living. Open until April 30, 2020
 - 1300 Federal Ave. Los Angeles, California, 90025
 - (323) 903-5195
 - More info: [Los Angeles Homeless Services Authority, Winter Shelter Program Update](#)

Mental Health Support

- **Get Counseling and Support**
 - Project Return Peer Support Network
 - Non crisis support line
 - What to do Next instructions: Call 1-888-448-9777
 - Toll free M-F 5-10 PM, Saturday 11-4 PM
 - Reference information <http://prpsn.org/services/warm-line/>
- **Get Counseling and Support**
 - Soledad Enrichment Action

- Counseling services
- Call 213-480-4200
- M-F 9:00 - 5:30 PST
- <http://www.seaprograms.org/family-services/>

Financial Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Childcare Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Other Support

- **Free Digital Library card**
 - LA County library
 - Free digital library card for 90 days
 - Please apply online: <https://colapl.wufoo.com/forms/ztns1cw0q78qml/>
 - More info: <https://lacountylibrary.org/contactus/>

South LA (SPA 6)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up.
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Hot breakfast pick-up**
 - St. Francis Center
 - Meals are prepared fresh daily, but will be packaged to go, must eat their food elsewhere
 - Available for pickup Monday 7:30 am to 8:00 am, Tuesday to Friday 7:30 am to 9:00 am, and Saturday 8:30 am to 10:00 am.
 - Go in person to 1835 S. Hope St. Los Angeles, CA, 90015
 - [More info](#)

- **Free meals for Lynwood Unified School District (LUSD) students**
 - Lynwood Unified School District
 - Meals for youth up to age 18. No ID needed. Meals to be picked-up.
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7:45 a.m to 10:15 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)

- **Free meals for Compton Unified School District (CUSD) students**
 - Compton Unified School District
 - Meals for youth up to age 18. ID required to verify age. Meals to be picked-up.
 - [See pick-up sites](#)
 - Hours: Breakfast provided Monday through Friday 7:30 a.m to 8:30 a.m and lunch provided Monday through Friday from
 - More info: [Latest News / Resources for Families During School Closures](#)

- **Free meals for all Lynwood children and youth (1-18 years old)**
 - City of Lynwood
 - Meals for children and youth ages 1 to 18 years old. First come, first service basis.
 - [See pick-up sites](#)
 - Hours: Monday to Friday, 2pm to 3pm
 - More info: Call (310) 886-0453 or (310) 886-0404 or email recinfo@lynwood.ca.us

- **Free meals for children and youth (0-18 years old)**
 - Teach Academy of Technologies
 - Free meals for children under the age of 18. Pick-up only.
 - Location: 10045 S. Western Ave., Los Angeles, CA 90047
 - Hours: Monday through Friday, 9:30 am to 11:30 am
 - For more info: [TEACH Families Update](#)

- **Free meals for all**
 - Paramount Care Foundation
 - Meals to be picked-up.
 - 8206 Alondra Boulevard, Paramount, CA 90723
 - Hours: Food distribution on Fridays from 8:30 a.m to 10 a.m
 - More info: Call (562) 531-6820

- **Free meals for all**
 - Shields for Families -- Social Services Agency Food Bank
 - Meals to be picked-up.
 - 11705 Deputy Yamamoto Pl., Lynwood CA 90262
 - Hours: Food distribution on Thursdays from 10 a.m to 2 p.m
 - More info: Call (323) 242-5000 ext. 4200

- **Free grocery pick-up and delivery for seniors**
 - Greater Emmanuel Temple
 - Seniors (65+) living in Lynwood, Compton, South Gate and Watts who are in need of groceries

- Call (424) 296-0400 for service
- Hours: Tuesday through Friday, 9am to 12pm
- More info: [Greater Emmanuel Temple Services](#)

Financial Support

- **Get free bankruptcy help**
 - **Public Counsel**
 - Public Counsel offers free bankruptcy assistance, which includes giving counseling, advice, referrals, and more.
 - <http://www.publiccounsel.org/tools/assets/files/0145.pdf>
 - 255 E. Temple St. Terrace Level, Room 100, Los Angeles, CA 90012, 213-385-2977
- **CareConnect USA**
 - CareConnect USA provides a free consultation with an attorney to discuss bankruptcy options.
 - <https://careconnectusa.org/free-bankruptcy-advice/>
 - Free Bankruptcy Advice Hotline (888) 734-2585
 - 2019 Sandy Pond Lane, Waxhaw, NC 28173
- **Get student loan relief or forgiveness**
 - CareConnect USA
 - <https://careconnectusa.org/student-loan-relief/>
 - (888) 856-2668
 - 888-669-1064 (Private Student Loan Relief)

Employment/Unemployment Support

- **Get employment resources for Veterans**
 - Military Veterans Affairs
 - <https://mva.lacounty.gov/employment-resources/>
 - 213-599-6809 or 213-765-9680
 - 1816 S Figueroa Street, Los Angeles, CA 90015
 - *please note that the facilities are closed but they are working remotely/by phone
- **Join a job readiness program**
 - The Midnight Mission
 - <https://www.midnightmission.org/our-services/healthy-living/job-readiness/>
 - 213-624-9258 ext. 1940
 - 601 South San Pedro St., Los Angeles, CA 90014
- **Get help with unemployment benefits**
 - State of California Employment Development Department
 - 866-333-4606 (UI Self-Service Phone Line)
 - 800-300-5616 (UI Representative)
 - 800-480-3287 (Disability Insurance)

- 800-563-2441 (Disability Insurance TTY)
- More info: <https://edd.ca.gov/claims.htm>

Childcare Support

- **Find a licensed childcare provider**
 - Los Angeles County Department of Public Social Services
 - It provides a free searchable online listing of licensed child care centers and child care family homes. This list only contained licensed care facilities in Los Angeles
 - 866-613-3777
 - [Website](#)

General Healthcare Support

- **Get urgent health care**
 - Hubert H. Humphrey Comprehensive Health Center
 - 5850 S Main St, Los Angeles, CA 90003
 - 323-897-6000 (Main Phone & Appointment Line)

- **Get urgent medical care for individuals with no insurance**
 - Edward Roybal Comprehensive Health Center
 - Uninsured patients with urgent medical issues may seek clinic services through Edward R. Roybal Comprehensive Health Center Urgent Care.
 - 245 S Fetterly Ave, Los Angeles, CA 90022, 323-362-1010
 - [Los Angeles County Department of Health Services-Edward Roybal Home-Patient and Visitor Information](#)

- **Get emergency care**
 - Martin Luther King Jr. Outpatient Center
 - Offers daily urgent care
 - 1670 East 120th Street, Los Angeles, CA 90059, 424-338-1000

Homeless Support

- **Emergency Shelter for Women**
 - Bryant Temple AME
 - Emergency shelter for women who are 18 and older, experiencing homelessness and are able to manage activities of daily living
 - Location: 2514 W. Vernon Ave., Los Angeles 90047
 - Phone: (323) 492-0107, 24 hour hotline 1-800-548-6047
 - More info: [Los Angeles Homeless Services Authority, Winter Shelter Program Update](#)

- **Emergency Shelter for Men**

- Home at Last
- Emergency shelter for men who are 18 and older, experiencing homelessness and are able to manage activities of daily living
- Location 5171 S. Vermont Ave., Los Angeles 90047
- Phone (323) 305-6999, 24 hour hotline 1-800-548-6047
- More info: [Los Angeles Homeless Services Authority, Winter Shelter Program Update](#)

Mental Health Support

- **Get psychiatric urgent care**
 - Los Angeles County Department of Health Services
 - Los Angeles County Department of Health Services offers 24/7 psychiatric urgent care at Martin Luther King Jr. Outpatient Center.
 - Martin Luther King, Jr. Outpatient Center, 1670 East 120th Street, Los Angeles, CA 90059, 424-338-1230 (Appointment Line)
 - <http://dhs.lacounty.gov/wps/portal/dhs/mlk>
- **Get mental health services for individuals who are transitioning out of homelessness**
 - Southern California Health & Rehabilitation Program (SCHARP)
 - SCHARP's Oasis House Wellness Center offers mental health support to individuals who are currently in permanent housing. Activities include job skills, search and interviewing, English as a Second Language, computer basics, diabetes awareness, and yoga.
 - Call 323-593-5300 or 323-751-2677
 - 5201 S. Vermont Ave., Los Angeles, CA 90037
 - <http://www.scharpca.com/program.php?id=34>
- **Get mental health and substance abuse services for youth**
 - Special Service For Groups
 - The Intensive Field Capable Clinical Services (IFCCS) program provides outpatient mental health and substance abuse services to youth 21 and younger.
 - Weber Community Center, 5849 Crocker Street, Los Angeles, CA 90003
 - 323-234-4445 x 143 (Karla Garcia-Cordova, FSP Program Coordinator)
 - <https://ssgweber.org/intensive-services>

Tax Support

- **Get tax assistance**
 - Latino Resource Organization
 - Latino Resource Organization, Inc. (LRO) operates a Volunteer Income Tax Assistance (VITA) Program. VITA - offers Free Tax Assistance for income-eligible families.
 - <https://www.latinoresource.org/vita-tax-program>
 - 424.293.8297

Other Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

East LA (SPA 7)

Food Support

- **Free meals for LAUSD students**
 - Los Angeles Unified School District
 - Meals for youth up to age 18. Meals to be picked-up.
 - [See pick-up sites](#)
 - Hours: Monday through Friday 7 a.m. to 10 a.m
 - More info: [Latest News / Resources for Families During School Closures](#)
- **Free meals for all (verified by a One Degree team member)**
 - Hawaiian Gardens Food Bank
 - Meals for all. No ID needed. Meals to be picked-up.
 - 22121 Norwalk Blvd, Hawaiian Gardens, CA 90716
 - Hours: Wednesday, 2 p.m to 6 p.m, Thursday 9:30 a.m to 3:30 p.m
 - More info: Call (562) 425-4001
- **Free meals for all (verified by a One Degree team member)**
 - St. Mary's Place
 - Meals for all. No ID needed. Meals to be picked-up at Parish hall.
 - 7215 Newlin Avenue, Whittier, CA. 90602
 - Hours: Saturdays, 10 a.m
 - More info: Call 562-698-0107
- **Free bread for children ages 5-13 years old**
 - Los Angelitos Bakery
 - Offers one free bread to each child present, ages 5 to 13 years old.
 - Location: 2881 E Florence Ave Huntington Park, CA 90255
 - Hours: Monday through Friday, 12 pm to 2 pm
 - More info: [Free Bread at Angelito's Bakery](#)

Senior Support

- **Free food for Cudahy Seniors**
 - City of Cudahy
 - Essential meals for seniors (65+) living in Cudahy. Up to 10 meals per person a week.
 - Call (323) 773-5143 Ext. 232 or e-mail vsantiago@cityofcudahy.gov
 - More info: [City of Cudahy Essential Meals](#)
- **Free groceries for Florence-Firestone Seniors**
 - Inner City Visions

- Groceries for seniors (65+) living in Florence-Firestone.
- Call (323) 749-7246
- More info: [Inner City Visions Senior Help](#)
- **Food and General Assistance for Bell Seniors**
 - City of Bell
 - Essential meals and services for seniors (65+) living in Bell.
 - Call the Bell Community Center at (323) 749-1596 for help.
 - More info: [City of Bell Senior Services](#)
- **Food and General Assistance for Bell Gardens Seniors**
 - Bell Gardens Recreational and Community Services
 - Essential meals and services for seniors (65+) living in Bell Gardens.
 - Call the Recreational and Community Services Office at (562) 334-1779 or (562) 806-7650
 - More info: [Bell Gardens Senior Services](#)

Financial Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Childcare Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Other Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

South Bay/Long Beach (SPA 8)

Food Support

- **Free meals for students**
 - Long Beach Unified School District
 - Meals for students up to age 18. Meals will be available for free to students regardless of which school they attend. No paperwork is required. Children must be present in order for meals to be provided.

- All LBUSD school locations, (except for California Academy for Math and Science located at California State University, Dominguez Hills campus)
 - Hours: Breakfast Serving Times: 8 to 9 a.m. Lunch Serving Times: 11:30 a.m. to 1 p.m. Monday through Friday 12-1pm pick-up
 - More info: [LBUSD News \(03/13/20\) Free Meals for Children During School Closure](#)
- **Free meals for Inglewood Unified School District students**
 - Inglewood Unified School District
 - Children ages 2-19 may visit any of the sites to receive a take-home meal. Pick up only.
 - [Pick-up sites](#)
 - Hours: Monday through Friday, 9:30am to 11:30am*
 - More info: [Inglewood Unified COVID-19 Updates](#)
- **Food Support (All Ages)**
 - Toberman Neighborhood Center
 - New and current clients may call Toberman to schedule at home delivery. Food is delivered to the doorstep to minimize the face to face contact. Grab & Go Meals for children during school year, hot meal every week day at 3:30pm
 - 131 N. Grand Ave., San Pedro CA 90230
 - Call: 310-832-1145
 - More information: [here](#)
- **Food Support (All Ages) (verified 3. 27.20 by a One Degree team member)**
 - Christ of Good Shepherd
 - Food Distribution Fridays 9:30am- 11:30am
 - Corner of 16th and Gundry
 - Phone: 562-674-0288
 - (added 3/27/20 no website found, call to verify information)
- **Get packaged meals for youth**
 - City of Hawthorne
 - Starting on 4/6/20, the Grab N Go Program provides packaged breakfast and lunch for youth ages 0-18.
 - Visit Monday-Thursday 10AM-12PM at 3901 W. El Segundo Blvd., Hawthorne
 - More information: [Coronavirus Information – HAWTHORNE CALIFORNIA](#)
- **Food delivered to seniors, disabled and individuals who have compromised immune systems**
 - Mother's Market
 - All stores in the Southern Los Angeles and Long Beach region will allow the elderly, disabled and individuals with compromised immune systems to sign up for grocery deliveries to their homes. Stores are also opening an hour early at 6:00 am on Wednesdays to allow them time to shop for groceries.
 - Sign up for food delivery on Mother's Market site [Mother's Market & Kitchen Powered by Instacart](#) and use the code FREE4SENIORS
 - All Mother's Market stores locations
 - More info: [Safe Shop Wednesdays & Free Delivery](#)

- **Get free packaged meals for Hawthorne School District students**
 - Hawthorne School District
 - Students ages 0-18 can pick up free packaged breakfast and lunch 10am-12pm on weekdays at four school sites. Children must be present to receive meals.
 - Go to one of the sites: Eucalyptus School, Kornblum School, Prairie Vista Middle School, and Hawthorne Middle School.
 - More info: [SCHOOL CLOSURE - All schools in the Hawthorne School District will be closed from March 16th through](#)

- **Get packaged food for seniors**
 - City of Hawthorne
 - The Grab N Go Program provides one bag of snacks per senior age 60 and older. Must be present.
 - Visit Monday-Thursday 10AM-1PM at 3901 W. El Segundo Blvd., Hawthorne
 - More information: [Coronavirus Information – HAWTHORNE CALIFORNIA](#)

- **Get grocery delivery for seniors**
 - Greater Emmanuel Temple Church
 - Seniors living in Lynwood, Compton, South Gate & Watts who are unable to leave their home can get help picking up their groceries.
 - Call 424-296-0400 during 9AM-12PM to request assistance.
 - More information: <https://www.facebook.com/GETfamilynow/photos/a.1076058319088886/3304650846229611/?type=3&theater>

Financial Support

- **One Degree is working on gathering resources in this area.** Do you work for an organization that is offering essential services to support the community during this crisis? Do you know of organizations or other resource lists of essential resources being provided in the Bay Area or Los Angeles? Please share them with us by [completing this form](#) or emailing help@1degree.org.

Childcare Support

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General Health Support

- **Access urgent health care from home**
 - Teladoc
 - Patients with L.A. Care can talk with a California licensed doctor from anywhere using the phone app or computer.
 - Create an account at <https://member.teladoc.com/lacare>
 - More information: [Inglewood Family Resource Center](#)

Homeless Support

- **Get shelter for Veterans**
 - **U.S. Veterans**
 - The Winter Shelter Program has been extended to September 30, 2020
 - Call 562-200-7303 to verify times.
 - Go to one of the transportation sites for SPA8. A bus will shuttle Veterans to the shelter. [2626 - LAHSA Winter Shelter Program List \(English\)](#)

Other Support

- **Get help with shopping errands for seniors**
 - City of El Segundo
 - Seniors age 65 and older can request to have someone buy and pick up basic foods, household goods, prescriptions, and essential hygiene items. Shopping and delivery take place on Tuesdays, Thursdays, and Saturdays.
 - Contact 310-524-2705 or outreachhelp@elsegundo.org to request help.
 - More information: [COVID-19 Senior Outreach Program & Information](#)
- **Get help with shopping errands for seniors in Hawthorne**
 - City of Hawthorne
 - Seniors who are residents of Hawthorne age 55 and older can request to have someone pick up their online orders of basic foods, household goods, and essential hygiene items.
 - Contact 310-349-1640 Monday-Thursday 8AM-12PM or parksrec@cityofhawthorne.org to make a request 48 hours in advance.
 - Fill out the application [here](#).
 - More information: [Coronavirus Information — HAWTHORNE CALIFORNIA](#)
- **Get a free Chromebook for students of Da Vinci schools**
 - Da Vinci Schools is providing a school-issued Chromebook to every student who needs one to support his/her virtual learning at home.
 - Visit your child's school during 10am – 12pm to pick up a Chromebook.
 - More information: [Coronavirus \(COVID-19\) Updates](#)

Sources/Credit

We are so grateful to all the community groups, nonprofit organizations and government agencies that are compiling resources for those most vulnerable during the COVID-19 outbreak. In this guide are resources from many different resource guides and we want to give credit for their contribution. Below are links to guides we've included or taken inspiration from for this resource guide:

- [LA County Public Defender's Office](#)
- [LA2050 Resource List](#)
- [Veteran Family Wellness Center resources for veterans and families](#)
- [Arts Council for Long Beach Resources for students at home](#)
- [CSULA Resource Guide](#)

