

## **Fellowship Family,**

In unprecedented times, we experience unpredicted needs. As a church we are well equipped to care for your spiritual & relational needs, however, we recognize there are other types of needs that arise. We have put together a list of credible resources to help you with a variety of needs. Please let us know if we can help you with any of this.

We are always with you and for you!

You can always reach us at:

**[help@madeforfellowship.com](mailto:help@madeforfellowship.com)**



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# Covid 19 Los Angeles Community Resources

## FOR ALL

### Los Angeles Food Bank

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

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## CHILDREN AND YOUTH (0 - 11)

### Food

SPA3 Food and Groceries Program  
[Program List](#)

First 5 LA's page of family food resources  
[first5la.org](#)

Summary of USDA's Nationwide Child Nutrition  
Waivers in Response to COVID-19  
[frac.org](#)

### Education

FB Group for parents to get support  
with home learning  
[facebook.com](#)

MIND Research Institute is offering no cost  
access to a free math instructional program for  
students in grades K-8  
[stmath.com](#)

Scholastic offers free, online learning  
experiences for kids of all ages  
[learnathome.scholastic.com](#)

Free indoor Activities for Kids (in english only)  
[hellowonderful.co](#)

Virtual Trip to San Diego Zoo: San Diego Zoo  
has a website just for kids with amazing videos,  
activities, and games. Enjoy the tour!  
[kids.sandiegozoowildlifealliance.org](#)

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## ADULTS (18 - 64)

### Housing

If you are or know of a student/foster youth  
that is staying at a college dorm room that  
is going to be closed due to the coronavirus,  
please email [info@togetherwise.org](mailto:info@togetherwise.org) and  
they will provide or help you find housing  
during this transition.  
[info@togetherwise.org](mailto:info@togetherwise.org)

The Los Angeles Tenants Union is  
providing support around evictions.  
Find your local union at:  
<https://latenantsunion.org>

Homeless /Low-Income Individuals  
and Family. St. Francis Center provides meal  
services, clothing closets, showers/bathroom  
services, and rental and utility assistance  
programs (over the phone) for homeless  
and low-income individuals in Los Angeles  
[stfranciscenterla.org](#)

Family Shelter  
[familypromisesgv.org](#)

U-Haul provides 30-day free storage  
for college students  
[uhaul.com](#)

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## ELDERLY (65+)

### Food

Meals and emergency food assistance, provide job seekers, workers and businesses with federal, state, and local resources, and prevent hate during the COVID-19 crisis.

<https://wdacs.lacounty.gov/>  
(list of resources under "services.")

Elderly Meal Program

**LA County/City Elder Nutrition Program**

Restaurants deliver home meals for Seniors  
[covid19.ca.gov](https://covid19.ca.gov)

Lynwood Unified Meal Service Schedule  
[mylusd.org](https://mylusd.org)

CHIRLA (Coalition for Humane Immigrant Rights Los Angeles) has a free hotline you can call if you think you have the Coronavirus at 888-624-4752. In California, immigrants have access to emergency care regardless of immigration status. More information here:  
[chirla.org](https://chirla.org)

### Homeless / Houseless Community

COVID Response Hand Washing Stations & Refresh Spots  
[google.com/maps](https://google.com/maps)

Pacific Clinics- HOPE Youth Center:  
Showers, Meals, Clothing, Computer/Internet Access, Mental Health Services, Substance abuse services, Community activities  
**12001 Ramona Blvd Suite 1 Irwindale, CA 91706**  
**Phone: 626.337.3828**

Volunteers of America LA offers relief and support services to men and women in need. Services such are available for those facing alcoholism, homeless, drug addiction and those returning to the community from correctional systems.

**Bassett Park | 510 Vineland Ave., La Puente 91746**  
**Phone: (909) 282-7710**

**Steinmetz Park | 1545 S. Stimson Ave., Hacienda Heights**  
**Phone: (909) 282-7274**

**Pamela Park | 2236 Goodall Ave., Duarte CA 91010**

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## VETERANS

Additional resources from Family Wellness Center focused on serving Veterans  
**COVID-19 Veteran & Family Resource Listing**

# Housing & Food Services (Based on county)

17213 Lake Los Angeles, Los Angeles, CA. 93591  
Phone: 661-264-1215

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## SERVICE PLANNING AREA 1: ANTELOPE VALLEY

(Includes Acton, Agua Dulce, Gorman, Lake Hughes, Lake Los Angeles, Lancaster, Littlerock, Palmdale, Quartz Hill, and others.)

### Housing (and/or for the homeless/houseless community)

Penny Lane Centers | Yellow Submarine  
432520 Division St Lancaster, CA 93535  
Phone: 661.361.1454

Desert Macc/High Desert Multi Service Ambulatory Care Center  
335 E. Avenue I, Lancaster CA 93535  
Phone: (661) 471-4000  
lahsa.org

Grace Resource Center, Inc.  
45134 N. Sierra Hwy, Lancaster, CA. 93534  
Phone: 661-940-5272

Shekinah Worship Center  
42640 10th Street West, Lancaster, CA. 93534  
Phone: 661-940-8378

Salvation Army – Lancaster Corp  
44517 Sierra Highway, Lancaster, CA. 93534  
Phone: 661-940-8378

Palmdale Community Foundation-S.A.V.E.S.  
1012 East Avenue Q-12, Palmdale, CA. 93550  
Phone: 661-267-5191

SA-Mountain View Mobile Home Park  
3255 E. Avenue R., Palmdale, CA. 93550  
Main Office in the Mobile Home Park  
Phone: 661-947-4700

Twin Lakes Community Church

## SERVICE PLANNING AREA 2: SAN FERNANDO

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

### Housing (and/or for the homeless/houseless community)

The Village Family Services -  
TVFS TAY Drop In Center  
6801 Coldwater Canyon Blvd  
North Hollywood, CA 91606  
Phone: 818.755.8786

Showers, Meals, Clothing, Computer/Internet Access,  
Mental Health Services, Substance abuse services

Hope of the Valley  
Address: 11076 Norris Ave, Pacoima, CA 91331  
Phone: (818) 257-8521  
lahsa.org

### Food Resources by school

Santa Clarita Valley School Food Services Agency (School Day Café) will provide student meals to all children at any of the designated locations. You do not need to be an enrolled student in order to receive meals at any of these locations. One bagged/boxed lunch per child (18 years and younger) will be provided. Pick up locations down below:

Santa Clarita Elementary  
27177 Seco Canyon Rd, Saugus, CA 91350

Cedarcreek Elementary  
27792 Camp Plenty Rd, Canyon Country, CA 91351

Rio Vista Elementary  
20417 Cedar creek St, Canyon Country, CA 91351

Newhall Elementary

24607 Walnut St, Newhall, CA 91321

Peachland Elementary  
24800 Peachland Ave, Santa Clarita, CA 91321

Wiley Canyon Elementary  
24240 W La Gloria Cir, Newhall, CA 91321

Dr. J. Michael McGrath Elementary  
21501 Deputy Jake Dr, Newhall, CA 91321

Canyon Springs Community Elementary  
19059 Vicci St, Santa Clarita, CA 91351

Mitchell Community Elementary  
16821 Goodvale Rd, Canyon Country, CA 91387

Live Oak Elementary  
27715 Saddleridge Way, Castaic, CA 91384

Northlake Hills Elementary  
32545 Ridge Rte Rd, Castaic, CA 91384

**Food Resources provided by churches**

Freedom Church:  
9200 Owensmouth, Chatsworth, CA 91311  
Free grocery pick up 9am Wednesday's  
(while supplies last)

SOVA – Community Food  
and Resource Program  
16439 Vanowen Street, Van Nuys, CA. 91406  
Phone: 818-988-7682

Burbank – Temporary Aid Center- B-TAC  
1304 West Burbank Boulevard, Burbank, CA. 91506  
Phone: 818-848-2822

Congregational Church of Chatsworth  
20440 Lassen Street, Chatsworth, CA. 91311  
Phone: 818-751-9922

House of Light Church Corporation  
19359 Londelius Street, Northridge, CA. 91324  
Phone: 818.392.9923

**Care for homeless community  
and food distribution**

MEND Poverty  
10641 N. San Fernando Rd., Pacoima, CA 91331

Phone: (818) 897-2443 or (818) 896-0246  
Fax: (818) 897-0128

Homeless care services on Tuesday morning  
Food distribution on Thursday and Fridays  
from 9 to 11 am

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**SERVICE PLANNING AREA 3:  
SAN GABRIEL VALLEY**

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

**Housing (and/or for the  
homeless/houseless community)**

Pacific Clinics- HOPE Youth Center  
12001 Ramona Blvd Suite 1 Irwindale,  
CA 91706  
Phone: 626.337.3828  
Showers, Meals, Clothing, Computer/Internet Access,  
Mental Health Services, Substance abuse services  
<https://www.pacificclinics.org>

Volunteers of America LA, Bassett Park  
510 Vineland Ave., La Puente 91746  
Phone: (909) 282-7710  
[lahsa.org](http://lahsa.org)

Volunteers of America LA, Steinmetz Park  
1545 S. Stimson Ave., Hacienda Heights  
(909) 282-7274  
<https://voala.org>

Volunteers of America LA, Pamela Park  
2236 Goodall Ave., Duarte CA 91010  
[lahsa.org](http://lahsa.org)

**Food**

Freedom Church  
5609 York Blvd., Highland Park, CA 90042  
Community meals for homeless friends EVERY Saturday

Foothill Unity Center  
191 North Oak Avenue, Pasadena, CA. 91107  
Phone: 626-584-7420 / FAX: 626-584-7422

Friends In Deed Food Pantry  
444 East Washington Boulevard, Pasadena, CA. 91104  
Pantry Phone: 626-797-6072, email- [pantry@ecpac.net](mailto:pantry@ecpac.net)  
Agency Phone: 626-797-2402, Fax: 626-797-7353

Foothill Unity Center – Monrovia  
415 West Chestnut Avenue, Monrovia, CA. 91016  
Phone: 626-358-3486  
Fax: 358-8224

El Monte and South El Monte  
El Monte Emergency Resources – Food Bank  
10900 Mulhall Street, El Monte, CA. 91731  
Phone: 626-444-7269

Salvation Army Food Bank – Pomona  
490 East LaVerne Avenue, Pomona, CA. 91767  
Phone: 909- 623-1579 x201

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## SERVICE PLANNING AREA 4: METRO

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

### Housing (and/or for the Homeless/houseless community)

St. Francis Center  
1835 South Hope Street, Los Angeles CA 90015  
Phone: 213-747-5347

Services: breakfast service, case management, clothing closet, showers/bathroom services, pantry services, rental and utility assistant program (over the phone)

Los Angeles LGBTQ Center  
1220 N Highland Ave Los Angeles CA 90038  
Phone: 888.255.2429 or 323.860.2280  
Showers, Meals, Clothing, Computer/Internet Access, Mental Health Services, Substance abuse services

Weingart Center  
566 S. San Pedro St., Los Angeles 9001  
Phone: (213) 689-2152  
[lahsa.org](http://lahsa.org)

### Food

The Hope Center / Hope International Church

4903 Fountain Ave, Hollywood, CA 90029  
M-F Breakfast 10:30am, Dinner 4pm  
[hopeibf.org](http://hopeibf.org)

Wilshire Boulevard Temple  
3663 Wilshire Boulevard, Los Angeles, CA. 90005  
Phone: 213-388-2401

Silver Lake Community Church  
2930 Hyperion Avenue., Los Angeles, CA. 90010  
Phone: 323-663-3151

Our Lady Queen of Angels Catholic Church  
535 North Main Street, (cross street- Cesar Chavez),, Los Angeles, CA. 90012  
Phone: 213-629-3101

Sova- Community Food and Resource Program  
1140 North La Brea Avenue, West Hollywood, CA. 90038  
Phone: 818-988-7682

Food Net- Centro Maravilla  
4716 East Cesar Chavez Avenue, Los Angeles, CA. 90022  
Phone: 323-260-2805

Sova – Community Food and Resource Program  
8846 West Pico Boulevard, Los Angeles, CA. 90035  
Phone: 818-988-7682

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## SERVICE PLANNING AREA 5: WEST

(Includes Beverly Hills, Brentwood, Culver City, Malibu, Pacific Palisades, Playa del Rey, Santa Monica, and Venice.)

### Housing (and/or for the homeless/houseless community)

Step-Up on Second St In- Daniel's Place  
1619 Santa Monica Blvd, Santa Monica, CA 90405  
Phone: 310.392.5855  
Showers, Meals, Clothing, Computer/Internet Access, Mental Health Services, Substance abuse services

### Food

St. Augustine's SAVES-  
Saint Augustine's Volunteer  
Emergency Services and food drive  
on the second Sunday of every month

3820 Jasmine Avenue, Culver City, CA. 90232  
Phone: 310-838-2702

St. Anne's Church and Social Services  
2013 Colorado Avenue, Santa Monica, CA. 90232  
Phone: 310-829-4411

WSFB – St. Joseph's Center  
204 Hampton Drive, Venice, CA. 90291  
Phone: 310-396-6468

## SERVICE PLANNING AREA 6: SOUTH

(Includes Athens, Compton, Crenshaw, Florence,  
Hyde Park, Lynwood, Paramount, and Watts.)

### Housing (and/or for the homeless/houseless community)

Good Speed Good Seed Youth Drop-In Center  
2814 W. Martin Luther King Jr. Blvd. Los Angeles  
CA 90008  
Phone: 855.968.8452

Showers, Meals, Clothing, Computer/Internet Access,  
Mental Health Services, Substance abuse services

### Food

Food Net - East Rancho Dominguez  
15116 S. Atlantic Ave, Compton, CA 90221  
Food Distribution: Tues- Fri 10am-4pm  
appointment needed.  
Call 310-603-7401 for apt.

Shields for Families-  
Social Service Agency–Food Bank  
11705 Deputy Yamamoto Place  
Lynwood, CA. 90262  
Phone: 323-242-5000 ext. 4200  
Food Distribution: Thursdays 10am- 2pm

Paramount Care Foundation  
8303 Alondra Boulevard, Paramount, CA. 90723  
Phone: 562-531-6820

Lynwood Unified School District  
Lynwood High School  
4050 E Imperial Hwy, Lynwood, CA 90262  
In the back of the campus, off  
of Harris St. Drive up/walk up

Firebaugh High School  
5246 Martin Luther King Jr. Blvd, Lynwood, CA 90262  
Front parking lot drive up/walk up

Cesar Chavez Middle School  
3898 Abbott Rd, Lynwood, CA 90262  
Front parking lot drive up/walk up

Rosa Parks Elementary  
3900 Agnes Ave, Lynwood, CA 90262  
Parking lot drive up/walk up

Helen Keller Elementary  
3521 Palm Ave, Lynwood, CA 90262  
Student drop off area drive up/walk up

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## SERVICE PLANNING AREA 7: EAST

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

### Housing (and/or for the homeless/houseless community)

Penny Lane Centers-  
With a Little Help From My Friends  
5628 E. Slauson Ave Commerce CA 90040  
Phone: 323.353.6118

Showers, Meals, Clothing, Computer/Internet Access,  
Mental Health Services, Substance abuse services

### Food

Food Pantry – LAX  
355 East Beach Street (Between – LaBrea and Centinela  
Streets), South Gate, CA. 90280  
Phone: 310-677-5597

Hawaiian Gardens Food Bank  
21411 Norwalk Boulevard, Hawaiian Gardens, CA. 90716  
Phone: 562- 860-9097

Southeast Churches Service Center  
2780 East Gage Avenue, Huntington Park, CA. 90255  
Phone: 323-585-8254



St Mary's Place  
7215 Newlin Avenue, Whittier, CA. 90602  
Phone: 562-698-0107

10217 Inglewood Avenue, Lennox, CA. 90304  
Phone: 310-672-2208

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## SERVICE PLANNING AREA 8: SOUTH BAY

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

\* City of Long Beach has its own Health Department

### **Housing (and/or for the homeless/houseless community)**

Good Seed- Good Seed  
on Pine Youth Drop-In Center

**1230 Pine Ave Long Beach CA 90813**

**Phone: 855.968.8452**

Showers, Meals, Clothing, Computer/Internet Access,  
Mental Health Services, Substance abuse services

### **Food**

House of Hope

**1523 Crenshaw Blvd, Los Angeles, 90019**

7 Days a Week: Breakfast 9am, Lunch 12pm  
& Dinner 5pm

**<https://www.211la.org/resources/site/house-hope>**

**Phone: 323-663-1214**

Toberman Neighborhood Center

**131 N. Grand Ave., San Pedro CA 90230**

WSFB –Salvation Army

**324 E. Queen Street, Inglewood, CA. 90301**

**Phone: 310-677-3375**

Christ of Good Shepherd

Food Distribution Fridays 9:30am- 11:30am  
Corner of 16th and Gundry

**Phone: 562-674-0288**

**St Margaret's Center**

# Employment Issues

## BENEFITS FOR THOSE IMPACTED BY COVID-19

### Overall information on those impacted by Covid-19

For information about benefits for those impacted by covid-19  
[edd.ca.gov](http://edd.ca.gov)

EDD's Frequently Asked Questions:  
[edd.ca.gov](http://edd.ca.gov)

### Paid family leave

Paid family leave is available for those who stay home because they need to take care of someone who has contracted the virus (Covid-19) or who has been quarantined (must be certified by a medical professional) Learn how to file a paid family leave claim:  
[edd.ca.gov](http://edd.ca.gov)

### Disability Benefits / Paid Sick Leave

Disability benefits /paid sick leave are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits). Learn how to file a Disability Insurance Claim:  
[edd.ca.gov](http://edd.ca.gov)

### Unemployment Benefits

Unemployment benefits are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required). Learn to file

an Unemployment Insurance Claim here:  
[edd.ca.gov](http://edd.ca.gov)  
**Unfortunately though, this benefit is not available to undocumented persons whose hours are reduced or lose their job for reasons related to COVID-19, etc.**

SCHOOL CLOSURES: If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits. Learn how to file an Unemployment Claim here:  
[edd.ca.gov](http://edd.ca.gov)

Workers Affected by Coronavirus Can Apply for Assistance Regardless of Immigration Status  
[nbclosangeles.com](http://nbclosangeles.com)

Workers compensation is available for those who are unable to do their usual job because they were exposed to and contracted Covid-19 while in the regular course of their job (i.e. healthcare workers)

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## INFORMATION ON LABOR LAWS

Labor laws in California  
[latimes.com](http://latimes.com)

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## EMPLOYMENT OPPORTUNITIES

Follow Link to sign up for information on Employment Opportunities  
[sign up here](#)

Reach out to Jen Morgan at Express Pros in Pasadena. They are a staffing company that is wanting to help members of our church find jobs  
**626-260-7148**

## TAX ASSISTANCE

Directly from the Employment  
Development Department:

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

[edd.ca.gov](http://edd.ca.gov)

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

**Toll-free from the U.S. or Canada: 1-888-745-3886**

**Hearing impaired (TTY): 1-800-547-9565**

**Outside the U.S. or Canada: 1-916-464-3502**

[edd.ca.gov](http://edd.ca.gov)

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## RESOURCES BASED ON TYPE OF EMPLOYMENT

For resources for freelance artists:

[freelanceartistresource.com](http://freelanceartistresource.com)

For resources for bartenders:

[usbgfoundation.org](http://usbgfoundation.org)

For resources for musicians:

[americansforthearts.org](http://americansforthearts.org)

For resources for tipped  
workers/service workers:

[ofwemergencyfund.org](http://ofwemergencyfund.org)

For resources for job search assistance:

**Jennifer.Morgan@expresspros.com**

**Reach out to Jen Morgan at Express Pros in Pasadena.**

**They are a staffing company that is wanting to help  
members of our church find jobs**

**626-260-7148**

For resources for newly graduated

college students:

**At USC they have jobs for people helping 1st generation students going to college. They will be hiring about 20 people. Any recent college grads or soon to be grads are welcome to apply. The job is for recent collegegrads, at most 2 years post grad.**

**roblesb@usc.edu**

[usccareers.usc.edu](http://usccareers.usc.edu)

# Impacted Businesses

## LOANS

The U.S. Small Business Administration offers up to \$2 Million in Disaster Assistance Loans for Small Businesses Impacted by COVID-19

For more information contact the SBA disaster assistance customer service center

1-800-659-2955 (TTY: 1-800-877-8339)

[disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov)

[laedc.org](http://laedc.org)

### Los Angeles City Small Business Emergency Microloan Program

For general eligibility, important documentation, and microloan terms, please visit:

[ewddlacity.com](http://ewddlacity.com)

To apply, please visit:

[cloud.bmisw.com](http://cloud.bmisw.com)

To check if your business falls within LA City limits, visit:

[neighborhoodinfo.lacity.org](http://neighborhoodinfo.lacity.org)

### How to get access to lending partners?

SBA has developed Lender Match, a free online referral tool that connects small businesses with participating SBA-approved lenders within 48 hours.

[sba.gov](http://sba.gov)

### 7(a) program

7(a) program offers loan amounts up to \$5,000,000 and is an all-inclusive loan program deployed by lending partners for eligible small businesses within the U.S. States and its territories. The uses of proceeds include: working capital; expansion/renovation; new construction; purchase of land or buildings; purchase of equipment, fixtures; lease-hold

improvements; refinancing debt for compelling reasons; seasonal line of credit; inventory; or starting a business.

### Express

Express loan program provides loans up to \$350,000 for no more than 7 years with an option to revolve. There is a turnaround time of 36 hours for approval or denial of a completed application. The uses of proceeds are the same as the standard 7(a) loan.

### Community Advantage

Community Advantage loan pilot program allows mission-based lenders to assist small businesses in underserved markets with a maximum loan size of \$250,000. The uses of proceeds are the same as the standard 7(a) loan.

### 504

504 loan program is designed to foster economic development and job creation and/or retention. The eligible use of proceeds is limited to the acquisition or eligible refinance of fixed assets.

### Microloan

The Microloan program involves making loans through nonprofit lending organizations to underserved markets. Authorized use of loan proceeds includes working capital, supplies, machinery & equipment, and fixtures (does not include real estate). The maximum loan amount is \$50,000 with the average loan size of \$14,000.

### Exporting Assistance

SBA provides export loans to help small businesses achieve sales through exports and can help these businesses respond to opportunities and challenges associated with trade, such as COVID-19. The loans are available to U.S. small businesses that export directly overseas, or those that export indirectly by selling to a customer that then exports their products.

### Export Express

Export Express loan program allows access to capital quickly for businesses that need financing up to \$500,000. Businesses can apply for a line of credit or term note prior to finalizing an export sale or while pursuing opportunities overseas, such as identifying a new overseas customer should an export sale be lost due to COVID-19.

### **Export Working Capital**

Export Working Capital program enables small businesses to fulfill export orders and finance international sales by providing revolving lines of credit or transaction-based financing of up to \$5 million. Businesses could use a loan to obtain or retain overseas customers by offering attractive payment terms.

### **The International Trade**

Internal Trade loan program helps small businesses engaged in international trade to retool or expand to better compete and react to changing business conditions. It can also help exporting firms to expand their sales to new markets or to re-shore operations back to the U.S.

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## **INSURANCE**

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

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## **GOVERNMENT CONTRACTING**

SBA is focused on assisting with the continuity of operations for small business

contracting programs and small businesses with federal contracts. For more information on federal contracting

[sba.gov](https://www.sba.gov)

### **8(a) Business Development**

This program serves to help provide a level playing field for small businesses owned by socially and economically disadvantaged people or entities, and the government limits competition for certain contracts to businesses that participate. The 8(a) program offer and acceptance process is available nationwide, and the SBA continues to work with federal agencies to ensure maximum practicable opportunity to small businesses. 8(a) program participants should stay in touch with their Business Opportunity Specialist (BOS).

[sba.gov](https://www.sba.gov)

### **HUBZone**

This program offers eligibility assistance every Thursday from 2:00-3:00 p.m. ET  
**1-202-765-1264**  
**access code 63068189#**

Members of the HUBZone team answer questions to help firms navigate the certification process. For specific questions regarding an application, please contact the HUBZone Help Desk

[hubzone@sba.gov](mailto:hubzone@sba.gov)

### **Women-owned Small Businesses**

Firms who have questions, please visit:

[sba.gov](https://www.sba.gov) or write to [wosb@sba.gov](mailto:wosb@sba.gov)

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## **LAY OFF AVERSION (IN TERMS OF THE SPREAD OF COVID-19)**

### **Rapid Response/Lay-off Aversion**

Is your business facing the possibility

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

**[bizdev@wdacs.lacounty.gov](mailto:bizdev@wdacs.lacounty.gov)**  
or calling (213) 810-1641

### Best Practices

- Do your part to slow the spread
- Avoid social gatherings of 10 people or more
- Work or engage from home
- If necessary, working on location or place of business make sure to conduct regular environmental cleaning i.e. wipe down with cleaning solution, sanitize workspace and make sure employees are washing hands on a regular basis.
- Staff should wear and use appropriate Personal Protective Equipment according to your existing policies and procedures.
- Have soap and paper towels in bathrooms at all times.
- Avoid unnecessary travel
- California EDD has issued updated guidance on issues beyond unemployment insurance (e.g. caregiving for ill family members).  
[updated guidance](#)
- California's Department of Industrial Relations has issued updated guidance on what employers are expected to do to help promote hygiene/safety in the workplace.  
[updated guidance](#)

- Marketing – It's critical to communicate openly with your customers about the status of your operations, what protective measures you've implemented, and how they (as customers) will be protected when they visit your business. Promotions may also help incentivize customers who may be reluctant to patronize your business.
- Consider providing in-home services i.e. provide free delivery, etc.
- Inventory and Supply Chain Shortfalls – While the possibility could be remote, it is a prudent preparedness measure to ensure you have either adequate supplies of inventory for a sustained period and/or diversify your distributor sources in the event one supplier cannot meet an order request.
- Share best practices with other businesses in your communities (especially those in your supply chain), chambers of commerce, and associations to improve community response efforts.

# Service and Issues

## EMERGENCY HOTLINES

### Los Angeles

211 LA is the central source for providing information and referrals for all health and human services in LA County. Our 2-1-1 phone line is open 24 hours, 7 days a week, with trained Community Resource Advisors prepared to offer help with any situation, any time.

**2-1-1 | [211la.org](https://211la.org)**

### National Suicide Prevention Lifeline

24-hour suicide prevention hotline available to anyone feeling hopeless or in despair.

**Call 988 | [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)**

### Dept. of Children and Family Services (DCFS)

Hotline to report child abuse or obtain references and/or consultation.

**Child Abuse Hotline | 800.854.4000**

### Crisis Chat Line

An online chat service that provides emotional support and crisis intervention.

**[crisistextline.org](https://crisistextline.org)**

### Teen Line

Support for distressed youths in the form of texting, email, and message boards.

**[teenlineonline.org](https://teenlineonline.org)**

### The Trevor Project

Crisis intervention and suicide prevention for LGBTQ Youth.

**[thetrevorproject.org](https://thetrevorproject.org)**

### RAINN

Rape, Abuse, and Incest National Network.

**800.799.7233**

# Care Resources

## ADOPTION & PREGNANCY SUPPORT

### Foothill Pregnancy Resource Center

Offers pregnancy-related resources, support, and counseling for individuals and families.

626.358.2122 | [foothillsprc.org](http://foothillsprc.org)  
924 Buena Vista St. #202, Duarte, CA 91010

### Women's Pregnancy

Provides medical consultation, pregnancy testing, well women care, and more.

626.440.9400 | [obria.org](http://obria.org)  
445 N Lake Ave., Pasadena, CA 91101

### Passageway Intake Center/Union Station Homeless Services

Provides intake, assessment and referrals to public assistance, transitional housing, counseling, health services and rehabilitation programs.

825 E Orange Grove, Pasadena, CA 91104 626.240.4550

### God's Covenant House For Young Women

Offers educational resources, individual & group therapy, and parenting classes to pregnant women 12-18 years old in a faith-based environment.

[godscovenanthouse.wix.com/gch4yw](http://godscovenanthouse.wix.com/gch4yw) 626.399.5723

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## AFFORDABLE & EMERGENCY HOUSING

### Door of Hope

Provides faith-based transitional housing,

equipping homeless families and/or abused women and children towards independence and employment.

[doorofhope.us](http://doorofhope.us) | 626.304.9130 | [info@doorofhope.us](mailto:info@doorofhope.us)  
669 Los Robles Ave., Pasadena, CA 91101

### Affordable Housing LA County

Assists with affordable housing, unique needs, and emergency housing listed by community.

877.428.8844 | [housing.lacounty.gov](http://housing.lacounty.gov)

### Upward Bound House, First 5 Program

Offers support and housing shelter to homeless families with children under the age of 18 yrs.

[upwardboundhouse.org](http://upwardboundhouse.org) | 310.306.1865  
12841 W Washington Blvd., Culver City, CA 90066

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## BILL PAYMENT ASSISTANCE

### California Alternate Rates for Energy (CARE)

Offers discount on monthly electric and gas bill for eligible households, also offers various immigration services.

[apaccenter.com/en/our-services/community-assistance-program/care](http://apaccenter.com/en/our-services/community-assistance-program/care)  
9668 Valley Blvd. #103, Rosemead CA 91770  
626.291.2200

### Consumer Energy Center

Offers low-income assistance through the state of California.

916.654.4287 | [energy.ca.gov](http://energy.ca.gov)

### San Gabriel Valley Assistance Program

Offers assistance with utility bills and other services in the San Gabriel Valley region.

[info@needhelppayingbills.com](mailto:info@needhelppayingbills.com)

[needhelppayingbills.com/html/san\\_gabriel\\_valley\\_assistance\\_.html](http://needhelppayingbills.com/html/san_gabriel_valley_assistance_.html)



## FINANCIAL GUIDANCE

### **Foothill Credit Union**

Online systems available for budgeting, investing, and calculating loan payments.  
626.445.0950 | [foothillcu.org](http://foothillcu.org)

### **Seed Time: Christian Personal Finance**

Offers newsletters, saving tips, courses, and other resources about budgeting and personal finances.  
[christianpf.com](http://christianpf.com)

### **The Salvation Army**

Offers residential & rental assistance, food, and utility bill assistance to qualified low-income families.  
626.773.4400 | [salvationarmyusa.org](http://salvationarmyusa.org)

### **Ron Blue & Co. Financial Planning**

Offers resources for financial planning including retirement, taxes, estates and trusts.  
800.987.2987 | [info@ronblue.com](mailto:info@ronblue.com)  
[ronblue.com/Services/Financial-Planning](http://ronblue.com/Services/Financial-Planning)

### **Thrivent Financial (Thrivent Money Canvas)**

Offers a free three-session class with a Thrivent Financial Advisor to work through budgeting and saving and spending habits.  
[thrivent.com/generosity/money-canvas](http://thrivent.com/generosity/money-canvas)

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## CLOTHING ASSISTANCE

### **East San Gabriel Valley Coalition for the Homeless**

Offers emergency services, clothing, meals, showers, and referrals.  
626.333.7204 | [esgvch.org](http://esgvch.org)  
1345 Turnbull Canyon Rd., Hacienda Heights, CA 91745

### **St. John Vianney Catholic Church**

Offers free gently used clothing & food pantry on Saturday mornings.

1345 Turnbull Canyon Rd., Hacienda Heights, CA 91745  
626.330.2269

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## FOOD ASSISTANCE

### **Catholic Charities Los Angeles**

Offers assistance with food to low-income or homeless individuals and families.  
213.251.3400 | [info@CatholicCharitiesLA.org](mailto:info@CatholicCharitiesLA.org)  
[catholiccharitiesla.org/where-we-are/san-gabriel-region](http://catholiccharitiesla.org/where-we-are/san-gabriel-region)

### **God Provides**

Provides food to low-income families.

626.442.4273 | [godprovidesministry.org](http://godprovidesministry.org) 2453 Troy Ave.  
South El Monte, CA 91733

### **Pasadena Tabernacle, Corps Community Center**

Provides full pantry for low-income families, clothing vouchers to homeless and sandwich program. Documents required.

626.773.4400 | 960 E Walnut St., Pasadena CA 91106

### **Shepherd's Pantry**

Assists low-income families by providing food, clothing and resource counseling. Mon & Tues: 9-11AM, Wed & Thurs: 5-7PM.

657 E Arrow Hwy. Ste J, Glendora, CA 91740  
626.852.7630

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## DENTAL CARE ASSISTANCE

### **Community Health Alliance of Pasadena (CHAP)**

Offers low-cost comprehensive medical and dental care for low-income and uninsured adults and children.

626.398.6300 | 1800 Lake Ave., Pasadena, CA 91104

### **San Gabriel Valley Dental Society**

Offers an online list of low-cost dental clinics in the San Gabriel Valley.

626.285.1174 | [sgvds.org](http://sgvds.org)

312 Las Tunas Dr., San Gabriel, CA 91776

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## WELFARE OFFICE

### **Department of Social Services, LA County**

Partners with CalWorks and Affordable Acts of Care.

866.613.3777 | [dps.lacounty.gov](http://dps.lacounty.gov)

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## EMPLOYMENT

### **Central San Gabriel Valley Worksource**

Offers assistance with job searching, employee training, interview skills preparation, career transitions and resume writing for adults and youth.

1635 East Valley Blvd. Unit G, El Monte, CA 91732

626.258.0365

### **Foothill Employment & Training Connection**

Offers employment resources including recruitment, employer connections, seminars, layoff recovery and job searches.

1207 E Green Street, Pasadena, CA 9110 626.796.5627

# Utilities

EveryoneOn.org is a leading nonprofit that helps advocate at the local, state and federal level for affordable internet service and is connected to hundreds of local organizations across the country that can provide on-the-ground individual support

[www.everyoneon.org](http://www.everyoneon.org)

Southern California Edison Responds to COVID-19 Emergency, Suspends Service Disconnections

[newsroom.edison.com](http://newsroom.edison.com)

- Eligibility: All Residential and Commercial Customers
- Effective immediately, SCE will suspend disconnections for non-payment
- Flexible Payment Plans to Impacted Customers
- Eligibility: Customers who contact SCE and self-identify as being impacted financially by the COVID-19 emergency
- Customers with current accounts – Will be offered a one-time, up to 60-day, extension
- Customers with past due amounts – Will be offered up to 6-month payment arrangement
- SCE will work with the customer to accommodate a customer's unique situation that may result in a payment arrangement for up to 12 months

[energized.edison.com](http://energized.edison.com)

Edison International is giving \$1M to community-based organizations to help #SoCal communities facing economic hardship because of quarantines, illnesses or school closures, starting with \$150K to support the CA Community Foundation's #COVID19 #LACounty Response Fund

[newsroom.edison.com](http://newsroom.edison.com)

# WIC SERVICES

WIC clinics under South Los Angeles Health Projects, PHFE, Watts Health Foundation, Pasadena, Long Beach, Antelope Valley, and Northeast Valley Health Corporation will remain open. WIC offices will remotely be issuing participants food benefits onto their WIC cards to avoid families from going out. For those families that have not yet gotten the new WIC card and wish to locate the nearest WIC clinic to them please call or visit the following websites for further guidance and assistance:

South Los Angeles Health Projects  
**310-661-3080**

PHFE  
**888-942-2229**

Watts Health Foundation  
**323-564-4331**

Pasadena  
**626-744-6520**

Long Beach  
**562-570-4242**

Antelope Valley  
**661-949-5805**

Northeast Valley Health Corporation  
**818-340-3570**

WIC has temporarily expanded the foods that families can buy with their WIC card. Find the expanded list of foods in the California WIC App, as well as on the CDPH website. See this Word doc and more info here:

[word doc](#) | [cdph.ca.gov](http://cdph.ca.gov)

# Mental Health Resources

## LA County Department of Mental Health Access Center

Access Center 24/7 Helpline  
(800) 854-777  
(562) 651-2549 TDD/TTY

Sliding scale clinics that provide low fee psychotherapy

## Wright Institute Los Angeles (West LA)

11845 W Olympic Blvd #505W, Los Angeles, CA 90064  
(424) 371-5191

## Maple Center- Beverly Hills (They see kids and adults)

9107 Wilshire Blvd, Beverly Hills, CA 90210  
(310) 271-9999

## Southern California Counseling Center (mid-city)

5615 W Pico Blvd, Los Angeles, CA 90019  
(323) 937 1344

## Rose City Counseling Center (Pasadena)

595 E Colorado Blvd #418, Pasadena, CA 91101  
(626) 793-8609

## Queer Anxiety Virtual Support

Queer Healing Oasis is offering an anxiety virtual support non-clinical space to share & cope. For more info:

[marcos.emdr@gmail.com](mailto:marcos.emdr@gmail.com)

(818) 233-1079

[queerhealingoasis.com](http://queerhealingoasis.com)

Donation-based and no one turned away for lack of funds.

QTBIPOC are prioritized

## Free Online Support Groups

These are meetings over Zoom several times

per week. Run by counselors at The Relational Center, a community mental health center in the South Robertson area.

## Regional Center

Provides and helps coordinate services and support for individuals with developmental disabilities.

(213) 383 1300

## Union Rescue Mission

Provides assistance and linkage to mental health clinics, referrals, and resources for Los Angeles County residents.

(213) 347-6300

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## COUNSELING RESOURCES

### Fellowship Counseling

Appointment required for pastoral counseling session. Provides referrals to local professionals. \*Therapist Referral Sheet offered by request\*

Pastor Becky White | 626.509.8563

401 E. Huntington Dr., Monrovia, CA 91016

[counseling@madeforfellowship.com](mailto:counseling@madeforfellowship.com)

### Pacific Clinics

Based in Pasadena, non-residential drug prevention and treatment services for women and youth.

2550 E Foothill Blvd, Pasadena, CA 91107

### Foothill Family Services: Teen Family Services

Offers case management, mentoring and counseling for pregnant or parenting teens.

2500 East Foothill Boulevard, Suite 300 Pasadena, CA 91107

626.993.3000 | [foothillfamily.org](http://foothillfamily.org)

### Lake Avenue Church

Offers counseling services based on sliding scale. Application required.

626.844.4794 | [counseling@lakeave.org](mailto:counseling@lakeave.org) 393 N Lake Ave.,

Pasadena, CA 91101

### **LA County Department of Mental Health Access Center**

Offers free confidential mental health information, referrals to service providers and crisis counseling 24 hours/day.

**800.854.777**

### **Fuller Psychological and Family Services**

Offers therapy to children, adolescents, adults, couples and families.

[fuller.edu/fuller-psychological-and-family-services/](http://fuller.edu/fuller-psychological-and-family-services/) 180 North Oakland Ave., Pasadena, CA 91101 **626.584.5555**

### **Azusa Pacific Community Counseling Center**

Offers therapy to children, adolescents, adults, couples and families.

**626.815.5421** | [counseling@lakeave.org](mailto:counseling@lakeave.org) 918 E Alosta Ave, Azusa, CA 91702

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## GRIEF & RECOVERY

### **Casa De Alegria (House of Joy)**

Offers faith-based transitional housing for abused women and children, and a residential program with case management services.

**323.256.6975** | 469 N Ave. 52, Highland Park, CA 90042

### **Living Proof Recovery Center**

Offers resources and support towards treatment of chemical dependency, codependency and eating disorders.

**626.205.2518** | [gpat357@yahoo.com](mailto:gpat357@yahoo.com)  
[lprconline.com](http://lprconline.com)

324 W Foothill Blvd., Monrovia, CA 91016

### **Celebrate Recovery**

Offers faith-based grief and healing recovery classes, held in local churches.

<http://grouplocator.crgroups.info>

### **Huntington Hospital**

Offers "Transitions," a grief and loss support group.

**626.397.5074**

### **Methodist Hospital**

Offers grief and loss recovery support groups.

**626.358.0155** | 300 Huntington Dr., Arcadia, CA 91007

### **Judson's Legacy**

Offers 24-hour general help line for those experiencing emotional pain, depression, anxiety, and needing hope.

**818.583.7661 & 800.639.5433**

340 S Lemon Suite 2720, Walnut, CA 91789

### **MISS Foundation**

A volunteer-based organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child.

**888.455.6477** | [info@missfoundation.org](mailto:info@missfoundation.org)  
[missfoundation.org](http://missfoundation.org)

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## MEDICAL CLINICS

### **Community Health Alliance, Monrovia Location**

Offers low-cost comprehensive walk-in medical care for low-income and uninsured adults and children and services for homeless.

**513 E Lime Ave., Suite 101, Monrovia, CA 91016**  
**626.486.9729**

### **Young & Healthy**

Provides access to high-quality health care for uninsured and underserved children and families.

**626.795.5166** | [yhpasadena.org](http://yhpasadena.org)

136 W Peoria Street Pasadena, CA 91103 (office)

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## SOBER LIVING

### Angels Way Sober Living

A residential 12-step program for men only.

Monthly rent is required.

626.808.3488 | [angelswaysoberliving.com](http://angelswaysoberliving.com) 166 Mar Vista Ave., Pasadena, CA 91106

### Casa Treatment Center

Based in Pasadena, a residential program with programs for women. Offers sober living, detox, counseling, vocational and employment support. Monthly rent required.

626.792.2770 | [casatreatmentcenter.org](http://casatreatmentcenter.org)  
[info@casatreatmentcenter.org](mailto:info@casatreatmentcenter.org)  
160 N. El Molino Avenue Pasadena, CA 91101

### Dixon House Sober Living

Promotes long-term recovery from alcoholism and addiction.

626.332.1857 | [soberhousing.net](http://soberhousing.net)  
[soberhousing.net/san\\_gabriel.html](http://soberhousing.net/san_gabriel.html) 17902 E Edna Pl., Covina, CA 91722

### La Casita

Offers six-month residential treatment, case management, substance abuse treatment, life skills training, parenting skills and trauma therapy.

10603 Downey Ave., Downey, CA 90241 562.622.2268

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## SUBSTANCE ABUSE RECOVERY PROGRAMS

### Grandview Foundation

Drug recovery program based in Pasadena, offering both outpatient and residential programs.

1230 Marengo Ave, Pasadena, CA 91103 626.797.1124

### Recovery Center – Public Health City of Pasadena

Substance Abuse and Treatment Program provides addiction recovery services to individuals and families in a professional,

safe, and non-judgmental setting.

626.744.6001

### Pacific Clinics

Based in Pasadena, non-residential drug prevention and treatment services for men, women and youth.

2550 E Foothill Blvd, Pasadena, CA 91107 626.744.5230

### The Walter Hoving Home

Faith-based residential non-profit home for women 18+ years who are recovering from substance abuse and other addictions.

626.405.0950 | [whhca@walterhovinghome.com](mailto:whhca@walterhovinghome.com)  
[walterhovinghome.com](http://walterhovinghome.com)  
127 El Molino, Pasadena, CA 91107.

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## CHILD & FAMILY SERVICES

### Boys and Girls Club of the Foothills

Offers programs for children 6-18 years, such as tutoring, homework assistance, organized team sports, and after-school bus pick up.

626.305.5353 | [foothillsbgc.org](http://foothillsbgc.org)  
600 S. Shamrock Ave., Monrovia, CA 91016

### California Health & Human Services Agency

Offers health care, mental health, public health, alcohol and drug treatment, income assistance, social services and assistance to people with disabilities.

[www.losangeles.networkofcare.org/mh/](http://www.losangeles.networkofcare.org/mh/)  
[admin@trilogyir.com](mailto:admin@trilogyir.com)

### Family Solutions Center

Offers resources to assist homeless families with housing, drug abuse and social services.

[unionstationhs.org/programs/family-solutions/](http://unionstationhs.org/programs/family-solutions/)  
1755 E Huntington Dr. Suite 103, Duarte, CA 91010  
626.256.9195

### Foothill Family Services:

### Teen Family Services

Offers case management, mentoring and counseling for pregnant or parenting teens.

626.993.3000 | <https://foothillfamily.org>  
2500 East Foothill Boulevard,  
Suite 300 Pasadena, CA 91107 (main office)

### First 5 California

Offers resources for children's health and education.

916.263.1050 | [first5california.com](http://first5california.com)

### Foothill Unity Center, Inc.

Offers back-to-school items, clothes, shoes, toys, educational supplies, backpacks, haircuts, dental exams and vision exams. Application required.

626.358.3486 | [foothillunitycenter.org](http://foothillunitycenter.org)  
415 W Chestnut Ave., Monrovia, CA 91016

### Pacific Clinics Drop-In Center

Provides assistance to homeless youth ages 16-25 years. Support includes showers, clothing, food, blankets, emergency housing, computer lab, classes and service referrals. Application required.

626.33713001 Ramona Blvd. Suite I,  
Irwindale, CA 91706.3828

### Safe Families

Offers support to children and families during difficult life transitions.

[safe-families.org](http://safe-families.org) | [safefamilies@olivecrest.org](mailto:safefamilies@olivecrest.org)  
800.550.CHILD x 1234 (hotline open 24/7)

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## SENIOR CITIZEN ASSISTANCE

### A Caring Heart for Seniors

Resources for elder care including residential care homes, assisted living and hospice. [acaringheartforseniors.com](http://acaringheartforseniors.com) 714.300.3985

### Santa Anita Family Services, San Gabriel Valley

Offers support for elderly and senior care individuals 60+ years, including caregiver support, tax preparation, taxi vouchers and home-based care.

626.359.9358 | Senior Center: 626.358.1185  
603 S Myrtle Ave., Monrovia, CA 91016

### A Place for Mom

Offers senior care housing resources and referrals and in-home caretakers.

[aplaceformom.com/senior-care-resources](http://aplaceformom.com/senior-care-resources) 888.962.5621

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## DISABILITIES / SPECIAL NEEDS RESOURCES

### California Department of Education

California Unified School Districts offer a variety of services and resources for children with special needs including special day classes, inclusive preschool services and behavioral services.

916.327.4014 | [cdsadmin@cde.ca.gov](mailto:cdsadmin@cde.ca.gov)  
[cde.ca.gov/re/sd/](http://cde.ca.gov/re/sd/)

### Parent's Place, Family Resource and Empowerment Center

Offers resources and support for families with special needs children 0-22 years of age.

626.919.1091 | [parentsplacefrc.com](http://parentsplacefrc.com)  
1500 S Hyacinth Ave. Suite B, West Covina, CA 91791

### Team of Advocates for Special Kids (TASK)

Provides training, support, resources and referrals for individuals with special needs.

626.300.1043 | [taskca.org](http://taskca.org)  
1000 S Fremont Ave. Building 6, Alhambra, CA 91803

### Home CARE

Provides at-home support based on home

care needs, personality and interests.

626.522.8790 (Pasadena location)  
homecareassistance.com/pasadena  
124 S. Lake Avenue, Pasadena, CA 91101

### Camp Nights

Provides a free monthly camp-themed night for children with special needs, hosted by a Fellowship Local Grant.  
626.239.8019 | fmlocal@madeforfellowship.com  
madeforfellowship.com/camp-night/

### San Gabriel / Pomona Regional Center

Offers developmental, behavioral and educational resources, assessments and referrals for individuals with special needs & families of all ages.  
909.620.7722 | sgprc.org  
75 Rancho Camino Dr., Pomona, CA 91766

### Fellowship Local Grant

626.239.8019 | fmlocal@madeforfellowship.com  
madeforfellowship.com/events/event/local/

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## HOLISTIC HEALTH

### Third Root Community Health Center

A Word Document on how to holistically support your body through COVID-19 (Brooklyn, NY)  
docs.google.com

How to support your body's innate ability to protect & heal, including herbs to take to support immune system (recommended by Third Root)  
scienceandartofherbalism.com

### DIY Hand Sanitizer

Recipe from @aguadejade  
picuki.com

Recipe from WHO

who.int

Recipe from The Verge  
theverge.com

### Why and how to Moisturize your hands

instagram.com

### "SUPPORTING YOURSELF THROUGH THE COVID-19 FRENZY" by Leata Mae

leatamae.com

### Emotional Check-In with Mama Maiz

A Los Angeles Doula of Color \*not a licensed therapist. Schedule a 15-minute zoom call for herbal support, heart medicine, and just a connection to share frustrations or a laugh. \$5-\$40 sliding scale donation, prioritizing indigenous, black, POC, queer, Non-Binary, Trans community  
mamamaizservices@gmail.com

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## DOMESTIC VIOLENCE

If you are concerned about being quarantined in an unsafe home situation or need help, all DV shelter resources are generally available on: domesticshelters.org. The National Domestic Violence Hotline is also available 24/7 at:  
1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)

### Santa Anita Family Services

Provides therapeutic services to children & families in the areas of child abuse, drug & alcohol related problems, behavioral health, domestic violence and foster placement.

**Monrovia location:**  
605 S. Myrtle Ave., Monrovia, CA 91016  
**Covina location:**  
716 N Citrus Ave., Covina, CA 91702

626.359.9358 | SantaAnitaFamilyService.org  
safsmonrovia@santaanitafamilyservice.org

### Sojourn Domestic Violence Services



A shelter on the Westside of LA. The shelter is not accepting new referrals for the time being but their hotline is always open 24/7 for safety planning and peer counseling. Their hotline number is:  
**310-264-6644**

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[instagram.com/mightylittlegiants](https://www.instagram.com/mightylittlegiants)  
[Info@MightyLittleGiants.org](mailto:Info@MightyLittleGiants.org)

### **Alcoholics Anonymous**

LA AA Online Meeting Directory  
[aa.org](http://aa.org)

## CHILD SUPPORT SERVICES

DCFS- Department of Child & Family Services is still open at normal hours.

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## CHILD CARE

### **Pathways LA**

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

- **At this time, offices are closed to the public; however, parents can apply online through their website at [www.pathwaysla.org](http://www.pathwaysla.org) or by phone at 213-427-2710. Any questions may also be addressed by our Resource and Referral Department to that same phone number.**
- **Options for Learning is the provider for Monrovia/Pasadena areas: 626.856.5900 - families must call and apply directly to receive list of referral options**

### **Mighty Little Giants, Inc.**

They provide free baby supplies for families who have babies in the NICU (newborn intensive care unit):  
[mightylittlegiants.org](http://mightylittlegiants.org)

# Miscellaneous Resources

## CLOTH MASKS FOR PURCHASE

Carissa Johnson. She lives in Oceanside but can make and mail the masks. Masks are \$7/piece

Her cell phone number is:  
**760-224-0525.**

## REPORTING RACISM/XENOPHOBIA

211 is now taking reports of racism/xenophobia related to coronavirus. If you have been the victim of or witness to an act of violence, bullying, harassment, threat, or other act motivated by hate, please fill out the Hate Incident Report Form or call 2-1-1 to file a report and be connected to support services.

**211la.org**

## LOW COST AUTO INSURANCE

CA Low Cost Auto is a state-sponsored program, passed by the CA legislature and managed by the CA Department of Insurance. The program provides affordable, low cost liability insurance to eligible California drivers whose income is 250% or below the Federal Poverty Guidelines and benefits not just low-income drivers, many middle-class households may qualify.

**mylowcostauto.com**

## PRICE GOUGING

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

Price gouging is prohibited and is governed by California Penal Code 396 and the Los Angeles County Price Gouging Ordinance. For 30 days following the declaration of emergency, it is illegal for a person, contractor, or business to sell or offer to sell any food items or goods or service for a price of more than 10 percent above the price charged by that person or business immediately before the declaration of emergency was issued.

Typically, this statute applies for 30 days after an emergency declaration. However, the statute applies for 180 days for reconstruction services and emergency cleanup services. State and local municipalities may extend the effective period of the statute beyond these timeframes.

If you believe that you have been a victim of price gouging or you suspect a business is price gouging, contact the Los Angeles County Department of Consumer and Business Affairs at:

**(800) 593-8222**

## MUTUAL AID RESOURCES

**Mutual Aid and Advocacy Resources Google Doc**  
**Mutual Aid Application (Volunteers)**

## ANXIETY AND STRESS RESOURCES

Toolkit to deal with anxiety/stress from impacts of virus

**virusanxiety.com**

## LA COUNTY LIBRARY

Due dates for borrowed materials will automatically be extended, no late fines will be assessed, and customers can return materials when the Library reopens.

As of March 18th, the LA County Library is offering temporary digital cards for digital resources for 90 days.

With the temporary card you can access e-books, audiobooks, magazines, movies and TV streaming, homework help, online classes, and more. Fill out this form:

<https://colapl.wufoo.com/forms/ztns1cw0q78qml/>

Library Access from Home 24/7: All you need is your library card number and PIN.

- Read [eBooks](#) and listen to [audiobooks](#) on OverDrive or Libby.
- Stream [movies and TV shows](#) on Kanopy and Hoopla.
- Check out [digital magazines](#) via RBdigital.
- Stream [music](#) on Freegal.
- If you're a parent or caregiver, sign up for [ReadyRosie](#) to get texts or emails with ideas for family engagement tips and early learning opportunities.
- Check out our [TumbleBook Library](#), an online collection of animated and talking picture books. Kids and learners of all ages can get one-on-one homework help and tutoring from 12 – 10 pm every day on [Brainfuse](#).

For more information, visit [lacountylibrary.org](http://lacountylibrary.org)

## FOOD CYCLE COMMITTED

FoodCycle committed to picking up excess food and making sure it goes to feed people and not landfills. If you know of businesses that are closing and have extra food to donate please have them get in touch. For more information, go to:

[foodcycleLA.org](http://foodcycleLA.org)