



Mesa College COVID-19 Updates

Community Resources Available *(as of November 4, 2020)*

This is a partial list of community resources available. If you are experiencing an emergency, please call 9-1-1.

COVID-19

- **2-1-1 San Diego**
 - Open 24/7 to direct you to COVID-related resources +
 - <http://www.211.org/services/covid19>
- **COVID-19 Testing Map**
 - https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/materials/Spanish.html
- **The County of San Diego**
 - [COVID-19 testing sites](#)
 - *For countywide updates on the coronavirus, please [click here](#).*
- **SD County Health & Human Services Agency**
 - COVID-19 Positive Recovery Stipend Program, [click here](#).
- **The Hope Center**
 - Supporting #RealCollege Students with Caring Enrollment Management and Financial Aid Practices During COVID-19
 - hope4college.com

Crisis

- **Crisis Text Line**
 - Text HOME to 741741 A crisis worker will text back immediately and continue to talk with you.



- <https://www.crisistextline.org/>
- **Suicide Prevention Lifeline**
 - 1-800-273-8255
 - <https://suicidepreventionlifeline.org/>
- **San Diego Access & Crisis Line**
 - 1-888- 724-7240
 - <https://up2sd.org/hotline/>

Mental Health

- **County of San Diego Behavioral Health Services**
 - <https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>
- **San Diego Access & Crisis Line (ACL): (888) 724-7240**
 - *Where an experienced counselor will provide you with a referral to meet your needs and determine eligibility*
- **La Maestra Community Health Centers (LMCHC)**
 - www.lamaestra.org
- **SDUSD Referral: Child Mind Institute, Talking to Kids About Coronavirus**
 - <https://childmind.org/article/talking-to-kids-about-the-coronavirus>
- **The State of California** *has prepared various resources to help support mental health and family well-being*
 - [This page](#) has many different resources for both adults and children on emotional support and well-being
 - [This guide](#) contains strategies for stress relief during COVID
 - [This page](#) has more resources for managing stress

Healthcare

- **The YMCA**
 - Enhanced referrals for health care, first responders, law enforcement, and military personnel
 - Speak with an advisor at: 619-952-0242 Monday - Friday



8:00AM - 5:00PM or call the general referral line at
1-800-481-2151

Food

- **2-1-1 San Diego**
 - <https://211sandiego.org/>
- **CalFresh Assistance**
 - **STUDENTS ONLY:** Please contact our partners at Feeding San Diego (858) 863-6635, they can help with the process.
https://www.sandiegocounty.gov/hhsa/programs/ssp/food_stamps/how_to_apply.html
- **CalFresh (all others)**
 - <https://www.cdss.ca.gov/food-nutrition/calfresh>
- **California Community Colleges Health & Wellness: CalFresh Outreach**
 - Creating outreach toolkits with promotional materials, digital outreach, and CalFresh outreach training and technical assistance, as well as a pilot program for CalFresh Outreach Peer Ambassadors
 - <https://www.cccstudentmentalhealth.org/ccco-foundation-programs-initiatives/calfresh-outreach>
- **Feeding San Diego**
 - <https://feedingsandiego.org/coronavirus>
 - Food Distribution Map, [click here](#).
- **San Diego Food Bank**
 - <https://sandiegofoodbank.org/response/>
 - Emergency Food Assistance Program, [click here](#).
 - Food Distribution Sites, [click here](#).
- **San Diego Farms**
 - Many farms are offering produce, eggs, and meat for pick up AND delivery. [Click here](#) for details.
- **Jewish Family Services San Diego**
 - Monday - Friday 11:00 AM - 1:00 PM Drive thru food pick up



- 8804 Balboa Ave, San Diego, CA 92123

Free Meals for Children (18 and younger)

➤ **San Diego County Office of Education List**

- *School locations where any student age 2-18 can go to receive food during this period of school closures due to COVID-19. San Diego Unified School District is listed below for quick access. Please see the web link for additional School Districts.*
- <https://www.sdcoe.net/news/Pages/20-03-13-student-food-service-during-district-closures.aspx>.

➤ **San Diego Unified School District**

- *The Food Service Department will conduct a drive-through or walk-up distribution. You can expect to receive three meals on Mondays, four meals on Tuesdays and Wednesdays, and five meals on Thursdays and Fridays per child. A photo of each child must be shown if they are not present at meal pick-up. All food must be consumed off site. Meal distribution times for all locations are from 11 a.m.-1 p.m.)*
- Clark Middle, 4388 Thorn St.
- Cherokee Point Elementary, 3735 38th St.
- Sherman Elementary, 301 22nd St.
- Zamorano Elementary, 2655 Casey St.
- Kearny High, 1954 Komet Way
- O'Farrell Charter, 6130 Skyline Drive
- Walker Elementary, 245 Hillery Drive
- Farb Middle, 880 La Cuenta Drive
- List of Distribution Schedules, [click here](#).

➤ **Community Christian Service Agency (CCSA)**

- Address: 4167 Rappahannock Ave | Phone: 858-274-2273
Open: Monday-Friday 9:30am-4pm
CCSA has a food and clothing pantry, as well as limited specialty items, such as *infant formula*.

Baby, Children & Seniors

➤ **Diapers from The San Diego Food Bank**



- The San Diego Food Bank runs diaper distribution sites throughout the County. [Click here for a complete list](#) of diaper distribution sites, as well as intake processes
- **Jewish Family Services San Diego**
 - Call 858-637-3000 and get 75 free diapers a month
 - 8804 Balboa Ave, San Diego, CA 92123
- **San Diego For Every Child**
 - This is a fund where families can apply for emergency assistance, and child care payment assistance
 - <http://www.sandiegoforeverychild.org/covid19/>
- **YMCA Child Care Resource Service (CRS)**
 - YMCA CRS is the child care resource and referral agency for San Diego County. We maintain a database of all child care programs to help you find the program that meets your needs, and provide help paying for child care for eligible families.
 - Child Care Referral Line: 1-800-481-2151
 - Searching the online referral database at www.ymcasd.org/childcarereferrals
- **Birthline of San Diego**
 - Pregnancy and Family Support Centers
 - 858-270-2491 | Clairemont@birthlineofsd.org to schedule an appointment
 - 3660 Clairemont Drive, Suite 4, San Diego, California 92117
- **San Diego County**
 - The County operates a hotline for older adults who need support during the crisis. Call 800-339-4661 for assistance.
- **Serving Seniors**
 - FREE meal delivery for adults older than 60. To sign up call 619-235-6572 and select option 1, OR E-mail meals@serving seniors.org
- **SDReady4K**
 - Each week, parents and caregivers receive texts with fun facts and easy tips on how to promote their children's development by building on existing family routines. To sign up for Ready4K! Send a text "SDReady4K" to 313131.
- **Southern Caregiver Resource Center**
 - Southern Caregiver Resource Center provides services for any San Diego or Imperial County resident who is caring for an adult with a chronic and disabling condition in need of assistance



- Link: [ssrc.care](https://www.ssrc.care)

Internet Access/Computer

- **Everyone On**
 - Visit www.everyoneon.org for information on low-cost internet and computers.
- **COX Internet Support Information**
 - <https://www.cox.com/residential/internet/connect2compete/covid-19-response.html>
- **Spectrum Internet Assistance**
 - <https://www.spectrum.net/support/internet/assistance-communities-need/>
- **Internet Essentials**
 - *Internet services for \$9.95/month with no contract and no installation fees. In response to the COVID-19 outbreak, new customers will receive their first two months of service free.*
 - www.internetessentials.com
- **Human I-T**
 - *Search for all low-cost internet service providers in your area, and determine your eligibility*
 - www.human-i-t.org
- **Computers 2 Kids**
 - Offers low cost computers to families. Call 858-200-9788 if you have any questions.
 - www.c2sdk.org
- **WiFi HotSpots**
 - Spectrum and Cox have free wi-fi hotspots available throughout the County
 - [Spectrum](#)
 - [COX](#)
- **Mesa College WiFi Parking Lot**
 - [Click here](#) for details
- **San Diego County HHSa/Live Well Resource List**
 - https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/Community_Sector_Support/CommunityBased-FaithBased-Organizations/Free_Low_Cost_Internet.pdf



Educational Resources

- **San Diego Unified School District Instructional Resources**
 - <https://sites.google.com/sandi.net/sdusdinstructionalcontinuity/home>
- **Scholastic News for Kids**
 - <https://sn3.scholastic.com/>
- **Khan Academy Daily Schedules for 2-18**
 - *(Click Daily Schedules or Courses)*
 - <https://www.khanacademy.org>
- **PBSKids.org**
 - <https://pbskids.org>
- **Facebook Group: “Amazing Educational Resources” list of websites with educational activities**
 - *This list is not affiliated with Mesa College*
 - <https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtIKoHdHusBpjPKXgm36w/htmlview?sle=true#gid=0>

Domestic Violence

- **National Network to End Domestic Violence (NNEDV) Resources**
 - https://nnedv.org/latest_update/resources-response-coronaviruses-covid-19

Employee Resources

- **State of California, Covid-19, Employee Resources**
 - <https://www.labor.ca.gov/coronavirus2019/>
- **Bartender Emergency Assistance Program**
 - <https://www.usbgfoundation.org/beap>
- **The Department of Labor**
 - The Dept. of Labor put together a chart to support workers who have been impacted by the coronavirus, [please click here to see chart.](#)



➤ **Employment Development Department (EDD): Unemployment Insurance (UI)**

- If your employer has reduced your hours or shut down operations due to COVID-10, you can file an unemployment insurance (UI) claim. UI provides partial wage replacement benefit payments to workers who lose their job or have their hours reduced.
- http://edd.ca.gov/about_edd/coronavirus-2019.htm

Financial Assistance

➤ **One Fair Wage Emergency Fund**

- <http://ofwemergencyfund.org/help>

➤ **United Way of San Diego**

- No longer accepting applications: will notify once open again.

➤ **Pandemic of Love**

- Pandemic of Love is a non-profit disruptor: a mutual aid community of care that was started in response to the COVID-19 epidemic
- <https://www.pandemicoflove.com/>

Housing & Utilities

➤ **San Diego Moratorium**

- *The City of San Diego implemented a moratorium on evictions for non-payment of rent. This means you cannot be evicted if you are not able to pay your rent. This is active through the month of September. If you cannot pay your rent, you MUST document 1. A loss of income or 2. Medical expenses specifically related to the COVID-19 virus.*
 - *Talk to your landlord immediately and get an agreement in writing if you are unable to pay rent. All unpaid rent must eventually be paid to your landlord*

- <https://www.sdhc.org/evictionban/>

➤ **Legal Aid Society of San Diego**

- The Legal Aid Society of San Diego has put together a [fact sheet](#) for tenants about the eviction moratoriums in place around the County, and what steps tenants can take if they are unable to pay their rent.

➤ **SDG&E**



- *SDG&E is deferring payments if you are unable to pay for your utilities this month. Your service will NOT be shut-off for non-payment during this time. If you are unable to make a payment, you must contact SDG&E Customer Contact Center at 1-800-411-7343 to make payment arrangements.*
- <https://www.sdge.com/coronavirus>

Immigration

➤ **San Diego Immigrant Rights Consortium**

- No longer accepting applications at this time, will notify once open again.

Foster Youth

➤ **One Simple Wish**

- If you are in foster care or ever were, and need a laptop for remote learning email info@onesimplewish.org
 - <https://www.onesimplewish.org/>

➤ **Just in Time**

- Current or former foster youth complete the application and be between ages 18-26, living in San Diego County, attending school
 - <https://jitfosteryouth.org/new-participant-application/>

➤ **iFoster**

- Using iFoster's programs and services decreases family needs, improves child and caregiver well-being, improves life-satisfaction, improves grades, and can help youth successfully transition to independence.
 - <https://www.ifoster.org/page/get-help/>

LGBTQIA+

➤ **Youth Centers**

- Provides (virtual currently) emergency services (food, housing, mental health), groups, and 1-on-1 staff check-ins
- <https://thecentersd.org/programs/youth-services/>



➤ **San Diego LGBTQ Pride**

- COVID-19 LGBTQ Community Resources & Support
<https://sdpride.org/covid19resources/>
- Trans Lifeline
(877) 565-8860
<https://www.translifeline.org/>
- Trans Lifeline Microgrants
[Apply here](#), applications open October 15th

Veterans

➤ **San Diego Veterans Coalition**

- This page was created to aggregate the most commonly sought resources by veterans in San Diego.
- <https://sdvetscoalition.org/resources/>

Holidays

➤ **Toys for Tots**

- The City of San Diego Parks and Recreation Department will once again be offering Toys for Tots registration and distribution at 26 sites in a safe and social distancing format
- <https://www.sandiego.gov/sites/default/files/toysfortots2020flyerenglish.pdf>

NOTE: If you have any suggestions that may be beneficial to our community, please reach out to us at sdmesathestand@gmail.com