

COVID-19

INFORMATION AND RESOURCES FOR FAMILIES



Westside Family Resource and Empowerment Center

5901 Green Valley Circle, #320

Culver City, CA, 90230

(310) 258-4063

CDC (CENTERS FOR DISEASE CONTROL AND PREVENTION) UPDATES ON CORONAVIRUS (COVID-19)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

U.S. DEPARTMENT OF LABOR

The U.S. Department of Labor has resources to help workers and employers prepare for the COVID-19 virus (also known as novel coronavirus).

<https://www.dol.gov/coronavirus>

UPDATES ON COVID-19 –CITY HALL (BY CITY)

LOS ANGELES

<https://www.lacity.org/highlights/mayor-garcetti-announces-new-measures-prevent-spread-covid-19>

<https://corona-virus.la/>

CULVER CITY

<https://www.culvercity.org/live/public-safety/emergency-preparedness/current-disaster-information>

INGLEWOOD

<https://www.cityofinglewood.org/CivicAlerts.aspx?AID=328>

HAWTHORNE

<http://www.cityofhawthorne.org/coronavirus>

SANTA MONICA

<https://www.santamonica.gov/coronavirus>

Below you will find updated information on the COVID-19 VIRUS and how it is impacting your LOCAL SCHOOL DISTRICT:

Los Angeles Unified School District

<https://achieve.lausd.net/latestnews>

Inglewood School District

<https://www.inglewoodusd.com/apps/news/article/1186239>

Lennox School District

https://www.lennox.k12.ca.us/apps/pages/index.jsp?uREC_ID=1689231&type=d&pREC_ID=1846447

Green Dot Public Schools

<https://greendot.org/covid19/>

<https://ca.greendot.org/covid19/>

Hawthorne School District

https://www.hawthorne.k12.ca.us/pf4/cms2/news_themed_display?id=1584092565566

El Segundo School District

<https://www.elsegundousd.net/apps/news/article/1184527>

HOME RESOURCES:

Los Angeles Department of Water & Power

<https://www.ladwpnews.com/a-message-from-ladwp-regarding-power-water-service-during-coronavirus-covid-19-pandemic/>

PG & E

https://www.pge.com/en_US/about-pge/company-information/protective-protocols/covid19.page?WT.mc_id=Vanity_covid19

Credit Card Companies Assistant Programs

<https://www.bankrate.com/finance/credit-cards/issuer-assistance-programs-amid-coronavirus-fears/>

LA COUNTY CHILDREN, FAMILIES AND SCHOOLS RESOURCES

<https://lacounty.gov/covid19/children-and-families/>

Where to find financial assistance, food and more

https://laist.com/2020/03/20/where_to_get_financial_assistance_food_and_more_during_the_coronavirus.php

Information on nationwide relief for everyone, nationwide relief for workers in specific industries, and local relief that's available to affected individuals and businesses in certain cities and states.

<https://www.fool.com/the-ascent/research/where-find-financial-help-during-coronavirus-pandemic/>

SCHOOL LUNCHES/FOOD

DREAM CENTER

LOCATION: 2301 BELLEVUE AVE, LOS ANGELES 90026

Free meals for all LAUSD Students starting MONDAY MARCH 16, 2020 at the DREAM CENTER

BREAKFAST: 7:30AM TO 9:30AM

LUNCH: 11:30AM TO 1:30PM

DINNER: 4:30 TO 6:30PM

HAWTHORNE SCHOOL LUNCHES- BEGINNING MARCH 17, 2020-APRIL 3, 2020

Lunches will be served to anyone ages 18 and under. Person must physically be present to receive lunch.

HOURS: 10AM TO 12PM

LOCATIONS:

EUCALYPTUS ELEMENTARY

KORNBLUM ELEMENTARY

HAWTHORNE MIDDLE SCHOOL

PRAIRE VISTA MIDDLE SCHOOL

ST MARGARET'S CENTER

LOCATION: 10217 S INGLEWOOD AVE, INGLEWOOD CA, 90304

PHONE: 310-672-2208

Free monthly groceries for low-income families and sack lunches for homeless people every M, W & F. Senior food program also available the 3rd Tuesday of every month.

GRAB AND GO MEALS IN LENNOX SCHOOL DISTRICT- BEGINNING MARCH 16, 2020 UNTIL SCHOOL REOPENS

Meals are free and available to anyone 18 and under regardless of the school the individual attends. No paperwork is required. Children MUST be present in order for meals to be provided. Meals will be provided based on the number of children present. Meals are only for pick up, meals must be taken and consumed OFF-SITE.

LOCATIONS:

LENNOX MIDDLE SCHOOL

FELTON ELEMENTARY

JEFFERSON ELEMENTARY

HUERTA ELEMENTARY

BUFORD ELEMENTARY

MOFFETT ELEMENTARY

HOURS: MONDAY TO FRIDAY 10AM TO 12PM

PLEASE VISIT THE FOLLOWING LINK FOR MORE INFORMATION:

https://www.lennox.k12.ca.us/apps/pages/index.jsp?uREC_ID=1689231&type=d&pREC_ID=1852460

PLEASE VISIT THE FOLLOWING LINK TO FIND A GRAB & GO CENTER NEAR YOU:

<https://achieve.lausd.net/resources>

Food Pantry's

Please call the pantry you wish to visit before showing up, to ensure they are still open during the Covid-19 pandemic.

If you need to apply for government benefits, visit the [DPSS Your Benefits Now website](#).

Please visit the link below to visit our page and view a list put together by Autism Society Los Angeles.

<http://wfrec.org/food-banks-list-los-angeles/>

Los Angeles Regional Food Bank

(323) 234-3030

<https://www.lafoodbank.org/find-food/pantry-locator/>

Westside Food Bank

http://www.westsidefoodbankca.org/index.php?option=com_content&task=view&id=70&Itemid=94

List of stores with senior hours:

<https://www.goodhousekeeping.com/life/a31785542/stores-with-senior-hours/>

List of stores with reduced hours:

<https://www.usatoday.com/story/money/2020/03/17/coronavirus-store-closings-hours-changes-list/5068211002/>

LEARNING AT HOME

Below you will find the link to this week's At-Home Learning schedules for educational programming airing on KCET, PBS SoCal and KLCS.

Check back every week to download the new schedules:

<https://www.kcet.org/at-home-learning/at-home-learning-schedules>

- Pre-K - 3rd grade on [PBS SoCal](#)
- Pre-K - 12th grade on [KLCS](#)
- 9th - 12th grade on [KCET](#)

Educational Resources (LAUSD PDF)

https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/930/PBS%20Parent%20OneSheet%20and%20Flyer_English.pdf

Educational Resources (LAUSD SPANISH PDF)

https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/930/PBS%20Parent%20OneSheet%20and%20Flyer_Spanish.pdf

KidSmartz- a child safety program that educates families about preventing abduction and empowers kids in grades K-5 to practice safer behaviors. This program offers resources to help parents, caregivers, and teachers protect kids by teaching and practicing the 4 Rules of Personal Safety using tips, printable activities, quizzes, articles, music, videos, and more.

Web: <https://www.kidsmartz.org/>

General Educational Resources from LAUSD

- Access to Los Angeles Unified Digital Library & Los Angeles Unified Destiny resources Available in Schoology's Top App Menu

Also available at achieve.lausd.net/Page/15747

- Edgenuity: <https://www.edgenuity.com/lausd/>
- Edgenuity Live Sessions: bit.ly/EdgenuityLiveSchedule
- Elementary Quick Start: bit.ly/ESEdgenuity
- Middle School Quick Start: bit.ly/MSEdgenuity
- High School Quick Start: bit.ly/HSEdgenuity
- PBS Learning Media: ca.pbslearningmedia.org/
- Khan Academy:

General Practice for K-12: khanacademy.org

SAT and ACT Practice for Grade 10 and 11: bit.ly/38y3xNc

- KLCS: klcs.org
- Schoology Resources

Log In: lms.lausd.net

Getting Started on Schoology for Students: bit.ly/StudentGettingStarted

K2 Students, sign into Schoology in a simplified way with QR Codes: bit.ly/PLSStudentQRcodes

OTHER GENERAL RESOURCES:

Los Angeles Unified School District- Resources for Families during School Closure

Web: <https://achieve.lausd.net/resources>

City of Inglewood- Library Services>Electronic Resources> Online Databases> Just for Kids!

Web: <https://www.cityofinglewood.org/249/Just-for-Kids>

COVID-19 LOS ANGELES COMMUNITY RESOURCES GUIDE -CREATED BY OTHERS

Web: https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MT12LiUA63Ycyg/mobilebasic?urp=gmail_link

NAMI- National Alliance on Mental Illness (Coronavirus Infor & Resources)

Web: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Child Mind Institute

Supporting Families during COVID-19 offering clinical and supportive resources.

Web: <https://childmind.org/coping-during-covid-19-resources-for-parents/>