

One Degree COVID-19 (Coronavirus) Resource Guide

SF Bay Area, State and Nation-wide resources

Updated April 21, 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 Los Angeles Resource guide online in [English](#) and [Spanish](#)

View the Los Angeles 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

- **Apply to receive a free bag of groceries**
 - Full Cart
 - Full Cart is offering one free bag of groceries to families who aren't able to purchase food due to financial burden or shortages in their area due to COVID-19.
 - [Visit the link](#) and complete and submit the online form to request a free bag of groceries. You will be placed into a virtual queue and notified by email with instructions on how to redeem your free groceries if your request is funded.
 - More: [Full Cart COVID-19 Update](#)

- **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 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: nuevo [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](#)

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 - [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](#)

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 - More info: [New Music Solidarity Fund press release](#) and [application page](#)

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 - 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 grant 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**
 - Adolph & 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: [Adolph & 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](#)
- **Apply for the California Small Business Disaster Relief Loan Guarantee Program**
 - California Infrastructure and Economic Development Bank
 - The Small Business Finance Center (SBFC) partners with Financial Development Corporations to provide loan guarantees and direct loans for small businesses that experience capital access barriers.

- Who can apply: Small Businesses located in California with 1-750 employees that have been negatively impacted or experienced disruption by COVID-19 and Eligible Nonprofits.
 - Business owners may apply directly with a lender (LIST to be announced soon) or get additional information by contacting one of the participating Financial Development Corporations (FDCs) from the [list below](#).
 - Reference: <https://ibank.ca.gov/small-business-finance-center/>
- **Apply for California Small Business Immediate Interest-Free Payment Plans (Aura)**
 - California Department of Tax and Fee Administration
 - Small Businesses May Defer Up to \$50,000 of Sales and Use Tax Liability for 12 Months. Qualifying sales and use taxpayers with deferred liabilities up to \$50,000 will pay their tax due in 12 equal monthly installments. No interest or penalties will be assessed against the liability.
 - Payment plan requests can be made through CDTFA [online services](#) system in the coming months. Please bookmark this [page](#) and check back for additional updates. All California taxpayers (individuals and businesses) can file and pay by July 15, 2020.
 - Interested taxpayers should contact CDTFA by visiting cdtfa.ca.gov or calling 800-400-7115.
 - Reference: <https://www.cdtfa.ca.gov/services/covid19.htm#small-business-payment>
- **Get emergency grant for visual artists**
 - Rauschenberg Emergency Grants
 - Grant for professional visual artists, media artists and choreographers living in the USA. The fund provides one-time cash grants of up to \$5,000 to cover expenses caused by one-time, unexpected medical emergencies.
 - There is no deadline. Please note that application reviews will begin to meet in May and June, so this program isn't the one for those with pressing, short-term needs.
 - Email: emergencyfunds@nyfa.org
 - Visit the link and fill out the online application [here](#).
 - More info: <https://www.nyfa.org/Content/Show/Rauschenberg-Emergency-Grants>
- **Apply for cash assistance for trans community**
 - Transgender Foundation of America
 - Any member of the trans community who needs assistance due to a disaster including COVID-19 will be considered for the fund.
 - Apply for assistance at this website: <http://tdrfund.us/request-assistance/>
 - After you've submitted your request for assistance, you will be contacted by a TFA representative. Once your request is reviewed and approved, depending on what your needs are, you may qualify for: a check by mail, a cash distribution via a Walmart near you, a deposit into your PayPal account or referrals to community-supportive providers who will be able to help you with your recovery needs
 - More information can be found here: <http://tdrfund.us/getting-help-from-the-trans-disaster-relief-fund/>
- **Apply for \$200 fund for artists & arts administrators**
 - Arts Administrators of Color

- The fund is for US-based BIPOC (Black, Indigenous, People of Color) artists and administrators. Dispersed on a first come first serve basis.
 - Complete [Google Form](#) to apply for \$200 microfund
 - Email at info@aacdmv.org
 - More info : <https://aacnetwork.org/>
- **Apply for 20% off of SoCalGas Natural Gas Bill**
 - SoCalGas
 - If your household income has recently changed, you may now qualify for 20% off your natural gas bill with CARE. [Apply online today!](#) If you are currently on CARE, you will not be required to recertify. For Small Business Customers, late payment fees will be waived. No customer will have their natural gas turned off due to non-payment.
 - Phone: 1-800-427-2200
 - More info: <https://www.socalgas.com/coronavirus>
- **Apply for \$500 micro-grant for Latinx Artists and Art Administrators**
National Association of Latino Arts and Cultures (NALAC)
 - NALAC is providing \$500 micro-grants to Latinx artists and arts administrators based in US/Puerto Rico whose work has been adversely impacted by COVID-19. Undocumented Latinx artists in the United States, and Latinx artists who have been deported from the United States are also encouraged to apply. Deadline to apply is April 16th, 2020 at 4:00PM Central Time. Visit [this link](#) to apply.
 - More info: <https://nalac.org/actos-de-confianza-guidelines/>
- **Apply for \$1,000 stipend for Artists and Cultural Strategists**
 - The Opportunity Agenda
 - The Opportunity Agenda is offering emergency assistance stipends of \$1,000 for US-based artists and cultural strategists pursuing social justice objectives through their work. This is a limited time opportunity and stipends must be used by July 31st, 2020 and there are limitations on what the stipends can be used for. Visit [this link](#) to see the requirements and apply. Resources are limited. Applications will be reviewed and stipends distributed on a rolling basis.
 - Email: 2020EmergencyStipend@opportunityagenda.org
 - More info: <https://www.opportunityagenda.org/creativechange-covid19-assistance>
- **Apply for grant of up to \$500 for Immigrants in San Diego County**
 - San Diego Immigrant Rights Consortium (SDIRC)
 - SDIRC is providing grants of up to \$500 to immigrants in San Diego County who have lost all or part of their income due to the coronavirus pandemic, along with other emergencies that may arise in the future. Please click [this link](#) for more details and eligibility requirements. Visit [this link](#) to apply.
 - More info: <https://www.immigrantsandiego.org/>
- **Get free consultation about the SBA loan for nonprofit organizations**
 - Jitasa
 - Nonprofit organizations can schedule a 15 or 30-minute one-on-one consultation with an accountant to go over SBA loan options.

- Visit the link to schedule a 15 minute appointment:
<https://calendly.com/jitasa-relief/relief-15-minute-call>
- Visit the link to schedule a 30 minute appointment:
<https://calendly.com/jitasa-relief/relief-30-minute-call>
- More information: <https://www.jitasagroup.com/relief/sba/>
- **Apply for \$5,000 grant for artists**
 - Artist Relief
 - Artist Relief is distributing \$5,000 grants to support artists facing dire financial emergencies due to COVID-19. The fund will operate through September 2020 and will fund at least 100 artists per week. The application will be open in cycles. Visit [this link](#) to view the requirements and apply.
 - Email: <https://www.artistrelief.org/>
- **Apply for a grant for Published American Authors**
 - Carnegie Foundation for Authors
 - Carnegie Foundation for Authors is offering a grant for American authors who have published at least one full-length work — fiction or nonfiction — that has been published by a mainstream publisher. An applicant must demonstrate need; the emergency may be because of illness or some other urgent need such as fire, flood, hurricane, etc. Documentation should be included with the application. Visit [this link](#) for more information and to apply.
 - Email: carnegiefundforauthors@gmail.com

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

- **Access a letter template to send to your landlord to request rent payment deferral**
 - Curbed San Francisco
 - Letter template for California renters to send to their landlord to request rent payment deferral, including information on Governor Newsom's March 27 executive order placing a moratorium on evictions.
 - [Visit the link](#) to view the letter template.
 - More info: [What To Do If You Can't Pay This Month's Rent](#)

- **Access a letter template to send to your landlord proposing a rent repayment plan**
 - Legal Aid of Marin
 - Letter template for renters to send to their landlord proposing a rent repayment plan after the COVID-19 state of emergency is lifted.
 - [Visit the link](#) to view the letter template.
 - More info: [COVID-19 Resources](#)

Mental Health Support

- **Join a virtual support or wellness group session for music industry professionals**
 - Backline
 - Backline is offering free support and wellness group sessions for music industry professionals impacted by COVID-19. Sessions take place on Zoom and Instagram and include support groups, yoga classes, breathwork, and meditation.
 - [Visit the link](#) to view the session schedules and links to join.
 - More info: [Come Together Crisis Initiative](#)

- **Get free online therapy for independent touring professionals**
 - Tour Support, LightHopeLife
 - Tour Support, LightHopeLife is offering one free month of online therapy to independent touring professionals (artists, crews, vendors, etc.) who were employed by or planning to join a tour that has been postponed or cancelled due to COVID-19.
 - [Visit the link](#) and complete and submit the online form to apply for therapy services.
 - Email: info@toursupport.com.
 - More info: [COVID-19 Response - Tour 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/>

- **Online Counseling Services for LGBTQI+ Community**
 - Community United Against Violence (CUAV)
 - CUAV is providing remote phone and video counseling services for LGBTQI+ survivors of violence, domestic violence, hate violence, and police violence. Call the Safetyline at (415)-333-HELP (4357) or email info@cauv.org to leave a message with your contact information and someone will reach out accordingly.
 - More info: <https://www.cuav.org/>

- **Free 24/7 Online Emotional Support for Sex Workers**
 - Pineapple Support
 - Pineapple Support offers free 24/7 online mental health services through confidential text chats for sex workers. Pineapple Support is NOT for crisis or emergency situations and volunteer listeners are not trained therapists.
 - Chat is available at: <https://pineapplesupport.org/>
 - More info: contact@pineapplesupport.org

- **24/7 Non-emergency Emotional Support for Californians**
 - California Peer-Run Warm Line
 - California Peer-Run Warm Line is a non-emergency resource for anyone in California seeking emotional support.
 - Call 1-855-845-7415 or chat online at:
<https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=60601&pid=243&cc=en-US>
 - More info: <https://www.mentalhealthsf.org/peer-run-warmline/>

- **Care for your Coronavirus Anxiety**
 - Shine & Mental Health America
 - Shine & Mental Health America have partnered to create a virtual toolkit with articles, meditations, access to mental health experts, anxiety screenings, and more.
 - To visit and for more info: <https://www.virusanxiety.com/>

- **Free Online Meditation**
 - East Bay Meditation Center (EBMC)
 - EBMC is offering free virtual Sangha Self-Care classes through Zoom with special groups for people of color, people with disabilities, etc.
 - Go to <https://eastbaymeditation.org/programs/zoom-links/> to find relevant classes you're interested in.
 - More info: <https://eastbaymeditation.org/programs/zoom-links/>

- **Free Online Yoga Classes**
 - This is Meha
 - This is Meha is offering free online yoga classes. No one is turned away for lack of funds, donations are welcome if able to contribute. Class schedule and registration at: <http://thisismeha.com/inthecommunity>
 - More info: <http://thisismeha.com/inthecommunity>

- **Free Counseling Service for Parents**
 - Parentline
 - Parents of children from pregnancy up to 3 years of age can schedule a 1:1 session for support by contacting via email or phone.
 - Phone: 1-844-415-2229; E-mail: parentline@usfca.edu
 - More info: <https://parentlineusf.com/>

- **24/7 Crisis Line for Individuals Experiencing Sexual Assault**
 - Verity
 - Call Verity's 24/7 sexual assault crisis line at 707-545-7273 to speak confidentially with a victim advocate in English or Spanish.
 - Phone: 707-545-7273
 - More info: <https://www.ourverity.org/>

- **Join a virtual support or wellness group session**
 - Innovations Community Center
 - Free online support and wellness group sessions every weekday until May 8, 2020. Groups include afternoon tea, coping skills, guided wellness, and more.
 - [Visit the link](#) to view the session schedules and access the Zoom link to join.
 - Hours: Monday-Friday from 1:30pm-2:30pm from April 6-May 8, 2020.
 - More info: [Innovations Virtual Spring](#)

- **National Suicide Prevention Hotline**
 - 1-800-273-8255 or chat online
 - We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
 - <https://suicidepreventionlifeline.org/>

- **Crisis Text Line**
 - Text HOME to 741741 to connect with a Crisis Counselor
 - Free 24/7 support at your fingertips.
 - Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.
 - A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.
 - <https://www.crisistextline.org/>

- **National Alliance on Mental Health**
 - Call the NAMI helpline: 800-950-6264
 - In a crisis? Text NAMI to: 741741
 - <https://www.nami.org/>

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>

- **Free Tax Filing with Human Support**

- Get Your Refund
- Get Your Refund in collaboration with Volunteer Income Tax Assistance (VITA) is offering tax filing help for families earning less than \$60,000 a year. Trained and IRS-certified volunteers will prepare and double-check your tax return. Visit [this link](#) to answer a few questions and get started.
- The new federal income tax deadline has been extended to July 15, 2020
- Email: hello@getyourrefund.com
- More info: <https://www.getyourrefund.org/>

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](#)

- **Access a free online screening tool for COVID-19**

- Apple
- Free web and mobile phone-based screening tool for COVID-19 developed in collaboration with the Centers for Disease Control and Prevention (CDC). After you

answer a series of questions about your symptoms, you will receive guidance on recommended next steps.

- [Visit the link](#) or download the Apple COVID-19 App in the App store to access the screening tool.
- More info: [Apple Releases New COVID-19 App and Website Based on CDC Guidance](#)

- **Prescriptions for all**

- RxNational
- Non-profit online pharmacy whose mission is to provide affordable medications. Membership is traditionally reserved for those earning less than 400% of the Federal Poverty Level, but temporarily expanding the guidelines on our medication program to assist individuals and families who are facing severe financial hardships because of COVID-19. Additional information here [delete this text once you've added the information]
- **Step 1:** Create an account below by choosing your eligibility condition and verifying your email address.
- **Step 2:** Enroll in Rx Outreach.
- **Step 3:** Provide payment information and either request a transfer of your existing prescription or ask your healthcare provider to send a new prescription to us.
- <https://rxoutreach.org/covid19/>

- **Call free hotline if you think you have COVID-19**

- Coalition for Humane Immigrant Rights Los Angeles (CHIRLA)
- CHIRLA 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 info: https://www.chirla.org/avada_portfolio/community-education/

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](#)

- **Emergency Housing for Foster Youth/Students**

- Together We Rise
- Together We Rise is offering support to displaced college students and foster youth with housing needs
- Please email info@togetherwerise.org or fill out online form, <https://www.togetherwerise.org/help-displaced-students/#form>
- More Info: [Together We Rise](#)

Other Support

- **Access free digital library books**
 - Internet Archive
 - Free and immediate access to an online library of 1.4 million books for children, youth, and adults.
 - [Visit the link](#) to view the library collection and borrow books. You'll need to sign up for an Internet Archive account if you don't already have one.
 - More info: [Announcing a National Emergency Library to Provide Digitized Books to Students and the Public](#)

- **Call a hotline to get COVID-19-related information and assistance for individuals over the age of 65**
 - Government of California
 - Statewide hotline for COVID-19-related information and assistance for seniors ages 65+.
 - Call 833-544-2374 to get information and assistance.
 - Phone #: 833-544-2374.
 - More info: [Governor Newsom Launches Campaign to Protect Health and Well-Being of Older Californians During COVID-19 Pandemic](#)

- **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](#)
- **Get travel assistance for individuals ages 21-24**
 - Avis
 - In order to make it easier for young people to get home during the COVID-19 pandemic, Avis is waiving their young renter fees for car rentals for drivers ages 21-24. Offer valid at corporate US locations; excludes New York, Michigan, and Maryland.
 - [Visit the link](#) to make a rental car reservation.
 - Available until May 31.
 - More info: [Young Driver Fee Waiver to Help You Get Home for Drivers Under 25 \(Ages 21-24\)](#)
- **PG&E shut-off relief**
 - PG&E

- Suspending service disconnections for non-payment and waiving security deposits; implementing flexible payment plan options; and providing additional support for low-income and medical baseline customers. Additional information here [delete this text once you've added the information]
 - Go to [pge.com/covid19consumerprotections](https://www.pge.com/covid19consumerprotections) to learn more about our support for customers during these difficult times.
 - https://www.pge.com/en_US/about-pge/company-information/protective-protocols/covid19.page
- **Send your mailing address and direct deposit banking information to the IRS to receive your COVID-19 stimulus check for non-tax filers**
 - TurboTax
 - TurboTax is offering a free Stimulus Registration tool for non-tax filers to give the IRS their updated mailing address and direct deposit banking information in order to receive their COVID-19 stimulus checks.
 - [Visit the link](#) to register for a free Stimulus Registration account.
 - More info: [Everything to Help You Get Your Stimulus Check as Soon as Possible](#)
- **Pro Bono Consultation for Public Artists and Public Art Administrators**
 - Forecast Public Art
 - Forecast is offering pro bono (free) consultations and technical support to any public artist or public art administrator based in the U.S. and the Native nations that share the same geography from now until May 31, 2020. Complete [this online form](#) to request pro bono consulting.
 - Email: info@forecastpublicart.org
 - More info: <https://forecastpublicart.org/pro-bono-consulting-in-response-to-covid-19/>
- **Immediate Crisis Intervention, Safety Planning, and Emotional Support for Survivors**
 - Center for Pacific Asian Families
 - Provides immediate crisis intervention, safety planning, and emotional support for survivors, as well as referrals to appropriate resources in the community. They offer support in multiple API languages and dialects including (繁體中文, 한국어, 日本語, Tagalog, Tiếng Việt, ལྷོ་ཡི་སྐད་, हिन्दी, ไทย). They also run an emergency and transitional housing.
 - 24/7 Multilingual Hotline: 1-800-339-3940
 - More info: [Center COVID-19 Updates](#)
- **Get free or low-cost hotel rooms for frontline healthcare workers who are exposed to or test positive for COVID-19**
 - Government of California
 - The Non-Congregate Sheltering for California Healthcare Workers Program is providing free to low-cost hotel rooms to frontline healthcare workers who are exposed to or test positive for COVID-19. Must have possible exposure to patients or individuals who may have COVID-19, and lack the ability to self-isolate or quarantine at home.
 - Call the CalTravelStore at 1-877-454-8785 to validate your eligibility and make a reservation. You should be prepared to provide your county of employment, medical facility of employment, and job title.

- Phone #: 1-877-454-8785.
- More info: [Hotels for Health Care Workers](#) and [Governor Newsom Announces New Program to Provide Front-Line Health Care Workers with Hotel Rooms](#)
- **Send your payment information to the IRS to receive your COVID-19 stimulus check for non-tax filers**
 - IRS
 - Non-tax filers can send their payment information to the IRS to receive their COVID-19 stimulus checks. Non-tax filers include US citizens or permanent residents who had gross income that did not exceed \$12,200 (\$24,400 for married couples) for 2019 and were not otherwise required to file a federal income tax return for 2019 and didn't plan to.
 - [Visit the link](#) to create an account and enter your payment information.
 - More info: [Non-Filers: Enter Payment Info Here](#)

Education Support

- **Access a free online language development program for children**
 - AAC Language Lab
 - AAC Language Lab is offering two free months of its online language development program for families affected by COVID-19-related school closures.
 - [Visit the link](#) to create an account. After you create an account, click on "Purchase for Myself" under "My Account" and select "Free 2 Month Trial" under the Language Lab purchase options.
 - More info: [AAC Language Lab homepage](#)
- **Join free online mindfulness classes for children**
 - Mindful Schools
 - Mindful Schools is offering free online mindfulness classes for children. Classes include mindful activities, mindful movement, and read-alouds. Classes are designed with children grades K-5 in mind, but children and adults of all ages are welcome to participate.
 - [Visit the link](#) and submit your email address to sign up for classes.
 - Phone: 510-858-5350; email: support@mindfulschools.org.
 - More info: [Free Online: Mindfulness Class for Kids!](#)
- **Access a free online math program for children in grades K-8**
 - DreamBox Learning
 - DreamBox Learning is offering a free 90-day trial of its online math program for children in grades K-8 who may be affected by school closures.
 - [Visit the link](#) to register for access to the 90-day trial.
 - Sign-up available through April 30, 2020.
 - More info: [DreamBox at Home page](#) and [announcement on DreamBox Learning's Facebook page](#)
- **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](#)
- **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](#)
- **Free access to Worksheets for Kids**
 - Lil' Libros
 - Lil' Libros is offering free printable worksheets and activity sheets for children. Visit the link: <https://mailchi.mp/littlelibros/worksheets10>
 - More info: <https://lillibros.com/>
- **Free Online Learning for Kids**
 - Scholastic
 - Scholastic is offering free, online learning experiences for kids of all ages in grades Pre-K to 9. Visit the link: <https://classroommagazines.scholastic.com/support/learnathome.html>
 - More info: <https://classroommagazines.scholastic.com/support/learnathome.html>
- **Free Easy Indoor Activities for Kids**
 - Hello Wonderful
 - Hello Wonderful put together a list of easy indoor activities for kids to do. Visit the link: <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR0WLdICsyAouM65BuSrLVrYc-gN01MMtSdiOC9aa3NbrCmG6RNxljx2-g>
 - More info: <https://www.hellowonderful.co/>
- **Free activity book for kids**
 - Chicas Rockeras SELA
 - Chicas Rockeras SELA put together a printable activity book for kids. If you know a kid who does not have access to a computer or printer, please email info@crsela.org and they will mail one out.
 - Visit the link: <https://drive.google.com/drive/folders/1FCbz59i2CsYqc4eE98d-Fh9zEN4F5xbP>
- **Access to Scholastic BookFlix**
 - Scholastic
 - Scholastic BookFlix is an online interactive literacy resource with video storybooks and eBooks. Unlock [Scholastic's BookFlix](#) using the generic login Scholastic has created: *username: Learning20, password: Clifford*
 - More info: <http://teacher.scholastic.com/products/bookflix/#/>
- **Access a free online learning program for children in grades K-8**
 - BrainPOP

- BrainPOP is offering free access to its online learning programs for students in grades K-8 while schools are closed due to COVID-19. Access is free for 30 days or as long as schools remain closed.
 - [Visit the link](#) to sign up.
 - More info: [Make Any Room a Classroom](#)
- **PG&E shut-off relief**
 - PG&E
 - Suspending service disconnections for non-payment and waiving security deposits; implementing flexible payment plan options; and providing additional support for low-income and medical baseline customers. Additional information here [delete this text once you've added the information]
 - Go to [pge.com/covid19consumerprotections](https://www.pge.com/covid19consumerprotections) to learn more about our support for customers during these difficult times.
 - https://www.pge.com/en_US/about-pge/company-information/protective-protocols/covid19.page
- **Send your mailing address and direct deposit banking information to the IRS to receive your COVID-19 stimulus check for non-tax filers**
 - TurboTax
 - TurboTax is offering a free Stimulus Registration tool for non-tax filers to give the IRS their updated mailing address and direct deposit banking information in order to receive their COVID-19 stimulus checks.
 - [Visit the link](#) to register for a free Stimulus Registration account.
 - More info: [Everything to Help You Get Your Stimulus Check as Soon as Possible](#)
- **Pro Bono Consultation for Public Artists and Public Art Administrators**
 - Forecast Public Art
 - Forecast is offering pro bono (free) consultations and technical support to any public artist or public art administrator based in the U.S. and the Native nations that share the same geography from now until May 31, 2020. Complete [this online form](#) to request pro bono consulting.
 - Email: info@forecastpublicart.org
 - More info: <https://forecastpublicart.org/pro-bono-consulting-in-response-to-covid-19/>
- **Immediate Crisis Intervention, Safety Planning, and Emotional Support for Survivors**
 - Center for Pacific Asian Families
 - Provides immediate crisis intervention, safety planning, and emotional support for survivors, as well as referrals to appropriate resources in the community. They offer support in multiple API languages and dialects including (繁體中文, 한국어, 日本語, Tagalog, Tiếng Việt, ལྡེ་ལྷོ་, हिन्दी, ไทย). They also run an emergency and transitional housing.
 - 24/7 Multilingual Hotline: 1-800-339-3940
 - More info: [Center COVID-19 Updates](#)
- **Get free or low-cost hotel rooms for frontline healthcare workers who are exposed to or test positive for COVID-19**
 - Government of California

- The Non-Congregate Sheltering for California Healthcare Workers Program is providing free to low-cost hotel rooms to frontline healthcare workers who are exposed to or test positive for COVID-19. Must have possible exposure to patients or individuals who may have COVID-19, and lack the ability to self-isolate or quarantine at home.
 - Call the CalTravelStore at 1-877-454-8785 to validate your eligibility and make a reservation. You should be prepared to provide your county of employment, medical facility of employment, and job title.
 - Phone #: 1-877-454-8785.
 - More info: [Hotels for Health Care Workers](#) and [Governor Newsom Announces New Program to Provide Front-Line Health Care Workers with Hotel Rooms](#)
- **Send your payment information to the IRS to receive your COVID-19 stimulus check for non-tax filers**
 - IRS
 - Non-tax filers can send their payment information to the IRS to receive their COVID-19 stimulus checks. Non-tax filers include US citizens or permanent residents who had gross income that did not exceed \$12,200 (\$24,400 for married couples) for 2019 and were not otherwise required to file a federal income tax return for 2019 and didn't plan to.
 - [Visit the link](#) to create an account and enter your payment information.
 - More info: [Non-Filers: Enter Payment Info Here](#)
- **Free Online Workshops for Artists**
 - Creative Capital
 - Creative Capital is offering various free online workshops designed to help artists mitigate the effects of the pandemic and economic situation. Visit [this link](#) for more info.
 - More info: https://creative-capital.org/2020/03/13/list-of-arts-resources-during-the-covid-19-outbreak/?fbclid=IwAR2ggj-irqMGoF59AfTmCFO7gaWGrw1DpUj-k5zX_N98AfwTfw-UjDQZAxI
- **Call a hotline with questions and concerns for foster youth**
 - California Foster Care Ombudsperson
 - Hotline for youth in foster care who have questions or concerns about their care, treatment, or services.
 - Call 1-877-846-1602 to receive assistance.
 - Phone #: 1-877-846-1602; email: fosteryouthhelp@dss.ca.gov; hours: Monday-Sunday from 8:00am-5:00pm.
 - More info: [COVID-19 Updates](#) and [announcement on California Foster Care Ombudsperson's Facebook page](#)
- **Get three months of free internet access and unlimited nationwide home telephone service**
 - Sonic

- Sonic is offering three months of free internet access and unlimited nationwide home telephone service to households with K-12 students, college students, or senior citizens ages 60+. Available to new Sonic customers only.
- [Visit the link](#) to check service availability and sign up.
- Offer expires on June 1, 2020.
- More info: [Sonic Is Here To Support](#)

Immigrant Support

- **COVID-19 Guide for Immigrants**
 - State of California
 - If you're an immigrant living in California, here is what you need to know to protect yourself, your family, and your community from coronavirus. Services and public benefits are available to you, some regardless of immigration status.
 - Browse [california immigrant guide](#) for further information.
 - More info: <https://covid19.ca.gov/guide-immigrant-californians/>

San Francisco Bay Area Wide

Financial Support

- **Apply for a low-interest loan for small business owners**
 - Small Business Development Center (SBDC)
 - Offers low interest loans for those businesses who have been impacted economically.
 - Apply online at [apply online with PTAC](#) or call 707-646-1017
 - More info: [COVID-19 Resources for Businesses - March 13, 2020](#)
- **Get cash assistance for artists**
 - Bay Area Safety Net
 - Bay Area Safety Net is distributing grants to artists (performing artists, musicians, visual artists, event producers, etc.) during the COVID-19 crisis. Maximum \$500 grant per/artist month; number of grants given will depend on donations to fund. No repayment required. [Click here](#) for eligibility, including eligible zip codes
 - [Visit the link](#) and complete and submit the online form to apply for a grant.
 - More info: [The Safety Net Fund blog post](#)
- **Get cash assistance for queer nightlife workers**
 - SF Bay Area Queer Nightlife Fund
 - The Queer Nightlife Fund is distributing funds to workers in the SF Bay Area queer nightlife industry for expenses such as rent, electricity/gas, phone/internet service, food, and medical/insurance expenses. Annual/monthly income should be considered low for the SF Bay Area.
 - [Visit the link](#) and complete and submit the online form to apply for assistance.
 - More info: [SF Bay Area Queer Nightlife Fund homepage](#)
- **Apply for grants for performing artists and other stage related professions**

- Theater Bay Area
 - The Performing Artists Relief Fund will take applications from all aspects of the trade, on stage, backstage, box office, gig work, etc.
 - Apply on Theater Bay Area website, link here: [Application](#)
 - Applications due Monday, March 30, 2020, grants awarded the following Friday
 - Contact Kim Cohan, kim@theatrebayarea.org
 - More info: [Performing Arts Worker Relief Fund](#)
- **Get emergency grants for sex workers**
 - Bay Area Workers Support (BAWS)
 - Small grants of \$50 - \$200 and will help promote crowdfunding campaigns or help you setup one up, will need form of verification (website, social media or reference from BAWS member or mutually verifiable SWer)
 - Fill out online form [here](#), response takes about 3 business days, for more info email: bawsgroups@gmail.com
 - More info: [Sex Worker ER Grant Fund](#)
- **Apply for cash assistance for artists**
 - UNTITLED, ART and &Art&
 - \$250 grants (per member of household) for freelance, hourly, and wage-working artists to support basic needs. Must have graduated from a Bay Area institution or have lived in the Bay Area for two years as a working artist.
 - [Visit the link](#) to view the list of application questions and email your answers to info@andartand.org to apply.
 - Email: info@andartand.org: first round of applications due on March 31 with application rounds continuing quarterly until further notice.
 - More info: [UNTITLED, ART Emergency Fund press release](#)
- **Uber Provides Drivers with COVID-19 Financial Assistance**
 - Uber
 - Uber will provide any driver who is diagnosed with COVID-19 or quarantined 14 days of financial assistance.
 - Sign into your uber account and apply [here](#)
 - More info: [Supporting you during the Coronavirus](#)
- **Emergency Fund for Migrant Youths**
 - East Oakland DREAMers
 - East Oakland DREAMers is committed to supporting the migrant community in the bay area by bridging together community resources, information, and funds. Due to the COVID-19 crisis they are providing relief funds for anyone affected.
 - If you are a migrant youth aged 15-30 years old or a migrant guardian of youth aged 0-20 please fill out [this form](#) to be considered for up to \$250.
 - Questions or concerns can be directed to eodreamers@gmail.com or kateri.simpson@gmail.com
 - More info: <https://eastoaklanddreamers.org/>
- **Sign Up For Mutual Aid for East Bay Residents**
 - East Bay Mutual Aid

- Volunteers will do their best to provide you with aid that you need due to the COVID-19 crisis.
 - Please fill out the form to be considered:
<https://docs.google.com/forms/d/e/1FAIpQLSeL8HnzhwF83qq3qyDJPsE0fTSRweSp4RBZrNq-pTa3un60qg/viewform>
 - Call 510-306-2434 or email eastbaymutualaid@gmail.com
 - More info: eastbaymutualaid@gmail.com
- **Get cash assistance for restaurant workers**
 - National Restaurant Association Educational Foundation - Restaurant Employee Relief Fund
 - Funds will be available for restaurant employees who can demonstrate that they:
 - Worked on a part- or full-time basis in the restaurant industry for at least 90 days in the past year; and Have had a primary source of income in the restaurant industry for the last year; and Have experienced a decrease in wages or loss of job on or after March 10, 2020; and Live in the United States, an overseas U.S. military base, or any U.S. territory; and Are over the age of legal majority in their U.S. state or territory.
 - Apply for a grant at <https://rerf.us/apply-for-aid/> starting Thursday, April 2.
- **Apply for Critical Needs Assistance Grants**
 - Chronicle Season of Sharing Fund
 - Assistance from the Chronicle Season of Sharing Fund is available to senior citizens (55+), disabled individuals, veterans, pregnant women in their 2nd or 3rd trimester, victims of domestic violence, transitioning emancipated foster youth, and low-to-moderate income families with dependent children who have a critical need. If you or someone you know needs short-term assistance and might qualify for a grant, please contact the coordinating agency.
 - Alameda County Alameda County Social Services Agency Phone: 510-272-3700
 - Contra Costa County Volunteer & Emergency Services Phone: 925-521-5065
 - Marin County Community Action Marin Phone: 415-526-7500 efn@camarin.org
 - Napa County Napa County Health & Human Services Agency Phone: 707-299-1890 seasonofsharing@countyofnapa.org
 - San Francisco County SF Department of Homelessness and Supportive Housing Phone: 415-557-6484 seasonofsharing@sfgov.org
 - San Mateo County Pacifica Resource Center Contact: Anita Rees Phone: 650-738-7470
 - Santa Clara County Santa Clara County Social Services Phone: 408-755-7710
 - Solano County Benicia Community Action Council Contact: Viola Robertson Phone: 707-745-0900
 - Sonoma County Community Action Partnership of Sonoma County Phone: 211
 - Reference: <https://seasonofsharing.org/for-those-in-need/>
- **COVID-19 Emergency Fund for Asian immigrants and refugees**
 - Asian Pacific Environmental Network (APEN)
 - APEN is organizing a COVID-19 Emergency Community Stabilization Fund to make sure that the working class Asian immigrants and refugees in our communities have what they need to stay home and stay healthy during this pandemic.
 - Call the nearest location to you for next steps.
 - Main Phone: (510) 834-8926. Email: info@apen4ej.org

Oakland Chinatown Phone: (510) 593-2283.

- More info: <http://apen4ej.org/covid/>

- **Apply for emergency financial assistance.**

- Positive Resource Center
- Emergency financial assistance is operating on a limited basis. Contact below Response will occur within 48 hours, during regular business hours.
- Limited client drop-in hours for assessment or paperwork completion will take place twice weekly, from 1:00pm to 3:00pm on Mondays and Wednesdays at 170 9th Street in San Francisco. Checks for previously approved emergency fund grants will be available for pick up on Thursdays between 1:00pm and 3:00pm.
- 170 9th Street in San Francisco. Direct referrals and inquiries to lee.harrington@prcsf.org or 415-972-0857 or carlos.alicea@prcsf.org or 415-972-0858.
- Reference: <https://prcsf.org/covid-19faq/>

- **Apply for COVID-19 financial assistance**

- Catholic Charities
- Through their partnership with Silicon Valley Community Foundation (SVCF), Catholic Charities is distributing the funds collected through the COVID-19 Regional Response Fund to qualifying San Franciscans struggling to make ends meet as a result of COVID-19. Catholic Charities is providing financial assistance up to \$2500 a month (up to \$5000) to help pay rent or mortgages and/or meet other basic needs such as paying utility bills, buying groceries, and childcare costs.
- Check to see if your household meets their criteria and is eligible to receive financial assistance on the [website](#).
- Location: 990 Eddy Street, San Francisco, CA 94109,
Phone number: (415) 972-1235,
Email: moreinfo@CatholicCharitiesSF.org,
Apply by completing form on the [website](#), by phone at (415) 972-1235, or by appointment at the same number
- Reference: <https://www.catholiccharitiessf.org/what-we-do/svcfcf/svcfcfund.html>

- **Apply for funds for Working Class Asian Immigrants and Refugees in Oakland, Richmond, or Greater East Bay**

- Asian Pacific Environmental Network (APEC)
- APEC established a fund to assist working class Asian immigrants and refugees in Oakland, Richmond, and Greater East Bay. Seniors (50+ years) and undocumented individuals are strongly encouraged to apply. Visit [this link](#) to fill out the request form.
- For Other Languages:
 - Chinese Request Form: <https://forms.gle/8uvWR9TsiWF8BWDc6>
 - For Lao/Khmu: please contact Torm Nompraseurt at 510-672-9324
 - Other languages: request at covidinfo@apen4ej.org, and we encourage you to support monolingual/limited english speaking family/community members by filling out this form for them.
- More info: <https://apen4ej.org/covid-form/>

Housing/Eviction Prevention Support

- **Get legal advice regarding COVID-19 tenant or employment issues**
 - Legal Services of Northern California (LSNC)
 - Provides civil representation to clients in 23 counties in Northern California for eviction actions and employment issues. LSNC offers legal advice on matters including cost and access to health care and medications during the COVID-19 crisis, Medicare coverage for COVID-19 care plus lost wages and state disability due to the COVID-19 crisis including what to do if you cannot go to work because of school closures and qualifying for unemployment if your hours are reduced due to COVID-19.
 - At this time due to the COVID-19 crisis LSNC does not have walk-in hours. Please call the Vallejo office at 707-643-0054 for more information and to schedule an appointment.. Office hours are 8:30 AM to 5 PM (closed 11:45 to 1 PM for lunch). After office hours please call (866) 815-5990 to leave a message and someone will return your call within one to two business days.
 - More info: <https://lsnc.net/coronavirus-covid-19>
- **Legal Representation for East Bay Residents**
 - Keep Oakland Housed partners up with East Bay Community Law Center
 - East Bay Community Law Center provides free legal services to eligible East Bay clients. Specific service criteria varies by subject matter and changes over time so contact the office with any specific questions.
 - At this time due to the COVID-19 crisis ECBLC does not have walk-in hours from Thursday 3/12 through Friday 4/3. Please call 510-548-4040 for help with legal matters. EBCLC cannot provide any legal information or advice via email so please contact during regular intake hours for eligibility of services.
 - Office hours are 9-5 Monday through Friday. Email: info@ebclc.org
 - More info: <https://www.keepeoaklandhoused.org/> <https://ebclc.org/>
- **Housing Advice for SF & Oakland Tenants**
 - Causa Justa Just Cause
 - Causa Justa Just Cause is shifting their in-person counseling services to phone counseling for the next month. Counseling will be limited to general tenant advice and referrals to city and legal services.
 - Call SF clinic voicemail at (415) 487-9203 and leave your name, number and a brief message about the housing issue you're experiencing, and you will get a call back. Call Oakland Tenant Rights Clinic at (510) 836-2687 and leave a message with questions or details about your situation and a volunteer will get back to you in either English or Spanish.
 - SF Phone: (415) 487-9203. Oakland Phone: (510) 836-2687.
 - More info: <https://cjjc.org/services/>
- **Get advice on what to do if you are unable to pay rent**
 - Housing Rights Committee of San Francisco
 - Tenant Counseling Clinic available by phone: Richmond Office 415-947-9085, Monday, Wednesday, Thursday, and Friday from 9-12pm; Mission Office 415-703-8644 Monday to Thursday, 1-5pm
 - Phone support is available in English, Spanish, and Chinese.

- COVID19 Sample Notification Letters to Landlord in English, Spanish, and Chinese can be found [at this link](#) in
- Offices are in the Mission and Richmond, San Francisco, CA
- More info at <http://hrscsf.org/>

Homeless Support

- **Get emergency homeless shelter and services**

- Hamilton Families
- Hamilton Families is continuing their programs for unhoused families. Hamilton Families' Shelter and Transitional Housing, Housing Services, and Real Estate programs will continue. All participants in Shelter and Transitional Housing programs will have access to wash areas and sanitizing supplies to help prevent the spread of the virus. Children and Youth Services have been cancelled.
- Please reach out to the access points based on your location for assistance at <https://www.hamiltonfamilies.org/get-help>
- Phone: 415-321-2612; Email: contact-us@hamiltonfamilies.org
- More info: <https://www.hamiltonfamilies.org/blog/hamilton-families-response-to-covid-19>

Tax Preparation Support

- **Free Tax Preparation Services**

- Earn It Keep It Save It
- Earn It Keep It Save It is providing access to free preparation services virtually. They have supported DIY (do-it-yourself) filing, file online with help from their experts, or IRS free file.
- Supported DIY Filing: UwbaTaxHelp.eventbrite.com to make an appointment
- File Online with Help from Experts: getyourrefund.org
- IRS Free File: <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>
- Phone: 211. Email: eks@uwba.org
- More info: <https://earnitkeepitsaveit.org/>

General Health Support

- **Free Yoga and Meditation Classes**

- East Bay Meditation
- East Bay Meditation Center closed their center effective Wednesday, March, 11th, due to COVID-19 and has moved all their programs online via zoom.
- For schedule information look at <https://eastbaymeditation.org/calendar/>
- More info: <https://eastbaymeditation.org/>

- **Free Sanitation and Cleaning Supplies**

- POOR Magazine
- POOR Magazine is collecting cleaning supplies for people without housing.
- Additional contact can be made through Facebook or poormag@gmail.com
- More info: [Healing, Sanitation & Cleaning Supplies Distribution/Action Days](#)

- **Free Yoga and Meditation Classes**

- Glo
- Glo is offering free online classes during the COVID-19 crisis during this stay-at-home order.
- Go to <https://glo.com/> to find relevant classes you're interested in.
- Schedule: Monday-Friday, 7am-6pm. Phone: 1(888) 817-7857.
Email: support@glo.com
- More info: <https://glo.com/>

- **Free Sexual Health, Substance Use Support, and Social Support Services**

- San Francisco AIDS Foundation
- San Francisco AIDS Foundation is offering sexual health services (limited services, call ahead-no walk-ins), various support groups (via phone and video chat), mobile syringe sites, syringe pick up services, and social support and individual counseling during the COVID-19 crisis.
- To look up specific resources that match your needs and locations, please reference: [COVID-19 Updates](#)
- Phone: 415-487-3000; Email: info@sfa.org
- More info and updates: [COVID-19 Updates](#)

Mental Health Support

- **Free Online Mental Health Support**

- Crisis Text Line
- Crisis Text Line allows you to text from anywhere in the USA and connect to a real-life human being who is trained as a crisis counselor 24/7.
- In the US text 741741 to connect to a crisis counselor.
- 24/7, text 741741.
- More info: <https://www.crisistextline.org/>

- **Resources for Individuals Experiencing Family or Partner Violence**

- LeapSF
- Leap (Look to End Abuse Permanently), is an organization of healthcare providers and volunteers dedicated to ending intimate partner violence and family violence by establishing screening, treatment and prevention programs in a healthcare setting.
- To look up specific resources regarding your personal situation please reference <https://www.leapsf.org/pdf/family-violence-resources.pdf>
- Email: info@leapsf.org
- More info: <https://www.leapsf.org>

- **COVID-19 Resources for People Who Use Drugs**

- The Dope Project
- Naloxone/Narcan and Harm Reduction resources
- Supply Schedule updated March 24 2020 is available [here](#)
- More info: [Drug Overdose Prevention & Education \(DOPE\) Project: San Francisco - Harm Reduction Coalition](#)

- **Parenting Support Hotline**
 - Safe & Sound
 - Parents and families seeking parental and emotional support can call the 24/7 TALK line at (415)-441-5437. Virtual groups and support available through Zoom conferences.
 - Email: info@safeandsound.org
 - More info: <https://safeandsound.org/covid-19/>

- **SF Suicide Prevention Crisis line is available 24/7 at 415-781-0500**

Education Support

- **Free Laptops for Education/Remote Learning for Displaced Students**
 - One Simple Wish
 - One Simple Wish is working to get laptops into the hands of displaced students during the COVID-19 crisis.
 - Contact them by email at info@onesimplewish.org. They can also help by connecting you to donors who may be able to fulfill other small needs.
 - More info: <https://www.onesimplewish.org/>

- **Educational Resources for School-Aged Children**
 - Oakland Unified School District
 - A wide range of distance learning resources is available on [this page](#), including links to educational apps in English, Spanish, Chinese, Khmer, and Arabic, and lesson plans and resources from specific schools
 - “Grab and Go” breakfast and lunches are available for students at 12 locations throughout the city, see [this page](#) for details
 - For further information, visit <https://www.ousd.org/covid-19>

Other Support

- **Get information and support for families of children with disabilities**
 - Support for Families of Children with Disabilities
 - Information and support for families is being provided over the phone
 - Family Resource Specialists can provide information in English, Spanish, Cantonese, and Mandarin
 - Support groups and workshops are being moved online. See [this link](#) for further details
 - 1663 Mission Street, Suite 700, San Francisco, CA 94103 Phone: 415-282-7494.
 - Monday to Friday 9:30am to 4:30pm
 - Email: info@supportforfamilies.org
 - More info: <https://www.supportforfamilies.org/>

- **Get a 30-day supply of pet food**
 - Jameson Animal Rescue Ranch
 - 30-day supply of pet food for Bay Area residents who are unable to make it to a local food bank and are unable to afford pet food.

- Call 707-927-3536 or email helpinganimals@jamesonrescueranch.org to request assistance.
- Phone #: 707-927-3536; email: helpinganimals@jamesonrescueranch.org.
- More info: [announcement on Jameson Animal Rescue Ranch's Facebook page](#)

Alameda County

Food Support

- **Free meals for students in Alameda County**
 - Meals for youth up to age 18. No ID needed. Meals to be picked-up.
 - Walk-in to various locations ([See pick-up sites](#))
 - Hours: vary ([See pick-up sites](#))
 - More info: [Meal Services by Alameda County School District](#)
- **Get free food**
 - Alameda County Community Food Bank
 - Visit food bank location: 7900 Edgewater Drive Oakland, CA 94621
 - Hours: 9am-4pm
 - More info: [COVID-19 Response Update](#)
- **Get free groceries**
 - Davis Street
 - Davis Street's Emergency Food Pantry is offering drive-through grocery pick up weekdays 10AM – 5:30PM.
 - Call 510-561-9042 to schedule a pick up or come to the warehouse: 3081 Teagarden Street, San Leandro, CA 94577
 - More information: [More info](#)
- **Access a food pantry**
 - Berkeley Food Network
 - The food pantry is open to Berkeley and Albany city residents. Bring your own bags.
 - Visit 1925 Ninth St., Berkeley during pantry hours:
 - Monday – Thursday 10am – 2pm
 - Monday and Wednesday 5 – 7pm
 - First and third Saturdays 10am – 12pm
 - More information: [On-Site Pantry Currently Open During COVID-19 Containment Period](#)
- **Pick up free packaged meals for students**
 - Hayward Unified School District
 - Families can drive up to each location and meals will be served to all students under 18 years of age. No identification required, but student(s) must be present.
 - Visit the participating locations during 11AM-12PM
 - [More info](#)
- **Get meals delivered for homebound seniors**

- SOS Meals On Wheels
 - Seniors age 60 and older in Oakland and Central Alameda County can have meals delivered to their homes on weekdays. Hand sanitizer and disinfectant wipes for use during meals are also provided.
 - For service in Castro Valley, Hayward, San Leandro, or San Lorenzo, call Deborah Kuehner at 510-582-1263 x 114.
 - For service in Oakland, call Kathy Gonzales at 510-582-1263 x 101.
 - More information: [More info](#)
- **Pick up pre-packaged meals for seniors in Albany**
 - Albany Senior Center
 - The Senior Center is distributing to-go meals available for pick up Monday-Friday 12-1:00PM.
 - Visit the senior center at 846 Masonic Avenue, Albany, CA 94705
 - More information: <https://www.albanyca.org/our-city/city-news/coronavirus-updates-resources>
- **Get meals delivered to seniors in Emeryville**
 - Meals on Wheels
 - Seniors age 60 and older can get up to 7 meals per week delivered to their homes. The suggested donation is \$3/meal.
 - Call 510-596-4309 to sign up.
 - More information: <http://www.emeryville.org/coronavirus>
- **Get groceries delivered to seniors in Albany**
 - Albany Senior Center
 - The Mercy Brown Bag Program delivers bags of groceries to income-eligible seniors in Albany.
 - Call 510-524-9122 to sign up.
 - More information: <https://www.albanyca.org/our-city/city-news/coronavirus-updates-resources>
- **Low Cost Lunches for Fruitvale Senior Center Clients**
 - Fruitvale San Antonio Senior Center
 - The Fruitvale San Antonio Senior Center will be closed until April 5th. Food distribution will continue for senior center clients from 11-1PM Monday through Friday.
 - Call 510-535-6123 to reserve a lunch, walk-ins will be served based on availability and they must be able to fill out the intake form. \$3.75 is the suggested donation for seniors.
 - 3301 E. 12th St. 2nd Floor, Suite 201, Oakland, CA, 94601.
 - More info: <https://unitycouncil.org/program/senior-center/>
- **Free Food at Berkeley Food Network Pantry for Berkeley and Albany Residents**
 - Berkeley Food Network Pantry
 - Berkeley's Food Network on-site pantry will remain open during the COVID-19 containment period as long as food is available to be sourced.

- Berkeley and Albany residents can go to 1925 9th St. and enter through the door facing the parking lot. BFN does not provide shopping bags, please bring your own.
 - Cal 510-616-5383 for updated hours. Monday-Thursday 10am-2pm; Monday and Wednesday 5-7pm; First and third Saturdays 10am-12pm.
 - More info: <https://berkeleyfoodnetwork.org/>
- **Get food from a food pantry**
 - Alameda Food Bank
 - Food distribution for residents of the City of Alameda with financial need. [Click here](#) for eligibility.
 - Email programmanager@alamedafoodbank.org or call 510-523-5850 for more information and to register for services.
 - Alameda Food Bank Warehouse, 650 W Ranger Ave, Alameda 94501; phone #: 510-523-5850; email: programmanager@alamedafoodbank.org; check [Facebook page](#) for updated hours.
 - More info: [Alameda Food Bank During the Coronavirus Outbreak](#)
- **Get a free hot meal**
 - La Santa Torta
 - La Santa Torta is providing a free meal for anyone who is unable to afford it.
 - Go to 333 Broadway, Oakland, CA 94607 during 12-7PM
 - More information: <https://www.instagram.com/p/B-BoUv5hLcg/>
- **Pick up or have free food delivered**
 - League of Volunteers
 - Residents in Fremont, Newark, and Union City can pick up or request food to be packaged food to be delivered to them.
 - Email lov@lov.org or call 510-793-5683 to request assistance.
 - More information: <https://lov.org/#>
- **Low-Cost Fresh Produce Available**
 - Berkeley Farmers' Markets
 - The Ecology Center Farmers' Markets are open-air marketplaces where California farmers bring fresh, locally-grown produce and farm processed foods to sell directly to consumers and they remain open during the COVID-19 crisis as an essential business.
 - Go to your nearest location when you need produce at the specified hours.
 - Phone: 510-548-3333. Email: farmersmarkets@ecologycenter.org
Downtown Berkeley: Saturdays 10am-3pm (year-round)
Center Street @ M. L. King Jr. Way
North Berkeley: Thursdays 3pm-7pm (year-round)
Shattuck Avenue @ Vine Street
South Berkeley: Tuesdays 2pm-6:30pm (year-round)
Adeline Street and 63rd Street
 - More info: <https://ecologycenter.org/fm/>
- **Free Food Bags and Hygiene Kits for LGBTQ+**
 - Oakland LGBTQ+ Community Center

- Staff and volunteers are providing food bags and hygiene kits to anyone in their community who needs until supplies last at their location.
 - Call 510- 882-2286 with any questions or stop by the location to pick up.
 - Monday through Friday, 12pm-5pm or until supplies last at 3207 Lakeshore Ave, Oakland, CA, 94610.
 - More info: <https://www.oaklandlgbtqcenter.org/community-resources>
- **Get free food from a food pantry for Berkeley and Albany residents**
 - Berkeley Food Pantry
 - Emergency groceries for Berkeley and Albany residents. Available once a month. Photo ID required at every visit and proof of address required on your first visit.
 - Visit the food pantry between 11:00am-3:00pm on Monday, Wednesday, or Friday to get an appointment slip with your time to check in. Return at your appointment time to check in and receive groceries.
 - 1600 Sacramento Street, Berkeley, CA 94702; phone #: 510-525-2280; email: info@berkeleyfoodpantry.org; hours: 2:00pm-4:00pm on Monday, Wednesday, and Friday (visit between 11:00am-3:00pm to pick up your appointment slip).
 - More info: [Frequently Asked Questions page](#)
- **Get free food from a food pantry in Oakland**
 - Harbor House Ministries
 - Food distribution for individuals and families in need in Oakland.
 - Drop by the Harbor House Ministries parking lot on Tuesdays and Thursdays between 10:00am-11:30am to receive food.
 - 1811 11th Ave.; Oakland, CA 94606; phone #: 510-534-0165; hours: Tuesday and Thursday from 10:00am-11:30am.
 - More info: [Supporting Our Neighbors in New Ways: Harbor House's Response to the COVID-19 Pandemic](#)
- **Get free food from a food pantry in Oakland**
 - St. James Food Pantry
 - Emergency groceries for individuals and families in need.
 - Call 415-870-4298 to make an appointment for pick-up and directions.
 - Phone #: 415-870-4298.
 - More info: [Announcement on St. James Food Pantry's Facebook page](#)
- **Get free food from a food pantry in Livermore**
 - Tri-Valley Haven
 - Free pre-bagged groceries for homeless and low-income individuals and families in Livermore.
 - Visit the food pantry current hours
 - Monday-Wednesday, 1:00pm-5:00pm
 - Thursday, 1:00pm-7:00pm
 - Friday, 12:00pm-4:00pm
 - 418 Junction Ave, Livermore, CA 94551; phone #: 800-884-8119
 - More info: [Tri-Valley Haven homepage](#) and [announcement on Tri-Valley Haven's Facebook page](#)

- **Pick up low-cost takeaway meals for seniors**
 - Spectrum Community Services, Inc.
 - Takeaway meals for seniors ages 60+. Registration required with a suggested donation of \$3.75/meal. [See here](#) for a list of current pick-up sites.
 - Call 510-881-0300 x 242 or email meals@SpectrumCS.org to reserve a meal. Registration is required at least 3 days in advance. If you've never been to a senior meal, pick up a registration form at an open site at 12:00pm and make a reservation for future meals.
 - Phone #: 510-881-0300 x 242; email: meals@SpectrumCS.org.
 - More info: [Announcement on Spectrum Community Services' Facebook page](#)

- **Free meals for Oakland children 18 and under**
 - Oakland Unified School District
 - Free grab and go meals for OUSD students or families and any Oakland child 18 and under. Pickup Monday through Thursdays from 8:00 am - 12 pm. Multiple days of food can be picked up and students do not need to be present to pick up. Bring a grocery bag or cooler.
 - Locations: [See pick up sites](#)
 - Phone: 510-879-8200
 - More info: <https://www.ousd.org/covid-19studentmeals>, Flyer in Spanish: <https://www.facebook.com/photo.php?fbid=10158029826694605&set=p.10158029826694605&type=3&theater>

- **Free Breakfast and Lunch Meals for children 18 and younger**
 - Berkeley Unified School District Nutrition Department
 - Free take-away breakfast and lunch meals for school-age children 18 and younger. Meal distribution will resume on April 6. Pick-ups are Mondays, Wednesdays, and Fridays from 11:00 AM - 1:00 PM. Mondays and Wednesdays 2 each for breakfast and lunch. On Fridays, 1 each for breakfast and lunch. Every other Friday, Berkeley Food Network will supply bags of groceries (1 per family).
 - Locations: [See pick up sites](#)
 - More info and details on locations: <https://www.berkeleyschools.net/2020/03/revise-breakfast-and-lunch-distribution-schedule-horario-modificado-acerca-de-la-distribucion-de-desayuno-y-almuerzo/>

- **Free Food for UC Berkeley Students**
 - UC Berkeley
 - The Basic Needs Center at UC Berkeley is open Monday to Wednesday from 12 pm - 5 pm to pick up food. Cal Community will be encouraged to take what they need for the week. You are encouraged to pick up food for a student that is self-quarantined or cannot make our pop-up pantry in person. All you need is their Cal ID or Cal ID #.
 - Location: 103 Sproul Hall
 - More info and other resources for UC Berkeley Students: https://docs.google.com/document/d/1WwPF-Q3Z8EXBfM-Wf_WwBzdTU39hfz85JL2F8Z5IfDE/edit#

Financial Support

- **Coronavirus 2019 (COVID-19) Business and Worker Resources**
 - City of Oakland
 - Resources for Oakland businesses, nonprofits and workers to plan, prepare and respond to COVID-19
 - Visit link for federal, state, and local resource listings
 - More info: [Coronavirus 2019 \(COVID-19\) Business and Worker](#)
- **Get help applying for a low interest loan for small business owners**
 - Alameda County Small Business Development Center
 - Local businesses, arts, and non-profit groups can get help completing the application for free.
 - Call 510-516-4118 to make an appointment.
 - More information: <https://www.cityofberkeley.info/covid19-business-support/>
- **Small Business Assistance for Oakland**
 - The City of Oakland
 - The city of Oakland is providing small businesses with assistance due to the COVID-19 crisis.
 - Fill out your information to be considered at: [Take the City's COVID-19 Business Impact Data Survey](#)
- **Apply for cash assistance for food service workers in Oakland**
 - Oakland Food Service Workers COVID-19 Relief Fund
 - Cash relief for food service workers in Oakland impacted by COVID-19. Priority given to black, indigenous, and other people of color, undocumented people, unhoused people, members of the LGBTQIA+ community, and Oakland residents (but residents of nearby cities are invited to apply).
 - [Visit the link](#) and complete and submit the online form to apply for assistance.
 - Email: oaklandworkersrelieffund@gmail.com.
 - More info: [Oakland Food Service Workers COVID-19 Relief Fund homepage](#)
- **Apply for a grant for nonprofit organizations**
 - Eastbay Community Foundation
 - The COVID-19: A Just East Bay Response Fund helps organizations that provide direct financial assistance to vulnerable individuals and families. Examples include: low income individuals who have lost jobs and wages, tenants in need of rental assistance; the unhoused; undocumented individuals; the elderly, those at risk of domestic violence at home, and others facing economic hardship who are not able to access public assistance.
 - Email grantmaking@eastbaycf.org to apply.
 - More information: <https://www.ebcf.org/covid-19-fund-faq/>
- **Get cash assistance for undocumented workers who live or work in Oakland**
 - Centro Legal de la Raza
 - The Oakland Undocumented Relief (OUR) Fund provides \$500 relief grants to eligible applicants who live or work in Oakland and have lost their jobs or had their hours cut.

- Apply for help at <http://www.ourfundoakland.org/apply-for-help/>
- More information: <http://www.ourfundoakland.org/about/>
- **East Bay Disabled BIPOC Relief Aid**
 - Disability Justice Culture Club
 - Disability Justice Culture Club is organizing relief aid with volunteers for BIPOC disabled people whose needs aren't being met by their immediate support systems, such as grocery shopping, laundry etc.
 - Fill out [East Bay Disabled Folks COVID19 Support Request Form](#) so they can assess your specific needs and find out where you need assistance.
 - If you are a Berkeley resident please contact Easy Does It Emergency Services at 510-704-2111.
- **Resources for Businesses and employees impacted by COVID-19**
 - San Francisco Office of Economic and Workforce Development
 - Information on COVID-19-related federal and state legislation as it pertains to businesses and nonprofits
 - [Website](#) is updated daily with the latest information
 - Includes social distancing guidance for essential businesses, safety guidance for food and restaurant workers, stay at home guidance, and more
 - Questions answered by phone at 415-554-6134 or by email at sfosb@sfgov.org
 - Website: www.oewd.org
- **Cal (UC Berkeley) COLA Mutual Aid (Dzifa)**
 - Cal (UC Berkeley) COLA
 - For anyone associated with the extended community within and surrounding UC Berkeley (undergraduates, students, workers, faculty, staff, non-affiliates in the East Bay or wider SF area) who are requesting financial assistance or other forms of aid during the COVID-19 pandemic. Responses to this form will remain anonymous except to the organizers and the volunteers or donors with whom you are paired for assistance.
 - If you are in need of aid, please fill out this form: bit.ly/cal-mutualaid-requests
 - Contact: rumur.dowling@gmail.com; angiesijunlou@gmail.com
 - More info: bit.ly/cal-mutualaid-requests

Education Support

- **Access technology resources for UC Berkeley students**
 - UC Berkeley
 - UC Berkeley students in need of technology resources can apply to access free laptops and WiFi while supplies last. Devices will be mailed to students who are unable to pick them up on campus.
 - [Visit the link](#) for more information and to submit a needs assessment form.
 - Phone #: 510-693-5647; email: jtbmcnulty@berkeley.edu.
 - More info: [Laptop and WiFi Hotspot Lending Program](#)
- **Get a laptop and internet connection for students**

- Pleasanton Unified School District
- Students and families that do not have internet connection at home can request a Chromebook or WiFi hotspot to access remote learning materials.
- Fill out the request form: <https://forms.gle/HugFfqpjAk8jTWX67>
- More information: [Device Request and Technology Support During School Dismissal – Technology](#)

Childcare Support

- **Get emergency childcare for essential hospital and healthcare workers, city and county disaster service workers**
 - This program is by invitation only
 - Visit <https://www.dcyf.org/care> for more information, visit <https://sf.gov/check-if-your-business-essential> for a list of essential business
 - If you believe you qualify for this program but did not receive an invitation through your workplace, email rpdinfo@sfgov.org

Employment/Unemployment Support

- **Resources for immigrant and refugee professionals seeking employment**
 - Upwardly Global (UpGlo)
 - All programs are currently being offered remotely
 - Programs in skill-building, career coaching, and networking
 - immigrants, refugee, SIV or asylee who have completed their professional education outside of the U.S. can apply [here](#)
 - Students from a refugee, asylee, or SIV household completing a 4-year degree or 2-year certification program in the U.S. can apply [here](#)
 - For more information, visit <https://www.upwardlyglobal.org/programs/>
- **Get help applying for unemployment services**
 - The Unity Council
 - Individuals can get help applying for temporary unemployment insurance or food stamps.
 - Fill out an intake form: https://docs.google.com/forms/d/e/1FAIpQLSfC3XWuWVflstbOMQR2zpYZxBNigBzC7Sk4HS8G82gU-Hi__A/viewform
 - More information: <https://unitycouncil.org/>

Homeless Support

- **Access a hygiene station**
 - City of Albany
 - A portable toilet and hand washing station is available for use in the Albany Community Center parking lot.
 - Go to 1249 Marin Avenue
 - More information: [Novel Coronavirus Response & Resources](#)

- **Get free meals, food, and hygiene/cleaning supplies for women and children experiencing homelessness in Berkeley**
 - Women’s Daytime Drop-in Center
 - Free meals, food, and hygiene/cleaning supplies available through a pick-up window for women and children experiencing homelessness in Berkeley.
 - Visit on Monday-Friday between 8:00am-4:00pm to receive assistance.
 - 2218 Acton Street, Berkeley, CA 94702; phone #: 510-548-2884; hours: Monday-Friday from 8:00am-4:00pm.
 - More info: [Announcement on Women’s Daytime Drop-in Center’s Facebook page](#)

- **Get a temporary hotel room for individuals who are homeless and exposed to COVID-19**
 - Alameda County
 - Individuals who are homeless and tested positive, or are experiencing symptoms of, or have been exposed to COVID-19 can request a hotel room for isolation and shelter.
 - Find a referring agency from the list: <https://www.achch.org/uploads/7/2/5/4/72547769/list-of-approved-referral-agencies-20200326.pdf>
 - More information: [Street Health & Outreach Guidance](#)

Housing/Eviction Prevention Support

- **Emergency Financial Assistance for Housing for Oakland Residents**
 - Bay Area Community Services (BACS) and Catholic Charities East Bay (CCEB)
 - BACS and CCEB provide emergency financial assistance and case services to Oakland residents so that their housing is stabilized for the long term.
 - Reference https://www.bayareacs.org/wp-content/uploads/2018/10/2018_KeepOaklandHoused_FactSheet_final_email.pdf to see if you qualify for services.
 - Call BACS at 510-238-5091 or CCEB at 510-768-3100 for further assistance.
 - More info: <https://www.bayareacs.org/keep-oakland-housed/> or [Catholic Charities East Bay](#)

- **Get phone counseling on rent issues for tenants in Oakland**
 - City of Oakland Rent Adjustment Program
 - Phone counseling for Oakland tenants on rent control, eviction protection, and other rental housing issues.
 - Call 510-238-3721 on Monday-Friday between 9:30am-4:30pm and leave a message. A housing counselor will return your call within 24 hours.
 - Phone #: 510-238-3721; email: rap@oaklandca.gov; hours: Monday-Friday from 9:30am-4:30pm.
 - More info: [COVID-19 Related Service Update](#)

- **Apply for housing-related financial assistance**
 - City of Berkeley
 - One-time grants for Berkeley residents at risk of eviction due to COVID-19-related financial hardship. [Click here](#) for eligibility.

- Call East Bay Community Law Center (EBCLC) at 510-548-4040 (extension 629) and leave a message. A member of the EBCLC intake team will return your call.
 - Phone #: 510-548-4040 (extension 629).
 - More info: [COVID-19 Housing Retention Grants](#)
- **Get help finding housing**
 - The Unity Council
 - Individuals can request help finding and securing housing.
 - Fill out an intake form: <https://unitycouncil.org/universal-intake-form/>
 - More information: <https://unitycouncil.org/universal-intake-form/>

Health Support

- **Get free curbside testing for COVID-19**
 - LifeLong Medical Care
 - LifeLong is hosting three curbside testing centers for patients who have been screened by LifeLong staff. Results will be provided as soon as possible.
 - Call the Call Center to get screened: 510-981-4100
 - More info: [COVID-19 Updates](#)
- **Get free screening and testing for COVID-19**
 - City of Hayward
 - The Coronavirus testing center is open to anyone regardless of where they live or immigration status.
 - Hours and location
 - 9AM-6PM
 - Hayward Fire Station #7: 28270 Huntwood Ave, Hayward
 - More information: [Coronavirus testing center](#)
- **Get health care services for youth ages 12-24**
 - Dream Youth Clinic
 - The clinic is open for medical evaluations, HIV/STD testing, birth control, and immunizations.
 - Call 510-839-0929 x 3 to make an appointment or walk-in during open hours.
 - Hours: Monday and Wednesday 1-5PM and Thursday 2-6PM.
 - Location: 583 5th Street, Oakland
 - More information: <https://www.instagram.com/p/B916c1RFuU4/>
- **Get drive-through testing for COVID-19 for direct service providers in Oakland**
 - City of Oakland
 - Drive-through COVID-19 testing for Oakland direct service providers, including healthcare providers, grocery store and food bank workers, homeless service providers, funeral home providers, childcare workers, and workers at residential facilities and shelters. Testing is by referral and appointment only.
 - Inquire with your organization about testing. The City of Oakland has contacted organizations in each sector with instructions on how to enroll and schedule workers for testing. Organizations who operate within one of the listed sectors who haven't

made arrangements for testing can email covid19testing@oaklandca.gov for more information.

- Email: covid19testing@oaklandca.gov; hours: the testing site will operate Monday-Saturday.
- More info: [Mayor Schaaf and Partners Open Drive Through Test Site for Direct Service Providers](#)

- **Get medical and counseling services for OUSD students and families**

- Oakland Unified School District
- Oakland Unified School District school-based health centers are open for students and their families for medical and counseling needs.
- Call 510-481-4566 weekdays 8:30AM-5PM to confirm locations and hours.
- See the list of health centers: <https://www.ousd.org/domain/140>
- More information: <https://laclinica.org/> and <https://www.youthuprising.org/>

Mental Health Support

- **Get outpatient mental health services**

- La Familia
- The Outpatient Department continues to help adults and children dealing with mental and emotional issues such as trauma, abuse, domestic violence, discrimination and stress related to poverty and immigration.
- Visit the clinic Monday-Thursday 9AM-8PM, Friday 9AM-5PM
 - 26081 Mocine Avenue, Hayward, CA 94544
- More information: <https://www.lafamiliacounseling.org/>

- **24/7 Crisis Support Services**

- Crisis Support Services of Alameda County
- Crisis Support Services of Alameda County is available 24/7 by phone at 1-800-309-2131. A free text line program is available 4:00 pm - 11:00 pm, 7 days a week. Text SHARE to 20121. You do not have to be experiencing suicidal thoughts or feelings to call or text.
- Call 1-800-309-2131; Text SHARE to 20121
- More info: <https://www.crisissupport.org/programs/text-line/>

- **Crisis center and social services for at-risk teen**

- The Huckleberry House Crisis Shelter remains open, with limited staffing, as an essential service
- Counseling and social services are being offered remotely
- 24-Hour Teen Crisis Hotline: 415.621.2929
- Location: 1292 Page St, San Francisco, CA
- For more information visit: <https://www.huckleberryyouth.org/>

- **Get emotional support for Oakland High School students**

- SHOP 55
- The Check-In Service offers a phone or video check in for students who are in a non-life threatening situation and would like to check in with someone from SHOP 55 Wellness Center.

- Email Shop55oncall@gmail.com or call 510-519-7098. Provide your full name, phone number, whether you prefer phone call or video, and best time(s) to call
- More information:
https://docs.google.com/document/d/1gbbcRjGjlc9ra3YL4Ny_Mfi9VtNZgcidxBZXwAZil1s/edit#

Other Support

- **Request support in meeting basic needs for individuals with disabilities and elderly individuals**
 - Disability Justice Culture Club
 - Volunteer-run support network offering help with basic needs such as grocery shopping, laundry/light housekeeping while a caregiver is sick, medication pick-up, errands, and mental health support. Available for individuals with disabilities and elderly individuals, with priority given to black, indigenous, and people of color who need to limit interactions with others due to health concerns.
 - [Visit the link](#) and complete and submit the online form to request support. A member of the Disability Justice Culture Club will reach out to you within 48 hours. East Bay, CA.
 - More info: [Disability Justice Culture Club Facebook page](#)
- **Get support meeting basic needs for elderly and immunocompromised individuals**
 - Oakland at Risk Match
 - Oakland at Risk Match matches elderly (60+ years) and immunocompromised individuals with healthy, low-risk volunteers who will provide support meeting basic needs, including delivery of essential supplies (groceries, meals, prescriptions, etc.) and regular check-ins by phone or email. Currently accepting Oakland, Piedmont, San Leandro, and Alameda residents.
 - [Visit the link](#) and complete and submit the online form to request support. You will be matched with a volunteer as soon as one becomes available in your zip code. If you need help signing up or can't sign up online, contact Oakland at Risk Match via phone (510-306-4973) or email (OaklandAtRisk@gmail.com).
Phone #: 510-306-4973; email address: OaklandAtRisk@gmail.com.
More info: [Oakland at Risk Match homepage](#) and [flyer](#)
- **Call a hotline to get COVID-19 information and updates**
 - City of Hayward
 - The COVID-19 information hotline provides the latest information and updates for Hayward and Alameda County.
 - Call 510-583-4949
 - More info: [More info](#)
- **Get help with daily errands for high-risk seniors in Fremont, Newark, and Union City**
 - LIFE ElderCare
 - Seniors can request to have their groceries or prescriptions picked up or get checked up on by healthy volunteers from their community.
 - Sign up [here](#)

- More information: [Tri City at Risk](#)
- **Use public transit for free**
 - AC Transit
 - Riders can use AC Transit for free for essential travel to work, medical appointment, and resources.
 - More information: [Service Update: Rear Door Boarding and No Fare Period Effective Monday, March 23, 2020](#)
- **Get free shuttle services for the elderly and individuals with disabilities**
 - City of Emeryville
 - 8-To-Go provides door-to-door ride transportation for residents in need of rides to medical appointments and grocery store visits. The program is for individuals ages 18-69 that are East Bay Paratransit Certified or 70 years or older.
 - Call 510-596-3730 to sign up.
 - Hours of operation: Weekdays 9AM-5PM; closed 12:30-1:30PM daily
 - More information: [Coronavirus \(COVID-19\)](#)
- **Request a free computer**
 - Tech Exchange
 - Families can request a free refurbished computer.
 - Fill out the form: <http://request.techexchange.org/>
 - More information: <https://www.techexchange.org/resources.html>
- **Get food, sanitation, and general supplies delivered to your home**
 - East Oakland Collective
 - East Oakland Collective is distributing food and sanitation/general supplies to individuals experiencing homelessness, seniors, people with disabilities, and people with pre-existing health conditions in Oakland.
 - Call 510-990-0775 or email info@eastoaklandcollective.com to request support.
 - Phone: 510-990-0775; email: info@eastoaklandcollective.com.
 - More info: [East Oakland Collective homepage](#) and [announcement on East Oakland Collective's Facebook page](#)
- **Opportunities to Help or Receive Help for High-Risk and Low-Risk Individuals**
 - Oakland At Risk
 - Oakland At Risk is identifying healthy adults under 60 whose risk factors are low and willing to be paired with someone with high risk factors so they can coordinate delivery of essential supplies such as food and prescriptions.
 - Fill out this form if interested in volunteering:
https://docs.google.com/forms/d/e/1FAIpQLSeocUMsWW9a10K8AQ2aFtHHdkWJ_QDCIT_MjXUDpita7IITQA/viewform
 - Or fill out this form if you need assistance:
https://docs.google.com/forms/d/e/1FAIpQLSf72Nd_SzKqoZkr0nRICpVfZjI2ipVy5meOpARUTanGkkNb5w/viewform
 - Call 510-306-4973 or email oaklandatrisk@gmail.com
 - More info: <https://www.oaklandatrisk.com/>

- **Get free hygiene, food, and educational supplies**
 - Community READY Corps
 - Free supplies for Oakland individuals and families including hygiene supplies, COVID-19 informational resources, food, and children’s books. Priority given to black, elderly, and immunocompromised individuals and individuals with disabilities.
 - Text 925-388-6565 and specify which supplies you’re requesting. You will be notified of delivery and pick-up options ahead of time.
 - Phone #: 925-388-6565.
 - More info: [Announcement on Community READY Corps’ Facebook page](#)

- **Call a crisis line for individuals experiencing domestic violence or sexual assault**
 - Tri-Valley Haven
 - Tri-Valley’s 24-hour crisis line remains open during the COVID-19 pandemic for individuals who have experienced domestic violence or sexual assault.
 - Call 925-449-5842 or 800-884-8119 to get help.
 - Phone #: 925-449-5842 and 800-884-8119; hours: available 24 hours a day, 7 days a week.
 - More info: [Tri-Valley Haven homepage](#) and [announcement on Tri-Valley Haven’s Facebook page](#)

- **Call a crisis line for individuals experiencing domestic violence**
 - Building Futures
 - Building Futures offers a 24-hour crisis line for individuals experiencing domestic violence.
 - Call 1-866-292-9688 to get help.
 - Phone #: 1-866-292-9688; hours: available 24 hours a day, 7 days a week.
 - More info: [On the Front Lines: Update From Building Futures](#) and [announcement on Building Futures’ Facebook page](#)

Contra Costa County

Food Support

- **Free meals for students**
 - West Contra Costa Unified School District
 - Meals for youth up to age 18. No ID needed. Meals to be picked-up.
 - Walk-in to various locations ([See pick-up sites](#))
 - Hours: Monday through Friday 11am-1pm
 - More info: [District Closure Update: Student meals available at nine schools from 11 am-1 pm, starting Monday, March 16](#)

- **Free “grab and go” meals for students**
 - Antioch Unified School District
 - Multiple meals at a time can be picked up at Marsh Elementary (2304 G St, Antioch, CA 94509) 10:00 AM - 12:00 PM or Deer Valley High School (4700 Lone Tree Way, Antioch, CA 94531) 10:00 AM - 12:00 PM
 - <https://www.antiochschools.net/>

- **Get food from a food pantry**
 - Food Bank of Contra Costa and Solano
 - Food distribution for individuals and families in need. [Click here](#) and scroll to the bottom of the page for income eligibility.
 - [Visit the link](#) to locate a food pantry near you or contact the Food Bank at 1-855-309-3663 for help and information.
 - Phone #: 1-855-309-3663; email: info@foodbankccs.org.
 - More info: [COVID-19 Response](#)

- **Get free meals for children and youth**
 - Acalanes Union High School District
 - Daily walk-up meal distribution offered free of charge to all children in the community ages 18 and under. A child must be present to receive a meal. Each child 18 years and under may take one lunch and one breakfast.
 - [Visit the link](#) to view distribution locations and pick-up schedules.
 - Phone #: 925-280-3900.
 - More info: [Meals for Students During Closure](#)

- **Get free meals for children and youth**
 - San Ramon Valley Unified School District
 - Free drive-through/curbside pick-up meal service for children under the age of 18. Children will receive 2 breakfasts and 2 lunches on Mondays and 3 breakfasts and 3 lunches on Wednesdays. Children must be present to receive a meal.
 - [Visit the link](#) to view distribution locations and pick-up schedules.
 - Phone #: (925) 552-5500.
 - More info: [Coronavirus Information](#)

- **Free Meals and Emergency Shelter in Richmond**
 - Bay Area Rescue Mission
 - Mealtimes have been altered to limit the number of people in the dining room. Dining room seats will be 6 ft apart
 - Meal service on Easter Sunday (April 12) will have a limited number of people in the dining room at one time. Dining room seats will be spaced 6 ft apart.
 - 200 Macdonald Avenue @ 2nd St. Richmond CA 94801
 - Phone #: 510-215-4868
 - More info: www.bayarearescue.org/covid-19

- **Free Meals in Concord**
 - Monument Crisis Center
 - Emergency food distribution schedule on a week-by-week basis: Monday, April 6 at 9 am - 12pm and Tuesday April 7 at 9 am - 12 pm
 - 1990 Market Street, Concord CA 94520
 - Phone #: 925-825-7751
 - More info: <https://www.monumentcrisiscenter.org>

- **Get Free Meals and Resources**
 - GRIP (Greater Richmond Interfaith Program)

- West County resource center for basic needs
 - Food service is all take-out. Care Center Services remains open with limited hours for anyone who needs case management, health and wellness assessments, mental health interventions, and referrals
 - Soup Kitchen: Lunch 11:30 am-12:45 pm; (limited space)
 - Address: 165 22nd Street Richmond, CA 94801
 - Phone Number: 510-233-2141
 - See link for more info: gripcares.org/covid-19
- **Get free meal deliveries for seniors**
 - Meals On Wheels (Diablo Region)
 - Home delivered meals will continue. Senior Nutrition is accommodating individuals who are homebound without food on existing routes.
 - Requested non-food essentials can be accommodated depending on your request. The only food that will be delivered will be your meal, although dog and cat food can be delivered if needed.
 - The care management department is still providing case management and crisis management services over the telephone.
 - Phone Number: 925-937-8311
 - 1300 Civic Dr. Walnut Creek, CA 94596
 - More info: [Covid-19 Response](#)
- **Free food deliveries**
 - White Pony Express
 - Pleasant Hill Food Rescue Group
 - Scheduled food rescue deliveries to school pantries, seniors, and other recipients will continue
 - Will continue to deliver clothing on an as-need basis. Food is taken to alternative distribution sites. WPE's 11 school pantry sites in the following cities: Antioch, Bay Point, Martinez, Pittsburg, Richmond and San Pablo.
 - Phone Number: (925) 322-0604
 - 3380 Vincent Road Pleasant Hill CA, 94523
 - More info: <https://www.whiteponyexpress.org/covid-19>
- **Get Free Meals at a Food Pantry Station**
 - Loaves and Fishes of Contra Costa
 - Dining rooms for sit-down meals are closed. To-go meals and pre-filled bags with pantry items are provided. Pantries are located at all 4 dining rooms.
 - Food pantry locations (Monday-Friday, 11 am-12:45 pm) :
 - Antioch Dining Room; The American Legion Hall 403 West Sixth Street, Antioch, CA 94509
 - Martinez Dining Room; Loaves and Fishes of Contra Costa 835 Ferry Street, Martinez, CA 94553
 - Oakley Dining Room; The Redman-Pocahontas Hall 1403 Main Street, Oakley, CA 94561
 - Pittsburg Dining Room; Saint Vincent de Paul 1415 Simpson Court, Pittsburg, CA 94565

- Phone Number : 925-293-4792
- More info: <https://www.loavesfishesc.org>, click on “Need a Meal” for more info
- **Get Free Meals and Services**
 - St. Vincent de Paul of Contra Costa County
 - Providing direct food support at 20 food pantries, emergency assistance, and teleconference visits. SVdP thrift stores are closed
 - Walk-ins allowed (social distancing is enforced) at the Family Resource Center in Pittsburg; Monday-Friday 8:30 am-4:30 pm
 - 2210 Gladstone Dr Pittsburg CA, 94565
 - Phone Number: 925-439-5060
 - See list of operating hours and SVdP branches here: <https://www.svdpc.org>

Financial Support

- **Guidance for employers and workers**
 - California Labor & Workforce Development Agency (LWDA)
 - More info: [Coronavirus 2019 \(COVID-19\) Resources for Employers and Workers](#)

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.

Homeless Support

- **Get Free Resources like Showers, Laundry and Others**
 - GRIP (Greater Richmond Interfaith Program)
 - West County resource center for basic needs
 - Warming center remains open only for seniors, people with disabilities, and families. All is encouraged to come to the facility for showers, laundry, mail service, and case management
 - Care Center Services remains open with limited hours for anyone who needs case management, health and wellness assessments, mental health interventions, and referrals
 - Resource Center: 8 am-3pm; Care Center: 9 am - 3pm; Soup Kitchen: Lunch 11:30 am-12:45 pm; Warming Center: Nightly 7pm-7am (limited space)
 - Address: 165 22nd Street Richmond, CA 94801
 - Phone Number: 510-233-2141
 - See link for more info: gripcares.org/covid-19

Housing/Eviction Prevention Support

- **Per an executive from Gov. Newsome all evictions, foreclosures etc are to be postponed during the COVID pandemic. Rent can still be collected though**

- **Access a letter template to send to your landlord to request rent payment deferral for tenants in Concord**
 - Monument Impact
 - Letter template for Concord renters to send to their landlord to request rent payment deferral, including information on Governor Newsom's March 27 executive order placing a moratorium on evictions and Concord's local emergency temporary moratorium ordinance.
 - [Visit the link](#) to view the letter template.
 - More info: [I Can't Pay My Rent for April! What Do I Do? Contra Costa Tenant COVID-19 Guide](#)

- **Access an online information guide for tenants impacted by COVID-19**
 - Monument Impact
 - Online guide for Contra Costa County tenants providing information and recommendations on rental issues during the COVID-19 pandemic.
 - [Visit the link](#) to access the guide.
 - More info: [I Can't Pay My Rent for April! What Do I Do? Contra Costa Tenant COVID-19 Guide](#)

General Health Support

- **Get Vaccines for kids and adults**
 - Contra Costa Health Services
 - Visit link listed below to get information on where to access vaccines, <https://cchealth.org/immunization/#simpleContained1>

- **Get Help With Medical Services for People Who are Deaf or Hard of Hearing**
 - Contra Costa Health Services
 - For this service and all others offered here interpreters are offered in a wide variety of languages including sign language
 - For help with medical interpretation or translation services please call Sally McFalone 925-313-6242 or Maggie Nguyen 925-313-6893 Monday through Friday from 8 a.m. to 5 p.m.
 - <https://cchealth.org/language-assistance/>

- **Get Health Support for Refugees**
 - Contra Costa Health Services
 - Visit the link below for more <https://cchealth.org/language-assistance/>
 - 597 Center Avenue, Suite 275, Martinez, CA 94553, 925-313-6893

- **Get 24 Hour Emergency Services**
 - Contra Costa Health Services
 - Visit this link for additional information <https://cchealth.org/medicalcenter/24-hour-services.php>
 - Emergency Department 925-370-5170
 - ED Nurse Program Manager 925-370-5171

Mental Health Support

- National Suicide Prevention Lifeline 1-800-273-8255
- Contra Costa Health Services 24-hour Access Line at 1-888-678-7277
- Contra Costa Crisis Center at 1-800-833-2900 24-hour support line
- Call a 24 hour confidential sex worker & human trafficking line 800-670-7273

- **West Coast Children's Clinic**
 - Provides a wide variety of resources for you and transitional age individuals
 - Please see the link listed below to explore the full range <https://www.westcoastcc.org/>
 - **Get psychological assessments for children**
 - 3301 E. 12th Street, Suite 259, Oakland, CA 9460, 510-269-9043

- **Join an online peer support group for individuals who have experienced symptoms of mental illness**
 - NAMI Contra Costa
 - Free online weekly support group for individuals who have experienced symptoms of mental illness.
 - [Visit the link](#) to access the Zoom meeting details.
 - Phone #: 925-826-8433; email: nancybolcerek@namicontracosta.org; hours: Wednesdays from 7:00pm-8:30pm.
 - More info: [announcement on NAMI Contra Costa's Facebook page](#)

- **Call an emotional support warmline**
 - NAMI Contra Costa
 - Non-crisis helpline providing mental health support for individuals in need.
 - Call 925-465-3864 to receive support.
 - Phone #: 925-465-3864; email: info@namicontracosta.org.
 - More info: [announcement on NAMI Sonoma Contra Costa's Facebook page](#)

Senior Support

- **Free Nutrition Program & Deliveries for Seniors 60+**
 - San Ramon Senior Center
 - Seniors 60+ can call San Ramon's hotline to sign up for meal delivery through the Senior Nutrition Program. Also to make requests for supplies, food items, prescription pick-ups, etc.
 - Request lunch by noon on the previous business day to have it delivered on the following day: 7 day meal packs delivered on Tuesdays only, after 12 p.m.
 - 9300 Alcosta Blvd, San Ramon CA 94583
 - Senior Hotline #: 925-973-3250
 - Senior Hotline # for Mandarin Speakers: 925-973-3277 (voicemail for mandarin speakers will be checked between 11 a.m. and 2 p.m. Monday-Friday)
 - More info: www.sanramon.ca.gov/covid-19-senior-care-resources

Other Support

- **Get support meeting basic needs for seniors and immunocompromised individuals**
 - Brentwood Strong
 - Brentwood Strong matches seniors ages 65+ and immunocompromised individuals with volunteers who will pick up and deliver food and supplies. This is a delivery service only; you must be able to pay for your own supplies. Available to residents of East Contra Costa County.
 - [Visit the link](#) and complete and submit the online form to request assistance.
 - Phone #: 925-513-0000; email: Help@BrentwoodStrong.com.
 - More info: [Brentwood Strong About page](#)

- **Borrow a technology device for students in the Orinda Union School District**
 - Orinda Union School District
 - Students in the Orinda Union School District can ask to borrow a technology device if they need access to a device to complete their online assignments.
 - [Visit the link](#) and complete and submit the online form to request a device.
 - Phone #: (925) 254-4901.
 - More info: [COVID-19 Information](#)

Marin County

Food Support

- **Get free lunch for children during the school week**
 - Tommy's Salsa
 - Kid-size meals at lunchtime Monday-Friday until school resumes.
 - Call or come in and request the free little amigo RBC burrito at lunchtime Monday-Friday.
 - 1553 South Novato Bl. #F, Novato, CA 94947; phone #: 415-898-1351; opens at 11:00am Monday-Friday.
 - More info: [Announcement on Tommy's Salsa Facebook page](#)

- **Get food from a food bank or food pantry**
 - SF-Marin Food Bank
 - Use the link [Find Free Food](#) to find a food bank or food pantry near you using your zip code; SF-Marin Food Banks are remaining open
 - More info: [San Francisco-Marin Food Bank](#)

- **Get free food**
 - Fairfax Food Pantry
 - Residents can pick up pre-bagged food every Saturday 8:30-10:30am.
 - Visit during pantry hours: The Community Church 2398 Sir Francis Drake Blvd, Fairfax.
 - More information: <https://www.townoffairfax.org/food-pantry/>

- **Get free food**

- West Marin Community Services
 - The resource center (food pantry) is open weekdays 9AM-5PM (closed 12-1PM).
 - Visit 11431 State Route One Point Reyes Station CA 94956.
 - More information: <https://westmarincommunityservices.org/>
- **Get free food**
 - North Marin Community Services
 - Novato residents can pick up food Tuesdays 1-3PM at 1907 Novato Blvd.
 - Call 415-897-4147 to begin the intake process.
 - More information: <https://www.northmarinccs.org/news-events/coronavirus-update/>
- **Get free pre-packaged food for seniors**
 - Whistlestop
 - Seniors can pick up healthy, fresh produce, meats and staple food items every Friday at 11:30AM.
 - Bring bring proof of Marin residency to 930 Tamalpais Avenue, San Rafael, CA 94901.
 - More information: <https://whistlestop.org/nutrition/brown-bag-pantry/>
- **Get meals delivered to individuals who are immunocompromised**
 - Whistlestop
 - Individuals in Marin County suffering from chronic or life-threatening illnesses can request up to seven meals per week for a suggested donation of \$3.50/meal. No one is denied services. Deliveries take place on Monday, Wednesday, & Friday.
 - Call 415-456-9062 x 176 to sign up.
 - More information: <https://whistlestop.org/nutrition/whistlestop-nourish/>
- **Get meals delivered to seniors**
 - Whistlestop
 - Seniors in Marin County can get meals delivered to their homes for a suggested donation of \$3.50/meal.
 - Call 415-457-4636 to sign up.
 - More information: <https://whistlestop.org/nutrition/meals-on-wheels/>
- **Get cooked meals, groceries, and other supplies delivered**
 - Jewish Family and Children's Services
 - Seniors and disabled individuals who are isolated and homebound can receive delivered meals, groceries, and other essential supplies.
 - Call (415) 449-3700 for assistance.
 - More info: [Jewish Family and Children's Services](#)
- **Get free packaged food**
 - Marin Community Clinic
 - Individuals can drive through and pick up pre-packaged food 2:30-5:30PM at:
 - 3110 Kerner Blvd., San Rafael
 - 6090 Redwood Blvd., Novato
 - More information: <https://www.marinclinic.org/>
- **Get free or low-cost home-delivered meals**

- Ceres Community Project
 - 7 home-delivered meals per week for individuals in need of assistance. [Click here](#) for eligibility.
 - Call 707-829-5833 ext. 201 to request services. A member of the Client Care Team will get back to you within 48 business hours to verify your eligibility and complete an intake.
 - Phone #: 707-829-5833 ext. 201.
 - More info: [Coronavirus Crisis Response](#) and [Ceres Community Project homepage](#)
- **Get free food**
 - Kerner Transitional Pop-up Pantry
 - Individuals can pick up food Saturdays 10 am - 2 pm. There is an accessible entrance and no sign-up or ID is required for this location.
 - Visit 2550 Kerner Blvd, San Rafael 94901
 - This is the section of Kerner down by Target and Home Depot, not on the “Loop” section.
 - More info: <http://multiculturalmarin.org/marin-food-pantry-and-distribution-centers/>
- **Get free food**
 - Multicultural Center of Marin Food Distribution
 - In partnership with the San Francisco /Marin Food Bank, the center is distributing: fresh produce, protein, and shelf-stable items for anyone in need. Visit every Saturday from 8:30 am - 10:40 am at:
 - 24 Belvedere St., San Rafael, 94901
 - More info: <http://multiculturalmarin.org/marin-food-pantry-and-distribution-centers/>
- **Free Food for Children Ages 18 and Younger Living in Marin City (Dzifa)**
 - Bayside MLK Academy
 - Individuals can pick up free meals for children 18 years old and younger who live in Marin City. When picking up food, please stay in your car or maintain a 6 feet separation if on foot. Visit <http://multiculturalmarin.org/marin-food-pantry-and-distribution-centers/> to see the weekly menu for meals and for updates.
 - Visit Monday through Friday from 10:30 am - 12: 30 pm at:
 - 200 Phillips Drive, Marin City 94965
 - More info: <https://www.smcsd.org/>
- **Free hot meals**
 - St. Vincent de Paul Dining Room
 - Free hot meals served in the dining room from 6:00 am to 1:00 pm seven days a week at:
 - 820 B Street, San Rafael, CA 94901
 - Phone: (415) 454-3303
 - More info: <http://vinnies.staging.wpengine.com/need-help/>
- **Free, healthy, fresh produce, meats and stable food for Marin residents**
 - Whistlestop’s Brown Bag Pantry

- Free healthy, fresh produce, meats and staple food items handed out in pre-packaged bags of food. Simply bring proof of Marin residency and sign up. The pantry is open every Friday at 10 am at:
 - 930 Tamalpais Avenue San Rafael, CA 94901
- Phone: Phone: 415-456-9062
- More info: <https://whistlestop.org/brown-bag-pantry/>

- **Get meals delivered to your home in Marin County**
 - Whistlestop Meals on Wheels
 - The Meals on Wheels program provides delivered food to those who are housebound and will continue to serve meals with a modified delivery schedule during the COVID-19 outbreak. If you are in need of home-delivered meals, simply phone 415-457-4636 to get signed up through the County of Marin. A suggested donation of \$3.50 per meal.
 - Phone: 415-457-4636
 - More info: <https://whistlestop.org/nutrition/meals-on-wheels/>

- **Monthly Food Box through Supplemental Food Program**
 - Supplemental Food Program - Whistlestop
 - Every third Wednesday of the month between 9:30 am - 12:30 pm, Whistlestop participates in the Supplemental Food Program, where on average, 66 older adults and 5 children receive food boxes that include a variety of quality foods such as tuna, rice, cheese, pasta and peanut butter. This is a Federal program being offered in Marin for the first time. It is designed to serve those individuals who do not participate in the WIC food stamp program. Visit [this link](#) for more information and for eligibility.
 - For more information on the required documentation, call Shirley Chen, SFP Senior Program Coordinator, at 415-282-1900 x370.
 - 930 Tamalpais Avenue San Rafael, CA 94901
 - Go to the Whistlestop parking lot at the corner of Third and Tamalpais
 - Email: info@whistlestop.org; Phone: (415) 456-9062
 - More info: <https://whistlestop.org/nutrition/food-bank/>

Financial Support

- **Get short term financial assistance including rent, security deposits, utilities, etc.**
 - Adopt a Family of Marin
 - Physical location is closed, please call, **(415) 456-7805**, and leave a message, and they will return your call.
 - [More info](#)

- **Get emergency funding for nonprofit organizations**
 - West Marin Fund
 - Local nonprofits can apply for \$2,000-\$15,000 in emergency funding, depending on their current needs and priorities.
 - Visit the link to apply: <http://app.westmarinfund.org/emergency-funding-request>

- **Get financial assistance with rental or mortgage payments**
 - North Marin Community Services

- Residents of Novato who meet income requirements experiencing trouble making their next rent or mortgage payment may be eligible for rental, mortgage or security deposit assistance.
 - Call 415-897-4147 x 112 to determine eligibility.
 - More information: <https://www.northmarincs.org/news-events/coronavirus-update/>
- **Get a one-time grant for San Geronimo Valley and Nicasio residents**
 - San Geronimo Valley Community Center
 - San Geronimo Valley and Nicasio residents who are experiencing financial hardships can apply to get \$500 to use towards rent or mortgage payments, bills, grocery expenses, medical expenses, or other essential needs. First round of applications is 4/1 - 4/15/20.
 - Visit the link for the application in English:
<https://www.sgvcc.org/wp-content/uploads/2020/04/SGVEmergencyFundCovidApplication06.pdf>
 - Visit the link for the application in Spanish:
<https://www.sgvcc.org/wp-content/uploads/2020/04/SGVEmergFundCovidApplication-espanol01.pdf>
 - =More information: <https://www.sgvcc.org/posts/emergency-fund/>
- **Get financial assistance for businesses in Bolinas**
 - Bolinas Community Land Trust
 - Businesses affected by the pandemic can request financial assistance.
 - Visit the link for the application in English:
<https://www.bolinaslandtrust.org/s/Business-Application-FINAL.pdf>
 - Visit the link for the application in Spanish:
<https://www.bolinaslandtrust.org/s/business-app-spanish.pdf>
 - More information:
<https://www.bolinaslandtrust.org/blog/2020/3/28/covid-19-disaster-relief-fund>
- **Get financial assistance for residents of Bolinas, Stinson and Muir Beach**
 - Bolinas Community Land Trust
 - Residents of Bolinas, Stinson, and Muir Beach experiencing financial hardship can request financial assistance. Applications are accepted until 4/10/20.
 - Visit the link for the application in English:
<https://www.bolinaslandtrust.org/s/general-app-FINAL-2.pdf>
 - Visit the link for the application in Spanish:
<https://www.bolinaslandtrust.org/s/general-spanish-ap-with-edits.pdf>
- **Emergency Cash in the form of prepaid cards between \$50-\$500 in value**
 - West Marin Community Center
 - West Marin Community Center is offering pre-paid cards in varying amounts between \$50-\$500 to be used for grocery expenses, medical expenses, or other essential needs. These funds are for residents of Dillon Beach, Inverness, Marshall, Olema, Point Reyes Station, and Tomales. Priority is given to households whose income does not exceed the 30% AMI. Similar funds are available in other areas of West Marin: Bolinas Community Land Trust and San Geronimo Valley Community Center. Visit [this link](#) for guidelines. Visit [this link](#) for the application.

- E-mail your completed application to Yareli Cervantes at ycervantes@westmarinc.org. This application can be emailed, printed out and scanned, or sent by mail. Over the phone assistance is also available if you don't have access to email.
- Phone: 415-663-8361 ex. 304
- More info: <https://www.westmarincommunityservices.org/>

Childcare Support

- **Get childcare for essential workers**
 - County of Marin
 - Pop-up childcare services for children of essential workers in Marin County. Costs vary by age group; tuition assistance may be available for qualifying families.
 - [Visit the link](#) and complete and submit the online form to register for childcare services.
 - [Click here](#) for locations and schedules; email: jmah@marincounty.org (placement-related questions); mgrant@marinschools.org (staffing- and logistics-related questions).
 - More info: [Marin County Emergency Popup Childcare](#)

General Health Support

- **Get urgent medical and behavioral health services over the phone**
 - Marin Community Clinic
 - Patients can have telephone appointments with medical providers.
 - Call 415-448-1500.
 - More information: <https://www.marinclinic.org/>
- **Get medical and behavioral health services over the phone**
 - Marin City Health & Wellness Center
 - Medical and behavioral health services are available by phone. New patients welcomed.
 - Call 415-339-8813 weekdays 9AM-5PM.
 - More information: <https://www.marincityclinic.org/>

Homeless Support

- **Get emergency shelter for families and individuals who are homeless**
 - Homeward Bound of Marin
 - Families and single adults can get emergency shelter.
 - Contact the Family Shelter for families:
 - 430 Mission Avenue, San Rafael, CA 94901 or 415-457-2115
 - Contact the Mills Street Center for single adults:
 - 190 Mill Street, San Rafael, CA 94901 or 415-457-9651 or 800-428-1488
 - More information: <https://hbofm.org/services-continue-in-shelter-and-housing-programs/>
- **Access hygiene stations for individuals who are homeless**

- Marin Health & Human Services
- Marin County has designated handwashing, restroom, and shower stations.
- See the locations and hours here: <https://housingfirst.marinhhs.org/>
- **Access mobile charging stations for individuals experiencing homelessness**
 - Marin Health and Human Services
 - Mobile charging stations available without an appointment during the Downtown Street Team's Mobile Shower Program in Novato, San Rafael, and Southern Marin. Bring your own charging cable.
 - [Visit the link](#) to view locations and schedules.
 - More info: [Resource for the Shelter In Place Order](#)

Other Support

- **Call a Covid19 resource hotline for community questions**
 - Marin County Public Health staff and Marin Medical Reserve Corps will answer questions or concerns related to COVID-19. Callers with medical concerns will be referred to their healthcare provider. A three-way phone line will be used to assist non-English speakers.
 - Call **415-473-7191** at 9:30am-12:00pm and 1:00pm-5:00 pm Monday-Friday. Recorded information is available at that number all other times of the day and on weekends.
 - More info: [County of Marin news release](#)
- **Access the Marin County Free Library from home**
 - Marin County Free Library
 - Access digital materials and online services (including eBooks, audiobooks, digital magazines and news, streaming movies and TV, and online services) for free from the Marin County Free Library. Library card needed.
 - Visit <https://marinlibrary.org/access-to-online-services/> for instructions on how to access digital materials and online services. You'll need your library card number and your password/PIN (if you've forgotten your password or don't know if you have one, you can reset it).
 - Available 24/7.
 - More info: [Marin County Free Library blog post](#)
- **Get free transit services for the elderly and individuals with disabilities**
 - Marin Transit
 - Marin City residents can get free curb-to-curb service in accessible vans using the Marin Transit Connect app beginning Friday, March 20th, and until shelter-in-place restrictions are lifted.
 - Download the app.
 - More information: <https://marintransit.org/>
- **Get free transit services for the elderly and individuals with disabilities**
 - Whistlestop
 - The CarePool program offers Marin County residents free curb-to-curb transportation services, help with unloading groceries, walking riders into their doctor's appointment, and waiting for them until the appointment ends.
 - Call 415-454-0927 or email carepool@whistlestop.org to sign up.

- More information: <https://whistlestop.org/transportation/carepool/>
- **Get help with daily errands for Fairfax residents**
 - City of Fairfax
 - The 1 to 1 Volunteer Matching Program helps Fairfax residents in need request help from other residents with activities during the shelter in place order such as shopping, getting prescriptions filled, picking up take-out or dog walking.
 - Fill out the form to request assistance:
<https://www.townoffairfax.org/1-to-1-volunteer-matching-program/>
- **Get computers for students in the Lagunitas School District**
 - Lagunitas School District
 - The District is providing computers to students who do not have access to the internet for educational purposes.
 - Call the school at 415-488-4118.
 - More information: [Lagunitas School](#)
- **Get immigration support and consultation over the phone**
 - Canal Alliance
 - Clients can get consultation over the phone regarding asylum, U and T Visas, VAWA, naturalization, deportation, DACA, permanent resident cards, and more.
 - Call Thursdays 415-306-0437 during 9AM-12PM to make an appointment.
 - More information: [Canal Alliance Program Updates](#)

Mental Health Support

- **Get mental health counseling**
 - North Marin Community Services
 - Current clients can get mental health counseling.
 - Call and leave a voicemail at 415-892-1643 x 239.
 - More information: <https://www.northmarincs.org/news-events/coronavirus-update/>
- **Call a 24/7 warmline for emotional support**
 - Institute on Aging
 - The Friendship Line is a free suicide prevention warmline for seniors who are feeling depressed, sad, or going through any kind of emotional crisis.
 - Call 800-971-0016 or text HOME to 741741
 - More information: <https://www.marincil.org/>
- **Call a peer support warmline**
 - Community Action Marin
 - Peer support warmline providing support for individuals with mental health challenges.
 - Call 415-459-6330 during operating hours to get help.
 - Phone #: 415-459-6330; hours: Monday-Sunday from 9:00am-midnight.
 - More info: [Extended Warmline Hours: Extra Support During Difficult Times](#)
- **Access meditation services online**
 - Spirit Rock Meditation Center

- Meditation day retreats and classes are offered online based on donations and at a sliding scale fee.
- View the schedule at <https://calendar.spiritrock.org/online-offerings/>
- More information: <https://www.spiritrock.org/about/coronavirus>

Housing/Eviction Prevention Support

- **Access a letter template to send to your landlord to request rent payment deferral for tenants**
 - Legal Aid of Marin
 - Letter template for Marin County renters to send to their landlord to request rent payment deferral, including information on Marin County's March 24, 2020 resolution preventing landlords from issuing eviction notices to tenants who notify their landlords that they are unable to pay rent due to the financial impacts of COVID-19.
 - [Visit the link](#) to view the letter template.
 - More info: [COVID-19 Resources](#)
- **Watch an online information session on Marin County's eviction moratorium**
 - Legal Aid of Marin
 - Facebook information session hosted by Legal Aid of Marin on what Marin County's eviction moratorium means for tenants, what tenants need to do to take advantage of the moratorium, and protections for tenants.
 - [Visit the link](#) to watch the video on Facebook Live. [Click here](#) to access the video in Spanish.
 - More info: [Marin County Eviction Moratorium Facebook Live video](#)
- **Apply for rental assistance**
 - Marin Health and Human Services
 - Emergency rental assistance for Marin County tenants who are at risk of homelessness and require rental assistance to prevent eviction due to COVID-19-related loss of income. [Click here](#) for eligibility.
 - Call 415-473-7191 or email covid-19@marincounty.org to inquire about assistance. Phone calls will be answered on Monday-Friday between 9:30am-12:00pm and 1:00pm-5:00pm. If nobody picks up, leave a voicemail and you will receive a call back.
 - Phone #: 415-473-7191; email: covid-19@marincounty.org.
 - More info: [Emergency Rental Assistance Program](#)
- **Apply for Emergency Rental Assistance**
 - St. Vincent de Paul Society of Marin
 - Assistance for individuals and families who are at risk of homelessness because of COVID-19 because they cannot pay rent due to a loss of job or income or medical condition brought on by the COVID-19 pandemic. The initial funding is focused right now on April rents. May rent might be considered later. A person needs to show a rental need, establish a loss of income or job related to COVID-19, have a history of rental payments, and have no other sources of support.
 - To find out if you are eligible, call 415-454-3303 ext 11 and leave a message with your full name, address and telephone number they will respond as soon as possible.

- Phone: 415-454-3303 ext. 11
- More info: <https://www.vinnies.org/need-help/covid/>
- **One-month rental assistance ranging from \$500-\$2,500**
 - West Marin Community Center
 - The West Marin Community Center is providing one-month rental assistance ranging from \$500-\$2,500. The assistance is for individuals and families who are experiencing financial hardship directly related to the Covid-19 pandemic. Priority is going to be given to households whose income is under the 30% AMI, seniors, and to families who cannot apply for unemployment benefits. Visit [this link](#) for guidelines. Visit [this link](#) for the application.
 - E-mail your completed application to Yareli Cervantes at ycervantes@westmarincs.org. This application can be emailed, printed out and scanned, or sent by mail. Over the phone assistance is also available if you don't have access to email.
 - Phone: 415-663-8361 ex. 304

Tax Preparation Support

- **Apply for a penalty fee waiver for individuals who are unable to pay their property taxes on time**
 - County of Marin
 - Marin County residents can apply for a penalty waiver if they are unable to pay their property taxes by the April 10, 2020 deadline due to the impacts of COVID-19. [Click here](#) for eligibility.
 - [Visit the link](#) to access the penalty waiver application.
 - Phone # (Tax Collector's Office): 415-473-6133; applications due on May 15, 2020.
 - More info: [Property Taxes and COVID-19](#)

Napa County

Food Support

- **Free meals for NVUSD students**
 - Napa Valley Unified School District
 - Meals for youth up to age 18. No ID needed. Meals to be picked-up. Students must be present in order to pick up a meal.
 - [See pick-up sites](#)
 - Hours: Monday through Friday 11:30 am - 12:30 pm
 - More info: [NVUSD Emergency Food Program starts Tuesday, March 17](#)
- **Get free groceries**
 - Community Action of Napa Valley Food bank
 - Times vary depending on location, see food pantry sites [here](#)
 - [More info](#)

Financial Support

- **Get cash assistance for workers**
 - Napa Valley Community Foundation
 - Emergency financial assistance for workers in Napa County whose household income is at or below 120% of the Area Median Income and do not qualify for government-sponsored unemployment or paid family leave benefits
 - Depending on residency you below contacts to join waitlist, you'll receive an appointment and be pre-screened for eligibility
 - Calistoga and St. Helena residents, call 707-965-5010 or email efa@upvalleyfamilycenters.org
 - Napa, Yountville, or American Canyon, call 707-363-8390 or email efa@onthemovebayarea.org to join the waitlist to receive assistance. After you join the waitlist, you'll receive an appointment and be pre-screened for eligibility.
 - More information: [Our Response to COVID-19 and Help Available](#)

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.

Housing/Eviction Prevention Support

- **Get free legal assistance on evictions and housing related issues**
 - Bay Area Legal Aid
 - While all in person interactions, classes etc are postponed, conversations can be held over the phone
 - For the Napa office 575 Lincoln Avenue, Suite 210, Napa, CA 94558 (707) 259-057. Monday through Friday: 9:00 am – 12:00 pm and 1:00 pm – 5:00 pm
 - More info: [BayLegal's COVID-19 Response and Resources](#)

Mental Health Support

- **Crisis Hotline**
 - Napa county crisis hotline
 - Call the number reach their mental health crisis hotline, 707-253-4711, available 24 hours a day, 7 days a week
- **Mental health support for seniors (60+)**
 - Napa County - Older Adult Mental Health
 - Provides treatment and consultation for older adults
 - Visit this link for additional information: <https://www.countyofnapa.org/197/Older-Adult-Mental-Health>
 - 650 Imperial Way Suite 101, Napa, CA 94559, 707-253-3818, Mon - Fri, 8 a.m. - 5 p.m.

- **Get a virtual wellness check for transition-age youth**
 - V.O.I.C.E.S. Napa
 - V.O.I.C.E.S. Napa is offering virtual wellness checks for transition-age youth.
 - Call 707-251-9432 for more information.
 - 780 Lincoln Avenue, Napa, CA 94558; phone #: 707-251-9432; virtual services hours: Monday-Friday from 3:00pm-6:00pm.
 - More info: [announcement on V.O.I.C.E.S. Napa's Facebook page](#)

Senior Support

- **Get wellness calls for seniors**
 - Catholic Charities of the Diocese of Santa Rosa
 - Free regular wellness calls for older people during Shelter in Place.
 - Call 707-528-8712 to enroll for wellness calls.
 - Phone #: 707-528-8712.
 - More info: [announcement on Catholic Charities of the Diocese of Santa Rosa's Facebook page](#)

Employment/Unemployment Support

- **Get assistance applying for unemployment benefits**
 - UpValley Family Centers
 - UpValley Family Centers staff are available by phone to help Upper Napa County residents complete their unemployment benefit applications. Paper applications for unemployment benefits are also available outside UpValley's St. Helena and Calistoga offices, along with instructions on where to mail or fax completed applications.
 - Call 707-965-5010 during business hours to receive assistance. Leave your name and phone number and your call will be returned in the order in which it was received. Visit UpValley's St. Helena or Calistoga office to pick up a paper application.
 - Calistoga Office: 1500 Cedar Street, Calistoga, CA 94515; St. Helena Office: 1440 Spring Street, St. Helena, CA 94574; phone #: 707-965-5010; email: info@upvalleyfamilycenters.org; hours: Monday-Friday from 8:30am-12:00pm and 12:30pm-5:00pm.
 - More info: [COVID-19 Information and Resources](#)

Other Support

- **Call Hotline to get Adult Protective Services for Seniors (60+) and Dependent Adults**
 - Napa County - Older Adult Mental Health
 - Immediate help for of elder or dependent adult abuse
 - Call 888-619- 6913 or fill out online [form](#)
 - More information: <https://www.countyofnapa.org/185/Adult-Protective-Services>
 - 650 Imperial Way Suite 101, Napa, CA 94559, 707-253-3818, Mon - Fri, 8 a.m. - 5 p.m.
- **Get benefit application assistance for transition-age youth**
 - V.O.I.C.E.S. Napa
 - In-person benefit application assistance for transition-age youth.

- Call 707-251-9432 for more information.
 - 780 Lincoln Avenue, Napa, CA 94558; phone #: 707-251-9432; center hours: Monday-Friday from 10:00am-3:00pm.
 - More info: [announcement on V.O.I.C.E.S. Napa's Facebook page](#)
- **Get referrals for transition-age youth**
 - V.O.I.C.E.S. Napa
 - In-person and virtual referrals for support services for transition-age youth.
 - Call 707-251-9432 for more information.
 - 780 Lincoln Avenue, Napa, CA 94558; phone #: 707-251-9432; center hours: Monday-Friday from 10:00am-3:00pm; virtual services hours: Monday-Friday from 3:00pm-6:00pm.
 - More info: [announcement on V.O.I.C.E.S. Napa's Facebook page](#)
- **Get laundry services for transition-age youth**
 - V.O.I.C.E.S. Napa
 - V.O.I.C.E.S. Napa is offering laundry services for transition-age youth.
 - Call 707-251-9432 for more information.
 - 780 Lincoln Avenue, Napa, CA 94558; phone #: 707-251-9432; center hours: Monday-Friday from 10:00am-3:00pm.
 - More info: [announcement on V.O.I.C.E.S. Napa's Facebook page](#)
- **Get virtual tutoring for transition-age youth**
 - V.O.I.C.E.S. Napa
 - V.O.I.C.E.S. Napa is offering virtual tutoring for transition-age youth.
 - Call 707-251-9432 for more information.
 - 780 Lincoln Avenue, Napa, CA 94558; phone #: 707-251-9432; virtual services hours: Monday-Friday from 3:00pm-6:00pm.
 - More info: [announcement on V.O.I.C.E.S. Napa's Facebook page](#)
- **Get pet food and/or pet medication delivered for quarantined individuals**
 - Jameson Animal Rescue Ranch
 - Pet food/medication delivery/drop off service for Napa County individuals who are quarantined by their doctor and are not able to leave their home.
 - Call 707-927-3536 or email helpinganimals@jamesonrescueranch.org to request assistance.
 - Phone #: 707-927-3536; email: helpinganimals@jamesonrescueranch.org.
 - More info: [announcement on Jameson Animal Rescue Ranch's Facebook page](#)
- **Request assistance with caring for your horse**
 - Sunrise Horse Rescue
 - Assistance for individuals who are having trouble caring for their horse due to COVID-19-related illness or unemployment.
 - [Visit the link](#) and complete and submit the online form to request assistance.
 - Phone #: 707-320-3120; email: administration@sunrisehorserescue.org.
 - More info: [SHR COVID-19 Response: We're Here to Help](#)
- **Get help meeting pet needs in the Upper Napa Valley**

- Wine Country Animal Lovers
 - Assistance with pet food delivery, emergency veterinary care, and other essential pet needs for high-risk individuals in the Upper Napa Valley and surrounding areas.
 - Call 707-800-5058 to request assistance.
 - Phone #: 707-800-5058; email: info@WineCountryAnimalLovers.org.
 - More info: [announcement on Wine Country Animal Lovers' Facebook page](#)
- **Get immigration services**
 - Catholic Charities of the Diocese of Santa Rosa
 - Catholic Charities of the Diocese of Santa Rosa is continuing its immigration services via phone consultation. By appointment only.
 - Call 707-578-6000 to schedule an appointment.
 - Phone #: 707-578-6000.
 - More info: [announcement on Catholic Charities of the Diocese of Santa Rosa's Facebook page](#)
- **Get information and questions answered about COVID-19**
 - Napa County
 - COVID-19 information and support line for Napa County residents.
 - Call 707-253-4540 or email CoronaVirus@countyofnapa.org for information and support.
 - Phone #: 707-253-4540; email: CoronaVirus@countyofnapa.org; support line hours: Monday-Friday from 9:00am-12:00pm and 1:00pm-5:00pm.
 - More info: [Coronavirus \(2019 Novel Coronavirus\)](#)
- **Get connected to safety net benefits and other basic resources**
 - UpValley Family Centers
 - UpValley Family Centers staff are available by phone to help connect Upper Napa County residents with safety net benefits and other resources.
 - Call 707-965-5010 during business hours to receive assistance. Leave your name and phone number and your call will be returned in the order in which it was received.
 - Phone #: 707-965-5010; email: info@upvalleyfamilycenters.org; hours: Monday-Friday from 8:30am-12:00pm and 12:30pm-5:00pm.
 - More info: [COVID-19 Information and Resources](#)
- **Get a phone consultation on your immigration rights**
 - UpValley Family Centers
 - Phone consultations for immigrants to learn more about their rights.
 - Email bdixon@upvalleyfamilycenters.org or call 707-965-5010 during business hours to schedule a consultation. Leave your name and phone number and your call will be returned in the order in which it was received.
 - Phone #: 707-965-5010; email: bdixon@upvalleyfamilycenters.org; hours: Monday-Friday from 8:30am-12:00pm and 12:30pm-5:00pm.
 - More info: [COVID-19 Information and Resources](#)

San Francisco County

Food Support

- **Free meals for SFUSD Youth**
 - San Francisco Unified School District
 - Meals for youth up to age 18. No ID needed, no proof of school enrollment required but a child must be present
 - Pick-up breakfast, lunch, supper, fresh fruit, vegetables and milk to take home
 - Walk-in to 18 locations ([See all locations](#))
 - Hours: Monday through Friday 9-10am pick-up

- **1 free pre-packaged to-go meal/person**
 - St Anthony's
 - Everyone welcome, dining room is closed but pick-up available (see [update](#))
 - Pick-up at 45 Jones St. (& Golden Gate Ave.)
 - Every day:
 - 10:00am-11:45am for seniors (age 60+) & families with children
 - 11:30am-1:30pm for all

- **Get free meals**
 - GLIDE
 - Free hot meals in takeout containers three times/day during the week and at lunch on Saturday and Sunday. Everyone welcome; no intake form required.
 - Drop by during mealtimes to receive a hot meal on weekdays or a bagged lunch on weekends.
 - Location: 330 Ellis Street, San Francisco, CA 94102; Daily Free Meals phone #: 415-674-6040; mealtime hours: Monday-Friday: breakfast from 8:00am-9:00am, lunch from 12:00pm-1:00pm, and dinner from 4:00pm-5:00pm; Saturday-Sunday: bagged lunches from 12:00pm-1:00pm.
 - More info: [Daily Free Meals page](#) and [Glide's Response to Coronavirus \(COVID-19\)](#)

- **Get lunch "to-go" for seniors**
 - On Lok - 30th Street Senior Center
 - Take out lunches for seniors six days a week.
 - 30th Street Senior Center: 225 30th Street, San Francisco, CA 94131
 - Hours: Monday - Saturday 9:30am - 1:30 pm.
 - Call (415) 550-2210 to check meal availability.
 - More info: [30th Street Senior Center](#)

- **Get cooked meals, groceries, and other supplies delivered**
 - Jewish Family and Children's Services
 - Seniors and disabled individuals who are isolated and homebound can receive delivered meals, groceries, and other essential supplies.
 - Call (415) 449-3700 for assistance.
 - More info: [Jewish Family and Children's Services](#)

- **Get food for seniors and adults with disabilities**

- Bernal Heights Neighborhood Center and Excelsior Community Center
 - Bernal Heights Neighborhood Center and Excelsior Community Center are offering boxed lunches and dry goods food boxes to seniors and people with disabilities at both the Cortland and Excelsior locations, Monday - Friday, 9:30 AM to 1 PM. Visit the Centers: M - F, 9:30 AM to 1 PM.
 - Bernal Heights Neighborhood Center, 515 Cortland Avenue San Francisco, California 94114-1575. Excelsior Community Center, 4468 Mission Street, Suite 162, San Francisco, California 94114-1575. Call 415-494-9702 for more information.
 - More info: [Coronavirus \(COVID-19\) Updates – Bernal Heights Neighborhood Center](#)
- **Get free food**
 - San Francisco-Marin Food Bank
 - The San Francisco-Marin Food Bank is offering free food including fresh produce, rice, milk and eggs at pop-up locations throughout San Francisco. COVID-19 precautions have caused around 100 food pantries in San Francisco and Marin to close. To fill the gap and ensure families still have access to healthy food, the Food Bank team is working around the clock to open interim pop-up pantries.
 - Visit one of the locations during open hours. These locations do not require ID, enrollment/registration, Income or address verification.
 - Bayview Opera House Transitional Pop-up Pantry, 4705 3rd Street (parking lot) Monday, 10:00 AM - 2:00 PM.
 - Cesar Chavez Transitional Pop-up Pantry, 825 Shotwell Street (blacktop) Tuesday, 9:00 AM - 1:00 PM.
 - James Denman Transitional Pop-up Pantry, 241 Oneida Avenue, Wednesday 9:00 AM - 1:00 PM.
 - Rosa Parks Elementary School Transitional Pop-up Pantry, 1501 O'Farrell Street, Wednesday 9:00 AM - 1:00 PM.
 - Mission High School Transitional Pop-up Pantry, 3750 18th St (Parking Lot) Thursday 9:00 AM - 1:00 PM.
 - Bessie Carmichael Transitional Pop-up Pantry, 375 7th Street, Thursday 10 AM - 1 PM.
 - Francisco Middle School Transitional Pop-up Pantry, 2190 Powell Street (Basketball Court), Thursday 9:00 AM - 1:00 PM.
 - Lincoln High School Transitional Pop-up Pantry, 2162 24th Avenue, Friday 9:00 AM - 1:00 PM.
 - APA Family Services Transitional Pop-up Pantry, 50 Raymond Street, Friday 11:00 AM - 3:00 PM.
 - [Pop-Up Food Pantries Keep Food Flowing](#)
 - [More info](#)
- **Free Weekly Frozen Meals for Community Nutrition Program Clients**
 - Project Open Hand
 - Project Open Hand will provide 7 frozen meals to Community Nutrition Program clients starting Monday, March 23rd.
 - CNP clients can go to 730 Polk Street between 1-4PM if they wish to pick up a week's worth of frozen food. Daily to-go meals will still be served at CNP sites.
 - Call 415-447-2310 for more information on frozen 7-meal pack pickup service. Email: cnp@openhand.org
 - More info: <https://www.openhand.org/coronavirus>

- **Get free food from a food pantry for immigrant and low-income families**
 - The Women’s Building of San Francisco
 - Weekly food pantry for immigrant and/or low-income families in need. Sign-up with ID and proof of current address is required.
 - Visit on Monday between 9:10am-10:30am to get food. If you haven’t already signed up, you can sign up onsite.
 - Phone #: 415-431-1180; email: info@womensbuilding.org; hours: Monday from 9:10am-10:30am.
 - More info: [The Women’s Building of San Francisco’s homepage](#) and [announcement on The Women’s Building of San Francisco’s Facebook page](#)

- **Get free food from a food pantry in the Richmond District (Lisa)**
 - Richmond Neighborhood Center
 - Free produce and groceries for individuals and families in need in the Richmond District. All distributions have been temporarily relocated to Richmond Neighborhood Center Headquarters at 741 30th Avenue.
 - Visit during open hours to receive food. You can register onsite.
 - Richmond Neighborhood Center Headquarters, 741 30th Avenue, San Francisco, CA 94121; phone #: 415-751-6600; email: info@richmondsf.org; hours: Monday from 4:00pm-5:00pm, Tuesday from 3:30pm-4:30pm, and Thursday from 2:30pm-4:00pm.
 - More info: [Feeding the Richmond District As We Shelter in Place](#)

Financial Support

- **Up to 40 hours of additional paid sick leave time to employees beyond existing policies**
 - [Workers & Family First program](#)
 - No need of medical note to take a sick leave (see [updates guidelines](#))
 - Further guidance on the use of paid sick leave is available at www.sfgov.org/olse/pslo
 - Call the multilingual paid sick leave hotline at (415) 554-6271
 - Need more sick leave? The City will contribute up to one week (40 hours) at \$15.59 per hour (minimum wage) per employee, or \$623 per employee
 - Pending “how to” [here](#) later this week in the Paid Sick Leave - Workers and Families First program section

- **Get legal assistance for tenants facing eviction**
 - Eviction Defense Collaborative
 - Eviction Defense Collaborative’s Rental Assistance Disbursement Component (RADCo) provides interest-free loans and grants to tenants residing in the City/County of San Francisco who have fallen behind in their rent due to a temporary financial setback. [See eligibility requirements here](#)
 - Visit the Drop-In RADCo Clinic during open hours if you have received a Summons & Complaint or Sheriff’s Notice to Vacate; otherwise, contact RADCo via phone (415-470-5211) or email (EDCRADCo@evictiondefense.org) to receive assistance (leave your name, phone number, and address and a staff member will contact you as soon as possible).

- Location: 1338 Mission St, 4th Floor, San Francisco, CA 94103; RADCo Drop-In Clinic hours (for clients who have received a Summons & Complaint or Sheriff's Notice to Vacate): Monday-Wednesday and Friday from 9:00am-11:00am; closed in the afternoons except by appointment (to make an appointment, you must come to the drop-in clinic first for an initial assessment).
 - More info: [Rental Assistance page](#) and [COVID-19 update](#)
- **Get cash assistance for individuals in the transgender community**
 - The Transgender District
 - Cash assistance for the trans community in the Tenderloin neighborhood and broader San Francisco area living in shelters, SRO's or motel rooms. Assistance is meant to be used towards groceries, supplies, medications, or to order hot food.
 - Fill out the form:
https://docs.google.com/forms/d/e/1FAIpQLScDfKWOFAJegRwgNtqw7xbJYR_QCQwTD038GFZyZRwzRrAcLw/viewform?vc=0&c=0&w=1
- **Apply for funds to help small businesses**
 - Invest in Neighborhoods Division of OEWD
 - To eligible, business must have 1 employee, but no more than 5 employees, demonstrate a loss of revenue of 25% or more, have less than \$2.5k in gross receipts
 - Download Applications: [English/Chinese](#) and [Spanish](#), email to investsf@sfgov.org or mail to Attn: Judy Lee – COVID 19 Small Business, Resiliency Fund, 1 Dr. Carlton B. Goodlett PL. Rm# 448, San Francisco, CA 94102
 - Phone #: 415-554-6134, Email: sfosb@sfgov.org
 - More Info: [COVID-19 Small Business Resiliency Fund](#)
- **Apply for cash assistance for undocumented individuals and families**
 - UndocuFund San Francisco
 - Financial assistance for essential living expenses for undocumented San Francisco-based individuals and families impacted by COVID-19.
 - [Visit the link](#) and complete and submit the online form to be added to the waitlist for funding.
 - Email: undocufundsf@gmail.com.
 - More info: [UndocuFund San Francisco About page](#)
- **Apply for a COVID-19 emergency grant for artists**
 - City and County of San Francisco
 - The City of San Francisco is offering \$1.5 million in grants to individual artists, teaching artists, and small to mid budget sized arts and cultural organizations administered by the Center for Cultural Innovation. The Fund will prioritize the needs of those serving cultural populations that are the most vulnerable including black, indigenous, immigrant, trans and people with disabilities. Individuals may apply for up to \$2,000. Organization awards will range from \$5,000 to \$25,000 and will be scaled based on budget size. The general operating grants may be used to pay rent and salaries, to retain employees and help keep artists and organizations in San Francisco.
 - Visit the link for more information and for application instructions: [:: CCI :: Center for Cultural Innovation ::](#)

- **Get a small business COVID-19 grant**
 - City and County of San Francisco
 - The City of San Francisco has established a fund administered by OEWD to offer emergency grants up to \$10,000 for microbusinesses. Businesses must be able to show a recent loss in revenue. There are no fees to apply and this is a grant.
 - Visit link for more information and to apply online.
 - More info: [COVID-19 SMALL BUSINESS RESILIENCY FUND](#)

Childcare Support

- **Free emergency Child & Youth Care on invitation only for SF healthcare, disaster service workers, low income families**
 - Invitations were sent to Healthcare workers, city & county of San Francisco employees who have been activated as disaster service workers & to families on SF recreation & parks department's scholarship list
 - Not open to public
 - [See Full eligibility criteria & to request invitation](#)
 - For further inquiries on eligibility, please email rpdinfo@sfgov.org
 - [Register to be considered as eligible](#) (even if not eligible right now)
 - Rec and Park sites for grades K-5 are open from 7:30 a.m. to 6 p.m. Library sites for grades 6-12 will be open from 8 a.m. to 6 p.m. Children can attend during any portion of the day during open hours but must be registered.
- **Sign up for a mailing list to get notified about emergency child and youth care resources as they open up**
 - San Francisco Department of Children, Youth & Their Families (DCYF)
 - DCYF will keep members of the mailing list updated on the latest information and resources for families affected by school closures, including emergency child and youth care spaces as they become available.
 - [Visit the link](#) and submit the online form to sign up for the mailing list.
 - More info: [Emergency Child & Youth Care FAQ](#)
- **Free emergency Child & Youth Care for San Francisco families who are healthcare providers or delivering essential services and do not have the option to work from home.**
 - San Francisco YMCA's "Pop-Up Y Kids"
 - Offers emergency childcare for families who are healthcare providers or delivering essential services and do not have the option to work from home. People do not need to be Y members and there are no fees.
 - In order to be screened for enrollment please send a request to apply to the email address: PopUp2020@ymcasf.org
 - More info: [Pop Up YKids](#)
- **Get free diapers for children under the age of 3**
 - SF Human Services Agency and Help a Mother Out
 - For CalWORKs and CalFresh households with children under the age of 3, bring EBT card and gov't issue ID
 - Pick-up outside these locations

- HSA Service Center, 170 Otis St., SF, CA 94103, 415-557-5100, 8:00am - 5:00pm
 - HSA Service Center, 1235 Mission St, SF, CA, 94103, 415-558-4700, M-Th (9:00am - 12:00pm, 1:00pm - 4:00pm)
 - Compass Connecting Point: A Family Resource Center, 37 Grove, SF, CA, 94102, 415-644-0504 ext. 2320, Tuesday (9:00am - 12:00pm), Friday (1:00pm - 4:00pm)
 - Bayview Hunter's Point, 1601 Lane St, SF, CA, 94124, 415-822-9404, M-F (10:00am - 5:00pm)
 - OMI Family Resource Center, 156 Broad St, SF, CA, 94112, 416-406-1370, Monday (8:30am - 5:00pm)
 - Location, contact info, schedule information here
 - More Info: [SFHSA](#)
- **Get suggestions on talking to children about COVID-19**
 - San Francisco Unified School District
 - Ongoing developments regarding Coronavirus (COVID-19) may be overwhelming, especially to younger children. Parents and caregivers can help children understand the situation better by discussing their concerns. The San Francisco Unified School District offers free online suggestions for parents and other caretakers regarding talking to children about Coronavirus.
 - Visit the link for more information. Available 24 hours a day seven days a week.
 - [Talking to Children about the Coronavirus](#)

Employment/Unemployment Support

- **Get Legal Information for Workers**
 - Legal Aid at Work (LAW)
 - Legal Aid at Work (LAW) offers information to workers who have been laid off, had hours reduced or need to stay home to care for children due to Covid-19. LAW's webpage offers information on these issues and appointments can be arranged. Services are free and offered in Spanish and Chinese. Online information available 24 hours a day seven days a week.
 - Visit the link to learn more and to request an appointment.
 - More info: [Coronavirus Update: Legal Information for Workers](#)

Health Support

- **Get free drive-through/walk-through testing for COVID-19 for frontline workers**
 - City of San Francisco
 - Free drive-through/walk-through COVID-19 testing for San Francisco frontline workers, including police officers, firefighters, sheriff's deputies, 911 dispatchers, healthcare workers, and other City employees. Testing is by appointment only.
 - Eligible employees will initially receive personal invitations for testing. The City also plans to launch an online system for eligible frontline employees to sign themselves up for testing directly.
 - Testing will take place at Pier 30-32.

- More info: [Mayor London Breed Announces CityTestSF: COVID-19 Testing Site for Frontline Workers](#)
- **Access an urgent care clinic for individuals experiencing symptoms of COVID-19**
 - Tom Waddell Urgent Care Clinic
 - Tom Waddell Urban Health Clinic operates an urgent care clinic serving adults experiencing homelessness, residents of supportive housing, and other Tenderloin community members. You must already be a patient at one of San Francisco Health Network's [14 primary care clinics](#) to receive urgent care services. The clinic accepts San Francisco Health Network, Medi-Cal, Medi-Care, and Healthy San Francisco. No patient will be denied services due to inability to pay.
 - Call the clinic at 415-355-7400. During business hours, follow the prompts to speak with the Nurse Advice Line. If necessary, your nurse may schedule you with an appointment at your clinic or with a provider over the phone. Outside of business hours, you will be transferred to an after-hours service. If necessary, an on-call doctor from your clinic will be available to speak with you. 50 Dr. Tom Waddell Pl, San Francisco 94102; phone #: 415-355-7400; urgent care clinic hours: Monday-Thursday from 8:00am-6:30pm and Friday-Saturday from 8:00am-5:00pm.
 - More info: [San Francisco Health Network urgent care guide](#)
- **Find a handwashing station**
 - SF72
 - Find a handwashing station in San Francisco.
 - [Visit the link](#) to view a list of handwashing stations in San Francisco; view the Google Maps version [here](#).
 - More info: [SF72 handwashing station map](#)
- **Free Handwashing Stations in San Francisco**
 - City of San Francisco
 - The City of San Francisco has installed multiple hand-washing stations to help keep up hygiene and reduce the spread of COVID-19.
 - Locate your nearest handwashing station to you on the map provided below.
 - https://www.google.com/maps/d/u/0/viewer?ll=37.77251031480697%2C-122.42804134159735&z=14&mid=1jCE9lI8lv12tO-wWrF6RIQPWKXGBK0_z
 - More info: [List Of Resources and Companies Offering Relief To People Impacted By COVID-19](#)

Homeless Support

- **Get help meeting basic needs at a walk-in center**
 - GLIDE
 - GLIDE's Walk-In Center offers assistance in meeting basic needs, including shelter, hygiene, and emotional support. Walk-In Center services are now provided via a triage desk in the lobby to avoid congregating in the building.
 - Visit the Walk-In Center during open hours to receive assistance.
 - 330 Ellis Street, San Francisco, CA 94102; Walk-In Center phone #: 415-674-6012; general service hours: Monday-Wednesday and Friday from

8:30am-9:00pm and Thursday from 8:30am-2:00pm and 3:00pm-9:00pm; check [GLIDE's website](#) for hours for specific services.

- More info: [Walk-In Center page](#) and [Glide's Response to Coronavirus \(COVID-19\)](#)
- **Get emergency shoes and clothing**
 - St. Anthony's
 - Free emergency shoes and clothing for individuals with an immediate need. Walk-in services or in-person appointments will not be provided; individuals will be served curbside on Golden Gate Ave.
 - Call the Clothing Program at 415-592-2826 for more information or drop by St. Anthony's (curbside on Golden Gate Ave). Location: 121 Golden Gate Ave, San Francisco, CA 94102; Clothing Program phone #: 415-592-2826. Clothing Program email: clothing@stanthonysf.org.
 - More info: [Free Clothing Program page](#)
- **Get support for resources, and referrals for individuals experiencing homelessness**
 - Project Homeless Connect
 - Project Homeless Connect will continue to provide information, services, and referrals for clients but will move to virtual support methods (over the phone and through email) until April 7, 2020.
 - Call the Resource Line at 1-855-588-7968 or email the Resource Email at edc@projecthomelessconnect.org to get information, services, and referrals.
 - Resource Line phone #: 1-855-588-7968; Resource Email: edc@projecthomelessconnect.org. Calls and emails will be returned within 24 hours.
 - More info: [update covid-19](#)

Mental Health Support

- **Call a COVID-19 mental health support line**
 - The Mental Health Association of San Francisco
 - The Mental Health Association of San Francisco has established a 24/7 peer-run warm line for Coronavirus (COVID-19) support. Get immediate, free non-emergency emotional support by telephone or instant messaging.
 - Call the warm line toll free at 855-845-7415. Available 24 hours a day seven days a week.
 - Visit link for instant messaging and more information.
 - <https://www.mentalhealthsf.org/>

Housing/Eviction Prevention Support

- **Get phone counseling on rent issues for tenants**
 - San Francisco Rent Board
 - Phone counseling for tenants on subjects that are covered by the Rent Ordinance. Calls are typically limited to 5 minutes each.
 - Call 415-252-4631 on Monday through Friday between 9:00am-12:00pm and 1:00pm-4:00pm to receive counseling. The Rent Board recommends that you have your questions ready before you speak to a counselor.

- Phone #: 415-252-4631; hours: Monday-Friday from 9:00am-12:00pm and 1:00pm-4:00pm.
- More info: [Rent Board Notice Concerning COVID-19](#) and [Our Services page](#)

Other Support

- **Call a resource center/social work center to get help accessing social services and resources**
 - St. Anthony's
 - Telephone support and appointments to help link individuals with the social services and resources they need. No walk-in services or in-person appointments.
 - Call the Resource Center/Social Work Center at 415-592-2855 to receive assistance.
 - Resource Center/Social Work Center phone #: 415-592-2855.
 - More info: [Resource Center/Social Work Center page](#)
- **Get a laptop for students who are foster youth and homeless**
 - John Burton Advocates for Youth
 - Campus programs and organizations working with foster and homeless youth impacted by in-person classes switching to online classes can request laptops for their students.
 - Fill out the request form: https://docs.google.com/forms/d/e/1FAIpQLScdjNEjmbok5_asJ35cFnskLiIAN-vHNOs_zdSnJD_s-BG9cg/viewform
 - More info: <https://www.jbaforyouth.org/covid-19-resources/>
- **Get referrals and more information for LGBT**
 - SF LGBT Center
 - Offers employment services, housing and financial services, youth services, information and other resources
 - Physical location is closed due to COVID-19, but operating online, email info@sfcenter.org or leave a message at 415-865-5661, Center will respond within one business day
 - 1800 Market St, SF, CA 94102 (physically location currently closed), current hours online hours: Mon - Fri 9 AM - 6 PM
 - [SF LGBT Center COVID-19 Updates](#)
- **Get help meeting basic needs such as grocery and prescription deliveries**
 - SF Community Support
 - SF Community Support matches individuals in need with volunteers for support in meeting basic needs including grocery and prescription deliveries.
 - [Visit the link](#) and complete and submit the online form to request support. SF Community Support will try to respond within 24 hours.
 - Email: hello@sfcommunitysupport.org.
 - More info: [SF Community Support homepage](#)
- **Attend online AA meetings**
 - **Alcoholics Anonymous (AA) Intergroup of San Francisco and Marin**

- As of midnight, March 16, San Francisco and Marin Counties have been issued “Shelter in Place” orders. In lieu of physical meetings, AAISF&M membership has quickly established remote (Phone/Online) meetings. Remote meetings are offered by phone and online face-to-face using the Zoom video conferencing service.
 - Visit AAISF&M’s website for a list of remote online meetings.
 - Visit link for more information and to apply online.
 - More info: [Welcome to Alcoholics Anonymous - AA Intergroup of SF & Marin](#)
- **Get emergency shelter for women and children experiencing domestic violence**
 - La Casa de las Madres
 - La Casa de las Madres’ Emergency Shelter Program provides short term shelter for up to 8 weeks for women and children fleeing violence. The program also offers counseling, support groups, practical living skills development, support service referrals and more.
 - For support, please call La Casa's 24/7 hotlines at 1-877-503-1850 (Adults); 1-877-923-0700 (Teens); or message the text line at 1-415-200-3575.
 - La Casa’s Drop-in Counseling Center will be closed until May 3rd. Other essential services remain open: Emergency Shelter, Permanent Supportive Housing Services plus 24/7 Crisis Lines (Adult & Teen) and Text Line.
 - More info: <https://www.lacasa.org/>
- **Call a 24/7 domestic violence hotline**
 - W.O.M.A.N., Inc.
 - The W.O.M.A.N., Inc. 24-hour support line offers support via peer counseling, safety planning, and referrals for needed resources.
 - Call the support line at (877) 384-3578 24 hours a day seven days a week.
 - In person services have been temporarily suspended but the support line remains open. Call 415-864-4722 or (877) 384-3578.
 - More info: <http://www.womaninc.org/support/>
- **Call a domestic violence hotline**
 - Asian Women’s Shelter
 - Asian Women’s Shelter offers a domestic violence crisis line. Direct services include a shelter program, language advocacy program, crisis line, case management and programs in support of underserved communities such as queer Asian survivors and trafficked survivors.
 - Call the crisis line at (877) 751-0880; email to info@sfaws.org.
 - Counselors are available M - F, 9 AM to 5 PM. After hours please leave a message and a counselor will return your call.
 - More info: <https://www.sfaws.org/programs>

Senior Support

- **Sign-up to get volunteer matched for video or phone conversations and errand help for seniors**
 - Mon Ami

- Fill out [online form](#) or call (650) 267-2474, matches take about 2 days
- [Mon Ami website](#)
- **Get free lunch to go for seniors (60+)**
 - SF Human Services Agency: Congregate Meal Program
Dine-in lunch program shifted to take-away lunches
 - Bayview-Hunters Point Senior Center, 1753 Carroll Ave, SF, CA, 94124, 415-826-4774
 - Self-Help for the Elderly, 407 Sansome St, Ste 300, SF, CA, 94111, 415-677-7600
 - Russian American Community Services, 300 Anza, SF, CA 94118, 415-387-5336
 - Project Open Hand, 730 Polk, SF, CA, 94109, 415-447-2300
 - Centro Latino de San Francisco, 1656 15th St, SF, CA, 94103, 415-861-8758
 - Episcopal Community Service, 165 8th St, SF, CA, 94103, 415-487-3790
 - 30th Street Senior Center, 225 30th St, SF, CA, 94131, 415-550-2210
 - Samoan Community Development Center, 2055 Sunnydale Ave, SF, CA, 94134, 415-841-1086
 - Kimochi Senior Center, 1840 Sutter, SF, CA, 94115, 415-931-2287
 - Western Addition Senior Center, 13901/2 Turk St, SF, CA, 94115, 415-921-7805
- **Telephone support lines for home-delivered meals for the elderly**
 - Self Help for the Elderly
 - During the shelter-in-place order, activities at senior centers and services at meal sites will be suspended until further notice. The phone lines below provide information and help with sign up for home-delivered meals.
 - Hours: Monday through Friday 8:30 am - 5:00 pm.
 - The phone numbers are:
 - 415-677-7600
 - 415-677-7601
 - 415-677-7603
 - 415-677-7581
 - 415-677-7585
 - 415-677-7591
 - More info: <https://www.selfhelpelderly.org/locations>
- **Wellness check-in calls for isolated seniors**
 - Little Brothers Friends of the Elderly, San Francisco Chapter
 - To qualify, elders must be 65+ or 60+ living with a disability, receive less than two social home visits from friends or family per month, and live in San Francisco
 - Complete [this online form](#) to refer a senior or call (415) 771-7957
 - More information at <http://littlebrotherssf.org/>

San Mateo County

Food Support

- **Free meals for San Mateo County students**
 - San Mateo County School Districts
 - Refer to meal sites document for more information on hours, dates, and instructions for each site
 - Visit [School Closure Meal Sites 2020](#) to locate a site near you
 - Reference information here: <https://www.shfb.org/health-and-safety/>

- **Pick up free senior meals in the City of San Mateo**
 - City of San Mateo ([See updates](#))
 - Call 650-522-7490 to reserve your senior lunch in advance for pick up.
 - Pick up lunch at King Center (725 Monte Diablo Ave, San Mateo, CA 94401) on Tuesday, Wednesday, Thursday between 12:15 PM - 1:15 PM
 - Pick up lunch at Senior Center (2645 Alameda de las Pulgas, San Mateo, CA 94403) on Monday, Wednesday, and Friday between 12:15 PM - 1:15 PM

- **Pick up senior meals in the City of San Bruno**
 - City of San Bruno ([See updates](#))
 - Pick up lunch at Doelger Senior Center (101 Lake Merced Blvd, Daly City, CA 94015)
 - Pick up lunch at Lincoln Park Community Center (901 Brunswick St, Daly City, CA 94014)

- **Pick up grab and go senior meals in Pacifica**
 - City of Pacifica ([See updates](#))
 - Pick up grab and go lunches for seniors 60 years and older at the Pacifica Community Center (540 Crespi Drive, Pacifica, CA 94044) Monday thru Friday between 11:30 AM - 12:30 PM.

- **Pick up senior lunches or have them delivered in Redwood City**
 - Redwood City
 - Phone number: 650-780-7270
 - Pick up lunches for seniors at the Veterans Memorial Senior Center (1455 Madison Ave, Redwood City, CA 94061) Monday thru Friday between 11:00 AM - 1:00 PM.
 - More info: [Coronavirus \(COVID-19\)](#)

- **Get food and social services in Redwood City**
 - Redwood City - Fair Oaks Community Center
 - Phone number: 650-780-7500
 - The Fair Oaks Community Center (2600 Middlefield Rd, Redwood City, CA 94063) will remain staffed with safety modifications for providing essential human services, including food distribution, homeless support services, safety net information and referral services, etc.
 - More info: [Coronavirus \(COVID-19\)](#)

- **Get free food from a food pantry**
 - Second Harvest of Silicon Valley
 - Free food distribution to individuals and families in need in San Mateo and Santa Clara counties.

- Call the Food Connection Hotline at 1-800-984-3663, text “GETFOOD” to 408-455-5181, or email getfood@shfb.org to find out where the nearest grocery distribution is.
- Food Connection Hotline #: 1-800-984-3663; email: getfood@shfb.org.
- More info: [Our Response to COVID-19](#)

Mental Health Support

- **Coping and Supporting the mental wellbeing**

- San Mateo Health
- There are steps to follow when you do feel stressed or have anxiety. These signs of feeling of stress are normal. During this infectious disease outbreak care for your physical and mental health. That is so crucial. keep a positive outlook.
- Here ways to help cope with emotional distress.
 - Manage your stress
 - Stay informed , and maintain a routine
 - Be informed and inform your family
 - Avoid giving false information, stay calm especially in front of the children as they can often feel what you may be feeling.
 - Connect with the community
 - Accept help from other
 - Reach out within the neighborhood
 - Reach out and help
 - Be sensitive
 - Don't blame anyone
- Location address: 1900 O’Farrell Street, Suite 380, San Mateo
- Resource location : San Mateo Behavioral County Health and Recovery Services Call Center Phone number : 1 (800) 686-0101
- Information
<https://www.samceda.org/sites/default/files/Coping%20with%20Stress%20during%20Infectious%20Disease%20Outbreak.png>.
- More inform: <https://www.samceda.org/COVID-19-Resource-Links>

- **Tips for self care during the covid -19**

- Each Mind Matters
- During this time, it is so important to do self care and take care of yourself.
- Steps to follow that would help self care
 - Exercise- increases energy , improves happiness, virtual gym classes
 - Eat healthy-be purposeful when stocking your groceries during the outbreak
 - Sleeps- improves emotional regulation
 - Learn & explore -helps you feel confident
 - Routines -eat at the same times , going to bed same time
 - Practice mindfulness -practice pausing and breaking
 - Talk with a friend virtually
- Mental Health visit: eachmindmatters.org
- www.211bayarea.org

Tax Preparation Support

- Confirming April 10th property tax deadline
 - San Mateo County Tax Collector
 - Sandie Arnott issues a statement sharing concerns that she does not have power to extend the April 10th date.
 - If offices are closed beyond April 10th deadline, tax payments will be accepted without penalty on the next business day the office is open.
 - Tax payers are encouraged to pay property taxes via mail, automatic phone system, online or using the po box
 - Po box Location- 555 County Center in Redwood City.
 - Updated information can be found at <https://tax.smcgov.org>

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

- **Seek support for children, families and education providers**
 - Child Care Coordinating Council
 - Providing referrals to programs and services that support children and families' needs including food, enhancing child care referrals
 - For Families seeking child care please contact 4Cs at (650) 517-1460 English and (650) 517-1461 Spanish, email: 4csresourcesandreferral@sanmateo4cs.org
[More info](#)
- **Get assistance with childcare for essential workers**
 - San Mateo County COVID-19 Child Care Response Team
 - Survey for parents/caregivers to complete to help inform the San Mateo County COVID-19 Child Care Response Team as it establishes a system of emergency child care for essential workers in San Mateo County. After you complete the survey, the Response Team will help you with enrolling your child in a care program that fits your needs.
 - [Visit the link](#) to complete the survey. Email covidresponse@sanmateo4cs.org to learn more about childcare resources and referrals.
 - Email: covidresponse@sanmateo4cs.org.
 - More info: [San Mateo County Essential Worker Child Care Survey](#)

Homeless Support

- **Provide support for the homeless population**
 - LifeMoves
 - Emergency Relief Fund- asking for people to help donate urgent need of items resulting in this COVID -19 crisis.
 - Donations are needed and people can go to the LifeMove webpage and help out.
 - Volunteers can also help out by sponsoring or preparing a meal for the homeless.

- Location : 181 Constitution Dr , Menlo Park, California 94025
- Phone number : (650) 685-5880
- Here is the link : <https://www.lifemoves.org/covid-19-update/>

Housing/Eviction Prevention Support

- **Prohibit evictions for nonpayment of rent**
 - **San Mateo City Council**
 - Working with the County of San Mateo Government board of supervisors, both have adopted emergency ordinances that prohibit evictions for nonpayment of rent by current tenants who are impacted by the COVID-19 pandemic
 - The San Mateo City Council adopted an emergency ordinance on March 23, imposing a ban covering commercial evictions with an expectation the County would act to address residential evictions.
 - Location : 330 West 20th Avenue , San Mateo California
 - Contact number : (650) 522-7000
 - More info: <https://www.facebook.com/cityofsanmate>
- **Access a letter template to send to your landlord to request rent payment deferral for tenants**
 - Legal Aid Society of San Mateo County
 - Letter template for San Mateo County renters to send to their landlord to request rent payment deferral, including information on San Mateo County's emergency regulation preventing landlords from issuing eviction notices to tenants who notify their landlords that they are unable to pay rent due to the financial impacts of COVID-19.
 - [Visit the link](#) to view the letter template.
 - More info: [Legal Aid Society of San Mateo County homepage](#)
- **Get legal advice and assistance on eviction and rent issues for tenants**
 - Legal Aid Society of San Mateo County
 - Legal advice and assistance for San Mateo County tenants on eviction and rent issues.
 - Call 650-517-8911 to receive assistance.
 - Phone #: 650-517-8911.
 - More info: [announcement on Legal Aid Society of San Mateo County's Facebook page](#)

General Health Support

- **Providing services to keeping patients healthy during the covid 19 outbreak**
 - Dr Meg Spicer DC
 - Services are still provided but caution has taken place. New measures are in place to minimize any risk.
 - Door knobs, equipment, face rest, adjustment tables, and etc are wiped down every time.
 - Practitioners and staff will be checking themselves for fever or symptoms and will take time away from the clinic as warranted.
 - There are precautions that patients can do as well. The most important is washing the hands.

- Location : 177 Bovet Road Suite 150, San Mateo CA
- Contact number : (650) 375-2545
- More information and helpful tips
<https://www.drspicereddy.com/covid-19/>

Senior Support

- **Get connected to food resources for seniors in Daly City**
 - City of Daly City
 - Phone hotline to connect Daly City seniors to food resources in the community.
 - Call 650-991-8012 to receive assistance.
 - Phone #: 650-991-8012.
 - More info: [Important Information on COVID-19](#)
- **Call a resource line for seniors**
 - Peninsula Family Services and Peninsula Health Care District
 - Resource line to connect San Mateo County seniors ages 60+ with community resources, including food services and a weekly wellbeing call with a Senior Peer Counselor.
 - Call 650-780-7542 on Monday-Friday between 7:30am-4:00pm to receive assistance.
 - Phone #: 650-780-7542; hours: Monday-Friday from 7:30am-4:00pm.
 - More info: [announcement on Peninsula Family Services' Facebook page](#)

Other Support

- **Get help meeting basic needs in Daly City**
 - City of Daly City
 - Daly City is matching individuals who are self-isolating, taking care of sick family members, or in a high-risk group with volunteers who can provide assistance including food delivery and errands, medication delivery, and regular phone check-ins.
 - [Visit the link](#) and complete and submit the online form to request assistance.
 - More info: [Request for Assistance](#)
- **Get groceries delivered in Daly City**
 - Safe Food Daly City
 - Safe Food Daly City matches at-risk residents of Daly City with volunteers who will provide grocery deliveries. Deliveries are free but you must pay for your grocery items.
 - [Visit the link](#) and complete and submit the online form to request delivery assistance.
 - Phone #: 408-780-8085; email: SafeFoodDalyCity@gmail.com.
 - More info: [Safe Food Daly City homepage](#)

Santa Clara County

Food Support

- **Free meals for Santa Clara County students**
 - Santa Clara County School Districts
 - Refer to meal sites document for more information on hours, dates, and instructions for each site
 - Visit [School Closure Meal Sites 2020](#) to locate a site near you
 - More info: <https://www.shfb.org/health-and-safety/>

- **Get free food from a food pantry**
 - Second Harvest of Silicon Valley
 - Free food distribution to individuals and families in need in San Mateo and Santa Clara counties.
 - Call the Food Connection Hotline at 1-800-984-3663, text “GETFOOD” to 408-455-5181, or email getfood@shfb.org to find out where the nearest grocery distribution is.
 - Food Connection Hotline #: 1-800-984-3663; email: getfood@shfb.org.
 - More info: [Our Response to COVID-19](#)

- **Low-Cost Nutritious Meals for Curbside Pickup or Delivery**
 - Santa Clara Senior Center
 - The Santa Clara Senior Center is closed until further notice due to COVID-19 except for curbside pickup during the week and homebound delivery on the weekend.
 - Please call to reserve a meal by noon for next day pickup and call by 5pm on Wednesday for weekend breakfast and lunch. The suggested donation for people 60+ is \$3 and for people younger than 60, the suggested donation is \$8.
 - Phone: 408-615-3170, curbside pickup between 11am-12pm Monday through Friday at 1303 Fremont Street.
 - More info: [Santa Clara Senior Center](#)

- **Free and Low-Cost Meals for Seniors 60+**
 - Meals on Wheels
 - The Meals on Wheels program provides food to homebound seniors 60+.
 - Call 408-350-3246 to schedule a delivery. A suggested donation of \$3 per meal.
 - Phone: 408-350-3426
 - More info: [Senior Nutrition Program - Home Delivered Meals - Social Services](#)

- **Free Food Pantry for Seniors & Homeless Individuals**
 - St. Justin’s Community Ministry
 - St. Justin’s Community Ministry provides free food and clothing to seniors and the homeless in Santa Clara cCounty.
 - Go to St. Justin’s Community Ministry during the food pantry hours at your convenience.
 - 2655 Homestead Road, Santa Clara, CA 95051, Monday-Friday 10am-12pm. Phone: 408-243-1462
 - More info: [Community Ministry](#)

- **Pick up low-cost meals for seniors in Mountain View**
 - City of Mountain View Senior Center and Community Services Agency
 - Curbside pick-up of to-go boxed lunches available for Mountain View seniors over the age of 60 with a suggested donation of \$3/meal.

- Drop by the back parking lot of the City of Mountain View Senior Center on Monday-Friday between 11:30am-12:15pm to receive lunch.
- City of Mountain View Senior Center, 266 Escuela Avenue, Mountain View, CA 94040; phone #: 650-903-6330; email: senior.center@mountainview.gov; hours: Monday-Friday from 11:30am-12:15pm.
- More info: [Senior Center Update Regarding COVID-19](#) and [announcement on City of Mountain View Senior Center's Facebook page](#)

Financial Support

- **Santa Clara County COVID-19 Financial Solidarity**
 - Archive408
 - This is a mutual aid project that allows individuals to give and request financial assistance in a transparent and public forum. Any questions or troubles with the form email submissions@archive408.com.
 - Submit a request for financial assistance here: [Santa Clara County COVID-19 Financial Solidarity](#)
 - [More info](#)
- **Call an advice line for help with worker's pay**
 - County of Santa Clara
 - Workers can get help to receive a portion of their wages due to COVID-19 impacting their work
 - Call the Office of Labor Standards Enforcement (OLSE) advice line: **1(866) 870-7725**
 - [More info](#)
- **Sign up for an interest list to apply for financial assistance for low-income individuals and families**
 - Sacred Heart Community Service
 - Sacred Heart Community Service's financial assistance fund for low-income residents impacted by COVID-19 has already reached maximum capacity, but you can add your name to an interest list to be notified to submit an application if more funding becomes available. Must be a resident of Santa Clara County with a household income of less than 80% of the Average Median Income and have documented COVID-19-related loss of income.
 - [Visit the link](#) and complete and submit the online form to sign up for the interest list.
 - Phone #: 408-780-9134; email: covid19help@sacredheartcs.org.
 - More info: [Financial Assistance for Low-Income Residents Impacted By COVID-19](#)

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.

Childcare Support

- **Child Care Resources During COVID-19**

- Community Child Care Council of Santa Clara County
- 4c's office is temporarily closed due to COVID-19 but their staff still want to hear from you and have set up several ways for families and providers to contact them virtually.
- Apply online for subsidized child care
https://www.4c.org/parent/needng_help/cel_application.html
or call (408) 487-0747
- Hours of Operation: Monday to Friday, 8:30am-5pm Email: info@4c.org
- More info: [For Providers : Wanting to Participate in 4C Council Child Care Programs : Health and Safety Program : COVID-19 News](#)

Employment/Unemployment Support

- **Find and Apply to Workers' Pay Programs for Lost Wages due to COVID-19**

- County of Santa Clara Office of Labor Standards Enforcement
- The County of Santa Office of Labor Standards Enforcement and The Fair Workplace Collaborative want to help employees see which program can cover a portion of their lost wages due to COVID-19.
- Call the California Employee Development Department 1(800) 300-5616 to apply to the suitable program(s) you're eligible for.
- Phone: 1(800) 300-5616 for English 1(800) 326-8937
- More info: [Home - Labor Standards Enforcement](#)

- **Employment Opportunities Still Available During COVID-19**

- Silicon Valley Strong
- Silicon Valley Strong has compiled a list of job opportunities available to Santa Clara County residents.
- Visit <https://siliconvalleystrong.org/> to look up specific job listings suited for you.
- More info: <https://siliconvalleystrong.org>

General Health Support

- **Free COVID-19 Testing Program**

- Verily
- Complete an online screener to see if you are eligible for free COVID-19 testing (must be: 18 or older, located in one of the counties where testing is available, and willing to sign COVID-19 Public Health authorization form and lab consent)
- Available in: Santa Clara, San Mateo, Riverside, and Sacramento county
- E-mail: contact@projectbaseline.com
- More info: [COVID-19](#)

- **Free Prescription Delivery**

- Alto
- Alto remains open and ready to deliver your medications safely to your door during the COVID-19 crisis. Their locations are fully stocked, their couriers are ready, and their pharmacists can assist with coordinating early refills and longer fills to ensure you have access to your medications throughout this period.

- Call or text their care team at 1(800)874-5881 or via secure message on their [mobile app](#).
- Phone: 1(800) 874-5881. Email: care@alto.com
- More info: <https://alto.com/>

Homeless Support

- **Temporary Shelter Assistance for Homeless Individuals**
 - HomeFirst
 - HomeFirst is working with the city of San Jose and the county of Santa Clara to slow the spread of COVID-19 and mitigate the impact COVID-19 could have on homeless individuals and families.
 - Call 408-510-7600 or email outreach@homefirstsc.org if you or someone you know needs temporary shelter during the COVID-19 crisis.
 - Phone: 408-510-7600. Email: outreach@homefirstsc.org
 - More info: <https://www.homefirstsc.org/>
- **Access restrooms and hand washing stations in Mountain View**
 - City of Mountain View and MOVE
 - Temporary restrooms and handwashing stations for individuals experiencing homelessness in Mountain View.
 - [Visit the link](#) to view a list of restroom and hand washing station locations.
 - More info: [Services to the Homeless/Unstably Housed in Mountain View](#)

Housing/Eviction Prevention Support

- **Help with Housing Advice and Disputes**
 - Project Sentinel
 - Project Sentinel is a non-profit agency that provides information and dispute resolution services to tenants, landlords, and roommates. Project Sentinel answers questions and helps resolve disputes involving deposits, rent increases, nonpayment of rent, and other rental housing issues.
 - Call 408-720-9888 between 9am-12pm and 1pm-4pm for assistance. No walk-ins.
 - Hours: 9am-12pm and 1-4pm Monday-Friday. Phone: 408-720-9888
 - More info: [Project Sentinel](#)
- **Temporary Eviction Moratorium for San Jose Residents**
 - City of San Jose Capital of Silicon Valley
 - The San Jose City Council has enacted a temporary eviction moratorium in response to the COVID-19 pandemic. The moratorium is in effect until April 17, and the City Council may extend it.
 - If you are a renter, you must demonstrate two things to stop an eviction under the eviction moratorium. Visit [moratorium details](#) to see if your situation is applicable.
 - Rent Stabilization Program Phone: (408) 975-4480. Email: RSP@sanjoseca.gov
 - More info: <https://www.sanjoseca.gov/your-government/departments-offices/housing/eviction-moratorium>

- **Watch an online information session on Santa Clara County's eviction moratorium**
 - Silicon Valley at Home and Law Foundation of Silicon Valley
 - Facebook information session hosted by Silicon Valley at Home and the Law Foundation of Silicon Valley on what Santa Clara County's eviction moratorium means for tenants, what tenants need to do to take advantage of the moratorium, and frequently asked questions.
 - [Visit the link](#) to watch the video on Facebook Live. [Click here](#) to access the video in Spanish or Vietnamese.
 - More info: [Eviction Moratorium HAC - FB Live Info Session - English](#)

- **Apply for rent assistance for Mountain View residents**
 - Community Services Agency
 - Financial assistance of up to \$3,000/month for two months for renters impacted by COVID-19. Must be a Mountain View resident earning up to 120% of the Area Median Income who has been impacted by COVID-19, including through loss of employment, reduced employment or wages, increased medical costs, or increased childcare costs.
 - Call 650-968-0836 or email RentHelp@csacares.org and leave your name and phone number. A Community Services Agency staff member will get back to you as soon as possible.
 - Phone #: 650-968-0836; email: RentHelp@csacares.org.
 - More info: [Mountain View COVID-19 Rent Relief Program Goes Live](#) and [Community Services Agency homepage](#)

- **Get legal advice on housing issues for Santa Clara County residents**
 - Law Foundation of Silicon Valley
 - The Law Foundation of Silicon Valley is still accepting clients for free legal advice and representation on housing-related issues for low-income residents of Santa Clara County.
 - Call 408-280-2424 on Monday-Thursday between 9:00am-12:00pm and 1:00pm-4:00pm or Friday between 9:00am-12:00pm. The Law Foundation tries to return calls within three business days.
 - Phone #: 408-280-2424; hours: Monday-Thursday from 9:00am-12:00pm and 1:00pm-4:00pm and Friday from 9:00am-12:00pm.
 - More info: [Law Foundation of Silicon Valley homepage](#) and [Housing page](#)

Mental Health Support

- **Emotional Support During COVID-19**
 - NAMI Santa Clara County
 - Warmline staff at NAMI Santa Clara County are available to support you during the COVID-19 crisis.
 - Call 408-453-0400 option 1 or email info@namisantaclara.org for emotional support when you feel you need it during their available hours.
 - Phone: 408-453-0400 option 1. Email: info@namisantaclara.org. Schedule: Monday-Friday 10am-6pm.
 - More info: <https://namisantaclara.org/>

- **Free Virtual Recovery Groups**

- NAMI Santa Clara County
 - NAMI Santa Clara County will still be holding remote, virtual meetings for people in recovery during the COVID-19 crisis while their facility is closed.
 - Call 408-453-0400 extension 6050 to join the support group.
 - Schedule: Sundays 3pm-4:30pm and Mondays 7pm-8:30pm.
 - More info: <https://namisantaclara.org/>
- **List of Various Online Mental Health Resources**
 - NAMI Santa Clara County
 - NAMI Santa Clara County is closed due to COVID-19 until further notice so they compiled an extensive list of mental health resources residents of Santa Clara County can access when they feel they need additional support.
 - Look over the list provided below and follow the instructions depending on your specific need and availability of the program(s).
 - [COVID-19 SUPPORT SERVICES](#)
 - More info: <https://namisantaclara.org/>

Tax Support

- **Free Online Tax Preparation Help**
 - VITA
 - VITA is cancelling in-person tax preparation until further notice due to COVID-19 health restrictions so as an alternative they are offering a free online Do It Yourself Tax Preparation program with assistance from VITA certified preparers.
 - Make an appointment online using link below
 - More info: <https://www.eventbrite.com/e/2020-tax-appointments-online-was-deanza-tickets-91700730353>

Other Support

- **Request assistance following the COVID-19 outbreak**
 - South Bay Mutual Aid
 - If you are in need of assistance following the COVID-19 outbreak please fill out a survey. The information you provide will be shared with volunteers so they may contact you if they are able to help. To maintain privacy, your name is not required to accept aid. Only minimal information regarding health conditions is asked so we can keep our volunteers safe and prepared.
 - Complete the survey: [South Bay Mutual Aid Intake](#)
 - [More info](#)
- **Call a crisis line for individuals experiencing domestic violence**
 - Next Door Solutions to Domestic Violence
 - 24-hour crisis line for individuals who have experienced domestic violence.
 - Call 408-279-2962 to get help.
 - Phone #: 408-279-2962; hours: available 24 hours a day, 7 days a week.

- More info: [During the COVID-19 Health Crisis and “Shelter in Place” Order, There is Help for Those Living With Domestic Violence](#)

Solano County

Food Support

- **Get food from a food bank or food pantry**
 - Food Bank of Contra Costa and Solano
 - Visit [Find Food in My City](#) to locate a food pantry near you; food banks are remaining open
 - To find services near you, please contact the Food Bank at **1-855-309-3663 (FOOD)** for help and information.o
 - More info: [Coronavirus Volunteer Update](#)
- **Get home delivered meals for seniors in Solano County**
 - Meals on Wheels Lunch Program
 - Solano County’s Meals on Wheels Lunch Program offers home delivered lunches to all seniors (age 60+) during the COVIS-19 outbreak. Seniors do not have to be homebound to qualify. Cities served include Benicia, Dixon, Fairfield, Rio Vista, Suisun, Vacaville and Vallejo.
 - Call **707-426-3079** for more information and to request a delivery.
 - Office hours: M - F, 9 AM - 3 PM. Cost: Suggested donation of \$4/meal.
 - For more information visit link: <https://www.mealsonwheelssolano.org/>
- **Get meals for students during COVID-19 school closures in Benicia**
 - Benicia Unified School District
 - During the COVID-19 school closures, the Food and Nutrition Services Department will serve free meals for all Benicia students. Parents may drive or walk up to Robert Semple Elementary or Benicia High School to pick-up breakfast and lunch. Children do not need to be present to receive food. Parents/guardians can drive up and tell staff how many meals are needed. Each student will receive lunch for the day and breakfast for the next day. They will be all put together in a grab and go bag for your convenience.
 - Please visit the link to learn more about the program. The District requests that parents email the District at tcourtney@beniciaunified.org if you would like your child(ren) to participate in this program and which of the two serving schools they will pick up their meals. Please include students’ names, so the District can anticipate how many meals to prepare.
 - Participating schools: Start date: Tuesday, March 17 through Friday, March 27 - Robert Semple Elementary, 2015 E 3rd St, Benicia, CA 94510 (Entrance of the Staff Parking Lot) and Benicia High School 1101 Military W, Benicia, CA 94510 (Turn into Plaza de Oro and keep right past the gates until you see us). Time: 11:00AM – 1:00PM.
 - More info: [Food Service Communication](#)

- **Get free meals for students in Dixon during the COVID-19 school closures**
 - The Dixon Unified School District Food Services team will provide free lunches and breakfasts during the COVID-19 school closures. All children 18 years and younger may receive a free meal. No paperwork is required. Children do not need to attend Dixon Unified School District to receive a meal. Children do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed. The number of meals given is based on the number of children present. The program is only for meal pick-up.
 - Meals will be available Monday - Friday, March 16 - 27 from 11:30 a.m. - 12:00 p.m. [See pick-up sites here](#)
 - [More info](#)

- **Get free meals for students in the Vallejo City Unified School District during COVID19 closures**
 - Vallejo City Unified School District
 - Offers meals to all students during the COVID19 closures beginning March 18 through Friday, March 27, 2020. The District will offer “grab and go” breakfast and lunch meals. Breakfast will be available from 8 AM to 9 PM and lunch from 11 AM to noon. Students do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed.
 - See pick-up sites here: <https://www.parentsquare.com/feeds/2731725>
 - Shelf stable provisions donated by the Food Bank will also be provided to families during meal services. Meals and provisions will be provided on a first come first serve basis
 - [More info](#)

- **Get free food in Vallejo and Fairfield**
 - The Salvation Army of Northern California will provide food boxes to those in need. Food boxes will be distributed at drive-through style pickups at two locations: Vallejo Social Services Office, 630 Tuolumne St. in Vallejo - March 23 to March 27, Tuesday & Wednesday 9 AM to noon.
Fairfield Social Services Office: 1216 Missouri St. in Fairfield - March 23 to March 27, Tuesday, Wednesday and Thursday 9 AM to noon. Additional dates may be added if warranted. For additional information call the Vallejo office at 707-643-8621 or the Fairfield office at 707-439-7980.
 - [More info](#)

- **Get free meals for students in the Vacaville Unified School District during COVID19 closure**
 - Vacaville Unified School District
 - The Vacaville Unified School District offers breakfast and lunch for District students during COVID19 closures. Both meals are offered as grab and go from 11 AM to 12:30 PM. Students do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed.
 - [Vacaville Unified School District](#)

- **Get free meals for students in Fairfield/Suisun during the COVID-19 school closures**
 - Fairfield/Suisun School District

- The Fairfield/Suisun School District is offering free food for all children ages 18 and under (living in any part of the Fairfield-Suisun area) during the COVID-19 school closures beginning March 17th, 2020. Food is available for pick up 11:00 AM - 1:00 PM, Monday - Friday at schools throughout the District. Students do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed.
 - See pick up sites [here](#)
 - More info: <https://www.fsusd.org/covid19>
- **Get free meals for students in the River Delta Unified School District during COVID-19 closures**
 - River Delta Unified School District
 - Offering the opportunity for District families to pick up two to-go meals (breakfast and lunch), every weekday from 11:00 AM to 12:30 PM for children 18 years old or younger. Students do not need to be present to receive food. Parents/guardians can tell staff how many meals are needed. This program will be solely for the pick-up of meals: meals will not be consumed on-site.
 - See pick-up sites [here](#)
 - More info: [CORONAVIRUS UPDATE](#)
- **Get home delivered meals for seniors in Solano County**
 - Meals on Wheels Lunch Program
 - Solano County's Meals on Wheels Lunch Program offers home delivered lunches to all seniors (age 60+) during the COVID-19 outbreak. Seniors do not have to be homebound to qualify. Cities served include Benicia, Dixon, Fairfield, Rio Vista, Suisun, Vacaville and Vallejo.
 - Call 707-426-3079 for more information and to request a delivery.
 - Office hours: M - F, 9 AM - 3 PM. Cost: Suggested donation of \$4/meal.
 - For more information visit link: [Meals on Wheels Solano County](#)

Financial Support

- **Get assistance for business owners and laid off employees**
 - Workforce Development Board (WDB) of Solano County
 - Business owners who are facing potential layoffs or plant closures can get help through the Rapid Response program. Rapid Response teams will meet to discuss needs, help avoid layoffs where possible, and support workers with career counseling, job search assistance, help with filing unemployment insurance claims, and information about education and training opportunities.
 - Contact April Ziomek-Portillo, Sr. Manager of Business Services at 707-863-3569 or aziomek@solanowdb.org
More info: [COVID-19 Resources for Businesses - March 13, 2020](#)

Childcare Support

- **Get childcare**
 - Solano County Public Health

- Childcare centers may remain open in Solano County if they strictly follow social distancing protocols in accordance with the guidance distributed and posted on the Solano Public Health website.
- Call the individual childcare center to confirm that they are currently open.
- Call the Health Department warmline for additional information: 707-784-8988, M - F 7 AM - 6 PM. Email: covid19@solanocounty.com
- Visit link for additional information: [News Details](#)

Mental Health Support

- **Get mental health counseling about COVID-19**
 - Solano County Mental Health
 - Solano County Mental Health offers phone support for individuals experiencing stress and other effects from COVID-19.
 - Call the Access Line at 800-547-0945, M - F, 8:30 AM - 5 PM. Available in English and Spanish. For mental health crisis call (707) 428-1131 available 24 hours a day, seven days a week in English and Spanish.
 - Visit link for more information: <https://www.solanocounty.com/depts/mhs/default.asp>

General Health Support

- **Get help applying for public benefits**
 - Solano County Department of Health and Social Services
 - Community members are strongly encouraged to apply online or request an application by phone. However, this may not be possible in some cases. Community members may visit H&SS buildings to pick up or drop-off an application if needed: 365 Tuolumne St., Vallejo; 275 Beck Ave, Fairfield; 1119 E. Monte Vista, Vacaville. Community members can return the application.
 - Visit link for more information: [News Details](#)
- **Get drive-through testing for COVID-19 for first responders, healthcare workers, and essential workers**
 - Solano County
 - Free drive-through COVID-19 testing for first responders, healthcare workers, and essential workers. Must show symptoms consistent with COVID-19 and must live and/or work in Solano County. Individuals are asked to bring a valid ID card at the time of testing. Testing is by appointment only.
 - Call 707-784-8655 to make an appointment for testing. The testing phone line is open on Monday-Friday from 9:00am-4:30pm or until all appointment slots are filled. Individuals are asked not to leave a voicemail.
 - Solano County Fairgrounds, 900 Fairgrounds Drive, Vallejo, CA 94589; phone #: 707-784-8655 (testing line) and 707-784-8988 (warmline); email: COVID19@SolanoCounty.com; testing site hours: Tuesday-Thursday from 9:00am-4:00pm and Friday from 9:00am-12:00pm.
 - More info: [FAQ: COVID-19 Drive-Through Testing](#)

Homeless Support

- **Get emergency homeless shelter and services**

- The SHELTER Solano
- The SHELTER Solano is a year-round emergency shelter located on 3.5 acres in Fairfield, Ca. SHELTER Solano can meet the emergency housing needs of individuals and families with accommodations including dormitory style rooms, family-sized rooms and separate apartment-style units. The campus is secured and includes a dining hall for meals and recreational areas for persons of all ages. SHELTER Solano is operating during "Shelter in Place" COVID-19 response.
- If you are seeking emergency shelter and homeless services or need to refer someone, please call the Solano County Coordinated Entry System, Resource Connect Solano, at (707) 652-7311. Please leave a call back number if requested.
- Visit link for more information: [SHELTER Solano will be an emergency shelter serving homeless persons.](#)

Other Support

- **Access a Shelter at Home Guide**

- Solano County Public Health Department
- Offers an online guide to sheltering at home including a discussion of what is meant by “essential activities”
- Access 24 hours a day seven days a week. Spanish version offered.
- Please visit the link for the guide: [nCoV](#)

- **Find online learning activities during COVID-19 school closures**

- Vacaville Unified School District
- The Vacaville Unified School District offers suggestions for online learning activities that can be used during the COVID-19 school closures
- Please visit the link for a list of home learning activities: [Vacaville Unified School District](#)
-

- **Get suggestions for learning activities during the COVID-19 school closure**

- Fairfield/Suisun School District
- Offers online suggestions for continuing learning activities during the COVID-19 closures. Activities are grade appropriate.
- Please visit the link for access to the activities. Access available online 24 hours a day seven days a week.
- <https://www.fsusd.org/covid19>

- **Call a Coronavirus helpline in Solano County**

- Solano County Public Health Department
- Solano County Public Health Department offers a Coronavirus warmline to answer questions from the public about COVID-19.
- Call 707-784-8988
- Hours (subject to change): 7 AM - 6 PM Monday-Friday.

- <http://www.solanocounty.com/depts/ph/ncov.asp>

- **Call a domestic violence hotline**

- Safequest Solano
- Safequest Solano offers a 24/7 domestic violence crisis hotline.
- Call (866) 487-7233
- Available 24 hours a day seven days a week.
- Safequest.us

Senior Support

- **Get support for seniors in Vacaville**

- The City of Vacaville has set up a help hotline to assist seniors who are currently in self-quarantine because of COVID-19 – the Senior Helpline. Services being offered include: home check-ups; pick-up and drop-off of essential supplies; transportation for essential services; and daily or weekly phone calls.
- The phone bank is manned from 8 AM - 6 PM, Monday through Friday and 9 AM - 2 PM on Saturdays. To get in touch with someone, call 707-449-5100 and select option 1 or email seniorhelp@cityofvacaville.com. Voicemail and email are available after hours.
- Call 707-449-5100 and select option 1. Email: seniorhelp@cityofvacaville.com.
- Visit link for more information: [City activates Senior Helpline | News | Vacaville, CA](#)

Sonoma County

Food Support

- **Get food from a food pantry**

- Redwood Empire Food Bank
- Free food for individuals and families at several different pick-up locations. Self-verification of income required at Groceries to Go sites; nothing required at (except bags) at Produce Pantry sites. Food distribution remains open but some sites have been cancelled and others extended or beginning as soon as possible. Call Food Connections at 707-523-7903 with any questions.
- Walk-in to various locations ([visit the Food Finder page to find the closest location](#)).
- Various locations and pick-up schedules; [check Food Finder page for details](#); Food Connections phone #: 707-523-7903
- More info: <https://getfood.refb.org/>

- **Free Food Distributions for Pickup**

- Catholic Charities of The Diocese of Santa Rosa
- Catholic Charities will continue with regular food distributions during COVID-19 for pickup at one of their various locations
- Visit the link provided below to find the nearest food distribution near you and the times they are available.
- <https://www.srcharities.org/distributions/?filter=food>

- More info: <http://santarosacatholic.org/COVID-19>
- **Get free lunch for children in Santa Rosa during the school week**
 - Santa Rosa City Schools
 - Free drive-through/carry-out lunch service for Santa Rosa children under the age of 18 years during the school week
 - Drop by and pick up lunch at any of the [listed locations](#) on Monday-Friday between 11:30am-1:00pm starting on March 23rd. Your child does not have to attend one of the listed schools to receive lunch but must be present when picking up lunch.
 - [See list of pick-up locations here](#); available starting March 23 on Monday-Friday between 11:30am-1:00pm.
 - More info: [Santa Rosa City Schools online update](#)
- **Get cooked meals, groceries, and other supplies delivered**
 - Jewish Family and Children's Services
 - Seniors and disabled individuals who are isolated and homebound can receive delivered meals, groceries, and other essential supplies.
 - Call (415) 449-3700 for assistance.
 - More info: [Jewish Family and Children's Services](#)
- **Free Food Distributions for Pickup**
 - Catholic Charities of The Diocese of Santa Rosa
 - Catholic Charities will continue with regular food distributions during COVID-19 for pickup at one of their various locations
 - Visit the link provided below to find the nearest food distribution near you and the times they are available.
 - <https://www.srcharities.org/distributions/?filter=food>
 - More info: <http://santarosacatholic.org/COVID-19>
- **Get Groceries or Prescription Delivered**
 - Vintage House Delivers
 - Weekly delivery for Sonoma Valley seniors (65+) for essential good and prescriptions, reimburse delivery volunteer with check, or credit card, if you cannot afford to pay please call 707-996-0331
 - Fill out [request form](#)
 - Click here for [FAQ](#), Hours Mon - Fri 9 AM - 4 PM, phone # 707-996-0311, send message through [online form](#)
 - More info: [Vintage House Delivers](#)
- **Get free or low-cost home-delivered meals**
 - Ceres Community Project
 - 7 home-delivered meals per week for individuals in need of assistance. [Click here](#) for eligibility.
 - Call 707-829-5833 ext. 201 to request services. A member of the Client Care Team will get back to you within 48 business hours to verify your eligibility and complete an intake.
 - Phone #: 707-829-5833 ext. 201.

- More info: [Coronavirus Crisis Response](#) and [Ceres Community Project homepage](#)
- **Get a free food box in Petaluma**
 - COTS and The Salvation Army
 - Food box distribution for individuals in need who are able to cook at home.
 - Visit The Salvation Army during distribution hours to receive a food box.
 - 721 S McDowell Blvd, Petaluma, CA 94954; hours: Monday from 1:00pm-3:30pm, Wednesday from 9:30am-11:00am, and Thursday from 9:30am-11:00am.
 - More info: [Announcement on COTS' Facebook page](#)

Financial Support

- **Join a waitlist to get cash assistance for undocumented immigrants**
 - UndocuFund for Disaster Relief in Sonoma County
 - UndocuFund is opening a waitlist for undocumented immigrants in Sonoma County impacted by COVID-19 to receive cash assistance. Assistance is dependent on available funds.
 - [Visit the link](#) and complete and submit the online form to be added to the waitlist to receive funds. You will be contacted when funds become available.
More info: [UndocuFund FAQ](#) and [application page](#)

Childcare Support

- **Access free ebooks, newspapers, magazines, and audiobooks with Sonoma County Library Card**
 - Sonoma County Library
 - Library locations are closed, but all online services are available 24/7 to Sonoma County Library cardholders. Ebooks and Audiobooks are available through Overdrive, Libby, and Hoopla. Access to the NY Times Newspaper and many other magazines are available now, online.
 - Click link to visit [Sonoma County Library: Home](#)
 - More info: [Library branches closed, digital library open](#)
- **Talk to professional caregivers about home childcare or parental support**
 - Community Child Care Council of Sonoma County
 - Physical locations are closed, but staff available by phone, email or social media to help support parents and children during sheltered in
 - Call (707) 544-307 or email info@sonoma4cs.org
 - Community Child Care Council, 131-A Stony Circle, Suite 300, Santa Rosa, CA 95401(physical location closed), phone hours Mon - Fri, 8:30 AM - 5:00 PM
 - Website: [Community Child Care Council of Sonoma County](#)

Employment/Unemployment Support

- **Employee Assistance Program (EAP) (Fiorella)**
 - Sonoma County Employee Resources

- The County's Employee Assistance Program (EAP) provides free, confidential counseling and other life services 24 hours a day, 7 days a week to all County of Sonoma employees and their family members.
- To register for a live webinar go to <https://clientresources.beaconhealthoptions.com/eap-workshops>
- Schedule: Monday-Friday, 8am-5pm. Phone: (707) 565-2331
- More info: [Covid 19 | Services | Employee Resources](#)

General Health Support

- **On-Site Medication Pickups for Existing and New Patients**
 - Jewish Community Free Clinic
 - Jewish Community Free Clinic is offering on-site medication pickups at pre-arranged times if you call their clinic ahead of time. They are accepting new patients as well via telehealth.
 - Call 707-585-7780 to schedule a pickup time for medication.
 - Phone: 707-585-7780
 - More info: <https://www.jewishfreeclinic.org/>
- **Urgent Dental Needs**
 - St. Joseph Health Dental Clinic
 - St. Joseph Health Dental Clinic is accepting patients (adults and children) with urgent dental needs during the COVID-19 crisis.
 - Call their bilingual front desk at 707-547-2221 for more information
 - Phone: 707-547-2221
 - More info: [st. joseph health dental clinic](#)
- **Free COVID-19 Screening Hotline**
 - Sonoma Valley Hospital Screening Hotline
 - Sonoma Valley Hospital Screening Hotline is available if you are feeling ill and experiencing symptoms such as fever, cough, or shortness of breath, and you are concerned you may have COVID-19.
 - Call (707) 935-5440 if you are experiencing any symptoms.
 - Schedule: 8am-8pm, 7 days a week. Phone: (707) 935-5440
 - More info: [Coronavirus: Community Resources](#)
- **Grocery Shopping, Medication Pickup and Virtual Connections Available for Seniors**
 - Vintage House
 - Vintage House Delivers was launched by Vintage House to support vulnerable seniors by doing their grocery shopping and picking up prescriptions or other medicines. They are also using technology to offer "Friendly Visits" for those who want to connect safely.
 - Sign up for Vintage House Delivers [online](#) or call (707) 996-0311.
 - Location, contact info, schedule information here
 - More info: <https://vintagehouse.org/vintage-house-delivers/>

Homeless Support

- **Free Shower Areas**
 - Catholic Charities of The Diocese of Santa Rosa
 - Catholic Charities of The Diocese of Santa Rosa is providing the homeless population with free shower access at various locations.
 - Look at the schedule information below to find the closest location to you.
 - <https://s3-us-west-1.amazonaws.com/srcharities/wp-content/uploads/2020/03/19192114/SHOWERRESOURCES3-17-20-1.pdf>
 - More info: <http://santarosacatholic.org/COVID-19>

- **Free Resources and Meals for Homeless Individuals**
 - Sonoma Overnight Support
 - Sonoma Overnight Support provides services to help the homeless and hungry in Sonoma Valley.
 - Call (707) 939-6777 for current information on their prepared meal services during the COVID-19 emergency.
 - Phone: (707) 939-6777. Email: sos151fundraising@gmail.com
 - More info: [Sonoma Overnight Support - Sonoma Non-Profit | Helping the Homeless](#)

- **Pick up to-go breakfast bags for individuals experiencing homelessness in Santa Rosa**
 - Church of the Incarnation
 - Church of the Incarnation's Sunday Open Table program is offering to-go breakfast bags for individuals experiencing homelessness in Santa Rosa.
 - Visit the church on Sundays starting at 6:00am to pick up a breakfast bag.
 - 550 Mendocino Ave, Santa Rosa, CA 95401; phone #: 707-579-2604; hours: Sunday starting at 6:00am.
 - More info: [Coronavirus Update](#) and [Sunday Open Table page](#)

- **Get a hot meal for individuals experiencing homelessness**
 - The Living Room
 - Free hot meals available for pick-up for Sonoma County residents experiencing homelessness and in immediate need. Hygiene care packs and a limited amount of pet food are also available. One meal per person. You must be physically present to receive services.
 - Visit The Living Room on Monday-Friday between 10:00am-1:00pm to receive a meal.
 - 1207 Cleveland Avenue, Santa Rosa, CA 95401; phone #: 707-579-0138; email: info@thelivingroomsc.org; hours: Monday-Friday from 10:00am-1:00pm.
 - More info: [announcement on The Living Room's Facebook page](#)

- **Get drop-in services for young people experiencing homelessness or in crisis**
 - Social Advocates for Youth (SAY)
 - Drop-in services for youth experiencing homeless or in crisis. Services include access to food, housing, information, and supplies.
 - Visit the Coffee House Teen Shelter on Monday-Sunday between 9:00am-9:00pm to receive services.
 - 1243 Ripley Street, Santa Rosa, CA 95401; 24/7 Crisis Line Hotline #: 1-888-729-0012; hours: Monday-Sunday from 9:00am-9:00pm.
 - More info: [announcement on Social Advocates for Youth's Facebook page](#)

- **Get a hot meal for individuals experiencing homelessness or hunger in Petaluma**
 - COTS and The Salvation Army
 - Hot lunch and dinner provided seven days a week for individuals experiencing homeless or hunger in Petaluma. COTS residents may eat in COTS' dining room and external guests will be provided meals to-go.
 - Visit COTS during mealtime hours to receive a meal.
 - 900 Hopper St, Petaluma, CA 94952; hours: lunch: Monday-Sunday from 12:30pm-1:30pm; dinner: Monday-Sunday from 5:00pm-6:00pm.
 - More info: [announcement on COTS' Facebook page](#)

Housing/Eviction Prevention Support

- **Apply for for Rent Assistance**
 - Season of Sharing (SOS) and Community Action Partnership of Sonoma County
 - Disaster assistance with housing costs and critical family needs applications are accepted now through June 30th. This assistance supports low-to-moderate income families with dependent children, people aged 55 and older, disabled individuals, veterans, pregnant women in their 2nd and 3rd trimester, survivors of domestic violence, and transitioning emancipated foster youth between 18 and 24.
 - Visit <https://seasonofsharing.org/for-those-in-need/> and apply through the county in which you live.
 - Phone: 211
 - More info: [Home - CAP Sonoma: Community Action Partnership of Sonoma County](#)
- **Get eviction and rent questions answered for tenants**
 - Legal Aid of Sonoma County
 - Legal Aid of Sonoma County's housing team is working remotely to answer tenants' questions about eviction and rent issues by phone.
 - Call 707-843-4432 during office hours to receive assistance.
 - Phone #: 707-843-4432; hours: Monday-Tuesday from 9:15am-11:30am and 1:15pm-4:00pm, Wednesday from 9:15am-11:30am, and Thursday from 9:15am-11:30am and 1:15pm-4:00pm.
 - More info: [announcement on Legal Aid of Sonoma County's Facebook page](#)
- **Get eviction and rent questions answered for tenants**
 - California Rural Legal Assistance, Inc.
 - Legal advice and assistance for tenants regarding Sonoma County's COVID-19 Eviction Defense Ordinance.
 - Call 707-528-9941 during office hours to receive assistance.
 - Phone #: 707-528-9941; hours: Monday-Friday from 8:30am-5:00pm.
 - More info: [announcement on California Rural Legal Assistance, Inc.'s Facebook page](#)

Mental Health Support

- **Sign-up for a free phone counseling and check-in service for seniors**
 - Petaluma People Services Center

- Petaluma People Services Center is offering a free program for seniors. You Are Not Alone to deal with the COVID-19 crisis. A screened volunteer will call every day and update you on the latest information, as well as talk to you about concerns you may have during this time. This service is free for adults aged 60 and up.
 - Call **707-765-8488** to sign up for service and for more information. Email notalone@petalumapeople.org to sign up for service and for more information
 - [More info](#)
- **Free Wellness Checks for Seniors**
 - Rohnert Park Senior Center
 - The Rohnert Park Senior Center is providing wellness checks for seniors during the COVID-19 crisis.
 - Contact Cindy Bagley at 707-588-3452 or email at cbagley@rpcity.org
 - Phone: 707-588-3452 and Email: cbagley@rpcity.org
 - More info: [Senior Center](#)
- **Free Mental Health Resources for Sonoma County Residents**
 - COVID-19 Sonoma County Mental Health Resources
 - A list of mental health resources has been provided by Northern California Public Media during the COVID-19 crisis.
 - Look at the list on the website provided below and choose the best option for your specific circumstance.
 - Various options for Sonoma County residents to choose from.
 - More info: <https://norcalpublicmedia.org/2020032742003/news-feed/sonoma-county-mental-health-resources>
- **Free Bilingual Mental Health Sessions**
 - Jewish Community Free Clinic
 - Jewish Community Free Clinic is offering up to eight free mental health sessions during the COVID-19 crisis.
 - Call 707-585-7780 to schedule an appointment.
 - Phone: 707-585-7780
 - More info: <https://www.jewishfreeclinic.org/>
- **24/7 Crisis Support via Telephone**
 - Sonoma County Mental Health Crisis Stabilization Hotline
 - Sonoma County Mental Health Crisis Stabilization Hotline provides 24 hours a day, 7 days a week crisis intervention.
 - Call (707) 576-8181 if you or someone you know needs help.
 - More info: [Crisis Services | Behavioral Health | Health Services](#)
- **Call an emotional support warmline**
 - NAMI Sonoma County
 - Non-crisis helpline providing mental health support for individuals in need.
 - Call 866-960-6264 on Monday-Friday between 10:00am-5:00pm or email warmline@namisoco.org to receive support.

- Phone #: 866-960-6264; email: warmline@namisoco.org; hours: Monday-Friday from 10:00am-5:00pm.
- More info: [announcement on NAMI Sonoma County's Facebook page](#)

Tax Preparation Support

- **Convenient and Free Online Property Tax Help**

- Sonoma County
- Sonoma County offices are closed to the public due to the COVID-19 emergency. There are several safe and convenient ways to pay your property taxes during this event.
- Electronic Payments can be made online at the [property tax payment](#) website. Phone payments can be made toll free at 1 (888) 636-8418 or 1 (707) 565- 2281. Checks, cashier's checks, and money orders can be mailed to Auditor-Controller-Treasure-Tax Collector P.O. Box 3879 Santa Rosa, CA 95402-3879
- Phone: 1 (888) 636-8418 or 1 (707) 565-2281.
Email: taxcollector@sonoma-county.org
- More info: [Auditor-Controller-Treasurer-Tax Collector | Departments & Agencies](#)

Other Support

- **Mutual Aid for residents of Sonoma and Marin County**

- Mutual Aid Solidarity Network
- Mutual Aid Solidarity Network is connecting residents and providing them with the most current information and resources available in their counties during the COVID-19 crisis.
- Join the Facebook group to find and post any relevant information for you and others.
- More info: [Covid-19 Sonoma & Marin County Mutual Aid 2020 Public Group](#)

- **Resources and Support for Latino Immigrants in Sonoma Valley (Dzifa)**

- La Luz Center
- La Luz Center offers a variety of support services to assist low-income Latino Immigrants in Sonoma Valley. Some services include: direct & emergency assistance, health assistance, legal services, mental health assistance, etc. Visit [this link](#) to view the full list of services. During the COVID-19 crisis their office is closed but phone appointments are readily available. To set up an appointment, call (707)-938-5131 and leave a message with your name, phone number, needed assistance and best time to reach you. They will call back to schedule your appointment soon as possible.
- Phone: (707)-938-5131
- More info: <https://www.laluzcenter.org/>

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:

- [Bay Area-wide Resource Guide](#)
- [Cat Brooks email list of mutual aid](#)
- [Upwardly Global resources for job-seekers](#)
- [B'MAGIC Resources in the Bayview neighborhood, San Francisco](#)
- [Perry Foundation resource list for San Mateo & Santa Clara Counties](#)
- [Richmond Main Street Community Resource Directory](#)
- [Resources for Undocumented Californians](#)