

## **Resources and Information for students, their families, and communities Spring 2020**

This Resource List was pulled together by the students in ChS 246 *Contemporary Issues of the Chicana*. The students in this class decided to generate relevant work on behalf of our communities during this time of crisis because we believe there is hope when we work together and reach out to one another. A number of the links and information are from CSUN's various offices and services, and others were drawn from government offices and departments, community-based organizations and private entities. We categorized them by subject (Education, Employment, etc.). Special thanks to Joanna Olivera, Theresa Hadden, Ancelma Pastor, Monica Padilla Vega, Michelle Carballo and Anthony Zamora, along with faculty member Maria Elena Fernandez.

### **EDUCATION:**

Information on CSUN

commencement: <https://www.csun.edu/commencement/alternative-commencement-options>

2020 College Scholarships

<https://www.fastweb.com/college-scholarships/articles/college-scholarships-2020-edition>

CSUN Academic Advisement

<https://www.csun.edu/undergraduate-studies/academic-advisement>

College of Humanities SSC/EOP Advisement Office

<https://www.csun.edu/humanities/student-services-center-educational-opportunity-program>

CSUN MataCare Emergency Grant:

<https://www.csun.edu/financialaid/matacare-emergency-grant>

Redshelf: Free e-books

<https://www.about.redshelf.com/>

Matadors Rising

<https://www.csun.edu/matadorsrising/matadors-rising-student-success-resources>

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## **EMPLOYMENT/LABOR:**

Unemployment Insurance: [https://www.edd.ca.gov/pdf\\_pub\\_ctr/de2320m.pdf](https://www.edd.ca.gov/pdf_pub_ctr/de2320m.pdf)

Restaurants and workers:

<https://www.restaurantworkerscf.org/news/2020/3/15/resources-for-restaurants-and-workers-coping-with-the-covid-19-emergency>

[https://edd.ca.gov/Disability/How\\_to\\_File\\_a\\_PFL\\_Claim\\_in\\_SDI\\_Online.htm](https://edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm)

Federal Unemployment Assistance, U.S. Department of Labor:

<https://www.dol.gov/newsroom/releases/eta/eta20200312-0>

This website is giving money for individuals who have lost their job due to COVID-19, they have scholarships, debt relief, etc. <https://myscholly.com/>

This link explains who qualifies for unemployment benefits from California. It does not include undocumented immigrants, but they can receive disability.

<https://www.nbclosangeles.com/news/coronavirus/workers-affected-by-covid-19-can-apply-for-assistance-regardless-of-immigration-status/2332304/>

Workers: Sick or Quarantined. If you're unable to work due to having or being exposed to COVID-19 (certified by a medical professional), you can file a Disability Insurance (DI) claim. DI provides short-term benefit payments to eligible workers who have a full or partial loss of wages due to a non-work-related illness, injury, or pregnancy. Benefit amounts are approximately 60-70 percent of wages (depending on income) and range from \$50-\$1,300 a week. Coronavirus California, Filing a DI Claim Using SDI Online (YouTube) (English), Claim Using SDI Online (YouTube) (Spanish)

**JOB HIRING AT HIGH RATES :** Aldi , Amazon , Costco, CVS Health, Dollar General, Dollar Tree, Domino's, Instacart, Jet's Pizza, Kroger, Microsoft, PepsiCo, Postmates, Publix, Shipt, Slack, Target, Trader Joes, UPS, Uber Eats, Walmart, Whole Foods, Zoom.

## **FOOD:**

Pick up student meals to go: [lausd.net](http://lausd.net)

Southern California free Meals

<https://www.nbclosangeles.com/news/local/heres-where-students-in-socal-can-get-free-meals-while-schools-are-closed/2329955/>

Pantry, CSUN Women's Research & Resource Center.

[Shira.brown@csun.edu](mailto:Shira.brown@csun.edu), @wrrc csun

## **HEALTH RELATED:**

Stay At Home COVID-19:

[http://www.publichealth.lacounty.gov/media/Coronavirus/COVID-19\\_March%2021-HOOrder-7\\_00\\_FINAL2.pdf](http://www.publichealth.lacounty.gov/media/Coronavirus/COVID-19_March%2021-HOOrder-7_00_FINAL2.pdf)

COVID-19 Emergency: <https://www.csun.edu/counseling/mental-health-services-and-resources-students-during-covid-19-state-emergency>

CSU Responds to Coronavirus <https://www2.calstate.edu/coronavirus>

Coronavirus Resources <http://opr.ca.gov/covid-19/>

CA Dept. of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

Coronavirus Anxiety

<https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>

Mental Health Resources for College Students

<https://www.onlinecolleges.net/for-students/mental-health-resources/>

How to strengthen immunity during the coronavirus pandemic: Exercise, meditation, sleep and stress management

<https://www.cnn.com/2020/03/26/health/immunity-exercise-sleep-meditation-stress-coronavirus-drayer-wellness/index.html>

Free Mindfulness Resources to Find Calm and Nourish Resilience During the COVID Outbreak

<https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>

“Our calm is contagious”: How to use mindfulness in a pandemic

<https://www.vox.com/future-perfect/2020/3/18/21181644/coronavirus-covid-19-mindfulness-meditation-anxiety>

Pandemic Care Resources <https://www.tarabrach.com/pandemic/>

Mental Health and the COVID-19 Pandemic

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

## **IMMIGRATION:**

Relief Funds for Undocumented Workers in California

<https://docs.google.com/document/u/0/d/1IsPLuHoYK6ec7Gzxaw0i7On-NT1Z9IEj/mobilebasic>

Emergency Funds <https://www.undocuscholars.com/>

National resources for immigrants

<https://www.informedimmigrant.com/guides/coronavirus/#>

Not at the moment, but they have scholarships for undocumented people. You can follow them on Instagram as well @vegatinos <https://vegatinos.com/>

Here is a very long list of resources compiled by CSUN's Dream Center. It includes alternative sources of funding for the undocumented community. The word "relief" means cash support for getting through this crisis. There are an overwhelming number of links, at minimum, focus on the ones that are specific to LA and California.

[https://docs.google.com/document/d/1xwo7OnLZO967YaE\\_RYLEPUqXVZ59ZZZfMYoPHyCCHhk/edit](https://docs.google.com/document/d/1xwo7OnLZO967YaE_RYLEPUqXVZ59ZZZfMYoPHyCCHhk/edit)

## **TAX RELATED:**

Information on tax extension during COVID-19

<https://www.irs.gov/forms-pubs/extension-of-time-to-file-your-tax-return>

## **GENERAL:**

School resources (food, housing, financial aid, mental and health services, etc.): <https://www.csun.edu/heart/resources>

CSUN Counseling Center: <https://www.csun.edu/counseling>

Covid19 Los Angeles Community Resources

[https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc\\_MTI2LiUA63Ycyg/preview?fbclid=IwAR0vcafeH0umkud8yEpY3bdyA7kyWLJBwBFC9I2IOF-YqD2fcHUhu7IOpSI#](https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/preview?fbclid=IwAR0vcafeH0umkud8yEpY3bdyA7kyWLJBwBFC9I2IOF-YqD2fcHUhu7IOpSI#)

Referral List of Counseling Services

<https://www.csun.edu/sites/default/files/UCS-Referral-List.pdf>

\* We attempted to minimize duplication. Hope you and your families, friends and neighbors find this resource list helpful.