

JGHS/SEA FAMILY GUIDE



In the midst of these challenging times we recognize that families may be in need of valuable resources and information to see you through. With that you in mind, we have compiled this list especially for you!



FOOD RESOURCES

NLM Meal Pick-Up/Grab & Go

Food

Available at **ANY** NLM school in the Multi-Purpose Room/Kitchen
(562) 210 - 2410

Open 7am-1pm w/ Student I.D.

**Check for updates on
www.YourChew.com**

Downey First Christian Church

10909 New St. Downey, CA 90241
(562) 929 - 5544

Open Saturday's 9-12am

Catholic Rainbow Outreach

11419 Carmenita Road, Whittier, CA 90605
(562) 556-4449

**Every other Saturday & Sunday
11:30am-1pm (arrive at 10:30am)**

ECONOMIC RELIEF

United Way

1-866-211-9966

Provide zip code for list of local agencies that help w/ bills, rent & food

CA Employment Development Dept.

1-800-300-5616

https://www.edd.ca.gov/Unemployment/Filing_a_Claim.htm

File for unemployment benefits phone or by online through the EDD website

INTERNET SERVICES

Charter Communications

1-844-488-8395

Free Spectrum Internet for K-12th and college student households for 60 days.

MENTAL HEALTH

National Suicide Prevention Hotline

1-800-273-2255

The Trevor Project

1-866-488-7386

TXT "START" to 678678

LGBTQ Youth Hotline

National Domestic Abuse Hotline

1-800-799-7233

TXT Lovels to 22522

Chat: www.TheHotline.Org

Domestic Abuse Help

Substance Abuse Treatment Facility Locator

1-800-662-4357

LEGAL ASSISTANCE

Norwalk Eviction Assistance Program

Community Legal Services

11834 Firestone Boulevard

Norwalk, CA 90650

1-800-834-5001

Coalition for Humane Immigrant Rights (CHIRLA)

1-888-624-4752

For questions about immigrant rights and legal services for immigrants

COVID-19 INFORMATION

County of L.A. Public Health

<http://www.publichealth.lacounty.gov/media/Coronavirus/>

California CoronaVirus Response

<https://covid19.ca.gov/>

ACADEMIC RESOURCES

LA County Library

<https://lacountylibrary.org/learn/#>

Get a temporary digital card and get access to ebooks, music, online learning, tutoring and more

Albert

<https://www.albert.io/home>

High School Test Prep

Khan Academy

[https://learn.khanacademy.org/sat-kickoff-week/?](https://learn.khanacademy.org/sat-kickoff-week/?utm_source=instagram&utm_medium=post&utm_campaign=sat)

[utm_source=instagram&utm_medium=post](https://learn.khanacademy.org/sat-kickoff-week/?utm_source=instagram&utm_medium=post&utm_campaign=sat)

[&utm_campaign=sat](https://learn.khanacademy.org/sat-kickoff-week/?utm_source=instagram&utm_medium=post&utm_campaign=sat)

SAT Test Prep

PBS Kids

[http://public.pbs.org/PBSKIDSDaily?](http://public.pbs.org/PBSKIDSDaily?source=ig)

[source=ig](http://public.pbs.org/PBSKIDSDaily?source=ig)

PBS kids is sending out daily newsletters with activities for young learners and also offers educational games and programs.

OTHER RESOURCES

CALFRESH Benefits

<https://www.getcalfresh.org/?source=portal>

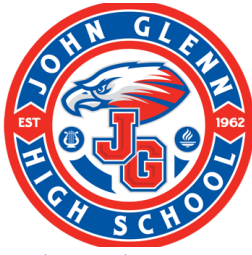
Medi-Cal Benefits

<https://www.dhcs.ca.gov/services/medi-cal/Pages/ApplyforMedi-Cal.aspx>



COMMUNITY
SCHOOLS

Opportunity. Equity. Families.



JGHS/SEA

GUIA FAMILIAR



En medio de este tiempo difícil, reconocemos que familias quizás necesiten recursos valiosos e información importante que les ayudara. Con eso muy presente en mente, hemos recopilado esta lista especialmente para usted!



RECURSOS DE COMIDA

NLM Comidas para Recoger

Disponible en **cualquier** escuela de NLM
situado en el sala multiusos/Cocina
(562) 210 - 2410

**Abiertos 7am-1pm con Identificación del
estudiante**

**Cheque anuncios recientes
en www.YourChew.com**

Downey First Christian Church

10909 New St. Downey, CA 90241
(562) 929 - 5544

Abiertos Sábados de 9-12am

Catholic Rainbow Outreach

11419 Carmenita Road, Whittier, CA 90605
(562) 556-4449

**Sábado y Domingo cada otra semana
11:30am-1pm (llegue a las 10:30am)**

ASISTENCIA ECONOMICA

United Way

1-866-211-9966

**Con Proveer su código postal, le darán
lista de agencias que le asistirán con
ayuda para pagar biles, renta, y
comida**

CA Departamento de Desempleo

1-800-300-5616

https://www.edd.ca.gov/Unemployment/Filing_a_Claim_Espanol.htm

**Para Solicitud para beneficios del
seguro de desempleo en lineo o por
telefono**

SERVICIOS DE INTERNET

Charter Communications

1-844-488-8395

**Servicios gratuitos de Internet por 60
días con Spectrum. Solo para hogares
con estudiantes del K-12 y de colegio.**

SALUD MENTAL

Linea Directa para Prevencion de Suicidio Nacional

1-800-273-2255

The Trevor Project

1-866-488-7386

TXT "START" to 678678

Lineo directa para jovenes de LGBTQ

Línea Directa de Violencia Doméstica Nacional

1-800-799-7233

TXT Lovels to 22522

Chat: <https://espanol.thehotline.org/>

Ayuda con violencia doméstica

Localizador para instalación de Abuso de Substancias

1-800-662-4357

ASISTENCIA LEGAL

Programa de Asistencia del Desalojo de Norwalk

Community Legal Services

11834 Firestone Boulevard

Norwalk, CA 90650

1-800-834-5001

Coalición para Derechos Humanitarios de Imigrantes (CHIRLA)

1-888-624-4752

For questions about immigrant rights and legal services for immigrants

INFORMACION SOBRE COVID-19

Salud Publica del Condado De L.A.

<http://www.publichealth.lacounty.gov/media/Coronavirus/>

Respuesta De California sobre Coronavirus

<https://covid19.ca.gov/translate/>

RECURSOS ACADEMICOS

Libreria del Condado de Los Angeles

<https://lacountylibrary.org/learn/#>

Podra aplicar para un tarjeta temporal para usar libros digitales, musica, aplicaciones para aprendizaje, tutoria y mucho mas.

Albert

<https://www.albert.io/home>

Preparatoria de exámenes de la preparatoria

Khan Academy

https://learn.khanacademy.org/sat-kickoff-week/?utm_source=instagram&utm_medium=post&utm_campaign=sat

Preparatoria para el SAT

PBS Kids

<http://public.pbs.org/PBSKIDSDaily?source=ig>

PBS kids estara mandando correos electronicos para asistir en el aprendizaje para ninos pequenos. Tambien tienen juegos y videos educativos.

OTROS RECURSOS

Beneficios de CALFresh

https://www.getcalfresh.org/?new_locale=es&source=portal

Beneficios de Medi-Cal

<https://www.dhcs.ca.gov/services/medi-cal/Pages/ApplyforMedi-Cal.aspx>

