

2020-2021



# **Basic Needs: Resources for Technology, Food, Homelessness and More**

SAN DIEGO CITY COLLEGE - STUDENT AFFAIRS OFFICE

# FOOD RESOURCES

[San Diego Food Bank](#)

[2-1-1 San Diego](#)

[Feeding San Diego](#)

[Feeding San Diego Food Distribution](#)

[Imperfect Foods](#)

Imperfect Produce is an organization that believes in making produce affordable to us. Unfortunately, the USDA does not allow online grocery companies like Imperfect to accept SNAP and other benefits. However, they offer a reduced-cost box for anyone that meets the requirement for CalFresh/SNAP/EBT benefits. Check the box and they will send you a survey to confirm your qualification for a 33% discount. (students will only see this information once they are ready to input their payment option.)



[Jewish Family Services](#)

Jewish Family Services is committed to fighting hunger with a corner market and food distribution sites.



## **Cal Fresh--HOW TO APPLY**

### **Online:**

- Select <https://www.mybenefitscalwin.org/> link to begin the process. Proof of identity is necessary to be evaluated for expedited services (to receive Cal Fresh within 3 days).
- You can also apply on-line through [GetCalFresh.org](http://GetCalFresh.org) (Application is available in English and Spanish). Submit documents directly from your phone.

### **By phone:**

- [2-1-1 San Diego](#)
- Call [Access](#) at **866- 262-9881** to request application forms. After [Access](#) mails the application, send the completed form back to the [local Family Resource Center](#) in U.S. mail or drop it off at your [local Family Resource Center](#).

- **IMPORTANT NOTE:** The date of application is the date the application is received by the *Family Resource Center*. It is VERY important to send proof of identity to be evaluated timely in case you are eligible for expedited services--*To receive Cal Fresh benefits within 3 days.*
- San Diego Hunger Coalition CalFresh application support: **858- 863-6635**

**By fax:**

1. Download an application.
2. Print out the following document: [Application for CalFresh/Snap Benefits](#)
  - Complete as much of the application as you can.
  - Name, address and signature are necessary to begin the application process.
  - Download the *Notice to CalFresh Applicants* (form [09-94 HHSA](#) / form [09-94 HHSA SP](#))
    - For additional information
    - To help you complete the application
    - To select your interview preference (in-person or telephone interview).
  - Send the completed application and documents to your [local Family Resource Center](#) via U.S. mail, [via fax](#), or drop them off at your [local Family Resource Center](#).
  - **IMPORTANT NOTE:** The date of application is the date the application is received by the *Family Resource Center*. It is VERY important to send proof of identity to be evaluated timely in case you're eligible for expedited services--*To receive Cal Fresh benefits within 3 days.*
  - San Diego Hunger Coalition CalFresh application support: **858- 863-6635**

## HOMESCHOOLING RESOURCES

[Homeschooling Websites for Children](#)



# HOUSING RESOURCES

## Discounted Housing Rates



### **TOWNEPLACE SUITES BY MARRIOTT® DOWNTOWN SAN DIEGO**

**1445 Sixth Avenue • San Diego, CA 92101**

Towneplace Suites offers special discounted rates to anyone associated with SDCC. If any faculty, staff or students are displaced due to the pandemic, please reach out to:

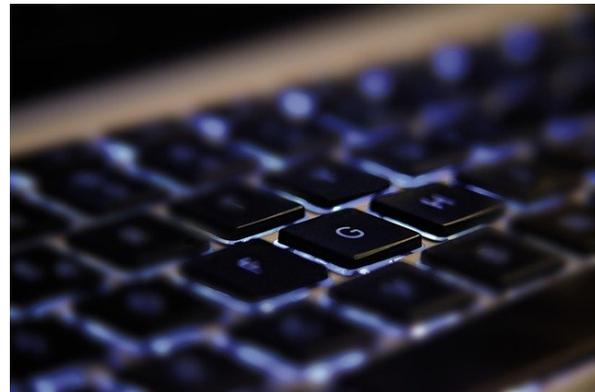
Michelle Guillory  
DIRECTOR OF SALES  
mguillory@tpssandiego.com  
619.782.6400 ext. 101

# TECHNOLOGY RESOURCES

## Low Cost Computers

[PC's for People](#)

[San Diego Futures Foundation](#)



# WI-FI AND INTERNET ACCESS RESOURCES

## Wi-Fi Access

[Wi-Fi Parking Lot Guidelines](#)

[Wi-Fi and internet](#)

[Free Wi-Fi Spots in San Diego](#)



## Internet Access

SDCOE program: <https://covid-19.sdcoe.net/Distance-Learning/Connectivity-Resources>

COX

Latest announcements: <https://www.cox.com/residential/support/coronavirus-response.html#coronavirusLatestUpdates>

COX Pledges to support the **FCC's Keep America Connected** initiatives by:

- Not terminating service to any residential or small business customer because of an inability to pay their bills due to disruptions caused by the coronavirus pandemic.
- Waiving any late fees that residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic.
- Opening Cox Wi-Fi outdoor hotspots to help keep the public connected in this time of need.

Cox offers to fast-track the qualification process for *Connect2Compete*.

- Schools are being asked to contact **connectnow@cox.com** with a list of eligible low-income students that currently do not have an internet connection.
  - Cox will assist in getting students qualified quickly so that they can continue learning from home.
- Cox has also partnered with *PCs for People* where families can purchase discounted, refurbished computers. More information can be found [at this website.](#)

## **AT&T**

COVID-19 RESPONSE: <https://about.att.com/pages/COVID-19.html>

AT&T is underwriting expenses for a “one-stop” resource center to support eLearning Days from the [State Educational Technology Directors Association \(SETDA\)](#) available to all educators in schools to help them handle school closures and the increase in virtual learning due to COVID-19. [Click here](#) to learn more.

<https://www.setda.org/outreach/press-releases/press-release-2020/press-release-att-supports-setda-elearning-coalition-amidst-covid-19-virus/>

## **COMCAST - XFINITY**

Response to Coronavirus <https://www.xfinity.com/prepare>

<https://www.internetessentials.com/>

## **SPECTRUM**

To get free Wi-Fi hotspots <https://www.spectrum.com/wifi-hotspots>

Customer information: <https://www.spectrum.net/support/internet/coronavirus-covid-19-information-spectrum-customers>

Payment Deferrals:

<https://www.spectrum.net/support/manage-account/spectrum-deferral-payment-plan>

## **Spectrum Community Assistance**

- Open our [Wi-Fi hotspots](#) across our footprint for public use.
- Continue to offer [Spectrum Internet Assist](#), their high-speed broadband program to eligible low-income households.

# STUDENT HEALTH AND MENTAL HEALTH RESOURCES



## **Alternative Social Media and Information Sites (to stay positive in the mind)**

Upworthy: <https://www.upworthy.com/>

tanksgoodnews: <https://www.tanksgoodnews.com>

@the\_happy\_broadcast: <https://www.thehappybroadcast.com/>

## **Apps to Help Calm the Mind (Can also help to distract from conflict)**

Daily use (10 minutes) can create and enhance feelings of peace/calm or simply be a positive activity.

UCLA Mindful: <https://www.uclahealth.org/ucla-mindful> (English and Spanish)

Insight Timer: <https://insighttimer.com/> (meditations and sleep)

Your Daily Shine: <https://join.shinetext.com/> (positive messages/texts)

Headspace: <https://www.headspace.com/> (meditations and sleep)

Calm and Breathe: <https://www.calm.com/> (breathing exercises)

Smiling Mind App: [App](#) (breathing and meditations)

## **Website with Tips and Strategies for Managing Social Distancing and “Shelter in Place”**

Care for your Coronavirus Anxiety: <https://www.virusanxiety.com/>

## **Health and Wellness**

If you are in crisis or having a mental health emergency:

- Call the Access & Crisis Line at 888-724-724-7240 or text the word “Courage” to 741741
  - National Suicide Prevention Lifeline at 800-273-8255
1. If you have health insurance, go to *psychologytoday.com* or *therapyden.com*, filter by
    1. Zip code
    2. Insurance Type

2. If you are uninsured, have MediCal, or are MediCal eligible, you may be able to visit a community clinic. To find which clinic serves your zip code and if you are eligible, call 211 or visit <http://www.comresearch.org/services.php> for a list of clinics (call the one in your region to confirm services and eligibility).

## OTHER IMPORTANT RESOURCES

### Title IX and Domestic Abuse Safety Resources

We understand that when forced to stay at home or near an abuser, it can create circumstances in which safety is even more compromised. During these times of working remotely and avoiding public spaces, victims and survivors may need to alter their safety plan. SPEAK is here to help.

City College's confidential victim advocate will continue to be available to provide resources and support Monday-Friday from 8AM-5PM at 619-541-5970. In addition, Center for Community Solutions (CCS) crisis hotline is free, confidential, and operates 24/7. Please call at 1-888-385-4657.



### Unemployment

<https://www.edd.ca.gov/unemployment/>



### United Way: San Diego COVID-19 Community Response Fund

- **Have you been impacted by job loss or wage reduction?**
- **Are you in need of support with paying your rent/mortgage or utility bills?**  
**UNITED WAY can help.**  
**APPLY IN ENGLISH:** <https://www.surveymonkey.com/r/WAlappenglish>  
**APLICAR EN ESPAÑOL:** <https://www.surveymonkey.com/r/WAlappspanish>