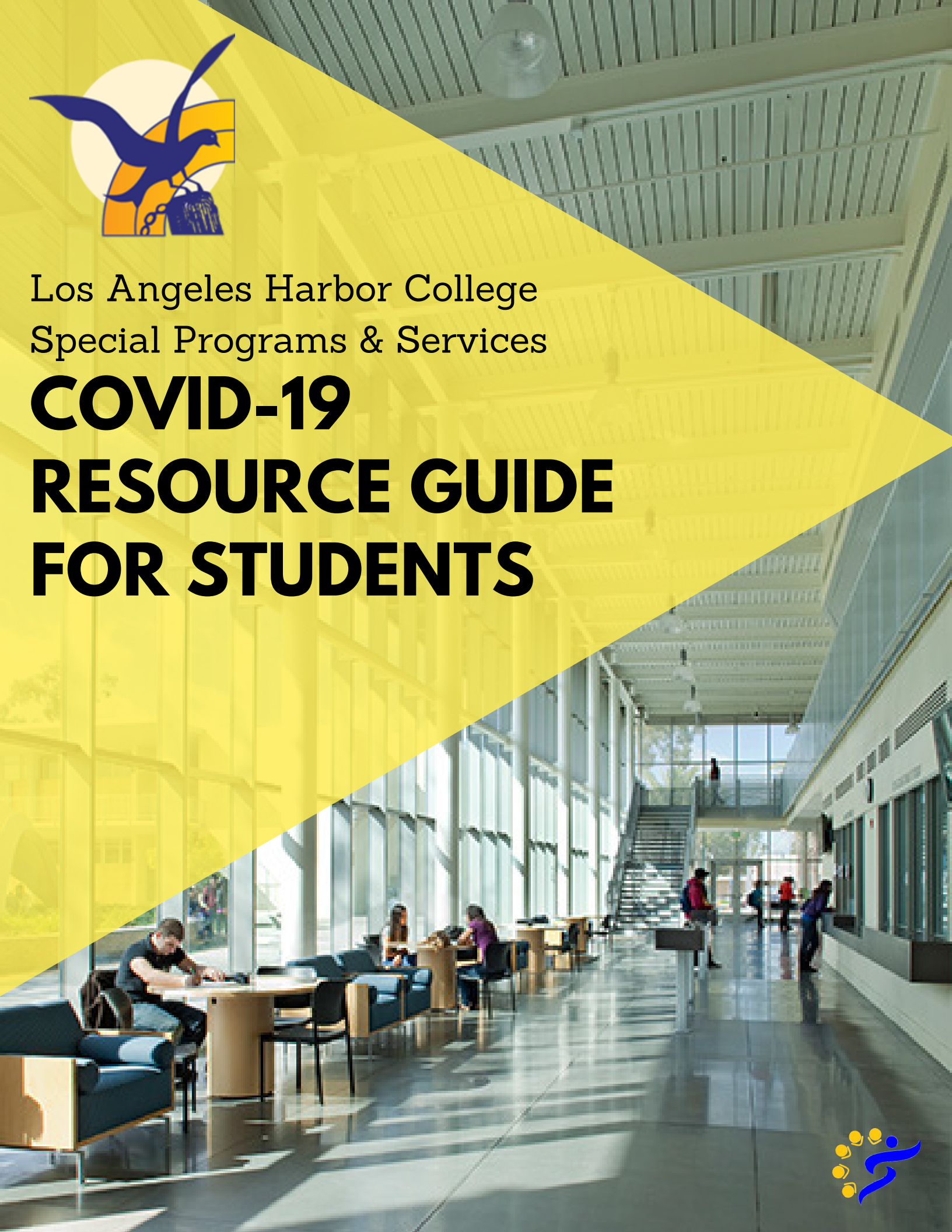




Los Angeles Harbor College
Special Programs & Services

COVID-19 RESOURCE GUIDE FOR STUDENTS





STUDENT SERVICES DIRECTORY

A full directory can be accessed here: [CLICK HERE FOR LIST](#)

Admissions & Records

Ms. Ruby Guerrero
(310) 233 - 4090, ARHelp@lahc.edu

Adaptive Kinesiology

Mr. Nabeel Barakat
((310) 233 - 4351, Barakanm@lahc.edu

APASS

Mr. Leland Simpliciano
(424) 287 - 7484, Simplil@lahc.edu

Associated Student Organization

Ms. Heidi Medrano
(310) 233 - 4057, Medranhp@lahc.edu

Basic Needs

Ms. Tracye Jones
(310) 233 - 4057, Jonest13@lahc.edu

CalWORKS

Ms. Angeles Zesati
(310) 233 - 4403, Calworksinfo@lahc.edu

CARE

Ms. Blanca Rodriguez
(310) 233 - 4295, Rodrigb2@lahc.edu

Career and Job Placement Center

Ms. Liliana Garcia
(213) 444 - 3556, Lahc-CJPC@lahc.edu

CHAMPS

Dr. Jassiel Dominguez
(310) 382 - 0899, Domingj@lahc.edu

Dream Resource Center

Mr. Ivan Silva
(310) 233 - 4299, Dreamers@lahc.edu

EOPS

Ms. Kaman Ng
(310) 233 - 4265, EOPSlaharborcollege@gmail.com

Financial Aid Office

Ms. Peggy Loewy Wllisch
(310) 233 - 4320, Lahcsff@lahc.edu

Foster and Kinship Care Education

Ms. Angelica Villalpando
(310) 233 - 4405, Villala2@lahc.edu

General Counseling

Ms. Sara Rubio
(310) 233 - 4278, LahcGeneralCounseling@gmail.com

Harbor Advantage/Promise

Ms. Aura Rivera
(310) 233 - 4484, HarborAdvantage@lahc.edu

Health Center

Nurse Carole Stevenson
(310) 233 - 4520, Stevenc@lahc.edu

High Tech Center

Ms. Kristen Rouault
(310) 233 - 4394, Rouaulkm@lahc.edu

Honors

Ms. Lyndsay Madru
(310) 233 - 4538, Lahc-Honors@lahc.edu

International

Ms. Sheridan McArthur
((213) 373 - 3509, Lahcworld@lahc.edu

Library and Learning Resource Center

Ms. Nadine Muro
(424) 328 - 1247, Muron@lahc.edu

Life Skills Center

Dr. Azeb Bhutia
(310) 233 - 4586, LifeSkillsCenter@lahc.edu

Office of Adult and Community Education

Ms. Angelica Villalpando
(310) 233 - 4450, AdultEd@lahc.edu

Outreach

Ms. Aura Rivera
(310) 233 - 4330, Outreach@lahc.edu

Project ASAP/TRiO

Ms. Akilah Runnels
((424) 653 - 6315, Runnelr@lahc.edu

Puente

Mr. Mauricio Cedillos
(310) 233 - 4246, Cedillma@lahc.edu

Special Programs and Services

Ms. Amarylles Hall
(310) 233 - 4629, SPS-Lahc@lahc.edu

STEM

Dr. Vivika Demel / Ms. Patsy Gonzalez
(310) 233 - 4282, Stem-Step@lahc.edu

Transfer Center

Ms. Marcela Hernandez
(310) 233 - 4282, Lahc-transfer-center@lahc.edu

UMOJA

Ms. Brittany Gray
(310) 233 - 4348, Umoja@lahc.edu

Veterans Center

Ms. Jessica Cruz
(310) 233 - 4093, Cruzj@lahc.edu



HEALTH & WELLNESS RESOURCES

CA DEPT. OF PUBLIC HEALTH

cdph.ca.gov/covid19

Daily COVID-19 updates

CA PEER - RUN WARM LINE

www.mentalhealthsf.org/peer-run-warmline/

Non-emergency emotional support

CENTER FOR DISEASE CONTROL & PREVENTION (CDC)

www.cdc.gov

Information on COVID-19 symptoms

COVERED CA/MEDI-CAL

www.coveredca.com

Information on health care options

DISASTER DISTRESS HELPLINE

www.samhsa.gov/find-help/disaster-distress-helpline

Support for disaster related distress

LA COUNTY DEPT. OF MENTAL HEALTH

dmh.lacounty.gov/covid-19-information/

Materials to address mental health

LA COUNTY DEPT. OF PUBLIC HEALTH

www.publichealth.lacounty.gov

COVID-19 information in LA County

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES

www.samhsa.gov/find-help/national-helpline

Confidential treatment referral service

WORLD HEALTH ORGANIZATION

www.who.int/emergencies/diseases/novel-coronavirus-2019

Resources related to COVID-19



FOOD RESOURCES

DESERT REIGN

(562) 861-6011
DOWNEY

FOOD HELP

(562) 862-2438
DOWNEY

PATHWAYS OF HOPE

(714) 680-3691
FULLERTON

ST. ANDREW'S CHURCH

(714) 870-4350
FULLERTON

WILSHIRE AVE COMMUNITY CHURCH

(714) 526-2265
FULLERTON

CHRIST CATHEDRAL COMMUNITY OUTREACH

(714) 282-3097
GARDEN GROVE

FIRST PRESBYTERIAN CHURCH

(714) 534-2269
GARDEN GROVE

GARDEN GROVE FRIENDS CHURCH

(714) 539-7735
GARDEN GROVE

LUTHERAN SOCIAL SERVICES

(714) 534-6450
GARDEN GROVE

INT. FAMILIES ASSOCIATION

(818) 770-0779
GLENDALE

SALVATION ARMY CENTER

(310) 835-1986
HARBOR CITY

HAWAIIAN GARDENS FOOD BANK

(562) 425-4001
HAWAIIAN GARDENS

FOOD PANTRY LAX

(310) 677-5597
INGLEWOOD

SOUTH COUNTY OUTREACH

(949) 380-8144
IRVINE

BROKEN LOAF FOOD PANTRY

(562) 425-1219
LAKEWOOD

ST. MARGARET CHURCH

(310) 326-3364
LOMITA

AIDS FOOD STORE OF LONG BEACH

(562) 676-4554
LONG BEACH

ARMS REACHING

(562) 528-9385
LONG BEACH

BEACON FOR HIM

(562) 537-6327
LONG BEACH



FOOD RESOURCES

DREAM CENTER

www.dreamcenter.org/relief
(562) 283-1400
Mobile food banks.

FOOD FINDERS

www.foodfinders.org
(562) 283-1400
Organization connecting donated perishable food to hundreds of nonprofit pantries and shelters.

LAUSD GRAB n GO FOOD

[https://achieve.lausd.net/
Page/16904](https://achieve.lausd.net/Page/16904)
Includes LAUSD students & their parents.

USDA NATIONAL HUNGER HOTLINE

www.fns.usda.gov
English: (866) 3-HUNGRY (6479)
Spanish: (877) 8-HAMBRE (6273)
Text: #97779
Resources for people of all ages

WOMEN, INFANTS, & CHILDREN (WIC)

m.wic.ca.gov
(888) 942-2229
Services are available to all eligible families affected by COVID-19

LONG BEACH COMMUNITY TABLE

(562) 548-0774
BELLFLOWER

HOLY REDEEMER LUTHERAN CHURCH

(562) 867-0714
BELLFLOWER

SALVATION ARMY

(562) 804-0808
BELLFLOWER

CORONA SETTLEMENT HOUSE

(951) 737-3504
CORONA

ST. BERNARD'S FOOD PANTRY/PARISH

(562) 867-2337
BELLFLOWER

ST. IRENAEUS H.O.P.E.

(714) 826-0760
CYPRESS

CHRISTIAN OUTREACH IN ACTION

562) 432-1440
LONG BEACH

LONG BEACH RESCUE MISSION

(562) 591-1292
LONG BEACH

NEW GENERATIONS

(562) 363-6457
LONG BEACH

PARKCREST CHRISTIAN CHURCH

(562) 421-9374
LONG BEACH



FOOD RESOURCES

HOLLYWOOD FOOD COALITION
(323) 462-2032
LOS ANGELES

SKIDROW ADVOCACY GROUP
(562) 304-5002
LONG BEACH

**ST. MARY MEDICAL CENTER
CARE PROGRAM CENTER**
(562) 624-4996
LONG BEACH

**URBAN COMMUNITY OUTREACH -
DROP-IN CENTER**
(562) 582-1000
LONG BEACH

WOMEN IN ACTION
(562) 253-8078
LONG BEACH

LA CATHOLIC CHARITIES
(213) 318-5702

DOWNTOWN WOMEN'S CENTER
(213) 980-0600
LOS ANGELES

FAITH IN CHRIST MINISTRIES
(323) 291-9636
LOS ANGELES

FRED JORDAN MISSION
(626) 915-1981
LOS ANGELES

MIDNIGHT MISSION
(213) 624-9258
LOS ANGELES

LOS ANGELES FOOD BANK
(323) 234-3030

**PRAISE CHAPEL FLORENCE
COMMUNITY CHURCH**
(626) 483-5728
LOS ANGELES

HELP THE CHILDREN
(323) 980-9870
MONTEBELLO

SALVATION ARMY
(909) 986-6748 ONTARIO
(626) 773-440 PASADENA
(310) 832-7228 SAN PEDRO
(562) 426-7637 LONG BEACH

ST. LAWRENCE MARTYR
(310) 540-0329
REDONDO BEACH

**TOBERMAN NEIGHBORHOOD
CENTER**
(310) 832-1145 x10
SAN PEDRO

**ANNIE MAE TRIPP SOUTHWEST
COMMUNITY CENTER**
(714) 547-4073
SANTA ANA

**ST. PETER AND PAUL'S POVERTY
PROGRAM**
(310) 952-0144
WILMINGTON

BEACON LIGHT MISSION
(310) 830-7063
WILMINGTON



LOCAL & STATE RESOURCES

LOCAL

COUNTY OF RIVERSIDE DEPARTMENT OF PUBLIC SOCIAL SERVICES

dpss.co.riverside.ca.us/

LA COUNTY DEPARTMENT OF PUBLIC SOCIAL SERVICES

dpss.lacounty.gov

LEGAL AID FOUNDATION OF LOS ANGELES

lafla.org/

(800) 399-4529

Free legal assistance, including tenant protections and immigration support

ORANGE COUNTY LINKS INFORMATION AND REFERRAL LINE

www.ochealthinfo.com/bhs/about/nit/oclinks/

(855) 625-4657

Support and information for Behavioral Health Services.

ORANGE COUNTY SOCIAL SERVICES AGENCY

www.ssa.ocgov.com/

STATE

2-1-1 CA

www.211ca.org/

A free information and referral service that makes it easy to find food, housing, job training, after-school programs and much more.

CALIFORNIA CORONA VIRUS RESPONSE

covid19.ca.gov/

Information and resources on numerous topics for various communities in response to COVID-19

STATE OF CALIFORNIA EMPLOYMENT DEVELOPMENT DEPARTMENT

edd.ca.gov/about_edd/coronavirus-2019.htm

Unemployment and disability benefits.

UNDOCUMENTED & IMMIGRATION RESOURCES

LAHC DREAM RESOURCE CENTER

Committed to creating access and increasing retention of undocumented students at Los Angeles Harbor College. The goal is to increase awareness of programs and resources available to undocumented students, which are vital to their academic success.

For student appointments with Dreamers Counselor, Mr. Iván Silva, visit: www.lahc.craniumcafe.com/ivansilva or call (213) 761-8976. Visit website at: www.effectiveness.lahc.edu/student_services/dreamers/SitePages/Home.aspx

CENTRAL AMERICAN RESOURCE CENTER (CARECEN)

www.carecen-la.org/

Provides low cost immigrant legal services, aid in changing unjust policies & defending immigrant, education and workers rights in Los Angeles.

CHIRLA

www.chirla.org/

Works with community leaders to advance policy platforms that urge all levels of government to invest in the potential of immigrants and refugees.

4927 Huntington Dr Los Angeles, CA 90032 **(323) 221-0779**

700 N Bullis Rd, Compton CA 90221 **(323) 647-3932**

2130 N Arrowhead Ave, San Bernardino, CA 92405 **(909) 688-6319**

INFORMED IMMIGRANT

www.informedimmigrant.com/guides/coronavirus/

Dedicated to increasing access to resources and knowledge for the undocumented community.

ONE FAIR WAGE EMERGENCY FUND

www.ofwemergencyfund.org/help

Assistance for service workers struggling during the COVID-19 pandemic.

VIETRISE

www.vietrise.org/immigrantr relief fund/

Provides cash assistance of \$800 per individual for undocumented and impacted Vietnamese immigrants in Orange County who are experiencing financial hardship due to the COVID-19 pandemic.



LGBTQIA+ RESOURCES

APLA HEALTH

www.aplahealth.org/

(213) 201-1600

Services focus on LGBTQ+ individuals, providing assistance with housing, low-cost medical services, and a food pantry.

LOS ANGELES LGBT CENTER

www.lalgbtcenter.org/health-services

One of the largest and most experienced providers of LGBT health and mental healthcare.

THE LGBTQ CENTER OF LONG BEACH

www.centerlb.org/

(562) 434-4455

Provides health, mental health, legal, and educational services.

LGBT NATIONAL HOTLINE

www.glbthotline.org/hotline

(888) 843-4564

A safe space that is anonymous and confidential where callers can speak on many different issues including, coming out, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.

POINT OF PRIDE EMERGENCY FUND

www.pointofpride.org/covid-19-emergency-fund/

Point of Pride has established the COVID-19 Emergency Fund to offset the unexpected costs and hardships that have impacted our trans community in response to the COVID-19 crisis.

TRANSLIFELINE

www.translifeline.org

(877) 565-8860

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

THE TREVOR PROJECT

www.thetrevorproject.org/get-help-now/

(866) 488-7386

Mental health, counseling, peer support, and crisis services available 24/7.



LOVE IS LOVE

CHILDCARE RESOURCES



CHILDREN'S HOME SOCIETY

<https://www.chs-ca.org/for-families/child-care-database>

1300 West Fourth Street Los Angeles, CA 90017 (213) 240-5900

4900 Airport Plaza Drive, Suite 100 Long Beach, CA 90815 (562) 256-7400

CHILD CARE AWARE

<https://www.childcareaware.org/resources/ccrr-search-form/>

(800) 424-2246, or Email: info@childcareaware.org

CHILD CARE RESOURCE & REFERRAL SERVICE

<https://www.ccrcca.org/parents/finding-child-care>

1-866-67-4KIDS or email at RREveryone@ccrcca.org

CONNECTIONS FOR CHILDREN

https://www.connectionsforchildren.org/families/child_care_referrals.html

5901 W. Century Blvd., Suite 400 Los Angeles, CA 90045 or call (310) 452-3325

MEXICAN AMERICAN OPPORTUNITY FOUNDATION

<http://www.maof.org/resource-referral/>

5657 E. Washington Blvd., Commerce, CA 90040 or call (323) 890-1555

PALS (PARK ALTERNATIVE LEARNING SITES)

www.lakewoodcity.org/eCatalog

5050 Clark Ave. Lakewood, CA 90712, (562) 866.9771 Ext. 2408 or ecatalog@lakewoodcity.org

PATHWAYS

<https://pathwaysla.org/contact/>

3325 Wilshire Blvd., Suite 1100 Los Angeles, CA 90010, (213) 427-2700 or info@pathwaysla.org

CHILD CARE RESOURCES CONTINUED

POMONA CHILD CARE INFORMATION SERVICE

www.proudtobe.pusd.org/apps/pages/ResourceReferral
1460 E. Holt Avenue, Suite 174 Pomona, CA 91767
(909) 397-4740 ext. 25030 or Toll Free: (800) 822-5777

RIVERSIDE COUNTY

www.rcoe.us/early-learning-services/early-care-education/accessing-services-office-closures/
3939 Thirteenth Street Riverside, California 92501, call (951) 826-6530
47-110 Calhoun Street Indio, California 92201, call (760) 863-3000
38670 Sky Canyon Drive, Suite 200 Murrieta, California 92563, call (951) 249-8800

VENTURA COUNTY

www.cdrv.org/
221 E. Ventura Blvd. Oxnard, California 93036, call (805) 485-7878 or email: info@cdrv.org

Y CAMP ACADEMY

www.LBymca.org
15530 Woodruff Ave. Bellflower, CA 90706, call (562) 925-1292
1720 Bellflower Blvd. Long Beach, CA 90815, call (562) 596-3394
5835 E Carson St. Lakewood, CA 90713, call (562) 425-7431

Resources for Essential Workers

CRYSTAL STAIRS

www.crystalstairs.org
5110 West Goldleaf Circle, Suite 150 Los Angeles, CA 90056
(323) 299-8998 or (888) 543-7247

CSULB'S PREGNANT & PARENTING STUDENT

www.web.csulb.edu/divisions/students/wrc/parentingstudents/
Contact the Director of the Women and Gender Equity Center, Pamela Lewis at wgec@csulb.edu
(562) 985-8576 or (949) 490-9192

WORK LB

www.CALFLEXI.com
(562) 294-4500 or info@skills4care.com