



FAMILY AND COMMUNITY RECOVERY GUIDE

Providing Critical Resources for Families in Need

Los Angeles Unified Board of Education

SUPERINTENDENT OF SCHOOLS

Alberto M. Carvalho

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Family and Community Recovery Guide

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A Message from the Superintendent

Alberto M. Carvalho



Dear Los Angeles Unified Family,

Thank you for your continued patience and resilience as we navigate this extremely challenging and continuously evolving situation brought on by the ongoing fire-related emergencies. Our school district has faced natural disasters in the past, but our resilience and strong community spirit have always helped us recover. Your strength and support for one another embody the spirit of unity that makes Los Angeles Unified so special.

We are pleased to share our Family and Community Recovery Guide, which is designed to provide valuable information and resources during natural disasters. This guide offers important information and resources to help navigate and support your children's education during these challenging times.

For families who are new to our District, we encourage you to stay connected through your email address, the Los Angeles Unified website at lausd.org and our social media platforms.

Additionally, the Los Angeles Unified Family Hotline is available to assist with academic, health, mental health, MediCal registration and disaster-related resources. The Family Hotline number is available at (213) 443-1300 between 7:30 a.m. and 5:00 p.m., Monday through Friday.

I want to reassure you that Los Angeles Unified stands with you — as parents, educators, and neighbors who care deeply about the safety, health, and education of our students, teachers and employees. We are committed to providing the support your family needs as we work together to overcome these challenges.

The Los Angeles Unified community is strong, and I know we will emerge from this together more united and resilient than ever before.

With gratitude and hope,

Alberto M. Carvalho
Superintendent



Continuity of Learning Instructional Resources

We understand that families want to provide the best support for their children, especially during challenging times. To help, we've created a Continuity of Learning resource that offers tools and ideas to keep students engaged and learning at home. You can access it here: lausd.org/learningcontinues.

If you need additional assistance or resources, please don't hesitate to reach out to your child's school. Your school team is here to support you and answer any questions you may have.



Grades 4-5/6 Continuity of Learning 2025

Directions: Step 1: Each day select an activity from each Subject, row. Step 2: Click on the link in blue to select your activity. Step 3: Enjoy your learning. Step 4: Go to the next subject to select your next activity.	Direcciones: Paso 1: Cada día selecciona una actividad en cada materia. Paso 2: Haga clic en el enlace en azul para seleccionar tu actividad. Paso 3: Disfruta de tu aprendizaje. Paso 4: Ve a la siguiente materia para seleccionar tu próxima actividad.
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	Subject	Grade 4	Grade 5/6
1	i-Ready	<input type="checkbox"/> Log in video to i-Ready Personalized Instruction using Schoolology for 10 minutes a day. <input type="checkbox"/> Personalized Learning READING Lesson each day. <input type="checkbox"/> Personalized Learning MATH Lesson each day.	
2	Sora	<input type="checkbox"/> Log in to SORA using Schoolology to check out and read a digital book. <input type="checkbox"/> Watch Sora video for login instructions. (Click here for Sora Spanish Video) <input type="checkbox"/> Log in to the Sora app using Schoolology . <input type="checkbox"/> Happy Reading!	
3	Discovery Education	<input type="checkbox"/> Log in to Discovery Education using Schoolology for interactive lessons, field trips and family activities! Click here- Grades 4-6 Discovery Ed Activities <input type="checkbox"/> Watch video for login guidance and click the winter activity sheet to view the Discovery content <input type="checkbox"/> Username: LAUSD_student Password: discovery <input type="checkbox"/> Be certain that you are logged into Schoolology to access materials	
4	ELA	<input type="checkbox"/> Click on the ELA Choice Board to select an activity.	
5	Math	<input type="checkbox"/> Click on the Math Choice Board to select an activity.	
6	Arts	<input type="checkbox"/> Click on the Arts Choice Board to select an activity.	
7	Computer Science/ Artificial Intelligence	<input type="checkbox"/> Click on the Computer Science/AI Choice Board to select an activity.	

8	Science	<input type="checkbox"/> Click on the Science Choice Board to start your adventure!	
9	History-Social Science/ Ethnic Studies	<input type="checkbox"/> Go to PBS Social Studies Channel for 3-5 <input type="checkbox"/> Click on an activity, watch and learn! <input type="checkbox"/> Virtual Field Trips, Tours, and Webcams <input type="checkbox"/> Library of Congress Digital Collections <input type="checkbox"/> For additional Ethnic Studies lessons, click on Grades 4-6 Ethnic Studies Learning Activities	
10	Climate Literacy	<input type="checkbox"/> Click on the Climate Literacy Choice Board to learn how you can save the earth!	
11	Digital Citizenship	<input type="checkbox"/> Click on the Digital Citizenship Choice Board to select an activity.	
12	On Demand Homework Help	<input type="checkbox"/> Click, watch, and learn how to access Paper.co for live tutoring on demand: Paper.co On Demand Tutoring <input type="checkbox"/> To log into Paper.co for on demand tutoring and asynchronous learning practice, sign in to https://ims.lausd.net with your LAUSD Email and Password Tutor.com (<i>K-12 span school students only</i>): <input type="checkbox"/> Click, watch, and learn how to access Tutor.com for live tutoring on demand: Tutor.com On Demand Tutoring <input type="checkbox"/> To log into Tutor.com for on demand tutoring and asynchronous learning practice, sign in to https://ims.lausd.net with your LAUSD Email and Password	

Additional Student and Family Activities

13	ELD	<input type="checkbox"/> Click, watch and practice a conversation: Fourth Grade ELD Lessons	<input type="checkbox"/> Click, watch and practice a conversation: Fifth Grade ELD Lessons
14	AEMP	<input type="checkbox"/> Click and select a family activity: 3-5 Student Resources	<input type="checkbox"/> Click and select a family activity: 3-5 Student Resources



School Updates and Resources for Families

Childcare

Los Angeles Unified Early Education Centers: Open to children ages 2–5, enroll in any of our [87 Early Education Education Centers](#) located throughout Los Angeles. Find out more by visiting lausd.org/eced

YMCA

Your local YMCA is opening its doors for children of essential workers and children of families who were displaced, evacuated or lost property. This child care program is designed to support children of essential workers and children of families who were displaced, evacuated or lost property, who cannot attend school because their school has closed for the day.

For a list of our 28 Y centers, please visit ymcala.org/locations

Please note that our beloved Palisades-Malibu YMCA center was completely destroyed by the fire and is no longer operating a physical location. Our Santa Anita (Monrovia), Hollywood, Pasadena-Sierra Madre YMCA centers are currently closed due to close proximity to the fires and power outages.

Boys and Girls Club of Metro Los Angeles

The Boys & Girls Club is opening their doors to ALL youth ages 6–18. Registration fees have been waived during this time so that all kids in need have a safe place to go. Click [here](#) to see the participating locations.

The Student and Family Wellness Hotline

The hotline offers families with health-related consultations and assistance. They may be contacted by calling (213) 241-3840, Monday through Friday from 8:00 am to 5:00 pm.

Los Angeles Unified Division of Special Education School and Family Support Services Hotline

The Los Angeles Unified Division of Special Education personnel and School and Family Support Services Hotline may be contacted by calling (213) 241-6701, Monday through Friday from 8:00 am to 5:00 pm.



School Updates and Resources for Families

Parent Portal

The Parent Portal is your one-stop online tool for important information about your child. Using the Parent Portal, you access the instructional activities, assignments, and resources for your child. Login or register today. A personal identification number (PIN) is required to allow your child's school to verify you are the legal parent and have rights to the student's information. You will need to contact your child's school to receive your PIN in order to complete your Parent Portal registration. If you have questions about the Parent Portal, please contact your school site or call the Family Hotline at (213) 443-1300 between 7:30 am and 5:00 pm.

Los Angeles Unified Family Academy

The Family Academy is designed to leverage families' assets to be empowered as they support their child from the early primary years to college and career success. Workshops are offered

to families and the community as webinars and in-person engagements.

Visit lausd.org/familyacademy to view and download Family Academy course catalogs and other resources for parents and families. Recordings of webinars and presentation slides are also available.

Student Support and Attendance Services

Los Angeles Unified provides resources and support to ensure that students and families can continue their education and access essential services during times of need.

- [Homeless Education Office](#): Families who have lost their residence can connect with their designated school site homeless liaison or contact the Homeless Education Office directly at (213) 202-7581 for assistance.
- [Specialized Student Services \(SSS\) Counselors](#) provide local, integrated, and specialized support services for targeted student populations, including students in foster care, experiencing homelessness, and/or involved in the Juvenile Justice System. For assistance, they may be contacted by calling (213) 241-3840.
- [Youth and Family Support](#): Youth (ages 18-24) and families with children under age 18 experiencing homelessness can access additional support through the [Youth or Family Coordinated Entry System \(CES\)](#). Contact the closest CES site for services available.

Region and School-Based Supports

Each Los Angeles Unified Region supports a network of school sites by providing instructional, wellness, family engagement, and other essential services. Below is a list of regional leadership that supports our school site teams. To find out which Region team supports a specific school site, visit the District's school directory: <https://schooldirectory.lausd.net/schooldirectory/>.



School Updates and Resources for Families

Region East	Region South
2151 N. Soto St., Los Angeles 90032 (323) 224-3100	1208 Magnolia Ave, Gardena 90247 (310) 354-3400
Leadership José P. Huerta, Region East Superintendent jose.huerta@lausd.net (323) 224-3100 Cristina Muñoz, Administrator of Instruction cristina.munoz@lausd.net (323) 224-3190 Dr. Lourdes Ramirez-Ortiz, Administrator of Instruction lramirezortiz@lausd.net (323) 224-3190 Gilberto Martinez, Administrator of Operations glm8490@lausd.net (323) 224-3177 Yolanda Bueno, Special Education Administrator yxb0387@lausd.net 323-224-3300 Megan Guerrero, Administrative Coordinator, Family and Community Engagement mguerr3@lausd.net (323) 224-3382 Amaris Medina, Administrative Coordinator, Family and Community Engagement amaris.medina@lausd.net (323) 224-3382	Leadership Andre Spicer, Region South Superintendent andre.spicer@lausd.net (310) 354-3400 Rafael Balderas, Administrator of Instruction rbald2@lausd.net (310) 354-3400 Dr. Afia Hemphill, Administrator of Instruction afia.hemphill@lausd.net (310) 354-3400 Mira Pranata, Administrator of Operations mira.pranata@lausd.net (310) 354-3519 Jennifer McConn, Special Education Administrator jcm9972@lausd.net 310-354-3431 Leticia Estrada de Carreon, Administrative Coordinator, Family and Community Engagement ldecarre@lausd.net (310) 354-3224 Front Desk (310) 354-3230 Back Desk/Conference Room (310) 354-3229
Virtual Academy and Educational Options	
Latasha Buck, Executive Director lnb4534@lausd.net 213-241-2231 Ryan Morse, Special Education Administrator ryan.morse@lausd.net 213-241-3759	Jesus Angulo, Administrator of Operations jangulo@lausd.net 213-241-2231 Laura Banuelos, Administrative Coordinator Family and Community Engagement lx0446@lausd.net 213-241-2231



School Updates and Resources for Families

Region North	Region West
6621 Balboa Blvd., Lake Balboa 91406 (818) 654-3600	11380 W. Graham Pl., Los Angeles 90064 (310) 914-2100
<p>Leadership</p> <p>Dr. David Baca, Region North Superintendent david.baca@lausd.net (818) 654-3600</p> <p>Dr. Alma Flores, Administrator of Instruction, Elementary alma.s.flores@lausd.net (818) 654-3600</p> <p>Mylene Keipp, Administrator of Instruction, Secondary mylene.keipp@lausd.net (818) 654-3600</p> <p>José Razo, Administrator of Operations jrazol@lausd.net (818) 654-3600</p> <p>Lisa Kendrick, Special Education Administrator Lisa.kendrick@lausd.net 818-758-1007</p> <p>Laura Fuentes, Administrative Coordinator, Family and Community Engagement xf1109@lausd.net (818) 654-3600</p> <p>Dr. Jeremiah Gonzalez Administrative Coordinator, Family and Community Engagement jjg2443@lausd.net (818) 654-3600</p>	<p>Leadership</p> <p>Dr. Denise Collier, Region West Superintendent denise.collier@lausd.net (310) 914-2100</p> <p>Andrew Jenkins, Administrator of Instruction andrew.jenkins@lausd.net (310) 914-2106</p> <p>Dr. Debra Bryant, Administrator of Operations ddb0437@lausd.net (310) 914-2102</p> <p>Jera Turner, Special Education Administrator jot8700@lausd.net 310-235-3700</p> <p>Crystal Dukes, Administrative Coordinator, Family and Community Engagement crystal.dukes@lausd.net (310) 914-2119</p>



School Updates and Resources for Families

Virtual Academy

Families with students enrolled in the Los Angeles Unified Virtual Academies may contact a network of school offices and Welcome Centers to request assistance. Visit <https://www.lausd.org/virtualacademy> for more information. Contact the Virtual Academy leadership through their Welcome Centers included below:

Virtual Academy

- Arts and Entertainment Virtual Academy: (424) 444-0488
- Computer and Science Virtual Academy: (424) 229-4228
- International Studies and World Languages Virtual Academy: (747) 316-2533
- Business and Entrepreneurship Virtual Academy: (818) 821-0336
- Leadership and Public Service Virtual Academy: (213) 316-9840
- STEAM Virtual Academy: (323) 673-5544

Virtual Academy Welcome Centers (Hours of Operation: 7:30 a.m. – 4:30 p.m.)

North-BEVA	18720 Linnet St. Tarzana, CA 91356 @ Portola MS
North-STEAM	10027 Lurline Ave. Chatsworth, CA 91311 @ Chatsworth HS
North-ISWL	19452 Hart St. Reseda, CA 91335 @ Shirley ES
North-LPS	17440 Lorne St. Northridge, CA 91325 @Lorne ES
North-AEVA/ISWL/CSVA	9171 Telfair Ave. Sun Valley, CA 91352 @ VOCES
East-STEAM	4010 E Ramboz Dr. Los Angeles, 90063 @ Kennedy ES
East-LPS	474 Hartford Ave. Los Angeles, 90017 @ Gratts (Para Los Niños)
East-BEVA	2510 E 6th St. LA CA 90023 @ Hollenbeck MS
South-AEVA	1254 E Helmick St. Carson, 90746 @ Curtiss MS
South-CSVA/STEAM	5010 11th St Ave. LA, CA 90043 @ Crenshaw HS
South-CSVA	1415 W Gardena Blvd. Gardena, CA 90247 @ Peary MS
South-LPS	10860 S. Denker Ave. Los Angeles, 90047 @ Washington Prep HS
West-AEVA/ISWL/BEVA	4650 Olympic Blvd. Los Angeles, CA 90019 @ Los Angeles HS (GALA)



School-Based Clinic and Wellness Locations

Los Angeles Unified offers a variety of free to low-cost health services to students and families. The clinics listed below are operated by the District in collaboration with non-profit community-based organizations.

In addition, Los Angeles Unified School Mental Health provides comprehensive mental health services to students and their families free of charge, including psychiatric services rendered through our clinics and wellness centers.

If you may need to contact an expert to explore healthcare service options for your family members contact the Los Angeles Unified Children’s Health Access and Medi-Cal Program (CHAMP) at (213)241-3840.

School-Based Health Centers

School-Based Health Centers are clinics that provide medical or dental services at designated school locations. These services are offered through a no-cost contract with a dental/health organization. Clinical services vary at each location. Please contact the clinic to obtain the services provided.

Region	School-Based Health Center	Provider	Address	Office Hours
N	Hart Street Elementary School	Dr. S. Samoha DDS, Inc. (818) 340-4042	21006 Hart St. Canoga Park, CA 91303	M-W: 9:00 am - 6:00 pm F: 9:00 am - 6:00 pm
N	Pacoima Middle School	Clinica Romero	9919 Laurel Canyon Blvd. Pacoima, CA 91331	Scheduled to reopen spring 2025
N	San Fernando High School	Northeast Valley Health Corp. (818) 365-7517	11133 O’Melveny Ave. San Fernando, CA 91340	M-F: 7:30 am - 4:00 pm
N	Sun Valley Middle School Health Center	Northeast Valley Health Corp. (818) 432-4400	7223 N. Fair Ave. Sun Valley, CA 91352	M/T/Th/Sat: 8:00 am – 5:00 pm W: 8:00 am – 9:00 pm F: 9:00 am – 5:00 pm
E	Nevin Elementary School (Dental)	Eisner Health (323) 232-2236	1569 E. 32nd St. Los Angeles, CA 90011	W-F: 8:00 am - 2:30 pm
E	El Sereno Middle School Dental Clinic	AltaMed	2839 N. Eastern Ave. Los Angeles, CA 90032	Scheduled to reopen spring 2025



School-Based Clinic and Wellness Locations

Region	School-Based Health Center	Provider	Address	Office Hours
E	Lincoln High School	St. John's Well Child (323) 441-2139	2512 Alta St. Los Angeles, CA 90031	M/T: 8:30 am – 5:00 pm Th: 11:00 am – 7:30 pm Sat: 7:00 am – 3:30 pm
W	Marshall High School	Asian Pacific Health Care Venture (323) 665-1129	3939 Tracy St. Los Angeles, CA 90027	M-F: 8:30 am – 4:30 pm
W	Los Angeles High School	Eisner Health	4650 W. Olympic Blvd. Los Angeles, CA 90019	Scheduled to reopen spring 2025
S	Gardena High School	Gardena Health Clinic (310) 808-1180	1301 W. 182nd St. Gardena, CA 90248	M-F: 8:00 am - 4:00 pm
S	Wilmington Middle School	Wilmington Community Clinic (310) 549-5760	1700 Gulf Ave. Wilmington, CA 90744	M-F: 8:00 am - 4:00 pm

Wellness Centers

Los Angeles Unified operates wellness centers throughout school campuses district-wide. Wellness Centers are staffed by outside medical providers, who will see members of the community in addition to students. They are able to provide comprehensive care to families who make a particular center their “medical home.” In addition, Los Angeles Unified School Mental Health provides comprehensive mental health services to students and their families free of charge, including psychiatric services and neurofeedback.

Region	School-Based Wellness Center	Community Provider and Hours	Mental Health Provider and Hours	Address
N	Monroe Arts High School	Valley Community Healthcare (818) 763-8836 M-F: 8:00 am – 4:30 pm	Child and Family Guidance Center (818) 739-5900 M-F: 8:30 am – 6:00 pm Sat.: 8:30 am - 3:00 pm	9119 Haskell Ave. North Hills, CA 91343

Wellness Centers

N	Maclay Student & Family Wellness Center	North East Valley Health Corporation (818) 897-2193 M-F: 8:00 am - 4:30 pm	LAUSD School Mental Health (818) 794-5280 M-F: 8:00 am - 4:30 pm Students only	12451 W. Gain St. Pacoima, CA 91331
E	Belmont Wellness Center	Asian Pacific Healthcare Venture, Inc. (323) 644-3880 ext. 702 M-F: 8:00 am - 4:30 pm	LAUSD School Mental Health (213) 241-4451 M-F: 8:00 am - 4:30 pm Students only	180 Union Pl. Los Angeles, CA 90026
E	Jefferson High School	South Central Family Health Center (323) 908-4200 M-Sat: 7:30 am - 4:30 pm	South Central Family Center (323) 908-4200 M-F: 8:00 am - 4:30 pm	3410 S. Hooper Ave. Los Angeles, CA 90011
E	Maywood Center (MaCES)	Angeles Community Health Center (866) 981-3002 M-F: 8:30 am - 5:00 pm	Angeles Community Health Center (866) 981-3002 M-F: 8:30 am - 5:00 pm	5800 King Ave. Maywood, CA 90270
E	Mendez Wellness Center	St. John's Community Health (323) 541-1411 M/W/TH/F: 8:30 am - 5:00 pm Sat: 7:00 am - 3:30 pm	St. John's Community Health (323) 541-1411 M/W/TH/F: 8:30 am - 5:00 pm Sat: 7:00 am - 3:30 pm	1321 E. 1st St. Los Angeles, CA 90033
E	Roosevelt Wellness Center	St. John's Community Health (323) 541-1411 M-F: 8:30 am - 5:00pm	St. John's Community Health (323) 541-1411 M-F: 8:30 am - 5:00pm	444 S. Matthews St. Los Angeles, CA 90033
E	Santee Wellness Center	Eisner Health (213) 763-1000 M-F: 8:00 am - 4:30 pm	Eisner Health (213) 763-1000 M-F: 8:00 am - 4:30 pm	1921 S. Maple Ave. Los Angeles, CA 90011
E	Gage Wellness Center	Northeast Community Clinic (323) 826-9449 M-Th: 8:00 am - 5:00 pm F: 12:00 pm - 5:00 pm	LAUSD School Mental Health (323) 826-1520 M-F: 8:00 am - 4:30 pm Students only	2975 Zoe Ave. Huntington Park, CA 90255
E	Garfield High School	Via Care Community Health Center (323) 262-0721 M-F: 1:00 pm - 5:00 pm	Via Care Community Health Center (323) 262-0721 M-F: 1:00 pm - 5:00 pm	501 S. Woods Ave. Los Angeles, CA 90022
E	Elizabeth Learning Center	South Central Family Health Center (323) 905-5801 M: 8:00 am - 12:00 pm W: 12:30 pm - 4:30 pm	LAUSD School Mental Health (323) 271-3650 M-F: 8:00 am - 4:30 pm Students only	4811 Elizabeth St. Cudahy, CA 90201

Wellness Centers

W	Hollywood High School	LAUSD/Kaiser Permanente (323) 993-2355 M-F: 8:30 am - 3:30 pm	AVIVA Family and Children's Services (323) 394-5742 M-F: 8:15 am - 3:30 pm	1530 Orange Dr. Los Angeles, CA 90028
S	Manual Arts High School	St. John's Community Health (323) 290-8360 M: 11:00 am - 7:00 pm T/W/TH: 8:30 am - 5:00 pm Sat: 7:00 am - 3:30 pm	St. John's Community Health (323) 290-8360 M: 11:00 am - 7:00 pm T/W/TH: 8:30 am - 5:00 pm Sat: 7:00 am - 3:30 pm	4085 S. Vermont Ave. Los Angeles, CA 90037
S	Fremont Wellness Center	UMMA Community Clinic (323) 404-9270 M-F: 8:00 am - 5:00 pm Sat: call for availability	UMMA Community Clinic (323) 404-9270 M-F: 8:00 am - 5:00 pm Sat: 7:30 am - 4:30 pm	7821 S. Avalon Blvd. Los Angeles, CA 90003
S	Jordan High School	UMMA Community Clinic (323) 488-5915 M-F: 8:00 am - 5:00 pm	UMMA Community Clinic (323) 488-5915 M-F: 8:00 am - 5:00 pm	10110 S. Juniper St. Los Angeles, CA 90002
S	Carson Wellness Center	Venice Family Clinic (310) 392-8636 M-F: 8:00 am-5:00 pm	LAUSD School Mental Health (310) 847-7216 M-F: 8:00 am - 4:30 pm Students only	270 East 223rd St. Carson, CA 90745
S	Locke Wellness Center	UMMA Community Clinic (323) 789-5610 M-F: 8:00 am - 4:30 pm	LAUSD School Mental Health (323) 418-1055 M-F: 8:00 am - 4:30 pm Students only	316 E. 111th St. Los Angeles, CA 90061
S	Crenshaw Wellness Center	T.H.E. Clinic(323) 730-1920 x505 M/W/Th: 8:00 am - 5:00 pm	LAUSD School Mental Health (323) 290-7737 T, W: 8:00 am - 4:30 pm Students only	3206 W. 50th St. Los Angeles, CA 90043
S	Washington Prep Wellness Center	St. John's Community Health (323) 757-2775 M-Th: 11:00 am - 7:30 pm Sat: 7:00 am - 3:30 pm	LAUSD School Mental Health (323) 241-1909 M-F: 8:00 am - 4:30 pm Students only	1555 W. 110th St. Los Angeles, CA 90047
S	YES Academy Student & Family Wellness Center	St. John's Community Health (323) 541-1411 M,T,W: 8:30am-5:00 pm Th: 11:00 am-7:30 pm F: Closed Sat: 7:00am-3:30 pm	LAUSD School Mental Health (323) 684-6500 M-F: 8:00 am - 4:30 pm Students only	6505 8th Ave. Los Angeles, CA 90043



School-Based Clinic and Wellness Locations

Options for Mental Health Care

Families can directly refer their children for individual, family, and group counseling services. These services are available both in-person and through telehealth. Schools connect students and families to mental health services by partnering with over 60 community agencies, including School Mental Health Clinics and Wellness Centers, ensuring easy access to care.

Please visit our website for contact information, lausd.org/smh. You can also call (213) 241-3840 to access mental health services, and other essential school and community resources.

School Mental Health Clinics are district-operated outpatient mental health clinics that provide stand alone mental health and psychiatric services to students. Staff have specialized training in evidenced based practices and neurofeedback.

Region	Clinic	Telephone and Hours of Operation
E	Ramona Clinic 231 S. Alamo Ave. Los Angeles, CA 90063	(323) 266-7615 M-F: 8:00 am - 4:30 pm Students only
S	San Pedro Clinic 704 W. 8th St. San Pedro, CA 90731	(310) 832-7545 M-F: 8:00 am - 4:30 pm Students only
S	97th St. Clinic 439 W. 97th St. Los Angeles, CA 90003	(323) 754-2856 M-F: 8:00 am - 4:30 pm Students only

Options for Mental Health Care

In case of an emergency and natural disaster, the Los Angeles Unified School District organizes information for families and resources at lausd.org. The following resources are available to help families as communities recover from the fires experienced.

School Mental Health Clinics

For more information and updates, you may call the Family Hotline at (213) 443-1300 between 7:30 a.m. and 5:00 p.m., Monday through Friday.

Need Help Now

If you, your child, or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org. In life-threatening situations, call 911.



Health and Medical Care Resources and Supplies

Prescription Drugs & Medical Supplies

- Find open pharmacies at healthcareready.org/rxopen
- Medi-Cal members may be able to get a 72-hour refill for prescription drugs when a Federal emergency is declared, and may get a 100-day supply of most prescription drugs before disasters. After disasters and power shutoffs, pharmacies must give the full amount needed immediately.
- Medicare Part D Plans must lift some limits on prescription drug benefits and allow out-of-network access when drugs are unavailable from network pharmacies.
- Uninsured survivors can get prescription drugs and supplies via the Emergency Prescription Assistance Program. To find pharmacies in this program, call (855) 793-7470.
- Type 1 Diabetes: Fill out [this form](#) if you need Type 1 Diabetes supplies.

Free Non-Emergency Virtual Care (Teladoc)

Free, 24/7 virtual medical appointments for non-emergency illnesses. Additionally, those who may need help with authorization for non-narcotic drugs can also get assistance. The free services are for first responders, Southern California residents and anyone else who may be affected by the fires. Call 1-(855) 225-5032.

Resources for L.A. Care Members

- **Prescriptions and Appointments:** L.A. Care members can fill prescriptions early or at an out-of-network pharmacy if their medications were lost in the fires, left behind during an evacuation, or if their regular pharmacy is shut down. You may also be able to schedule appointments at out-of-network providers. For assistance, call:
 - Medi-Cal – 1-(888)-839-9909
 - L.A. Care Covered – 1-(855)-270-2327
 - PASC-SEIU Plan – 1-844-7272
 - L.A. Care Medicare Plus – 1-833-LAC-DSNP (1-833-522-3767) (TTY: 711)
- **Transportation:** If you reserved transportation to a medical appointment and need to reschedule or change your route because of the fires, call 1-888-839-9909 (TTY: 711).
- **Mental Health:** For counseling and mental health services, call:
 - Carelon Behavioral Health: 1-877-344-2858
 - Los Angeles County Department of Mental Health: 1-(800)-854-7771
- **Disaster Distress Helpline (U.S. Substance Abuse and Mental Health Services Administration):** A free, multilingual crisis support service available 24/7.
 - Call: 1-800-985-5990 (Press 2 for Spanish). Text: "TalkWithUs" to 66746



Health and Medical Care Resources and Supplies

Disaster-Related Mental Health Resources

If you or your loved ones are experiencing mental health distress related to the wildfires call the LA County Department of Mental Health's 24/7 help line at 1-800-854-7771. For more info visit, dmh.lacounty.gov/our-services/disaster-services/disaster-mh-resources/.

Oxygen Treatment (The Sidewalk Project)

Available at The Sidewalk Project, 768 Stanford Ave. Los Angeles, CA 90021

Call (415) 966-6019 and (415) 654-7905

Website: thesidewalkproject.org/

Shower Access at Planet Fitness

Free access to showers for firefighters and displaced residents. A gym membership is not required. For locations and hours of operation, visit planetfitness.com/gyms.

City of Los Angeles Disaster Recovery Centers

These locations will provide families with resources impacted by the fires. Various local and federal agencies will be onsite to offer assistance. Online resources available at emergency.lacity.gov/recovery.

Open 7 days a week 9AM-8PM

Westside Location:

10850 Pico Blvd, Los Angeles CA 90064

Eastside Location:

3035 E. Foothill Blvd, Pasadena, CA 91107



Prepare for an Emergency Supply Kit

The recent damages caused by the wind and fire incidents are a reminder to be prepared for an emergency and have vital documents and supplies available for your family. It is important to have resources to make it on your own for at least three days, maybe longer. Prioritize items such as fresh water, food and clean air. Government agencies recommend putting together two kits. In one, put everything needed to stay where you are and make it on your own. The other should be a portable version you can take with you if you have to get away. Lastly, organize important documents you may need in case you may need to leave your home during a natural disaster.**

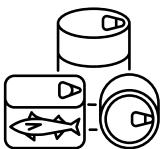
Emergency Supply Kit Checklist

1. Water



- Ensure you have at least a three-day supply of water for each person in your household. Plan for one gallon per person per day to meet drinking and sanitation needs.
- Children, nursing parents, individuals with underlying health conditions, and those who are ill may require additional water.
- If you live in a warm weather climate, more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.

2. Food



- Store at least a three-day supply of non-perishable food.
- Select foods that require no refrigeration, preparation, or cooking and little or no water.
- Pack a manual can opener, paper cups, plates, and plastic utensils.
- Ready-to-eat canned meats, fruits, and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit or nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods
- Food for infants
- Comfort/stress foods
- If you may need to get non-perishable foods in case of emergency, please contact the [Los Angeles Regional Food Bank](#).

Prepare an Emergency Supply Kit



3. First Aid Kit

It is also important to have a reliable first aid kit that includes basic supplies to care for minor injuries. Consider taking a first aid class as well to care for your family's needs. If you require a first aid kit, the Los Angeles Area American Red Cross has sets for sale. A list of items to include in a kit you arrange for your family is available at www.ready.lacounty.gov/basic-first-aid-kit

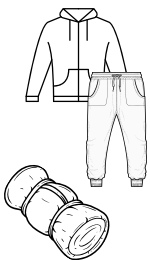
Recommended Things you should have:



- Two pairs of sterile gloves
- Sterile dressings to stop bleeding
- Soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes
- Thermometer
- Prescription medications you take every day (you should periodically rotate medicines to account for expiration dates)
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Medicine dropper
- First Aid book
- Non-prescription drugs (aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid, laxative)

4. Clothing and Bedding

One complete change of warm clothing and shoes per person, including:



- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket for each person
- Rain gear

Prepare for an Emergency Supply Kit



5. Other Items

- Cell phone
- Scissors
- Tweezers
- Petroleum jelly
- Battery-powered radio
- Flashlight
- Extra batteries
- Whistle to signal for help
- Dust mask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Plastic sheeting and duct tape to shelter-in-place
- Infant formula and diapers
- Garbage bags and plastic ties for personal sanitation
- Cash or traveler's checks, change
- Paper towels
- Fire extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper, pencil
- Feminine supplies
- Personal hygiene items
- Disinfectant
- Household chlorine bleach
- You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to purify water
 - Use 16 drops of regular household liquid bleach per gallon of water
- Copies of important family records in a waterproof portable container



Prepare for an Emergency Supply Kit

6. Special Needs Items

Remember the special needs of your family members. Infants, the elderly, and persons with disabilities require the same planning as everyone else, and sometimes a little more, to be prepared for a natural disaster.

Infants

Make sure to keep the following in your emergency supply kit:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

Adults

Consult your doctor about safely storing essential prescription medications, such as those for heart conditions, high blood pressure, and insulin. Ask about appropriate quantities and storage requirements for emergencies. For your emergency supply kit, consider including the following:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Seniors and People with Disabilities

Plan how you will evacuate or signal for help. Plan emergency procedures with home health care agencies or workers. Tell others where you keep your emergency supplies. Contact your city or county government's emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in an emergency. Wear medical alert tags or bracelets to help identify your disability. If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility. Teach others how to operate necessary equipment. Label equipment such as wheelchairs, canes, and walkers. Additional supplies include:

Prepare for an Emergency Supply Kit



- A list of prescription medications including dosage and any allergies
- Extra eyeglasses and hearing-aid batteries
- Additional incontinence underwear
- A list of the style and serial numbers of medical devices such as pacemakers
- Extra wheelchair batteries and oxygen
- Copies of medical insurance and Medicare cards
- A list of doctors and emergency contacts

Pets

Pets are valued members of many families, and it's essential to have a plan for their care during emergencies. In case you cannot take your pet with you, prepare by identifying local pet shelters or animal care facilities. Keep their contact information and location readily accessible.

- Food, water, bowls
- Medication
- Medicines
- Vaccination records
- Leash, harness, and collar
- Microchip information

***Information sourced and adapted from [Ready America](#).*



Food, Transportation and Housing Resources

LA Regional Food Bank

Visit the [LA Regional Food Bank](#) to find locations offering free groceries and meals for those affected by wildfires or other emergencies.

CalFresh Disaster Assistance

Disaster CalFresh provides food assistance to individuals and families impacted by natural disasters. Learn about eligibility and locations to apply here: [Disaster CalFresh Information](#).

CalFresh Disaster Assistance

A list of LA County Restaurants offering free meals to those affected by LA County fires and first responders.

Free Clothing and Essentials

<p>Brooklyn Projects 7427 Melrose Ave. Los Angeles, 90046</p>	<p>National Council of Jewish Women Distributing \$100 vouchers for secondhand clothing at Council Shop locations.</p> <p>Contact: Selene Lopez or Maria Preciado at info@ncjwla.org.</p> <p><u>Participating Locations:</u> 2515 W. Magnolia Blvd. Burbank 91505 12120 Venice Blvd. Los Angeles 90066 21716 Sherman Way Canoga Park 91303 11801 Santa Monica Blvd. Los Angeles 90025 3757 Overland Ave. Los Angeles 90034 360 N Fairfax Ave. Los Angeles 90036</p>
<p>Coop (Jenna Cooper’s Boutique) Through Jan. 12, 10 a.m.–6 p.m. 7278 Beverly Blvd. Los Angeles, 90036</p>	
<p>Suay Sew Shop 905 Mateo St. Los Angeles, 90021 Hours: 10 a.m.–6 p.m.</p>	

Housing Assistance

[Airbnb.org Free Housing for Wildfire Victims](#)

Wildfires are causing devastation across Los Angeles. Airbnb partnered with [211 LA](#) to provide free, emergency housing to people who were displaced and first responders.

If you or someone you know needs support, fill out [211 LA's intake form](#).



Food, Transportation and Housing Resources

Transportation Support for Students

Reliable transportation options are provided to ensure access to schools and resources during emergencies. During natural disasters and crises LA Metro will announce schedules when they provide free access to transportation services. Visit the links below for more information.

- **Metro GoPass:** Los Angeles Unified students can access free transportation via the [Metro GoPass Program](#). Contact your child’s school site to request a card.
- **Metro Alerts:** For the latest Metro alerts on rail and bus line closures, visit [Metro Alerts](#).
- **Big Blue Bus:** Free rides to Westwood evacuation center, click [here](#) for more details.
- Visit the LA DASH website to learn about free transportation services: <https://www.ladottransit.com/dash/>.

How to Receive Free Uber and Lyft Rides During Los Angeles Wildfires

- Uber: Apply the promo code **“WILDFIRE25”** in the Wallet section of the Uber app before requesting a ride to designated locations.
 - Note: The discount does not apply to tips and cannot be combined with other promotions/discounts. Instructions for applying promo codes can be found [here](#).
- Lyft: Los Angeles residents can use the code **“CAFIRERELIEF25”** in the app for two rides up to \$25 each (\$50 total).

Mental Health and Wellness Resources

Los Angeles Unified prioritizes the mental health and well-being of students, families, and employees, providing critical support during challenging times.

- **Psychological First Aid (PFA):** An evidence-based approach to help children, teens, adults, and families cope in the immediate aftermath of a disaster.
- **The National Child Traumatic Stress Network (NCTSN):** Offers resources on helping children manage the emotional impact of wildfires.
- Employee Assistance Service for Education (EASE)
 - Website: [Employee Assistance Service for Education \(EASE\)](#)
 - 24/7 Support Line: 800-882-1341
 - Services: Support for LAUSD employees’ mental health and well-being
- Additional Resources: National Disaster Distress Helpline: 1-800-985-5990

The American Red Cross

The [American Red Cross](#) Los Angeles Region provides 24/7 support for individuals and families displaced by disasters, including wildfires, earthquakes, and home fires.

For Immediate Assistance: Call (800) 675-5799

General Support and Legal Assistance Resources



Federal Emergency Management Agency (FEMA)

To locate shelters near you, text "**SHELTER**" and your zip code to 43362.

Mutual Aid LA Network

The Mutual Aid LA Network has created a list of informational sites, housing, and animal shelters, which can be found here www.tiny.cc/malan-fire.

Business Assistance – Los Angeles County Economic Development Corporation (LAEDC)

The LAEDC offers resources to support businesses impacted by natural disasters, including:

- Wildfire Economic Recovery Resources (to be released): Business-interruption grants and assistance.
- Business Assistance Team: Available now for immediate support.
- Guide to Planning for Business Operations After Natural Disasters: [Access here](#).
- United States Small Business Administration Disaster Assistance: www.sba.gov/funding-programs/disaster-assistance

Fraud Prevention and Price Gouging

State government officials are releasing information to help the general public avoid scams and fraud from vendors and criminals asking for donations. General information from the State Attorney General's office is offering [tips to keep Californians safe](#).

The [Los Angeles County Department of Consumer Affairs](#) is also supporting the public to address price gouging amid fire and windstorm emergencies. The public may report price gouging by visiting stoppricegouging.dcba.lacounty.gov and calling (800) 593-8222 to report details.

Replacing Lost Documents

- USA.gov: [Steps to replace government-issued ID cards](#).
- Red Cross Guide: "Picking Up the Pieces" offers disaster recovery tips. View the guide [here](#).

State Bar of California

The State Bar of California has curated resources which offer legal help following a disaster. The site includes pamphlets, guidance when a person is searching for an attorney, resolving problems, and helpful frequently asked questions. This resource is available by [clicking here](#).

Public Counsel

Public Counsel created this FAQ to provide answers to common questions about obtaining FEMA assistance after disasters, including the LA County 2025 fires. It covers the FEMA application process—including concerns about duplication of benefits from other funding sources—and additional sources of financial assistance. [Click this link to access the information](#).



Wildfire Preparedness and Safety

If someone you know has received an evacuation order from an area with active wildfires, please encourage them to follow the evacuation order. To search for a specific address that might be impacted, visit protect.genasys.com. Evacuation shelters for residents and animals are available on lacounty.gov/emergency/.

Being informed and prepared can save lives during a wildfire. Explore these resources for guidance:

- [Evacuation Terms Can Be Confusing: Here's What They Mean and How to Sign Up for Alerts](#)
- [How to Keep Yourself Safe from Wildfire Smoke](#)
- [What to Do – and Not Do – When You Get Home After a Wildfire](#)
- [Trying to Stay Safe in a Wildfire? There's an App That Can Help](#)

City/County Resources: Emergency Services and Information

Los Angeles County Office of Education Resources: Explore essential resources provided by the Los Angeles County Office of Education (LACOE) to support students, families, and educators during emergencies and critical situations. Visit [LACOE's LA FIRES Resource Page](#) for guidance, tools, and updates aimed at ensuring the safety, well-being, and continued learning of the Los Angeles education community.

Access to city and county services helps families navigate wildfires and related emergencies.

- Non-Emergency City Services: Visit the [LA City Website](#) for local resources.
- Report and Track Power Outages: Check your utility provider's website for updates.
- Find Evacuation Orders: [View current evacuation orders](#).
- CalFire Updates: Stay informed on wildfire activity at [CalFire](#).

Wildfire Alerts and Tracking

- LA County Alerts: Sign up for real-time emergency alerts at [Alert LA County](#).
- Fire Tracking Tools: [Cal Fire](#)
- Protect Genasys: [Evacuation orders and fire tracking](#).
- CAL Fire Current Incidents: [View here](#).
- Watch Duty App: [Provides real-time fire updates](#).

Assistance from Congressional Representatives

Need help navigating federal resources during an emergency? Find your representative: [House.gov](https://www.house.gov).



Wildfire Preparedness and Safety

Shelters for Evacuees

Westwood Recreation Center: 1350 Sepulveda Blvd. Los Angeles, CA 90025 (Pets in crates welcome)
Pasadena Civic Auditorium: 300 E. Green St. Pasadena, CA 91101
Calvary Community Church: 5495 Via Rocas. Westlake Village, CA 91362
Pan Pacific Recreation Center: 7600 Beverly Blvd. Los Angeles, CA 90036
Sepulveda Recreation Center: 8825 Kester Ave. Panorama City, CA 91402
Van Nuys Sherman Oaks Rec Center: 14201 Huston St. Sherman Oaks, CA 91423
Lanark Recreation Center: 21816 Lanark St. Canoga Park, CA 91304
Stoner Recreation Center: 1835 Stoner Ave. Los Angeles, CA 90025
El Camino Real Charter High School: 5440 Valley Circle Blvd. Woodland Hills, CA 91367
Ritchie Valens Recreation Center: 10736 Laurel Canyon Blvd. Pacoima, CA 91331
Northridge Recreation Center: 18300 Lemarsh St. Northridge, CA 91325

Additional information about shelters in Los Angeles County is available at [LA County Emergency Shelters](#). Information for animal shelters is found at animalcare.lacounty.gov.

Aging and Disabilities

The Los Angeles County Office of Aging and Disabilities offers a variety of contacts and resources to support vulnerable populations impacted by wildfire and windstorms. The site includes important hotline numbers, food pantry assistance, property tax relief information, and shelter information. Visit ad.lacounty.gov/wildfire-windstorm-resources to access.

Power Outages

Guidance is available to help families report and manage power outages effectively.

Report and Track Power Outages:

- Southern California Edison (SCE)
 - Report an outage: [SCE Outage Center](#) or call (800) 611-1911.
 - Check current outages: [SCE Outage Status](#)
- Los Angeles Department of Water & Power
 - Report an outage: [LADWP Outages](#) or call (800) 342-5397.
 - Check current outages: [Power Outage Map](#)

Power Outage Preparation and Tips:

Visit [Ready LA County — Power Outages](#) for tips on preparing for and responding to power outages.

Insurance & Disaster Resources

Guidance is available for navigating insurance claims and securing tax relief after disasters.

Insurance & Property Tax Relief

- California Department of Insurance: Assistance with wildfire-related insurance claims. Call (800) 927-4357 or visit [insurance.ca.gov](#).
- LA County Assessor: Temporary property tax relief for damaged properties through the "Misfortune and Calamity" program. [More information here](#).

Insurance & Disaster Resources

Do you need help after a disaster?

The federal government is providing support to families impacted. DisasterAssistance.gov can help you apply for FEMA disaster assistance and guide you to other resources to help you recover. Visit [www.disasterassistance.gov](#) or call (800) 621-3362. Guidance is available for navigating insurance claims and securing tax relief after disasters.

The California Department of Insurance

The California Department of Insurance has arranged various resources to assist families with filing a claim and can also assist persons directly at their direct line which is (800) 927-4357. Explore their resources and information handouts by visiting their [webpage](#).

Disaster Assistance

[The Disaster Legal Assistance Collaborative](#) provides information for the general public to learn about general assistance available to disaster survivors from the Federal Emergency Management Agency (FEMA) and the Small Business Administration (SBA).

Accommodations and Special Needs Services

Service Providers

Regional Center and Family Resource Centers

Regional centers in California are non-profit organizations that provide services for people with developmental disabilities. They are part of a statewide network that contracts with the California Department of Developmental Services (DDS). Family Resource Centers (FRC) actively work in partnership with local regional centers and education agencies and help many parents, families and children get information about early intervention services and how to navigate the Early Start system. California's FRC are staffed by parents who have children with special needs and provide information and parent-to-parent support.

publichealth.lacounty.gov/mch/helpmegrow/service-locator.html

California Children's Services (CCS) Program in Los Angeles County

The CCS program provides diagnostic and treatment services, medical case management, and physical and occupational therapy services to children under age 21 with CCS-eligible medical conditions. Examples of CCS-eligible conditions include, but are not limited to, chronic medical conditions such as cystic fibrosis, hemophilia, cerebral palsy, heart disease, cancer, traumatic injuries, and infectious diseases producing major sequelae.

publichealth.lacounty.gov/cms/ccs.htm

Wheelchairs and other Physical Therapy Access Equipment

Candace Bramley, Senior School Therapist

candace.bramley@lausd.net; (310)-354-3566

Preschool Resources

This Trauma resource guide from the Child Mind Institute is not specifically about fires, but is available in 15 languages and the basic support tenets hold for all trauma.

childmind.org/guide/multilingual-trauma-resources.

Disability & Disaster Hotline

The Partnership's Disability & Disaster Hotline provides information, referrals, guidance, technical assistance and resources to people with disabilities, families, allies, and organizations assisting disabled disaster survivors and others seeking assistance with immediate and urgent disaster-related needs. 1-(800) 626-4959; hotline@disasterstrategies.org

Older Adults and Nursing Home Assistance

California Advocates for Nursing Home Reform (CANHR), a statewide nonprofit 501(c)(3) advocacy organization has arranged resources to assist in cases where elderly members of a family may need nursing home access and assistance. Learn more by visiting the following link: [Click Here](#).

Articles for Parents to Read

The following articles are available through the Los Angeles Department of Mental Health and offer families with information about supporting children in the wake of natural disasters.

Mental Health and Stress after an Emergency

publichealth.lacounty.gov/media/docs/MentalHealthandStress.pdf

Be Prepared to Communicate

d3kdbhlwduemv1.cloudfront.net/attVnm39LDeYME657.pdf

Children & Recovery from Wildfires: Helping children and families respond to the psychological impact of wildfires.

cmosc.org/wp-content/uploads/2019/11/Children-and-Recovery-from-Wildfires.pdf

Helping Children After a Wildfire: Tips for Caregivers and Teachers

nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/natural-disaster-resources/helping-children-after-a-wildfire-tips-for-caregivers-and-teachers

Parent Guidelines for Helping Children Impacted by Wildfires: How to Talk to Children About Wildfires

nctsn.org/sites/default/files/resources/parents_guidelines_for_helping_children_impacted_by_wildfires.pdf

How to Talk to Your Child About the California Wildfires and Other Natural Disasters

parents.com/talking-to-kids-about-natural-disasters-8771350

Coping with Trauma and Stress in the Face of Wildfires: Tips for Early Childhood Professionals

zerotothree.org/resource/coping-with-trauma-and-stress-in-the-face-of-wildfires

Parents of babies and toddlers: Coping After a Natural Disaster

zerotothree.org/resource/coping-after-a-natural-disaster/

Legal Aid Foundation of Los Angeles Resources

lafla.org/los-angeles-fire-emergency/

DISCLAIMER

Please be advised the external resources shared in this resource guide are for informational purposes only. The Los Angeles Unified School District does not support or endorse any of the businesses. Some of the options may charge fees, require creating accounts, and/or have special health and safety requirements. You are encouraged to visit the business's website to obtain details. If families would like to access the web links included in this guide in another language, please look at the webpage settings which may permit you to translate the content into other languages. This resource was arranged to guide families toward important information links. If you may need a paper copy consider stopping by a Parent and Family Center to access a laptop and to visit provided links. You may also save the PDF as an App option on your smartphone.



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