



**Local District East**  
**Parent and Community Engagement Unit**



**Virtual Parent Workshop on**  
**FAMILY RESOURCES**  
**(COVID-19)**



Local District East

Parent And Community Engagement (PACE) Unit



*Welcome!*

**PARTNERING WITH PARENTS AND FAMILIES**

**Elsa Tinoco, Parent and Community Engagement Administrator**

**Laura Bañuelos and Veronica Ciafone, Parent Educator Coaches**

**Jackie Carrillo and Marta Galicia-Garcia, Local District East**

**Community Representatives**

## Today's Parent Workshop

- Thank you for joining us!
- We will review many resources that are available to families.
- Please use the Q & A  feature to ask questions.
- We will have a *Question & Answer* session at the end.



# Access to this Presentation

- We invite you take pictures of slides.
- This information will be available to school staff.
- We will post this presentation on the



**Local District East Parent and Community Engagement PACE Website**

**[bit.ly/LDEastPACE](https://bit.ly/LDEastPACE)**

**<https://achieve.lausd.net/Page/9211>**

# Learning Objectives

Participants will learn about:

- Available family resources
- Food banks in many communities
- Social-emotional, wellness, and mental health resources
- Resources to support home learning
- LAUSD Family and Community Resources
- Los Angeles City Resources from Mayor Garcetti's Office
- County and Community Resources, and more!



# Family Resources and Food Banks

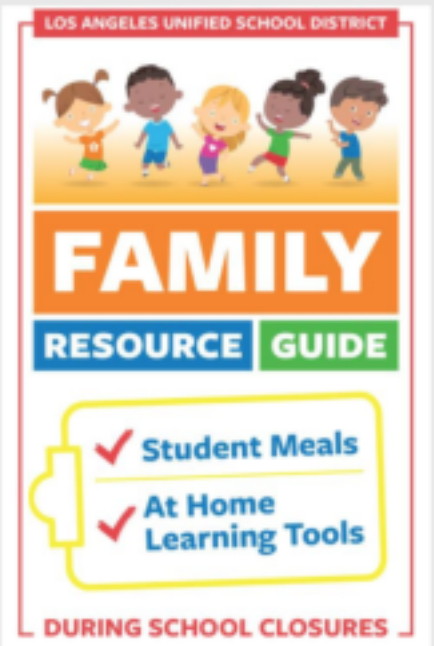


# LAUSD Family Resource Guide

## LAUSD Family Resource Guide- English


<https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/930/LAUSD%20Family%20Resource%20Guide.pdf>

**Download: Family  
Resource Guide**



<http://achieve.lausd.net/resources>

LOS ANGELES UNIFIED SCHOOL DISTRICT



**RESOURCES  
FOR FAMILIES DURING  
SCHOOL CLOSURE**

**Supports and Services Provided to LA Unified Families by Community Partners**

**LOCAL DISTRICT EAST**

**District Hotline: (213) 443-1300**

Los Angeles Unified is working with community partners to help families access essential services during this public health crisis, such as food, shelter, physical/mental health support, and more.

For help accessing services in your area, please call the family hotline at (213) 443-1300 and tell the representative what services your family needs. This hotline is open 6:00 a.m. to 6:00 p.m. Monday through Saturday. Current resources and tips can also be found online at [achieve.lausd.net/resources](http://achieve.lausd.net/resources) and [achieve.lausd.net/shhy](http://achieve.lausd.net/shhy). In addition, you can contact the organizations below (please call ahead to confirm hours of operation).

**Food**

**Everytable**  
700 South Flower St., Los Angeles, CA 90017  
(213) 318-3836  
Monday-Friday (7 AM-5 PM)

**Physical Health Support**

**Elizabeth Learning Center Wellness Center**  
4811 Elizabeth St., Cudahy, CA 90201  
(323) 908-4200

**Gage Middle School Wellness Center**  
2975 Zoe Ave., Huntington Park, CA 90255  
(323) 826-9849

**CHAMP Hotline**  
(866) 742-2273

**Mental Health Support**

**LA County Department of Mental Health**  
800-854-7771  
7 Days per Week, 24 Hours per Day

**Housing/Emergency Shelter**

**The Whole Child**  
9251 Pioneer Blvd., Santa Fe Spring, CA 90670  
(562) 204-0640

**Jovenes, Inc**  
1208 Pleasant Avenue, Los Angeles, CA 90033  
(323) 260-8035

**Unemployment Insurance**

**Employment Development Department**  
Visit [eddi.ca.gov/claims.htm](http://eddi.ca.gov/claims.htm) to file for Unemployment Insurance and other benefits if you lose your job or have your hours reduced

**Comprehensive Family Services**

**Barrio Action Youth and Family Center**  
(323) 221-0779

**El Centro De Ayuda Corporation**  
(323) 526-9301



## **LOCAL DISTRICT EAST**

Bell Senior High School  
4328 Bell Ave., Bell 90201

Belvedere Middle School (replacing  
Mendez High School)  
312 N. Record Ave., Los Angeles 90063

Ellen Ochoa Learning Center  
5027 Live Oak St., Cudahy 90201

Gage Middle School  
2880 E. Gage Ave., Huntington Park  
90253

Garfield Senior High School  
5101 E. 6th St., Los Angeles 90022

<https://achieve.lausd.net/resources>



**LD East  
has 12  
Grab and Go  
Food  
Centers**

**Open  
Mon.-Fri.  
8AM-11AM**

Hollenbeck Middle School  
2510 E. 6th St., Los Angeles 90023

Lincoln Senior High School  
3501 N. Broadway, Los Angeles 90031

Marquez Senior High School  
6361 Cottage St., Huntington Park 90255

Maywood Center for Enriched Studies  
(MaCES) Magnet  
5800 King Ave., Maywood 90270

South East Senior High School  
2720 Tweedy Blvd., South Gate 90280

South Gate Senior High School  
3351 Firestone Blvd., South Gate 90080

Wilson Senior High School  
4500 Multnomah St., Los Angeles 90032

# Southeast Los Angeles Food Distributions



## *Southeast Los Angeles Food Distributions* *Distribuciones de alimentos en el Sureste de Los Angeles*

**All Nations Christian Fellowship**, 6374 Specht Ave. Bell Gardens, CA 90201 – Drive through distribution scheduled every Tuesday from 10am to 12pm first-come, first-served. For more information call (323)359-2857.  
*Distribución de alimentos en servicio de carro cada martes de 10am a 12pm, hasta agotar existencias. Para más información llamas al (323)359-2857.*

**Food Pantry LAX**, 355 E. Beach St. South Gate, CA 90270 – Tuesdays and Fridays from 10am to 12pm. No requirements. For more information call (310)677-5597.  
*Martes y viernes de 10 a.m. a 12 p.m. No requisitos. Para más información llame al (310) 677-5597.*

**Salvation Army Southeast Community Corp.**, 2965 E. Gage Ave. Huntington Park, CA 90255 – Emergency food only every Thursday from 2pm to 4pm with any type of ID. For more information call (323)587-4221.  
*Comida de emergencia cada jueves de 2pm a 4pm con cualquier tipo de identificación. Para mas información llamar al (323)587-4221.*

**St. Gertrude's**, 7025 Garfield Ave. Bell Gardens, CA 90201 – 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month from 9am to 10am. For more information call (562)927-4495.  
*Cada segundo y cuarto del mes de 9am a 10am. Para más información llamas al (562)927-4495.*

## Montebello Unified School District (MUSD) “Grab and Go”

Free meals for students until May 1, 2020 Monday to Friday from 10:30am – 12pm.

*Comidas gratis para estudiantes hasta mayo 1ro de lunes a viernes 10:30am – 12pm*

**Bell Gardens Elementary School**, 5620 Quinn St. Bell Gardens, CA 90201

**Bell Gardens Intermediate School**, 5841 Live Oak St. Bell Gardens, CA 90201

**Cesar Chavez Elementary School**, 6139 Loveland St. Bell Gardens, CA 90201

**Suva Elementary School**, 6740 Suva St. Bell Gardens, CA 90201

**Rosewood Park School**, 2353 S. Commerce Way. Commerce, CA 90040

## **City of Bell Gardens Grab-N-Go Supper Program** *Programa de Cena de la ciudad de Bell Gardens*

Free meals for students starting Monday, April 27. Monday to Friday from 3pm – 4pm for kids ages 1-18 years old.

*Cena gratis para estudiantes empezando el lunes 27 de abril. Lunes a viernes 3pm – 4pm para niños de 1-18 años de edad.*

**Bell Gardens Veterans Park**, 5620 Loveland St. Bell Gardens, CA 90201

**John Anson Ford Park**, 8000 Park Lane. Bell Gardens, CA 90201

**Neighborhood Youth Center**, 5856 Ludell St. Bell Gardens, CA 90201

## **Other Grab and Go** *Otros Sitios de “Grab and Go”*

**St Gertrude's**, 7025 Garfield Ave., Bell Gardens, CA 90201 for more information call (562)927-4495

**Veterans Park**, 6364 Zindell Ave. Commerce, CA 90040 (Monday-Friday 10am-2pm, ages 0-18 years old)

**Centro Evangelista Ebenezer (Parking Lot)**, 4665 Clara St. Cudahy, CA 90201 (pick-up 1pm – 2pm)

**Southeast Rio Vista YMCA**, 4801 E. 58<sup>th</sup> St. Maywood, CA 90270 (Monday and Wednesday 11am-1pm)

\*Centro Evangelista and Southeast Rio Vista will try their best to accommodate **everyone** in need of meals.

# Southeast Los Angeles Senior Resources

## Food

To ensure older adults continue to get meals in a manner that reduces exposure/risk to COVID-19, all sites that serve congregate meals will transition to home-delivered or packaged/frozen meals.

If a senior would like information on meal sites and/or need meals delivered to their home, call **1-800-510-2020** or visit [bit.ly/mealsites](https://bit.ly/mealsites)

## Senior Wellness Hotlines

<b>City of Bell</b>	(323)773-1596
<b>City of Cudahy</b>	(323)306-5154
<b>City of Huntington Park</b>	(323)584-6218
<b>City of South Gate</b>	(323)563-9525
<b>City of Vernon</b>	(323) 826-3648
<b>State of California</b>	(833)544-2374



If you are feeling stressed, depressed or anxious and need to talk to someone contact the Los Angeles County Department of Mental Health available 24/7.

**Access Line:** (800)854-7771  
**Text:** "LA" to 741741

# East Los Angeles Food Distributions

**CENTRO MARAVILLA SERVICE CENTER**  
4716 EAST CESAR E CHAVEZ AVENUE, LOS ANGELES, CA 90022  
\*BY APPOINTMENT ONLY. PLEASE CALL (323) 260-2804  
MON-FRI 8:00AM-5:00PM

**EAST LOS ANGELES SERVICE CENTER**  
133 N SUNOL DR, LOS ANGELES, CA 90063  
\*BY APPOINTMENT ONLY. PLEASE CALL (323)260-2801  
MON-FRI 8:00AM-5:00PM

**EASTMONT COMMUNITY CENTER**  
701 HOEFNER AVE. LOS ANGELES, CA 90022  
THURSDAYS 9AM - 11AM. PLEASE CALL (323) 276-7998

**EAST LOS ANGELES SALVATION ARMY**  
140 N EASTMAN AVE. LOS ANGELES, CA 90063  
MONDAY-FRIDAY 9:00AM-3:30PM. PLEASE CALL (323) 263-7577

**BIENESTAR**  
5326 E BEVERLY BLVD. LOS ANGELES, CA 90022  
TUESDAYS, THURSDAYS T: 11AM-2:45PM /  
TH: 12-1:45 PM AND 3-4:45PM.  
PLEASE CALL (866) 590-6411

**DOOR OF HOPE COMMUNITY CENTER**  
1414 S. ATLANTIC BLVD. LOS ANGELES, CA 90022  
MONDAY AND THURSDAY, 9:00AM-11:00AM  
FOR EAST LA RESIDENTS ONLY. PROOF OF RESIDENCE

**WEINGART EAST LOS ANGELES YMCA**  
2900 WHITTIER BOULEVARD, LOS ANGELES, CA 90023  
MON - FRIDAY 8:00AM-2:00PM. PLEASE CALL (323) 260-7005



# East Los Angeles Food Distributions

**YWCA - UNION PACIFIC**  
4315 UNION PACIFIC AVE, LOS ANGELES, CA 90023  
TUESDAYS 12PM-2PM. PLEASE CALL (323) 415-6057

**MONTE SION CENTER FOOD BANK**  
4405 E OLYMPIC BLVD. LOS ANGELES, CA 90023  
WEDNESDAYS, FRIDAYS W10AM-2PM / F: 8AM-12PM  
PLEASE CALL (323) 974-2856

**THE GARAGE BOARD SHOP FOOD BANK**  
759 S ATLANTIC BLVD. LOS ANGELES, CA 90022  
FRIDAYS AT 10:00 AM  
PLEASE CALL (323) 266-5782

**VIA CARE COMMUNITY HEALTH CENTER**  
4755 EAST CESAR E CHAVEZ AVE. LOS ANGELES, CA 90022  
EVERY FOURTH FRIDAY OF THE MONTH 9:00AM-11:00AM  
PLEASE CALL (323)268 - 9191

**VIA CARE COMMUNITY HEALTH CENTER**  
507 S. ATLANTIC BLVD. LOS ANGELES, CA 90022  
EVERY SECOND MONDAY OF THE MONTH FROM 1:00PM-3:00PM  
FOR MORE INFORMATION, PLEASE CALL (323) 268-9191





# Mobile Food Pantry *Via Care*

*A farmers' market on wheels* your health, your way

Via Care Community Health Center, in collaboration with the Los Angeles Regional Food Bank, is inviting all families to our facility to receive **FREE** healthy foods!

**What:** Food distributed may include: Fresh fruits and vegetables, canned meats, beans, soups, rice, pasta, sauces, grains, and other perishable items.  
*You can expect to receive approximately 25-40 lbs of food*

**Where:** Via Care Community Health Center  
 4755 East Cesar E Chavez Ave. Los Angeles, CA 90022

**When:** Distribution is every fourth Friday of the month from 9:00am - 11:00am  
**Upcoming pantry dates:**

- April 24
- May 22
- June 26



FOR MORE INFORMATION PLEASE CALL: (323) 268-9191



For your convenience, please bring your cart or reusable bags

This is an equal opportunity provider.

## FOOD BANK GUIDE



Hurting and Hungry	Only delivering (213) 268-4820	Friday from 10am-2pm. Must schedule an appointment.	6
Central City Neighborhood Partners	601 South Bixel St. Los Angeles, CA 90017 (213) 482-8618	Thursdays from 9am-1pm First come first serve.	6
Catholic Rainbow Outreach	1419 Camanita Rd, Whittier CA 90605 (562) 558-4449	Monday, Tuesday, Wednesday, and Friday 11:30am- 1pm. Participant must arrive at 10:30am to receive a number. Every other Saturday and Sunday 11:30am-1pm. Participant must arrive at 10:30am	7
Bienestar East Los Angeles	5326 East Beverly Blvd, Los Angeles, CA 90022 (323) 727-7896	Food bank is primarily for HIV+ individuals and currently open to the public regardless of their HIV status once annually, during this epidemic. Distribution days Tuesday 11AM - 2:30PM, Wednesday 10AM-12PM Thursday 12PM-1:30PM, and 3:00 to 4:30pm	7
Bethany Church	17054 Bixby Avenue Bellflower, CA 90706 (562) 866-1812	Distribution Tuesdays 2pm-3pm. Sack lunches Wednesday 4pm-4:30pm	7
Door of Hope Community Center	1414 South Atlantic Blvd, Los Angeles, CA 90022 (323) 262-2777	Distribution every Thursday 9am-11am. Arrive early and call ahead.	7
Mexican-American Opportunity Foundation	401 North Garfield Ave, Montebello, CA 90540 (323) 890-9600	Wednesday & Thursday 9am-1pm Must provide ID	7
Hawaiian Gardens Food Bank	22121 Norwalk Blvd, Hawaiian Gardens, CA 90716 (562) 860-9097	Tuesday, Wednesday, and Thursday 10am-3pm Must bring valid ID & bags	7

SPA 1- Antelope Valley/ SPA 2- San Fernando Valley/ SPA 3- San Gabriel/ SPA 4- Merced, Downtown LA/ SPA 5- Westside, Santa Monica/ SPA 6- South Los Angeles/ SPA 7- East Los Angeles, Whittier/ SPA 8- South Bay, Long Beach

April 8, 2020 AJ



## FREE FOOD FOR FAMILIES AFFECTED BY THE COVID-19 CRISIS



### WIC PROVIDES HEALTHY FOOD AND SUPPORT SERVICES TO FAMILIES

If you're pregnant or a caretaker of a child under age five and your income has been affected by recent events, you may qualify for WIC. Applying is easy and you will receive your food benefits within a few days.

Apply online [www.phfewic.org/apply](http://www.phfewic.org/apply), or text APPLY to 91997

### PLEASE STAY AT HOME

The new WIC Card and WIC App make it easy for you to access your benefits electronically. For the safety of the public, we are serving families remotely by phone and online. Contact us if you do not have the WIC card. We can mail it to you!

### WIC IS NOT CONSIDERED A PART OF PUBLIC CHARGE

WIC is **SAFE** to use and does not affect immigration status for anyone who is currently in the U.S.

**We're here to help!**

Text: 91997

[www.phfewic.org](http://www.phfewic.org)



PHFE WIC is an equal opportunity provider

[www.phfewic.org](http://www.phfewic.org)

Pandemic EBT

## Get help buying food while schools are closed

Because schools are closed due to COVID-19, children who are eligible for free or reduced-price meals can get up to \$365 in food benefits in addition to their pick up meals from school. These food benefits are called Pandemic EBT or P-EBT.



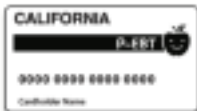
### P-EBT benefits coming soon in May 2020

#### Where can families apply?

Families should look out for a message from their school district or local community based organization about how to apply in mid to late May.

#### Use it like a debit card.

Families will get up to \$365 per eligible child on their P-EBT card to use on food and groceries. If you already have this card, you do not need to apply online.



#### How will families get their P-EBT benefits?

Most families with children who applied for CalFresh or Medi-Cal benefits do not need to apply. They will get their P-EBT card in the mail during the month of May. P-EBT cards will begin arriving around May 12, 2020 through May 22, 2020.

Families with children who are eligible for free and reduced-price meals and who do not get their P-EBT card in the mail by May 22, 2020 must apply online before June 30, 2020.

**\*Students can still pick up to-go meals if they have P-EBT benefits.**

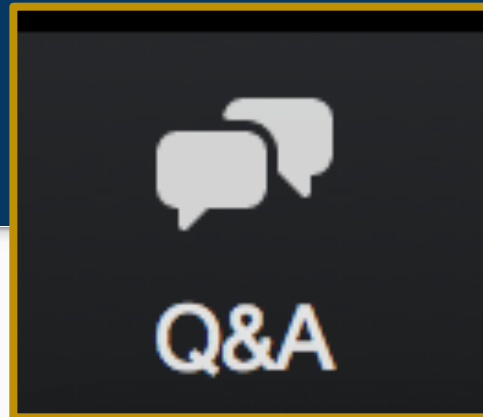
P-EBT is a program by CDSS and CDE, funded by the USDA, an equal opportunity employer.

<https://www.cdss.ca.gov/home/Pandemic-ebt>

**P-EBT**

<https://ca.p-ebt.org/en/info>





# Question and Answer Session

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# **Social Emotional, Wellness and Mental Health Resources**

# Tips for Parents and Families

## Social Emotional

### SOCIAL EMOTIONAL WELL-BEING

#### TIPS AND STRATEGIES FOR PARENTS AND FAMILIES

From Dr. Sara Amos, Instructor Vanderbilt University



#### Emotional Check-in (yourself and your kids)

- ⇒ What emotion am I feeling right now?
  - Evaluate it
  - Label feeling specifically
  - Rate the intensity
  - Allow it to be there
  - Think of the resources you have to bring the intensity down if it is negative, or how to maintain it if it is positive.

#### Being at Home

- ⇒ Maintain a routine for your kids
  - Wake up time, breakfast, regular clothes
- ⇒ Create a work space for or with your kids. Be creative and flexible.
- ⇒ Have a schedule for your kids but be flexible, sometimes we all need a little break.



**reminder:**  
take care  
of yourself!

#### Self-Care Basics

- ⇒ Be gentle and kind with yourself
- ⇒ Maintain your relationships and find time to engage with each other
- ⇒ Schedule activities you enjoy doing
- ⇒ Scale back expectations
- ⇒ Listen to yourself
- ⇒ Be and stay as positive as you can

Laura Balluekos, Parent Educator Coach  
lbb0446@laxnd.net

We are in this  
together!

# Tips for Parents and Families

## Social Emotional



# A Simple Guide from the California Surgeon General

The California Surgeon General has a simple guide with things you can do every day, at home, to help support your mental and physical health, utilizing six key strategies:

**Supportive relationships:** Maintain supportive relationships wherever you can, including virtually.

**Exercise:** Engage in 60 minutes of physical activity every day, if you can. It doesn't have to be all at one time.

**Sleep:** Get sufficient, high-quality sleep. This may be particularly hard right now, but going to sleep and waking up at the same time each day can help.

**Nutrition:** Ensure you are getting proper nutrition to help combat stress.



# A Simple Guide from the California Surgeon General cont.

The California Surgeon General has [a simple guide](#) with things you can do every day, at home, to help support your mental and physical health, utilizing six key strategies:

**Mental health support:** [Resources available here.](#)

**Mindfulness:** Practice [mindfulness](#) in whatever way works best for you. This could be things like meditation, yoga, or prayer for 20 minutes, two times a day.

Learn more in the [California Surgeon General's Playbook: Stress Relief during COVID-19](#). (PDF).

The guide is also available in [Arabic](#), Chinese ([Simplified](#) and [Traditional](#)), [Korean](#), [Spanish](#), [Tagalog](#), and [Vietnamese](#).



# Tips for Parents and Families

## Social Emotional

Having a bad day?  
Put your hand on your heart.  
Feel that?  
That's called purpose.  
You're alive for a reason.  
Don't give up!



**100 things to do while stuck inside due to a pandemic: USA Today**  
<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>



WELLNESS



**How to Protect Your Mental Health During a Quarantine:**  
<https://news.virginia.edu/content/how-protect-your-mental-health-during-quarantine>

**Manage Anxiety & Stress:**  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

### 3 Things You Can Do to Improve Your Mood in 2 Minutes:

Next time you are feeling overwhelmed by whatever is arising for you emotionally, try standing up straight, smiling, or putting a hand on your heart. For a super boost, try all three.



### A Hand On Your Heart Is Not Just For The Pledge Of Allegiance

Touch is also a very powerful healing tool. When we are sad we often turn to others for a hug or to be held. We can actually provide ourselves with some of the same benefits. **During a particularly distressing moment try placing a hand on your heart**, rubbing your own arms, or massaging your own head. May sound cheesy, but it actually can be very helpful in slowing the body's stress response. Pairing this with the self-compassionate thoughts such as, "This is really painful right now, but this too shall pass" can help sooth the discomfort of the present moment both physiologically and mentally.





The **LAUSD Division of Student Health and Human Services (SHHS)** is committed to doing all they can do to support our students and families of greatest need.

- The SHHS team has added a layer of support to the main
- Now, when families call the hotline with a need for SHHS-related services (e.g., housing/emergency shelter, mental or physical health support), the hotline operator takes down the person's contact information and submits it to School Mental Health and Healthy Start staff, who provide direct support and/or link the family with one of our community partners.

## LAUSD Mental Health

A yellow poster for the LAUSD Mental Health Hotline. At the top, it says "LOS ANGELES UNIFIED SCHOOL DISTRICT" in white text on a red background. Below that, "MENTAL" is written in large white letters on an orange background, and "HEALTH HOTLINE" is written in white letters on a green and blue background. In the center, there is an illustration of a woman with dark hair in a bun, wearing a red shirt and a blue headset, sitting at a desk with a white laptop. To her right, a white speech bubble contains the text: "Students, Families, & Educators Need Help? Call 213-241-3840 for consultation, support & referrals Weekdays 6 am - 6 pm". At the bottom right of the poster, the phone number "213-241-3840" is displayed in large, bold black text.

LOS ANGELES UNIFIED SCHOOL DISTRICT

**MENTAL** HEALTH  
HOTLINE

Students, Families,  
& Educators  
**Need Help?**  
Call **213-241-3840**  
for consultation, support &  
referrals  
Weekdays 6 am - 6 pm

**213-241-3840**

# Stress Management and Emotional Wellness Starts Tuesday, May 19th, 2020

 <p>Los Angeles Unified Workshop Series: <i>Transition to Summer Learning for Families</i> May 19-June 18</p>	 <p>Distrito Escolar Unificado de Los Angeles: Talleres Sobre la Transición al Aprendizaje de Verano para Familias 19 de mayo-18 de junio</p>
<p>Los Angeles Unified School District School Mental Health and the Office of Parent &amp; Community Services presents the TRANSITION TO SUMMER LEARNING FOR FAMILIES <b>Stress Management and Emotional Wellbeing</b> Workshop series May 19<sup>th</sup>, May 26<sup>th</sup>, June 2<sup>nd</sup> &amp; June 9<sup>th</sup> Tuesdays, 5:00PM – 6:30PM</p> <p>Facilitators: Norma A. Ramirez, LCSW Alejandra Acuña, Ph.D.</p> <p><a href="https://bit.ly/AUSDEmotionalWellbeing">https://bit.ly/AUSDEmotionalWellbeing</a></p>  <p>(aim using camera app)</p>	<p>Los Angeles Unified School District Salud Mental Escolar y la Oficina de Padres y Servicios Comunitarios presenta TALLERES SOBRE LA TRANSICION AL APRENDIZAJE DE VERANO PARA FAMILIAS <b>Manejo del Estrés y Bienestar Emocional</b> Talleres 19 de mayo, 26 de mayo, 2 de junio &amp; 9 de junio Martes, 5:00PM – 6:30PM</p> <p>Facilitadoras: Norma A. Ramirez, LCSW Alejandra Acuña, Ph.D.</p> <p><a href="https://bit.ly/AUSDEmotionalWellbeingSpanish">https://bit.ly/AUSDEmotionalWellbeingSpanish</a></p>  <p>(apunte con aplicación de cámara)</p>

# Student Health and Human Services (SHHS)



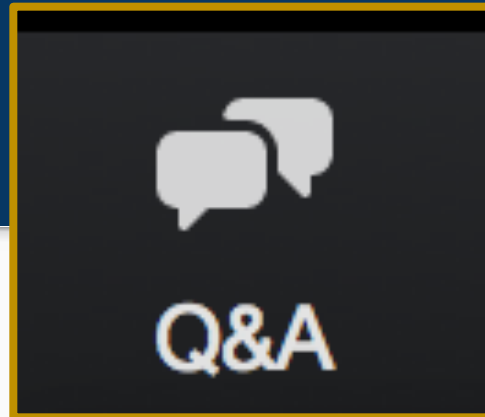
<https://achieve.lausd.net/shhs>

The screenshot shows the top navigation bar of the SHHS website with links for Home, Departments, About Us, Centers/Clinics, Staff Attendance Resources, Publications, and LAUSD. Below the navigation is a large banner featuring the SHHS logo (a stylized figure with arms raised) and the text: "Student Health and Human Services". To the right of the logo is a photograph of a diverse group of people, including children and adults. Below the logo and photo, the banner text reads: "We support students, families, and staff to cultivate a safe, healthy, welcoming and affirming learning and working environment where all students thrive and graduate as empowered members of society." A small caption "SHHS homepage banner" is visible at the bottom left of the banner area.

### Coronavirus COVID-19 Response & Recovery

Children and adults watching the news, reading content on-line and in newspapers, and overhearing others talk about the current coronavirus pandemic, may feel scared, confused, or anxious. Some may react right away, while others may show signs that they are having a difficult time later. Every person can support wellness and healing by providing, teaching, and implementing the following five resilience strategies:

- Sense of Safety
- Ability to Calm
- Self-Efficacy and Community-Efficacy
- Connectedness
- Hope



# Question and Answer Session

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# Resources to Support Home Learning



# Instructional Continuity

## Found at [achieve.lausd.net](https://www.achieve.lausd.net)



### Instructional Continuity

LA Unified is committed to ensuring the health and well-being of students and staff and providing a safe, secure learning environment for all. During school closures, please refer to the following resources to help your student continue their learning while at home.

FREE ONLINE LEARNING RESOURCES

LA Unified students, including English Learners, Standard English Learners, Gifted Learners, and Students with Disabilities will be able to access the following free supplemental resources during school closures.

Below is a list of curated free supplemental online learning resources for your child's continuity of learning.

- Content approved and of level.
- LA Unified does not endorse any of the following products.
- This information is being provided as a resource for families and is not required as part of the District's instructional program.

To access the following resources, students may use one of the following methods:

- Open the link.
- LAUSD Code specific.
- LAUSD Single Sign-On (SSO) via one of several methods:
  - LAUSD Login
  - Clicked Login through the link <https://www.achieve.lausd.net>
  - Schoology @ LAUSD Login
  - Google Login

RESOURCE


Name/Icon	Grades/Level	Description/Checklist	Access/Action
Activities for Families	K-5	Includes practical tips and a list of top and easy-friendly online tools.	Open Site
Distance Learning Resource	K-5	A list of resources that are offering free services for families and/or service agencies.	Open Site
Edmentum	K-5	Provides students with 20+ days worth of exciting learning journeys that span the content areas.	Open Site
Open Up Resources	K-5	The platform provides a variety of digital resources for students and families.	Open Site
PBS	K-5	Provides a variety of resources for students and families.	Open Site



### Instructional Continuity

LA Unified is committed to ensuring the health and well-being of students and staff and providing a safe, secure learning environment for all. In the event of a school closure, please refer to the following resources to help your student continue their learning while at home.

PARENT RESOURCES



- Log in to Parent Portal: [parentportal.lausd.net/parentaccess/](https://parentportal.lausd.net/parentaccess/)
- Access Grades and Assignments from Parent Portal: <https://ps.sdsu.edu/>
- Linking Parent Portal to Schoology:
  - English: <https://ps.sdsu.edu/>
  - Spanish: <https://ps.sdsu.edu/>
- Log in to the Mobile App:
  - English: <https://ps.sdsu.edu/>
  - Spanish: <https://ps.sdsu.edu/>
- Using Parent Portal to Message Teachers and Access Grades: <https://ps.sdsu.edu/>
- KLCIS: <https://ps.sdsu.edu/>
- For More Online Courses (Edmentum): [www.edmentum.com/lausd/](https://www.edmentum.com/lausd/)
  - Edmentum Live Sessions: <https://ps.sdsu.edu/>
  - Elementary Quick Start: <https://ps.sdsu.edu/>
  - Middle School Quick Start: <https://ps.sdsu.edu/>
  - High School Quick Start: <https://ps.sdsu.edu/>

Troubleshooting

Support

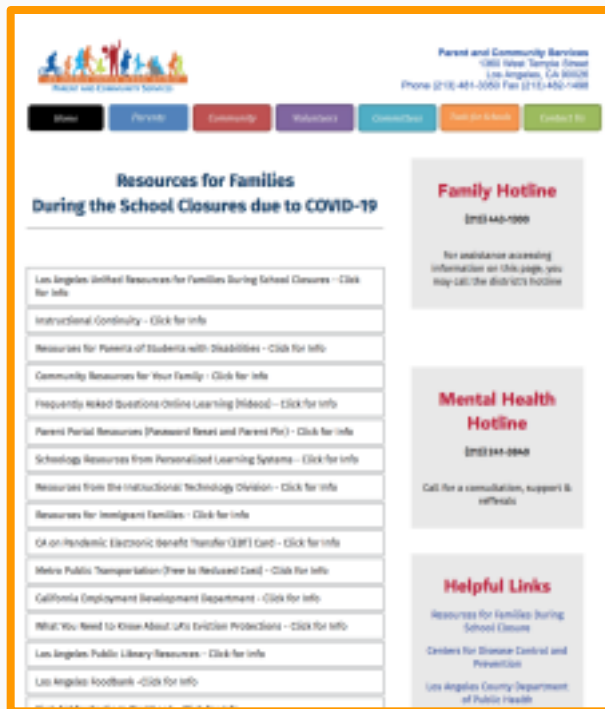
- [achieve.lausd.net/page/10470](https://www.achieve.lausd.net/page/10470)
- LAUSD Helpline Support (213) 443-1300
- [achieve.lausd.net/page/10472](https://www.achieve.lausd.net/page/10472)
- LAUSD COVID-19 News: [achieve.lausd.net/covid19](https://www.achieve.lausd.net/covid19)

PARENT RESOURCES
LAUSD © 2020

# LAUSD Learning Play Cards

in English and Spanish

Parent and Community Services PCSS Website  
<https://achieve.lausd.net/Page/16611>



Parent and Community Services  
1200 West Temple Street  
Los Angeles, CA 90026  
Phone (213) 481-5000 Fax (213) 481-1488

Home | Parents | Community | Services | Contact Us | Test or Survey | Feedback

### Resources for Families During the School Closures due to COVID-19

- Los Angeles Unified Resources for Families During School Closures - Click for info
- Instructional Continuity - Click for info
- Resources for Parents of Students with Disabilities - Click for info
- Community Resources for Your Family - Click for info
- Frequently Asked Questions-Online Learning (Hiboo)- Click for info
- Parent Portal Resources (PowerSchool Parent and Parent Plus) - Click for info
- Schology Resources from Personalized Learning Systems - Click for info
- Resources from the Instructional Technology Division - Click for info
- Resources for Immigrant Families - Click for info
- CA on-Idemic Electronic Benefit Transfer (EBT) Card - Click for info
- Metro Public Transportation (Free to Reduced Cost) - Click for info
- California Employment Development Department - Click for info
- What You Need to Know About LAs's Eviction Protections - Click for info
- Los Angeles Public Library Resources - Click for info
- Los Angeles Foodbank - Click for info

**Family Hotline**  
(213) 442-9900

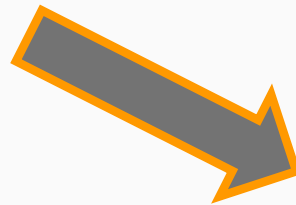
For assistance accessing information on this page, you may call the district's hotline.

**Mental Health Hotline**  
(213) 547-0949

Call for a consultation, support & referrals.

**Helpful Links**

- Resources for Families During School Closures
- Centers for Disease Control and Prevention
- Los Angeles County Department of Public Health



### Grade Level Learning Play Cards for Families: Common Core Standards & Activities

### Tarjetas de Aprendizaje por Nivel de Grado para Familias



- Grade K-2 ELA, Writing, Math, English
- Grade 3-5 ELA, Writing, Math, English
- Grade 6-8 ELA, Writing, Math, English
- Grados K-2 Lectura, Escritura y Matemáticas
- Grados 3-5 Lectura, Escritura y Matemáticas
- Grados 6-8 Lectura, Escritura y Matemáticas



# LAUSD Learning Play Cards

## in English and Spanish

Parent and Community Services PCSS Website  
<https://achieve.lausd.net/Page/16611>

**How to Support Learning at Home: A Play Card for Families**

Kindergarten-Second Grade Selected English Language & Writing Standards

	Kindergarten	First	Second
<b>Key Ideas and Details (Reading)</b>	With adult support, your child can begin to read and understand simple texts about important details found in a book or article (e.g., who, what, when, where, why, and how events happen in the story). What happens in the story? What happens in the story throughout the story?	Your child's comprehension and understanding of simple texts about important details found in the story to you and your child. What happens in the story? What happens in the story throughout the story?	How will you read and understand simple texts about important details found in the story to you and your child. What happens in the story? What happens in the story throughout the story?
<b>Writing</b>	Your child can use drawing, dictating, and writing to compose simple texts about the topic or the events of the book they are reading. What happens in the story? What happens in the story throughout the story?	Your child can use drawing, dictating, and writing to compose simple texts about the topic or the events of the book they are reading. What happens in the story? What happens in the story throughout the story?	Your child can use drawing, dictating, and writing to compose simple texts about the topic or the events of the book they are reading. What happens in the story? What happens in the story throughout the story?
<b>Sample Activities &amp; Online Resources to Practice with your Child at Home</b>	<ul style="list-style-type: none"> <li>Read aloud together on <a href="https://www.khanacademy.org/a/reading-aloud-together">https://www.khanacademy.org/a/reading-aloud-together</a></li> <li>Ask students to draw the characters, setting and major events in the story.</li> <li>Complete reading and writing activities on <a href="https://www.khanacademy.org/a/reading-aloud-together">https://www.khanacademy.org/a/reading-aloud-together</a></li> <li>Read a familiar story to your child and ask them to retell the story to you.</li> <li>Ask students to draw what happened in the story.</li> </ul>	<ul style="list-style-type: none"> <li>Ask students to draw a picture of the story.</li> <li>Ask students to draw a picture of the story.</li> <li>Ask students to draw a picture of the story.</li> <li>Ask students to draw a picture of the story.</li> <li>Ask students to draw a picture of the story.</li> </ul>	<ul style="list-style-type: none"> <li>Ask students to draw a picture of the story.</li> <li>Ask students to draw a picture of the story.</li> <li>Ask students to draw a picture of the story.</li> <li>Ask students to draw a picture of the story.</li> <li>Ask students to draw a picture of the story.</li> </ul>

**How to Support Learning at Home: A Play Card for Families**

Sixth-Eighth Grade Selected English Language & Writing Standards

	Sixth	Seventh	Eighth
<b>Key Ideas &amp; Details</b>	Use basic facts from a text to analyze how events or ideas develop and connect over the course of the text.	Use several pieces of textual evidence to analyze how events or ideas develop and connect over the course of the text.	Use the specific and clear that they can use to analyze how events or ideas develop and connect over the course of the text.
<b>Writing</b>	Write arguments to support a claim or thesis with relevant facts and relevant evidence.	Write arguments to support a claim or thesis with relevant facts and relevant evidence.	Write arguments to support a claim or thesis with relevant facts and relevant evidence.
<b>Sample Activities &amp; Online Resources to Practice with your Child at Home</b>	<ul style="list-style-type: none"> <li>Read a text together and discuss the main ideas and supporting details.</li> <li>Write an argument to support a claim or thesis with relevant facts and relevant evidence.</li> <li>Support an argument with relevant facts and relevant evidence.</li> <li>Write an argument to support a claim or thesis with relevant facts and relevant evidence.</li> </ul>	<ul style="list-style-type: none"> <li>Read a text together and discuss the main ideas and supporting details.</li> <li>Write an argument to support a claim or thesis with relevant facts and relevant evidence.</li> <li>Support an argument with relevant facts and relevant evidence.</li> <li>Write an argument to support a claim or thesis with relevant facts and relevant evidence.</li> </ul>	<ul style="list-style-type: none"> <li>Read a text together and discuss the main ideas and supporting details.</li> <li>Write an argument to support a claim or thesis with relevant facts and relevant evidence.</li> <li>Support an argument with relevant facts and relevant evidence.</li> <li>Write an argument to support a claim or thesis with relevant facts and relevant evidence.</li> </ul>

**How to Support Learning at Home: A Play Card for Families**

Third-Fifth Grade Selected English Language & Writing Standards

	Third	Fourth	Fifth
<b>Key Ideas and Details in Informational Text</b>	Students identify the main topic and supporting details of a text.	Students identify the main topic and supporting details of a text.	Students identify the main topic and supporting details of a text.
<b>Writing - Text Types and Purpose</b>	Students write about their opinions and include supporting details from the text.	Students write about their opinions and include supporting details from the text.	Students write about their opinions and include supporting details from the text.
<b>Sample Activities &amp; Online Resources to Practice with your Child at Home</b>	<ul style="list-style-type: none"> <li>Read a text together and discuss the main ideas and supporting details.</li> <li>Write an opinion piece with supporting details from the text.</li> <li>Support an opinion with relevant facts and relevant evidence.</li> <li>Write an opinion piece with supporting details from the text.</li> </ul>	<ul style="list-style-type: none"> <li>Read a text together and discuss the main ideas and supporting details.</li> <li>Write an opinion piece with supporting details from the text.</li> <li>Support an opinion with relevant facts and relevant evidence.</li> <li>Write an opinion piece with supporting details from the text.</li> </ul>	<ul style="list-style-type: none"> <li>Read a text together and discuss the main ideas and supporting details.</li> <li>Write an opinion piece with supporting details from the text.</li> <li>Support an opinion with relevant facts and relevant evidence.</li> <li>Write an opinion piece with supporting details from the text.</li> </ul>

# Parent Portal Resources

LAUSD FAMILY HOTLINE 213- 443-1300 Local District East PACE 323-224-3382

## *Parent Portal Resources from the Office of Parent and Community Services:*

**Parent and Community Services PCSS Website:** <https://achieve.lausd.net/Page/10470>

Video Guide: [Creating a Parent Portal Account \(English with Spanish Closed Captions\)](#)

Video Guide: [Access Grades and Assignments from Parent Portal \(Video\) English with Spanish Closed Captions](#)

[Linking student using PIN \(English\) \(Spanish\)](#)

[Parent Portal FAQs \(English\) \(Spanish\)](#)





**LAUSD HELPDESK/ FAMILY HOTLINE**

**(213) 443-1300**

**6:00 a.m.-6:00p.m.**

**Parent Portal PIN Security Clearance**

**The LAUSD agent will verify the following:**

- √ Student's DOB (Date of Birth)
- √ Student's first and last name
- √ Grade Level
- √ Address
- √ Phone number
- √ Emergency contact phone number

SPANISH OPERATORS ARE AVAILABLE



**LAUSD Agent/Employee  
will:**

*Verify parent identity through a Zoom meeting. The parent/legal guardian must show their identification- ID (California ID, California Driver License, Consulate card, or Passport).*

*Provide the four-digit PIN verbally to the parent/legal guardian only if the parent/legal guardian responds to the questions and the parent/legal guardian provides their identification (ID).*

*Parent Portal PINs cannot be given over the phone.*



# Job Aids for Parents and Families

Available in English and Spanish



Use this link to see job aids (guides):

<https://achieve.lausd.net/Page/9211>


- Set-up a Chromebook
- Clever
- Guide to Creating an Email Account
- Guide to Navigating *Schoology* through the Parent Portal (as a parent/legal guardian)
- Guide to a Zoom Meeting

**Click on LINKS below for Job Aids**

Clever Job Aid  
Clever Job Aid 482020\_span  
Job Aid Parents Guide to a Zoom Meeting 041520 with interpretation\_span  
Job Aid Parents Guide to a Zoom Meeting 041520  
Job Aid Parents Guide to a Zoom Meeting 041520\_span  
Job Aid Parents Guide to Creating an Email Account  
Job Aid Parents Guide to Creating an Email Account\_span  
Job Aid Parents Guide to Navigating Schoology through Parent Portal  
Job Aid Parents Guide to Navigating Schoology through Parent Portal\_span  
JOB AID-SET UP CHROMEBOOK 422020\_span  
JOB AID-SET UP CHROMEBOOK eng

**We thank the LAUSD Office of Parent and Community Services (PCS)  
for these excellent resources!**

# Free Educational Resources on PBS & Online



## AT-HOME LEARNING

A CALIFORNIA PUBLIC EDUCATION PARTNERSHIP

**FREE educational resources available on PBS and online**



**Pre-K–3rd grade programs on PBS SoCal, Channel 50.1**

**Pre-K–12th grade programs on KLCS, Channel 58.1**

**9th–12th grade programs on KCET, Channel 28.1**


For more information, visit [LAUSD.net](http://LAUSD.net) and [ca.pbslearningmedia.org](http://ca.pbslearningmedia.org)

In partnership with Los Angeles-area PBS channels

## AT-HOME LEARNING

A CALIFORNIA PUBLIC EDUCATION PARTNERSHIP



**Dear Parent or Guardian,**

Los Angeles Unified, PBS SoCal | KCET and KLCS-TV have partnered to provide free educational resources to help your family support learning during the school closures. This multi-platform initiative includes Pre-K-12 educational programming and robust online resources through our online platform, PBS LearningMedia. The resources are free and designed to be used by public schools throughout California to help students continue learning at home.

**Grades Pre-K–3**

PBS SoCal (Channel 50.1) from 5a.m. to 5p.m.  
 PBS SoCal KIDS (Channel 50.5)  
 24/7 Livestream (on streaming devices and PBS KIDS Video app)  
 KLCS KIDS (Channel 58.2)  
 KLCS (Channel 58.1) from 6a.m. to 8a.m.  
 YouTube (Search "PBS KIDS")  
 Free PBS KIDS Video App

**Grades 4–8**

KLCS (Channel 58.1) from 8a.m. to 2p.m.

**Grades 9–12**

KCET (Channel 28.1) from 9a.m. to 3p.m.  
 KLCS (Channel 58.1) from 2a.m. to 6p.m.

**The above channels are for viewing on television.**  
 Please check your local listing for more information or at [pbsocal.org/athomelearning](http://pbsocal.org/athomelearning)

**Explore Online**

PBS LearningMedia is a free resource that offers enhanced materials to support educational assignments. The PBS LearningMedia materials will be offered in conjunction with the television shows and will be available online.

**Read About It!**

Los Angeles Unified will prepare take-home packets with reading materials, assignments and more.

**Write About It!**

Ask your child to keep a journal and write about everything they are learning each day.

**Talk About It!**

Treat the shows as a part of the learning process. Talk and ask questions about what your child is watching to reinforce new learning.



Directions: This document can be used when watching the PBS programs. [PBS Program Schedules](#)

1. What was the title of the documentary?  
The title of the documentary was \_\_\_\_\_.
  
2. What was the documentary about?  
The documentary was about \_\_\_\_\_.
  
3. What is something new you learned?  
I learned that \_\_\_\_\_.
  
4. What is something that was affirmed?  
Something that was affirmed was \_\_\_\_\_.
  
5. What are two questions you had or wondered about?  
Two questions I had were:  
A. \_\_\_\_\_  
  
B. \_\_\_\_\_



### Instructional Resources for Parents of English Learners/Recursos Instructivos para Padres de Aprendices de Ingles





- The following resources were created for parents of English Learners.
- Los siguientes recursos fueron creados para los padres de Aprendices de Ingles.



Conversation Starters	Iniciadores de Conversación
<p><b>Questions to support learning when using the family resources such as links, books, videos, or even during home experiences</b></p> <ul style="list-style-type: none"> <li>• What do you notice/observe?</li> <li>• Tell me about your thinking.</li> <li>• Why do you think that? Give me an example.</li> <li>• Can you explain what the rule might be?</li> <li>• What can we learn from this phenomenon?</li> <li>• Why is this important?</li> <li>• What is your hypothesis? How does _____ support your hypothesis?</li> <li>• What do you think will happen? What caused it to happen?</li> <li>• What data do we have?</li> </ul>	<p><b>Las preguntas apoyan el aprendizaje al usar los recursos familiares como los enlaces, libros, videos o incluso durante las experiencias en el hogar</b></p> <ul style="list-style-type: none"> <li>• ¿Qué notas / observas?</li> <li>• ¿Cuéntame sobre tu pensamiento.</li> <li>• ¿Por qué piensas eso? Dame un ejemplo.</li> <li>• ¿Puedes explicar cuál podría ser la regla?</li> <li>• ¿Qué podemos aprender de este fenómeno?</li> <li>• ¿Porque es esto importante?</li> <li>• ¿Cuál es tu hipótesis? ¿Cómo apoya _____ tu hipótesis?</li> <li>• ¿Qué piensas tú que sucederá? ¿Qué causó que sucediera?</li> <li>• ¿Qué datos tenemos?</li> </ul>

**Thank you LD East ELD Team!**

Local District East, ELD Team

Additional Parent Support	Apoyo Adicional para Padres y Madres de Familia
<p><a href="#">Free Resources for Families</a></p> 	<p><a href="#">Recursos Gratuitos para Familias</a></p> 
<p><b>GoNoodle</b> <a href="#">Go Noodle</a></p> <p>Movement and mindfulness videos created by child development experts. Benefits kids' physical wellness, academic success, and social-emotional wellness.</p>	<p><b>GoNoodle</b> <a href="#">Go Noodle</a></p> <p>Videos de movimiento y de atención plena creados por expertos en desarrollo infantil. Beneficia el bienestar físico, el éxito académico, y el bienestar socioemocional.</p>
<p><a href="#">Children's Institute</a></p> <p>Children's Institute has created a list of resources available for kids and families in LA County affected by COVID</p>	<p><a href="#">Instituto de Niños</a></p> <p>Children's Institute ha creado una lista de recursos disponibles para niños y familias en Los Ángeles afectados por el coronavirus (COVID-19).</p>
<p><a href="#">Bilingual Center for Mindfulness</a></p> <p>Mindfulness classes and programs provided in a kind and culturally relevant manner to help with the reduction of stress and the enhancement of mindful living-skills.</p>	<p><a href="#">Centro Bilingüe de Atención Plena</a></p> <p>Clases y talleres proveídos en una manera gentil y culturalmente relevante para ayudar a minimizar el estrés y apoyar con vivir con atención plena.</p>
<p>Google Language Settings</p> <p>When using the Google search engine, you can change your language settings to your preferred language.</p> 	<p>Configuración de idioma Preferido</p> <p>Al utilizar el motor de búsqueda de Google, puede cambiar la configuración de su idioma a su idioma preferido.</p> 
<p>Free internet access <a href="#">Spectrum</a> 1-844-488-8398</p>	<p>Acceso gratuito a Internet <a href="#">Spectrum</a> 1-844-488-8398</p>

Local District East, ELD Team

K-12	Kinder a Secundaria
<p><a href="#">KCCRT K-12 Home Learning Resources</a></p> <p>Broadcast programming and accompanying digital resources that adhere to California's state curriculum to provide continued at-home learning.</p>	<p>Programación de transmisión y recursos Digitales que se adhieren al plan de estudios estatal de California.</p>
<p><a href="#">KICS At-Home Learning Programming</a></p> <p>Schedule of educational continuity programming.</p>	<p>Programación de continuidad educativa.</p>
<p><a href="#">PBS Kids on Channel 58.2</a></p> <p>Stream PBS programs</p>	<p>Transmitir programas PBS</p>
<p>PBS Learning Media Lessons and Videos (<a href="#">Sign up as a "Teacher"</a>-including parents). <a href="#">Click and download presentation to learn about the resources</a> [has embedded links].</p>	<p>PBS Lecciones y Videos (Regístrese como un "maestro", incluidos los padres). <a href="#">Haga clic y descargue la presentación para conocer los recursos [tiene enlaces incrustados]</a>.</p>
<p><a href="#">Virtual field trips</a></p> <p>Over 30 virtual field trips with links.</p>	<p>Más de 30 Excursiones virtuales con enlaces.</p>
<p><a href="#">Virtual tours</a></p> <p>Museums offer virtual tours you can take from home.</p>	<p>Excursiones virtuales de museos que puede navegar desde su hogar.</p>
<p><a href="#">San Diego Curated List of Resources</a></p> <p>Distance learning instructional resources by content area.</p>	<p>Recursos didácticos de aprendizaje a distancia por área de contenido.</p>
<p><a href="#">Smithsonian TweenTribune</a></p> <p>K-12 news articles (Available in Spanish). Articles for students in K-6</p>	<p>Artículos para niños, escuela media, adolescentes de los artículos de noticias Smithsonian K-12 (disponibles en español).</p>
<p><a href="#">Twig Education</a></p> <p>Videos for extended learning in English and Spanish with lesson, activities, and visuals.</p>	<p>Videos en inglés / español que incluyen lecciones, actividades y visuales, a las familias en el hogar.</p>

Local District East, ELD Team

# Tips for Parents and Families

## Technology

- Make sure you have a charging cord/AC power cord to charge the tech device
- Ensure your device is fully charged and connected to your WiFi or hotspot
- Have your child's Mymail Account written with the password (in a safe place)
- Check-in with teacher(s) through the Parent Portal or email them if you have any questions
- Use a calendar to keep track of assignments and Zoom meetings (if any) with Meeting ID and Password information
- Have a place at home where your child will be able to work with few or no interruptions
- Ask your child about his/her work
- Check your child's progress frequently on the Parent Portal if you have an account (if you would like one, we can help) **Local District East PACE 323-224-3382**



# LAUSD Hotline for Technology Support 213-443-1300



## Los Angeles Unified School District

We are committed to providing the resources students, families and others needed to help teaching and learning continue during the COVID-19 crisis.

### Technology Resources for Families

#### Getting Online...

Explore various options for providing affordable home connectivity through the District and its partners.

- **Charter Spectrum** is providing free internet service to families of K-12 students. No income or other eligibility required. call **844-488-8395** to learn more.
- **Comcast** is offering similar services to households as an expansion of its *Internet Essentials* program. Learn more by calling **855-846-8376**.
- The non-profit **human-I-T** helps connect families and community-based organizations with internet connectivity and affordable computing devices. Learn more at [hitconnect.org](http://hitconnect.org) or send a text message to **(562) 372-6925**.
- The **City of Los Angeles** is partnering with the California Emerging Technology Fund and EveryoneOn to help residents find options for low-cost internet services, access to computers, and digital literacy services. Call **(877) 947-4321** to learn more.
- **AT&T** is offering two months free for new customers and lifting data caps on existing customers. Call **844-886-4258**.
- **T Mobile** is offering 20GB of hotspot data for existing customers for the next 60 days. Call **800-937-8997** to learn more.

#### Get Help...

Call **213-443-1300** with questions related to school closures.  
Get help online at [achieve.lausd.net/chat](https://www.achieve.lausd.net/chat)

# Division of Special Education



## Resources for Parents of Students with Disabilities Recursos Para Padres de Alumnos Con Discapacidades

Welcome to the Los Angeles Unified School District, Division of Special Education's COVID-19 Resources for Parents of Students with Disabilities web page. This web page will be updated periodically throughout the week. We encourage you to visit this page on a regular basis to access supplemental resources to support your child's distance learning experience.

Bienvenidos a la página web de Recursos para Padres de Alumnos con Discapacidades del Distrito Escolar Unificado de Los Angeles, Oficina de Educación Especial COVID-19. Esta página web se actualizará periódicamente durante la semana. Le animamos a que visite esta página regularmente para acceder a los recursos suplementarios para apoyar la experiencia de aprendizaje a distancia de su hijo(a).

### Early Childhood Special Ed.



### Instructional Resources



### Related Services



## LOS ANGELES UNIFIED SCHOOL DISTRICT

SCHOOL &

FAMILY

SUPPORT  
SERVICES

### Do you have questions about...

- The special education process.
- Special education policies and procedures.
- Extended School Year (ESY) enrollment.
- Regular School Year (RSY) enrollment for students with IEPs.

### Tienes preguntas sobre...

- El proceso de educación especial.
- Políticas y procedimientos de educación especial.
- Inscripción de año escolar extendido (ESY)
- Inscripción en el año escolar regular (RSY) para estudiantes con IEP.

Contact:

Phone: (213) 241-6701

Email: [spedsfss@lausd.net](mailto:spedsfss@lausd.net)

Monday-Friday 8:00 AM to 4:00 PM



<https://achieve.lausd.net/sped>

# **Enrollment Procedures during School Closures/Distance Learning for 2019-2020 Only**

To support immediate enrollment district-wide for the remainder of the 2019-2020 school year, a dedicated email address, **[enrollduringclosures@lausd.net](mailto:enrollduringclosures@lausd.net)**, and website, **<http://achieve.lausd.net/enrollduringclosures>**, have been established.

The website will provide information, procedures, and required documents for families to submit for enrollment.

## LAUSD Enrollment Procedures 2019-2020

### 2019-2020 Enrollment

- Go to: <https://bit.ly/lausdenrollment>
- Create Parent Portal account
- Upload documents on the Parent Portal
- Student Health and Human Services will assist families with enrollment questions

**213-241-3840**, press **6** for enrollment

### 2020-2021 Enrollment

- SHHS will address at later time



# Local District East Parent and Community Engagement (PACE) Unit



**PACE Phone Number/numéro de PACE: 323-224-3382**

**Summer School 2020 for All Students**  
**Registration Starts May 18th, 2020 Summer School Begins June 24th, 2020**

<https://achieve.lausd.net/summer2020>

LOS ANGELES UNIFIED SCHOOL DISTRICT



**SUMMER**  
**OF LEARNING**  
**2020 PROGRAMS**

**SUMMER PROGRAMS – ALL AGES**

Continue learning safely and remotely with Los Angeles Unified over the summer with many possibilities! All programs require access to a computer through the internet.

If your child attends a Los Angeles Unified TK-12 school and is in need of a device, please contact your school or call (213) 443-1300.

**Registration**

Summer programming application window opens **Monday, May 18 at noon** – please check back then to apply

## LAUSD and Fender Play Summer Music Class for Middle School Students



**SUMMER ENRICHMENT**  
LA UNIFIED  
IN PARTNERSHIP WITH  
**Fender PLAY**

**INVITE**  
Current 6th-8th  
GRADERS

For a 6-week Guitar Course  
with **ELA/Math Integration**  
**FREE** Acoustic, Bass Guitar  
or Ukelele will be provided

1st choice of guitar is based on availability

**NEW PLAYERS WANTED**

PROGRAM STARTS:  
**JUNE 15<sup>th</sup>**

REGISTER AT:  
<https://achieve.lausd.net/summer2020>

**GENRES**  
Rock, Pop, Blues  
Folk & Country  
**Ukelele GENRE:**  
World Rhythms

<https://achieve.lausd.net/summer2020>

1

Want to learn more about the ELAC Preview?



**JOIN US FOR VIRTUAL WELCOME DAYS!**

Learn about what to expect, and provide others helpful information. To make it more fun, we have prizes and giveaways. And don't worry if you can't attend in person, we'll have a virtual event for you. We'll have a virtual event for you. We'll have a virtual event for you.

**RSVP TODAY!**

3-hour sessions starting May 10th  
Wednesdays or Fridays

- [Wednesdays](#)
- [Fridays](#)
- [Virtual Welcome Day](#)

The Preview Welcome Days (or "Virtual Welcome Days") are not a substitute for the required Phoenix Summer Transition Activity.

Applicants who attended the Preview Welcome Days in February or March 2020 were also offered Virtual Welcome Days.

- Important to qualify for the ELAC Phoenix applicants must do:
- [Watch ELAC college overview](#)
  - [Complete orientation or be eligible for the next red-shirted student orientation \(ARISE\)](#)

- [www.collegeconnect.com/etac](#)
- [https://www.youtube.com/watch?v=...](#)
- [https://www.youtube.com/watch?v=...](#)

Connect with us!  
¡Conectate con nosotros!

**EAST LOS ANGELES COLLEGE**

**FOUR FLYER UPDATES!**

Family and Community Engagement Services (FACES)  
Coordinator, Blanca Gomez  
[GomezB2@elac.edu](mailto:GomezB2@elac.edu)



**Student Services Bulletin**

4

**Hello Husky family!**

We would like to thank our students, faculty, staff, and administrators for your continued commitment to the success of our students during this unprecedented time.

Student Services is fully committed to providing all student support services in a virtual environment. We encourage you all to stay safe, stay home, and stay positive!

Join us this Saturday, May 16, 2020 at 12:00 pm

for Student Support Services Forum

Registration required  
<https://bit.ly/2D9W9Kq>  
The Virtual Forum of Services

**Available Services**

We want to ensure you that all Student Services are available through a virtual platform and we are here to support our students and service community.

**Resources:**

- [Online Tutoring](#) [Click here](#)
- [Emergency](#) [Facebook](#) [Click here](#)
- [Community Resources](#) [Click here](#)

**Contact us for help:**

- [Chat with us through](#) [Zoom](#)
- [Email us at](#) [elac@elac.edu](mailto:elac@elac.edu)
- [Connect with us through](#) [Facebook](#)



**ELAC Outreach Virtual Workshops**

2

Week of 5/16 - 5/22

Title	Description	Facilitator	Days/Times	Book Link
How to Apply to ELAC	Students will learn all the steps to apply and complete the ELAC application.	Maria Gonzalez	Tuesday 5:00pm - 6:00pm Thursday 5:00pm - 6:00pm	<a href="#">https://www.collegeconnect.com/etac</a>
Complete ELAC Services to you	Students will learn all the steps to apply and complete the ELAC application.	Johna Lopez	Monday 5:00pm - 6:00pm Wednesday 5:00pm - 6:00pm	<a href="#">https://www.collegeconnect.com/etac</a>
Service Learning: The Best of Both Worlds	Students will learn how to apply to service learning and how to complete the application and all the steps.	Johna Lopez	Monday 6:00pm - 7:00pm Wednesday 6:00pm - 7:00pm	<a href="#">https://www.collegeconnect.com/etac</a>
Everything you need to know about SES	Students will learn how to apply to service learning and how to complete the application and all the steps.	Johna Lopez	Tuesday 6:00pm - 7:00pm Thursday 6:00pm - 7:00pm	<a href="#">https://www.collegeconnect.com/etac</a>
ELAC 101: Start Here	Students will learn about academic programs, certificates, degrees, and transfer to an ELAC. Students will also get to know a real ELAC student, staff, and faculty.	Maria Gonzalez	Thursday 5:00pm - 6:00pm	<a href="#">https://www.collegeconnect.com/etac</a>

For questions please contact us: [elac@elac.edu](mailto:elac@elac.edu) or <https://www.collegeconnect.com/etac>. If you need help accessing Google, call us at 323-343-4444.

**Important Steps to Jumpstart Your College Life @ ELAC**

3

- 1 Apply to ELAC**  
Go to [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac) to apply to ELAC. You will need to provide your high school transcript and other information. For more information, visit [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac).
- 2 Apply for Financial Aid or CA Dream Act**  
Go to [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac) to apply for financial aid. You will need to provide your FAFSA and other information. For more information, visit [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac).
- 3 MATH and ENGLISH Placement**  
You will need to take a placement test to determine your math and English levels. You will need to provide your high school transcript and other information. For more information, visit [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac).
- 4 Complete Orientation**  
You will need to complete orientation to ELAC. You will need to provide your high school transcript and other information. For more information, visit [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac).
- 5 Attend a Counseling Session**  
You will need to attend a counseling session to discuss your academic and career goals. You will need to provide your high school transcript and other information. For more information, visit [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac).
- 6 Login to Your SIS MyCollege.laccd.edu portal**  
You will need to login to your SIS MyCollege.laccd.edu portal to access your account information. You will need to provide your high school transcript and other information. For more information, visit [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac).
- 7 Register for Classes**  
You will need to register for classes through the MyCollege.laccd.edu portal. You will need to provide your high school transcript and other information. For more information, visit [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac).
- 8 Take a Career Assessment**  
You will need to take a career assessment to determine your career goals. You will need to provide your high school transcript and other information. For more information, visit [www.collegeconnect.com/etac](https://www.collegeconnect.com/etac).



This Photo by Unknown Author is licensed under CC BY-SA



East Los Angeles College | 1301 Avenida Cesar Chavez | Downtown Park, P.O. Box 4400 | 323.343.4444 | [www.elac.edu](http://www.elac.edu)





All libraries are closed until further notice. No late fines will be assessed for overdue items, and you can  
Todas las bibliotecas están cerradas hasta nuevo a

[www.lapl.org](http://www.lapl.org)

# The Library at Home

[En español](#) | [Full Website](#) | [Asian Pacific American Heritage Month](#) | [Census 2020](#) | [COVID-19 Info](#) | [New Americans](#) | [Safer at Home Archive](#)



## E-Card Registration

Don't have a library card? Get immediate access to our online resources.

- [Recover Your Library Card Number](#)
- [Verify Student Success Card](#)



## Spring Into Reading

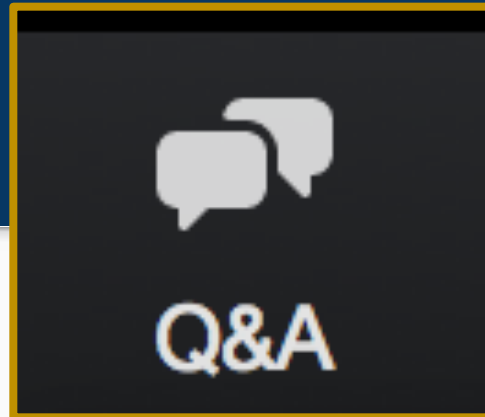
Put some spring in your step and get reading! Log your books and complete fun at-home activities to earn badges. *Ready, set, bloom!*



## Just for Kids & Teens

Great ways to keep young minds active and learning.

- [Just for Kids](#)
- [Just for Teens](#)
- [STEM\\*New](#)



# Question and Answer Session



LOS ANGELES

Eric  
Garcetti  
@MayorOfLA

## City Resources and Information



**Ms. Edna Degollado,  
Mayor's East Area  
Representative**

## *Testing from City of LA*

- (Community Organized Relief Effort), is providing **FREE** COVID-19 testing to ALL Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms.
- Priority for the same or next day testing is still given to people with symptoms, such as fever, cough, shortness of breath, chills, muscle pain, headaches, sore throat, or a new loss of sense of smell.
- Testing is also prioritized for certain critical front-line workers who interact with the public while working. Click the Testing for Front Line Workers button for more details.
- Testing is by appointment only, please sign-up for testing at [coronavirus.lacity.org/testing](https://coronavirus.lacity.org/testing)

## *City Resources & Information*

- Eviction Moratorium & Resources for Renters
- Small Business Loans, Unemployment & LA Jobs Portal
- Food Access
- Senior Meals
- Utility Relief & Other Programs
- Resources for Immigrants
- Information on Testing

### LA's COVID-19 Response

#### Community Resources

Edna Degollado, Mayor's East Area Representative



[Coronavirus.LACity.org](https://www.coronavirus.lacity.org)

## *Eviction Moratorium & Resources for Renters*

The Los Angeles Housing + Community Development Department (HCIDLA) will intake tenant complaints and inform both landlords and tenants of the requirements of the eviction protections. HCIDLA will conduct an investigation similar to the existing process for enforcement of tenant protections under the City's Rent Stabilization Ordinance (RSO).

- Eviction complaints can be filed:
  - Electronically at: [hcidla.lacity.org/File-a-Complaint](https://hcidla.lacity.org/File-a-Complaint)
  - Telephone Hotline at (866) 557-7368.

Complaints will be assigned to a Housing Investigator, who will investigate the tenant's claim and advise the landlord and tenant of their findings.

*For more information on the Eviction Moratorium, please visit [HCID's website](#).*

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# COVID-19 Renter Protections Fact Sheet



THE CITY OF LOS ANGELES EVICTION PROTECTIONS APPLY TO ALL RENTAL UNITS IN THE CITY OF LOS ANGELES.

THE RENT INCREASE FREEZE APPLIES ONLY TO RENTAL UNITS SUBJECT TO THE CITY'S RENT STABILIZATION ORDINANCE (RSO).

TO FIND OUT IF YOUR UNIT IS SUBJECT TO THE RSO: TEXT "RSO" TO (855) 880-7368.

## SUMMARY OF RESIDENTIAL TENANT PROTECTIONS

**NON-PAYMENT OF RENT DUE TO COVID-19:** Beginning March 4, 2020, through the end of the local emergency, no owner can evict a residential tenant for nonpayment of rent if the tenant is unable to pay rent because of circumstances related to the COVID-19, such as:

- Loss of income due to workplace closure or reduced hours due to COVID-19.
- Loss of income or increased child care expenditures due to school closures.
- Health care expenditures related to being ill with COVID-19 or caring for a household member who is ill with COVID-19.
- Loss of income relating to reasonable expenditures stemming from government ordered emergency measures.

The L.A. City Ordinance does not require tenants to provide their landlord notice or documentation if unable to pay rent due to COVID-19, but it is strongly recommended that tenants keep documentation in the event of a court action. However, the Governor's Order indicates a tenant must notify their landlord in writing before rent is due or within 7 days after the rent due date.

**THE CITY ORDINANCE DOES NOT RELIEVE TENANTS OF THE OBLIGATION TO PAY RENT. TENANTS HAVE UP TO 12 MONTHS FROM THE EXPIRATION OF THE LOCAL EMERGENCY TO PAY BACK RENTS. LANDLORDS MAY NOT CHARGE INTEREST OR A LATE FEE ON THE RENT.**

**EVICTION PROTECTIONS:** A tenant may not be evicted for a "no-fault" reason during the local emergency period (for example, for owner move-in or to install a resident manager). Additionally, tenants may not be evicted for having unauthorized occupants, pets or nuisance as a result of circumstances related to COVID-19. Tenancies may not be terminated in order to demolish, convert or withdraw a residential rental unit from the rental housing market under the Ellis Act until 60 days after the expiration of the declaration of emergency.

**NO RENT INCREASES FOR PROPERTIES SUBJECT TO THE RSO:** As of March 30, 2020, all rent increases are prohibited for properties subject to the RSO until one (1) year after the local emergency expires.

**REPAYMENT OPTIONS:** Prior to the expiration of the local emergency or within 90 days of the first rent payment, whichever comes first, a landlord and tenant may (but are not required to) agree to a plan for repayment of unpaid rent. The repayment period may be extended by mutual agreement by the landlord and tenant. The landlord may voluntarily extend a discount to the tenant during the emergency. The City's Housing + Community Investment Department (HCIDLA) suggests the following options:

- Tenant to repay on a **monthly** basis: (Balanced Owed) divided by 12 monthly payments.  
For example: (\$2,000 past due rent/12 payments = \$166.67 monthly payment).
- Tenant to repay on a **bi-weekly** basis: (Balanced Owed) divided by 26 bi-weekly payments.  
For example: (\$2,000 past due rent/26 payments = \$76.92 bi-weekly payment).
- Tenant to repay on a **weekly** basis: (Balanced Owed) divided by 52 weekly payments.  
For example: (\$2,000 past due rent/52 payments = \$38.46 weekly payment).

**ASSISTANCE FOR TENANTS:** Tenants may seek information and assistance from HCIDLA by calling 866-557-RENT or 866-557-7368, Monday - Friday, between the hours of 8:30 AM to 4:30 PM, or by filing a complaint online at: [hcidla.lacity.org/file-a-complaint](http://hcidla.lacity.org/file-a-complaint).

[Coronavirus.LACity.org](http://Coronavirus.LACity.org) - [hcidla.lacity.org](http://hcidla.lacity.org)

2020.04.08

1866-557-RENT or 1866-557-7368  
Monday-Friday 8:30AM-4:30PM



## TENANT NOTIFICATION TO LANDLORD OF INABILITY TO PAY RENT DUE TO COVID-19 EMERGENCY

Date: \_\_\_\_\_

RE: Property Address: \_\_\_\_\_

Dear \_\_\_\_\_,

On March 4, 2020, the City of Los Angeles declared a local emergency due to the COVID-19 pandemic and adopted Ordinance No. 186585 which provides eviction protections to tenants who cannot pay rent due to circumstances related to the COVID-19 pandemic.

I am writing to provide notice that I am unable to pay rent for the month [ ] of \_\_\_\_\_ because I have been affected by COVID-19 pandemic.

I have been affected by the COVID-19 pandemic in the following ways (check one or more of the following):

- I have suffered a loss of income because I have had to pay health-care expenses related to treating a COVID-19 illness.
- I have suffered a loss of income because of a COVID-19 related workplace closure.
- I have suffered a loss of income because school closures have increased my child-care expenses and/or I cannot go to work due to the school closures.
- I have suffered a loss of income because of a government ordered COVID-19 measure.
- Other: \_\_\_\_\_

I understand that rent is delinquent and I must **repay any past due rent within 12 months after the local emergency expires**, unless I voluntarily commence repayment earlier. Per the City Ordinance, I am not required to sign a repayment plan.

Sincerely,

TENANT(S) NAME: \_\_\_\_\_

TENANT(S) SIGNATURE(S): \_\_\_\_\_

[Coronavirus.LACity.org](http://Coronavirus.LACity.org) - [hcidla.lacity.org](http://hcidla.lacity.org)

2020.04.08



## *Small Business Loans, Unemployment & LA Jobs Portal*

### **LA's Small Business Micro Loans:**

- Loan Limits

- \$5,000 to \$20,000

- Interest Rates

- Option 1: 0% for a term of up to 18 months, with repayment deferred for up to 6 months

- Option 2: 3% for a term of up to 5 years, with repayment deferred for up to 12 months  
(for profit businesses)

- Option 3: 2% for a term of up to 5 years, with repayment deferred for up to 12 months  
(for tax-exempt businesses)

For more information on the Emergency Small Business Loans,  
[please click here](#).

## *Small Business Loans, Unemployment & LA Jobs Portal*

### **County & State Benefits:**

- Self-employed individuals may be eligible for temporary financial assistance from the LA County Dept of Public Social Services (DPSS.lacounty.gov).
  - Disability Insurance Elective Coverage (DIEC) program while they were working, may be eligible for Disability Insurance (DI)
  - Paid Family Leave (PFL) if they need to take time off from work to care for a seriously ill family members or to bond with a new child.
- For more information about DIEC, [please visit DIEC Forms and Publications.](#)

## *Utility Relief & Other Resources*

- LADWP and the Gas Company will not turn off service for nonpayment of bills.
  - LADWP Payment Plans: Apply online at [www.ladwp.com](http://www.ladwp.com) or by calling customer care at 1-800-DIAL-DWP (1-800-342-5397).
  - SoCal Gas Assistance: Call customer service at 1-800-427-2200.
- LA DOT Buses are free to ride in the City of LA
- The City will not cite, nor, tow vehicles with expired registrations. Additionally, LAPD will not give tickets to individuals with an expired driver's license.
- Internet Resources: [Coronavirus.LACity.org/getconnected](https://www.coronavirus.lacity.org/getconnected)

## *Resources for Immigrants*

*Link:* [Guide produced by the Mayor's Office of Immigrant Affairs](#)

- Public Charge
- Food
- Health
- Children and Families
- Other services



## *California Disaster Relief Assistance for Immigrants (DRAI)*

Eric  
Garcetti  
@MayorOfLA

- DRAI is a one-time, state-funded disaster relief assistance program for undocumented immigrants impacted by COVID-19.
- The program will provide \$500 in direct assistance to those who qualify, and a maximum of \$1,000 in assistance per household.

To qualify, individuals must be able to provide information that they:

- 1) are an undocumented adult (18 yrs. of age or older)
- 2) are not eligible for federal COVID-19 related assistance such as the CARES Act tax stimulus payments or pandemic unemployment benefits
- 3) have experienced financial hardship as a result of COVID-19.

## *California Disaster Relief Assistance for Immigrants (DRAI)*

Eligible individuals who live in Los Angeles County can apply starting on Monday, May 18, 2020 through the following nonprofit organizations:

- [Coalition for Humane Immigrant Rights \(CHIRLA\)](#)
  - Phone Number: 213-201-8700
- [Central American Resource Center \(CARECEN\)](#)
  - Phone Number: 213-315-2659
- [Asian Americans Advancing Justice](#)
  - Phone Number: 213-241-8880

As of May 18, you may contact these organizations for more information about the application process and the verification documents required. Note that they will NOT assist individuals prior to May 18.

Please note that this program is not being administered by the City of Los Angeles; if you have any questions, please contact one of the organizations listed above.

# *Stay Connected*

- **Mayor's Briefings:**

- Monday and Friday, at 5:15pm
- [Facebook Live](#), [Coronavirus.LACity.org](#), Local Channels

- **Mayor's Newsletter**

- [Sign-up here](#)

- **County Daily Briefings**

- Monday-Friday, at 1:00pm
- Email Edna Degollado at [Edna.Degollado@lacity.org](mailto:Edna.Degollado@lacity.org)
- Questions? Call the Mayor's Helpdesk **213-978-1028**



# Community Resources





# Community Resources



<https://partnership.lausd.net/Community>

Select Language   
Powered by Google Translate

Select a language

## Community Resources

Los Angeles Unified and community partners have come together to identify an array of resources and services that can be accessed by families during this global health crisis. To find resources in your area, simply click the drop-down menu under "Type of resource" and click the boxes next to each type of resource you are seeking. Then, click the drop-down menu under "Local District" and click the region(s) where you want to access services, or click "Various" to see services in every region. You can also search for services by ZIP code.

If you would like additional support accessing these services, call the hotline at 213-443-1300, explain what types of resources you are seeking, and a representative will be happy to assist. The hotline is open 6 a.m. to 6 p.m. Monday through Saturday.

### Type of resource

None selected ▾

### Local District

Various ▾

### ZIP Code

Search

- District resources
- Domestic violence
- Educational
- Financial
- Food
- Healthcare
- Housing
- Hygiene
- Internet & Utility
- Legal
- Mental Health
- Other
- Undocumented community

# Los Angeles County Office of Education (LACOE)



Los Angeles County  
Office of Education

Serving Students • Supporting Communities • Leading Education

## COVID-19 Resources

Parents/Families | Educators | Administrators

Select a language to view this document. Translations created using Google Docs translation feature.

[English](#) | [Spanish](#) | [Chinese](#) | [Korean](#) | [Vietnamese](#) | [Armenian](#)

When you see this icon on a resource, clicking it will open the link in Google Translate. When you are in Google Translate, select your preferred language at the top left corner of the window. Google Translate is not perfect, but it should allow you to get a good sense of the information provided.

### Resources for Parents/Families

This document contains links to resources to assist parents and students during the school closures.

What's New (also added to appropriate content section)

- Headspace (meditation app) - Free Plus account for LA County residents (5/4)
  - [English](#) | [Spanish](#)
- [Family Meet - Know Your Options](#) (5/4)
- [We Breathe 2020](#) (5/4)
- [LA Controller's COVID-19 Resource Hub](#) (5/7)
- [Back to School for Parents Series](#) (5/7)
  - [The Challenges of Being a Parent in College](#)
  - [Financial Aid Resources](#)
  - [Private Student Loans Guide](#)
- [Child Care Alliance of Los Angeles](#) (5/11)
- [Where to Find the Help Your Families Need](#) (5/11)
- [The Lion King Experience: At Home](#) (5/14)
  - [Kids Experience](#) (ages 3-11)
  - [JR Experience](#) (ages 12-15)

### TABLE OF CONTENTS:

#### Featured Resources

- [ERGI At-Home Learning](#)
- [Wide Open School](#)

#### Parent/Family Support Resources

- [Tips on Homeschooling](#)
- [Health & Wellness](#)
- [Social Services \(Meals, Housing, Employment, etc.\)](#)
- [Internet Services](#)
- [Resources for Immigrants](#)

#### Curricular Resources (organized by subject and sorted by grade)

- [The Arts](#)
- [English Language Arts](#)

## Parent/Family Support Resources

### Tips on Homeschooling

Resource	Description	Grade(s)
<a href="#">Activities for Parents and Children During the COVID-19 Quarantine</a>	Activities and articles from First 5 LA of things that you parents and students can do. Website can be viewed in Chinese, Korean, Spanish, Tagalog, and Vietnamese. (Additional activities are also available on the <a href="#">First 5 San Diego</a> website.)	Preschool - 12
<a href="#">Resources for Families During the Coronavirus Pandemic Hub</a>	You'll find articles, lists, and more on: <ul style="list-style-type: none"> <li>• Learning at home and homework help</li> <li>• Helping kids understand COVID-19 news coverage</li> <li>• What to watch, read, and play</li> <li>• How to stay calm for you and your kids</li> <li>• Spanish language resources for Latinx families</li> </ul>	K-12
<a href="#">10 Tips For Parents Homeschooling Young Children</a>	A blog created by a parent to provide resources for parents on how to homeschool. Comes with suggested schedules and content specific resources for curricular needs.	K-5
<a href="#">How to Homeschool Your Kids in the Time of Coronavirus</a>	With so many school systems closing nationwide, at-home classrooms have become a part of daily life. Here are some stress-free ways parents can effectively educate their kids.	K-12
<a href="#">Media Smarts</a>	Information and activities for digital media literacy from Canada's Centre for Digital and Media Literacy	K-12

<https://www.lacoe.edu/Home/Health-and-Safety/Coronavirus-Resources>

<a href="#">School Closures</a>	Information for parents during COVID-19 school closures in English and Spanish. Site has a number of additional links. For other languages, use the Google Translate link.	K-12
<a href="#">125 Things to Do With Kids</a>	Wellness article from Parade with 125 ideas to keep kids entertained during the Coronavirus crisis.	K-12

# Resources for Immigrants During COVID-19

Resources for Immigrants during the  
coronavirus crisis

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

[informedimmigrant.com](https://www.informedimmigrant.com) is a helpful website to increase access to resources for the undocumented immigrant community in the U.S. Simply input your zip code and you will have many resources right at your fingertips!

## BROWSE BY STATE

[National](#)  
[Arizona](#)  
[California](#)  
[Colorado](#)  
[Connecticut](#)  
[District of Columbia](#)  
[Florida](#)  
[Georgia](#)  
[Illinois](#)

Lookup

Share

InformedImmigrant.com is dedicated to increasing access to resources and knowledge for the undocumented immigrant community across the U.S. We understand that these times are especially hard on immigrant communities dealing with the unique challenges of coronavirus and immigration status.

It's a rapidly changing situation, and we want you to quickly and easily be able to find up-to-date, local information for you and your family. The following resources will be updated on a weekly basis. If you see resources for your state that are helpful to the undocumented community please let us know using [this form](#).

All Resources ▾

Keyword search...

90032

SUBMIT

Financial Assistance

Resource Lists

Education/Students

Health/Medical Care

Local/State Government Information

DRIVA

College Laptop Scholarship

TECHNOLOGY

# COVID-19 Guidance for Immigrant Californians



COVID-19 Resource Guide for Immigrant Californians includes:

- Information on jobs, wages, and benefits
- Housing
- Food and bills
- Community safety & more!

[https://covid19.ca.gov/img/wp/listos\\_covid\\_19\\_immigrant\\_guidance\\_en\\_daf.pdf](https://covid19.ca.gov/img/wp/listos_covid_19_immigrant_guidance_en_daf.pdf)

# CHILD CARE FUNDING FOR ESSENTIAL WORKERS

YOU MAY QUALIFY FOR FREE CHILD CARE



Pathways LA

On April 10, Governor Newsom approved funding to provide child care services for emergency and essential workers, during the COVID-19 pandemic, who meet specific income guidelines.

**Are you an essential worker? If so, you may qualify to receive funding to pay for your child care. [Click here](#) to apply.**

## HOW DO I KNOW I'M ELIGIBLE?

Family must meet the following:

1. Essential worker
2. Need child care to perform their essential work
3. Not able to work remotely
4. Meet certain income eligibility
5. If the family includes a two-parent household, both parents must either be essential workers or the other parent must be unable to provide care for the child due to incapacitation

## What's an essential worker?

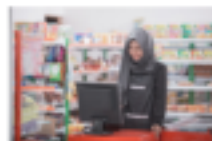
As stated by Governor Newsom's Executive Order N-33-20, essential workers are "Californians working in the identified 16 critical infrastructure sectors (i.e. healthcare, emergency services, food & agriculture and more), whose work impacts Californians' health and well-being."

## How long is funding available?

Families who meet eligibility guidelines may receive emergency child care services, unless otherwise extended by Governor Newsom, through June 30, 2020.

## Need more information?

To learn about your eligibility or get assistance finding a child care provider, call us at 213-427-2710, email [RR@pathwaysla.org](mailto:RR@pathwaysla.org), or visit [www.pathwaysla.org](http://www.pathwaysla.org).



**Lausd Pace**

**Lausd Pace**  
 Leading the Work Toward Meaningful Family Engagement and Creating Powerful Partnerships!

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Lives in **Los Angeles, California**

[See Lausd's About Info](#)

**LAUSD Local District EAST PACE Unit**  
 9 Tweets

**LAUSD Local District EAST PACE Unit**  
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**Local District East PACE Social Media**

<https://achieve.lausd.net/Page/9211>



LOCAL DISTRICT EAST

Main Line (323) 224-3100

### LAUSD HOTLINES AND RESOURCES

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**LAUSD Student Health & Human Services**

**SHHS Mental Health Hotline** *Monday-Friday, 6:00am-6:00pm*  
An array of resources and information to support students and families  
(Mental Health, Enrollment, etc.)

<https://achieve.lausd.net/shhs>  
(213) 241-3840

**LAUSD Hotline Support**

Support with technology resources, devices/laptops, access to Schoology  
**Information Technology Division**

(213) 443-1300

<https://itd.lausd.net>

**Special Education Services**

<https://achieve.lausd.net/Page/16606>  
(213) 241-6701 Email: [spedsfss@lausd.net](mailto:spedsfss@lausd.net)

**Search Engine for Resources**

Online search tool providing information on resources and services  
that can be accessed by families

<https://partnership.lausd.net/Community>

### CONNECTIVITY RESOURCES

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**Get Connected Los Angeles**

City of Los Angeles COVID-19 internet connectivity resources

<https://sites.google.com/lacity.org/getconnectedlosangeles>

# Access to this Presentation

- We invite you take pictures of slides.
- This information will be available to school staff.
- We will post this presentation on the



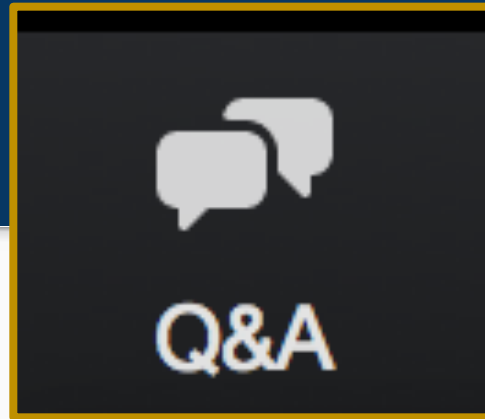
**Local District East Parent and Community Engagement PACE Website**

**[bit.ly/LDEastPACE](https://bit.ly/LDEastPACE)**

**<https://achieve.lausd.net/Page/9211>**







# Question and Answer Session



# Local District East Parent and Community Engagement (PACE) Unit



**PACE Phone Number/numéro de PACE: 323-224-3382**



Local District East

Parent And Community Engagement (PACE) Unit



*Thank you!*

**PARTNERING WITH PARENTS AND FAMILIES**

**Elsa Tinoco, Parent and Community Engagement Administrator  
Laura Bañuelos and Veronica Ciafone, Parent Educator Coaches  
Jackie Carrillo and Marta Galicia-Garcia, Local District East  
Community Representatives**