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| |  | | --- | | The Sunday Paper Reflection (Maria Shriver) | | Your Weekly Dose of Wisdom & Wonder | |
| http://i3.createsend1.com/ei/t/51/4B1/FB6/csimport/ImagefromiOS92.215816.png |

Researched 4/19/20 by Professor E. Oppenberg, GCC Food Pantry Outreach Coordinato, with input from Margaret Mansour, Scott Ziegler and Paul Mayer

**FOOD PANTRIES**

**Meet Each Need with Dignity (MEND)**

Food distribution on Tuesdays and Fridays from 9 am to 11 am 10641 N. San Fernando Rd., Pacoima Call 818-897-2443

**SOVA Community Food & Resource Program**

Food pantry on Sundays from 9 am to 12pm and Monday thru Friday from 10 am to 1:30 pm.

16439 Vanowen St. , Van Nuys

**Via Care Community Health Center- A Farmer’s Market on Wheels**

In collaboration with the LA Regional Food Bank, is inviting all families to receive FREE healthy foods. You can expect to receive approximately 25-40 lbs. of food. 9am-11am on 4/24, 5/22, 6/26 4755 East Cesar E. Chavez Ave. , Los Angeles (Bring your own reusable bags)

**LA County’s Critical Delivery Service Program**

Free delivery program for older adults (60 years and older) , individuals with disabilities (temporary or permanent) and dependent adults (ages 18-59) to receive groceries, household items and other vital necessities for individuals unable to leave their homes due to the COVID-19 pandemic.

Items delivered 7 days a week . CALL 888-863-7411 <https://wdacs.lacounty.gov/wp-content/uploads/2020/04/04.08_CDS_PR.pdf>

**FREE LEGAL ASSISTANCE**

**Lawyers in the Library**

Meet with an attorney for FREE to discuss issues related to your housing, financial well being (including debt collection, foreclosure, loans, bail issues) Every 3rd Tuesday of the Month (4/21, 5/19, 6/16) Benjamin Franklin Branch 2200 E. 1st St. , Los Angeles

Walk in or make a reservation at (213) 385-2877 ext. 305

**HELP WITH JOB LOSS**

**Onward CA. Org**

OnwardCA is a one stop resource for the people of California impacted by job loss during the pandemic. It serves to connect individuals with: \* Money \*Groceries \*Child Care \*Finding a New Job

**Additional Websites**

* [sba.gov](https://cd12.us12.list-manage.com/track/click?u=72ffdbd71ff971bc00355b77f&id=91a9e44bd5&e=5831d6e20a)
* [irs.gov/coronavirus.economic-impact-payments](https://cd12.us12.list-manage.com/track/click?u=72ffdbd71ff971bc00355b77f&id=f2e65636bb&e=5831d6e20a)
* [lacountyhelpcenter.org](https://cd12.us12.list-manage.com/track/click?u=72ffdbd71ff971bc00355b77f&id=a26cc966ea&e=5831d6e20a)
* [covid19.ca.gov](https://cd12.us12.list-manage.com/track/click?u=72ffdbd71ff971bc00355b77f&id=e0f986f3ae&e=5831d6e20a)
* [caleitc4me.org](https://cd12.us12.list-manage.com/track/click?u=72ffdbd71ff971bc00355b77f&id=13fd4356b2&e=5831d6e20a)
* [lajobsportal.org](https://cd12.us12.list-manage.com/track/click?u=72ffdbd71ff971bc00355b77f&id=f24a1ed9da&e=5831d6e20a)

**Chegg.Com**

<https://www.chegg.com/internships/> offers everything from study tips to help with all subjects plus career advice and internship opportunities in several fields.

<https://www.chegg.com/play/> Resources and Suggestions

**HELP FOR RENTERS, PROPERTY OWNERS**

**LA County**

<https://dcba.lacounty.gov/coronavirus/> FOR RENTERS, Repairing your credit score, not able to make car payments, special event cancellation, for property owners

**HELP WITH MONEY**

**Treasury.Gov**

<https://home.treasury.gov/policy-issues/consumer-policy/personal-finance-and-consumer-protection-steps-for-quicker-financial-relief> (Managing your money in uncertain times)

**Economic Stimulus Payments**

<https://www.irs.gov/coronavirus/economic-impact-payments> track economic stimulus (impact) payments

**HELP WITH MENTAL HEALTH**

**Substance Abuse and Mental Health Services Administration HELPLINE**

<https://www.samhsa.gov/find-help/disaster-distress-helpline> FREE

**COVID 19 –LA COUNTY**

<https://covid19.lacounty.gov/> (lots of resources)

**Anxiety and Depression Association of America**

<https://adaa.org/living-with-anxiety/ask-and-learn/resources>

**IN THE NEWS**

**Relief for Immigrants**

$125-million relief effort for immigrants without legal status will provide cash grants to individuals and families in need. Gov. Newsom said the proposal will offer $500 cash grants for individuals in the U.S. illegally and up to $1,000 for families, with applications set to be accepted starting next month.

The money will be dispersed through regional nonprofit groups with experience serving people who are in the country illegally, the governor said.