

Resource Guide

This resource guide is a starting point, not an exhaustive list of everything out there!

Dark pink: Instagram username. Blue: Website link. Purple: Phone number.

Los Angeles County

- Los Angeles Regional Food Bank: lafoodbank.org
- Medi-Cal, CalFresh, CalWIN: dps.lacounty.gov
- WIC: wicforyou.org and phfewic.org
- Water Drop LA: waterdropla.org
- Polo's Pantry LA: [@polospantryla](https://www.instagram.com/polospantryla)
- South Central Mutual Aid: [@southcentralmutualaid](https://www.instagram.com/southcentralmutualaid)
- Hawthorne Community Fridge: [@hawthornecommunityfridge](https://www.instagram.com/hawthornecommunityfridge)
- Holistic Mutual Aid: [@holisticmutualaid](https://www.instagram.com/holisticmutualaid)
- People for People LA: [@peopleforpeoplelosangeles](https://www.instagram.com/peopleforpeoplelosangeles)

San Luis Obispo County

- SLO Food Bank: slofoodbank.org
- WIC: [805-781-5570](tel:805-781-5570)
- Medi-Cal, CalFresh, CalWIN: mybenefitscalwin.org
- North County NeighborAid: noconeighboraid.org
- HelpSLO: helpslo.com
- Collection of resources across the county.
- CAPSLO: capslo.org
- Community Action Partnership
- ALF Food Pantry: [@atascaderoloaves](https://www.instagram.com/atascaderoloaves)

Ventura County

- COVID-19: venturacountyrecovers.org
- Food Share: foodshare.com
- Medi-Cal, CalFresh, CalWIN: mybenefitscalwin.org
- Ventura Tenants Union: [@venturatenantsunion](https://www.instagram.com/venturatenantsunion)
- WIC: [805-981-5251](tel:805-981-5251)
- Oxnard Student Success: [@oxnardstudentsuccess](https://www.instagram.com/oxnardstudentsuccess)
- One Step a la Vez: [@onestepalavez](https://www.instagram.com/onestepalavez)
 - **Fillmore**: Community space for teenagers.
- House Farm Workers: [@housefarmworkers](https://www.instagram.com/housefarmworkers)
- MICOP: [@micop805](https://www.instagram.com/micop805)
 - Mixteco/Indígena Community Organizing Project
- Ventura Community Fridge: [@venturafreedge](https://www.instagram.com/venturafreedge)

Santa Barbara County

- Foodbank of Santa Barbara: foodbanksbc.org
- Medi-Cal, CalFresh, CalWIN: mybenefitscalwin.org
- WIC: [877-275-8805](tel:877-275-8805) or text [sbwic](tel:85511) to 85511
- MICOP: [@micop805](https://www.instagram.com/micop805)
- La Casa de La Raza: [@lacasadelaraza](https://www.instagram.com/lacasadelaraza)
- Santa Barbara: Community Center
- El Centro SB Mutual Aid: [@elcentrosb](https://www.instagram.com/elcentrosb)
- Santa Barbara: Community Center & Mutual Aid
- Food Not Bombs IV: [@foodnotbombsislavista](https://www.instagram.com/foodnotbombsislavista)
- Isla Vista: Grab & Go Vegan Meals
- CAUSE 805: [@cause805](https://www.instagram.com/cause805)
- Mission Scholars: [@missionscholars](https://www.instagram.com/missionscholars)

Bay Area & Northern California

- Community Got Us: [@communitygotus](https://www.instagram.com/communitygotus)
 - **East Side / South Side San Jose**: Addressing needs of the unhoused community and those in need
- San Mateo County Jail Support: [@rwcjailsupport](https://www.instagram.com/rwcjailsupport)
- La Familia Counseling: lafamiliacounseling.org
 - **Bay Area**: Mental health, community support, COVID services in the Bay Area
- Alternative Family Services: afs4kids.org
 - **Northern California**: Housing support and mental health services to foster youth and families
- Alameda County Family Justice Center: acfjc.org
- Berkeley Food and Housing Project: bfhp.org
 - Emergency food and shelter, transitional housing, rapid rehousing, etc.
- La Clinica de La Raza: laclinica.org
 - **Bay Area**: community health center working to make high quality healthcare accessible

Statewide

- Unemployment: edd.ca.gov
- Rent Relief: housing.ca.gov
- COVID-19 Vaccine: myturn.ca.gov
- CalFresh: getcalfresh.org
- WIC: [1-888-942-9675](tel:1-888-942-9675)



Visit the digital resource guide on our website for up-to-date information and clickable links.

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 [@elcongreso.ucsb](https://www.instagram.com/elcongreso.ucsb)

Guía de recursos

Esta guía de recursos es un lugar para empezar, ¡no una lista completa de todo!

Rosa oscuro: nombre en Instagram. **Azul:** enlace/link de sitio web. **Morado:** número de teléfono.

Condado de Los Ángeles

- Los Angeles Banco de Comida Regional: lafoodbank.org
- Medi-Cal, CalFresh, CalWIN: dps.lacounty.gov
- WIC: wicforyou.org y phfewic.org
- Water Drop LA: waterdropla.org
- Polo's Despensa LA: [@polospantryla](https://www.instagram.com/polospantryla)
- South Central Ayuda Mutua: [@southcentralmutualaid](https://www.instagram.com/southcentralmutualaid)
- Hawthorne Refri Comunitario: [@hawthornecommunityfridge](https://www.instagram.com/hawthornecommunityfridge)
- Holistic Ayuda Mutua: [@holisticmutualaid](https://www.instagram.com/holisticmutualaid)
- People for People LA: [@peopleforpeoplelosangeles](https://www.instagram.com/peopleforpeoplelosangeles)

Condado de San Luis Obispo

- SLO Banco de Comida: slofoodbank.org
- WIC: **805-781-5570**
- Medi-Cal, CalFresh, CalWIN: mybenefitscalwin.org
- North County NeighborAid: noconeighboraid.org
- HelpSLO: helpslo.com
- Colección de recursos en el condado. CAPSLO: capslo.org
- Asociación de Acción Comunitaria ALF Despensa Comida: [@atascaderoloaves](https://www.instagram.com/atascaderoloaves)

Condado de Ventura

- COVID-19: venturacountyrecovers.org
- Food Share: foodshare.com
- Medi-Cal, CalFresh, CalWIN: mybenefitscalwin.org
- Ventura Unión de inquilinos: [@venturatenantsunion](https://www.instagram.com/venturatenantsunion)
- WIC: **805-981-5251**
- Oxnard Éxito Estudiantil: [@oxnardstudentsuccess](https://www.instagram.com/oxnardstudentsuccess)
- One Step a la Vez: [@onestepalavez](https://www.instagram.com/onestepalavez)
 - Fillmore: Espacio comunitario para adolescentes.
- House Farm Workers: [@housefarmworkers](https://www.instagram.com/housefarmworkers)
- MICOP: [@micop805](https://www.instagram.com/micop805)
 - Mixteco/Indígena Proyecto de Organización Comunitaria
- Ventura Refri Comunitario: [@venturafreedge](https://www.instagram.com/venturafreedge)

Condado de Santa Bárbara

- Foodbank of Santa Barbara: foodbanksbc.org
- Medi-Cal, CalFresh, CalWIN: mybenefitscalwin.org
- WIC: **877-275-8805** o texto [sbwic](http://sbwic.org) al **85511**
- MICOP: [@micop805](https://www.instagram.com/micop805)
- La Casa de La Raza: [@lacasadelaraza](https://www.instagram.com/lacasadelaraza)
- Santa Bárbara: Centro comunitario
- El Centro SB Ayuda Mutua: [@elcentrosb](https://www.instagram.com/elcentrosb)
- Santa Bárbara: Centro comunitario y ayuda mutua
- Food Not Bombs IV: [@foodnotbombsislavista](https://www.instagram.com/foodnotbombsislavista)
- Isla Vista: Comida vegana para llevar
- CAUSE 805: [@cause805](https://www.instagram.com/cause805)
- Mission Scholars: [@missionscholars](https://www.instagram.com/missionscholars)

Bahía de San Francisco y Norte de California

- Community Got Us: [@communitygotus](https://www.instagram.com/communitygotus)
 - Este / sur de San José: Ayudar con las necesidades de personas sin hogar y los necesitados
- San Mateo County Apoyo de Cárcel: [@rwcjailsupport](https://www.instagram.com/rwcjailsupport)
- La Familia Consejería: lafamiliacounseling.org
 - Bahía de San Francisco: Salud mental, apoyo comunitario, servicios COVID en el Área de la Bahía
- Servicios Alternativos de Familia: afs4kids.org
 - Norte de California: apoyo de vivienda y servicios de salud mental para jóvenes y familias de crianza
- Alameda County Centro de Justicia Familiar: acfjc.org
- Berkeley Proyecto de Comida y Vivienda: bfhp.org
 - Alimentos y refugio de emergencia, vivienda transitoria, realojamiento rápido, etc.
- La Clínica de La Raza: laclinica.org
 - Bahía de San Francisco: centro de salud comunitario que trabaja para hacer accesible la atención médica de alta calidad

Estatad

- Desempleo: edd.ca.gov
- Ayuda con pagos de renta: housing.ca.gov
- Vacuna de COVID-19: myturn.ca.gov
- CalFresh/Estampillas: getcalfresh.org
- WIC: **1-888-942-9675**



Visita la guía digital en nuestro sitio para información actualizada y links presionables.
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