

Shelter-In- Place Resource List- 4/30/2020

The following resources may support during Covid-19 Shelter-In. Contact organizations directly to check availability or for service changes. Additional updates and information can be found on [http://www.ggrc.org/resources/coronavirus-information#Additional Info](http://www.ggrc.org/resources/coronavirus-information#Additional_Info).

Name	County Served	Service	Contact Info/Web Link	Description
Food Pantries	SF,SMO,CMO	Groceries	https://www.foodpantries.org/ci/ca-san-francisco	Provides links to food pantries and discounted groceries across the state.
Homeless Shelter Directory	SF	Food pantries, Soup Kitchens, & Food Banks	https://www.homelessshelterdirectory.org/cgi-bin/id/cityfoodbanks.cgi?city=San%20Francisco&state=CA	
Safeway, Target, and Whole Foods	SF- Bay Area	Groceries- Senior Hours	https://sfist.com/2020/03/18/safeway-target-and-whole-foods-offering-senior-hours-for-older-shoppers/	Target: Wed. Opening Hours Safeway: Tue/Thurs 7am-9am Whole Foods: Daily 8am-9am
Covia: Home Delivered Groceries*	Novato & San Rafael	Groceries- Volunteer shopping and Delivery	https://www.marinhhs.org/community-resource-guide/covia-home-delivered-groceries Phone: (415) 899-8296 Email: kstrolia@covia.org Address: 1560 Hill Road Novato, CA 94947 Language: English & Spanish	“Do you need help shopping for groceries? Covia and our volunteers can help! Covia’s Home Delivered Grocery Program is available for individuals 60+ who need shopping assistance and living in Novato and San Rafael. We pair volunteer shoppers with those who need support in getting groceries into the home. Delivery is FREE! You pay only for the groceries! For more information or to register, please call: (415) 899-8296. Shopping and delivery Tuesdays 8:00 am -12:00 pm in Novato. Shopping and delivery Tuesdays 9:00 am - 1:00 pm in San Rafael.” ** Program is suspended until 3/27/20, but if you call number listed and have a dire need for groceries Covia will return the phone call.**



<p>Meals on Wheels</p>	<p>SF, SMO,CMO</p>	<p>Meal Delivery Service</p>	<p>San Mateo County: https://www.penvol.org/mealsonwheels/how-to-qualify/</p> <p>Intake (650) 323-2022</p> <p>San Francisco: https://www.mowsf.org/get-started</p> <p>Intake: (415) 355-6700</p>	<p><u>Notes for San Mateo:</u> -San Mateo County Aging & Adult Services 60+ “This program is available to qualified adults who are 60+, primarily homebound, and unable to shop for and/or prepare meals for themselves and/or lack caregiver assistance that can aid in the provision of meals. Quarterly in-home and/or telephone reassessment are required. These meals are partially funded by San Mateo County Aging and Adult Services and the Older Americans Act. There is no charge to you for these meals; however, any donation would be greatly appreciated.” <u>-San Mateo County of Aging & Adult Services Supplemental Meals on Wheels 18-59</u> “This program is available to individuals that are between the ages of 18-59 with a disability. They must be homebound because of incapacitating disability and/or illness; lack caregiver assistance; can live at home if meals are provided, but unable to prepare or obtain nutritious meals; and be assessed with a nutritional risk rating of 6+ (per California Department of Aging definition). Quarterly in-home and/or telephone reassessment are required. <u>These individuals must pay \$2.00 per meal.</u>”</p>
<p>Nutrition Services for Older Adults/Meals on Wheels</p>	<p>Marin County</p>	<p>Meal Delivery and Congregate Meals</p>	<p>https://www.marinhhs.org/nutrition-services-older-adults</p> <p>Intake: (415) 457-4636</p>	<p>“Marin County offers home-delivered meals and lunches served at congregate dining sites for residents aged 60 and older. There are no income limits. Participants are asked to contribute \$3.50/meal delivered to your home and \$3.00/meal served at congregate sites. Contributions are voluntary and no one is turned away for lack of funds. Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin County Department of Health and Human Services, Aging and Adult Services.” <i>“If you are a person with a disability and require an accommodation to participate in a County program, service, or activity, requests may be made by calling (415) 473-4381 (Voice), (415) 473-3232 (TDD/TTY), or by email at least six days in advance of the event. Copies of documents are available in alternative formats upon request.”</i></p>



<p>Safety Net Assistance/Core Service Agencies</p>	<p>San Mateo County</p>	<p>Support for those who need basic needs met.</p>	<p>https://hsa.smcgov.org/emergency-safety-net-assistance-core-service-agencies</p> <p>Multiple locations & phone numbers can be found on the above link</p>	<p>“The eight Core Service Agencies listed above work in close collaboration with the Human Services Agency to provide individuals and families with basic emergency and support services to stabilize their living situations. Core Service Agencies provide clients with crisis intervention and referrals based on an evaluation of their needs and qualifications for assistance. Core Service Agencies provide safety net services to San Mateo County residents in need of food, emergency housing assistance, emergency utility assistance, shelter and other basic needs. Call or visit the Core Service Agency that serves your area to find out more about the services they offer.”</p>
<p>United Ways California</p>	<p>Bay Area</p>	<p>Relief Funds and Support for Families in need due to Covid-19</p>	<p>https://www.unitedwaysca.org/coviduw</p> <p>https://www.unitedwaysca.org/coviduw#local</p> <p>https://www.211bayarea.org/sanfrancisco/</p>	<p>“California United Ways have established a statewide relief fund to help those impacted by COVID-19. This goal of this fund is to relieve hardship for vulnerable working families (due to quarantine or disruption of income), to support the coordination of community relief efforts, and to ensure equity in the distribution of philanthropic resources across all of California. Funds raised will complement funds sponsored by local United Ways and their partners to strengthen those impacted during this extraordinary crisis. Your donation will help local United Ways in their efforts to support local communities”</p>
<p>CA Meals for Kids- App</p>	<p>California</p>	<p>Provides meals to students during school closures</p>	<p>https://www.cde.ca.gov/nr/ne/yr20/yr20rel14.asp</p> <p>https://www.cde.ca.gov/re/mo/comeals.asp</p>	<p>“The CA Meals for Kids mobile application helps you find nearby California Afterschool and Summer Meal Programs Sites through your iOS, Android, or Microsoft devices.</p> <p>The Emergency Meal Sites section may be used during unanticipated school closures due to emergency situations.”</p>
<p>San Francisco Public Library</p>	<p>Online Resource</p>	<p>Movies, digital classes, online books</p>	<p>https://sfpl.org/coronavirus</p>	



SFUSD	Online Resources	Support for families with children/individuals confused or concerned about the virus	https://www.sfusd.edu/helping-children-during-covid-19-pandemic; https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf https://childmind.org/article/talking-to-kids-about-the-coronavirus/	Resources for explaining Covid-19 and changes
SFUSD, Kaiser Permanente	Online Resources	Support for families with children/individuals confused or concerned about the virus	https://healthy.kaiserpermanente.org/hawaii/health-wellness/mental-health/tools-resources;	Resources managing anxiety; self-care; stress management
We Are Teachers	Online Resource	Activities/lesson plans for students of all ages	https://www.weareteachers.com/ https://www.weareteachers.com/best-virtual-field-trips/	
California Dept. of Public Health	Online Resource	Regular Updates on Covid-19	https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx	
CDC	Online Resource	Wellness Information	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html	Resources for stress management
Pyramid Educational Consultants	Online Resource-Books	Parent/Family Guide	https://pecusa.com/downloadable-books/?fbclid=IwAR2GVfkoN3NBHHTyW9L1AYVYAeUydSCPOgLq33rVD9yXW5bMg1KPOZpxMkU	Autism Focus- a book that provides learning opportunities at home



<p>Mental Health Association of San Francisco</p>	<p>San Francisco-Phone line resources</p>	<p>Mental Health Resource</p>	<p>The Peer-Run Warm Line https://www.mentalhealthsf.org/peer-run-warmline/ 1-855-845-7415</p>	<p>“The Peer-Run Warm Line (1-855-845-7415) is a non-emergency resource for anyone in California seeking emotional support. We provide assistance via phone and webchat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, panic, depression, finance, and alcohol and drug use.”</p>
<p>Substance Abuse and Mental Health Services Administration</p>	<p>Hotline</p>	<p>Mental health Resources</p>	<p>https://www.samhsa.gov/find-help/disaster-distress-helpline 1-800-985-5990</p>	<p>“The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.</p> <p>Deaf/Hard of Hearing Text TalkWithUs to 66746 Use your preferred relay service to call the Disaster Distress Helpline at 1-800-985-5990 TTY 1-800-846-8517</p> <p>Spanish Speakers Call 1-800-985-5990 and press "2" From the 50 States, text Hablanos to 66746 From Puerto Rico, text Hablanos to 1-787-339-2663”</p>



Dial 2-1-1	Hotline	Food, Housing and Essential Services	http://211.org/services/covid19	
Caregiver Action Network	Hotline	Caregiver Help Desk	https://caregiveraction.org/covid-19%23 (855) 227-3640	Caregiver Help Desk – It’s Free! Contact our Care Support Team, staffed by caregiving experts, to help you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.
California Immigrant Policy Center	Online Resource	Support for Immigrants during Covid-19	https://caimmigrant.org/press-room/cipc-covid-response/ (213)250-0880	”As the COVID-19 crisis evolves, our work to ensure all communities— including California’s 11 million immigrants—have access to the resources they need carries on. California’s immigrant communities continue to display great resilience and flexibility in adapting to this challenging moment. CIPC remains committed to advancing policies to ensure all of our communities can thrive. To our communities, please know that we stand together with you and will continue to fight for health access and the freedom to thrive for everyone who calls California home.”



<p>Immigrants Rising</p>	<p>Online Resource</p>	<p>Tangible Support for Immigrant Community</p>	<p>https://immigrantsrising.org/resource/tangible-support-for-immigrant-communities-during-covid-19/#</p> <p>https://docs.google.com/document/d/1PxLuuH0-hwHXftUXuEi52Q1qWUDegN8_I1L4uIFwzk/preview</p>	<p>“Immigrants Rising is committed to serving undocumented communities during the Coronavirus (COVID-19) pandemic. We put together this list of resources to help undocumented immigrants navigate the crisis. Please contact us if there are additional resources that you would like to add to this document. We will continue to update it as the situation develops. Recursos para inmigrantes sobre COVID-19 en español—utilice este enlace”</p>
<p>Department of Homelessness and Supportive Housing</p>	<p>San Francisco</p>	<p>Resources for Covid-19 and People Experiencing Homelessness</p>	<p>http://hsh.sfgov.org/updates/</p> <p>http://hsh.sfgov.org/wp-content/uploads/2017/06/Adult-Shelters-and-Reservation-Locations-051017-English.pdf</p>	<p>“HSH and its City and non-profit partners are laser focused on providing care for people experiencing homelessness during this public health emergency”</p>
<p>Popsugar Family</p>	<p>Online Resource</p>	<p>“60 Free Educational Website Parents Can Access While Schools Are Closed”</p>	<p>https://www.popsugar.com/family/free-online-educational-resources-for-kids-47311368?fbclid=IwAR2ig9OO6RxukMt9cV4V-pLz7dov5a7sd7qktNtCHaSCVJxbR21LRmaRJFI</p>	<p>English Only</p>



<p>The Arc of California</p>	<p>Online Resource</p>	<p>Webinar Recording: Best-Practices In Remote Support For Californians With Intellectual & Developmental Disabilities</p>	<p>Recorded Zoom Meeting https://zoom.us/rec/play/v8Akc7igpm43GleVsASDC_R9W47oJ62shyIY8qllzB28AHcHMqavNLtBMbZHxLbzrdtvOnakC1Rcl7Fy?startTime=1585598240000 Presentation Slides Presentation Slides https://files.constantcontact.com/eb101a2f101/6a51596d-d623-46c3-ba03-091408dd5e46.pdf</p>	<p>English Only</p>
<p>County of San Mateo</p>	<p>San Mateo</p>	<p>Covid-19 SMC Eviction Regulations</p>	<p>https://housing.smcgov.org/covid-19-smc-eviction-regulations</p>	<p>“On March 24, 2020, the San Mateo County Board of Supervisors adopted Emergency Regulation 2020-001, which places a temporary Countywide moratorium on evictions from residential units” – Available in Spanish, Chinese, Portuguese, Russian and Tagalog</p>
<p>County of San Francisco</p>	<p>San Francisco</p>	<p>The City Announces Moratorium on Evictions Related to COVID-19 Pandemic</p>	<p>https://www.sfhsa.org/about/announcements/city-announces-moratorium-evictions-related-covid-19-pandemic</p>	<p>“The moratorium will prevent any resident from being evicted due to a loss of income related to a business closure, loss of hours or wages, layoffs, or out-of-pocket medical costs caused by the COVID-19 pandemic. The Mayor issued this moratorium under the powers of the Local Emergency she declared on February 25th.”- Available in Spanish, Chinese, Russian, Vietnamese and Tagalog</p>



<p>County of Marin</p>	<p>Marin</p>	<p>Board Approves COVID-19 Relief Fund, Eviction Ban County efforts aimed at helping our most vulnerable populations</p>	<p>https://www.marincounty.org/main/county-press-releases/press-releases/2020/cao-covid-bosactions-032420</p>	<p>“In actions directed toward the COVID-19 public health emergency, the Marin County Board of Supervisors on March 24 approved a \$1 million new local relief fund partnership with Marin Community Foundation[External] (MCF), and the Board also enacted a ban on tenant evictions.”- Available in Spanish, Chinese, Russian, Vietnamese, Korean, and Tagalog</p>
<p>Choice Lunch</p>	<p>Bay Area</p>	<p>Online Grocery Ordering and Drive Through Pick-Up</p>	<p>https://pantry.choicelunch.com/ Phone: (925) 304-4223 Email: pantry@choicelunch.com</p>	<p>Locations (location hours vary): <i>Danville</i> 569 San Ramon Valley blvd. Danville, CA 94526 <i>Rossmoor</i> Gateway Clubhouse, 1001 Golden Rain Rd Walnut Creek, CA 94595 <i>Hayward</i> 21337 Cabot Boulevard Hayward, CA 94545 <i>San Jose</i> 1615 Remuda Lane San Jose, CA 95112 <i>Lafayette</i> Lafayette Orinda Presbyterian Church 49 Knox Drive Lafayette, CA 94549</p>
<p>Restaurant Depot</p>	<p>San Francisco, Oakland, San Jose</p>	<p>Wholesale grocery shopping</p>	<p>https://sf.funcheap.com/city-guide/restaurant-wholesale-store-open-public-time/</p>	<p>“Restaurant Depot – a restaurant supply store for people in the food service industry, is now allowing the regular public to shop and buy bulk goods. Think of this like Costco, but just stuff for restaurants like cleaning supplies, fresh produce, dry groceries, fresh and frozen meat and tons more.”</p>

				<p>Locations (hours vary):</p> <p><i>San Francisco</i> 20145 Evans Ave San Francisco, CA 94124 (415) 920-2888</p> <p><i>Oakland:</i> 400 High St Oakland, CA 94601 (510) 628-0600</p> <p><i>San Jose:</i> 520 Brennan St, San Jose, CA 95131 (408) 432-0107</p>
CDC/YouTube	Online Resource	Video Resource on Covid- Available in American Sign Language	https://www.youtube.com/playlist?list=PLvrp9iOILTQatwnqm61jqFrfsUB4RKh6J&deliveryName=USCDC_1054_DM25920	<p>“COVID-19 in the United States: Insights from Healthcare Systems via Zoom or Facebook Live: During this COCA Call, presenters will discuss the current impact of the COVID-19 pandemic on healthcare systems in the U.S., including key successes and challenges from the hospital response perspective.”- English, American Sign Language</p>
Tech Exchange	Online Resource/ Bay Area	Technology Resources for Households	https://www.techexchange.org/resources.html	<p>Provides information on low cost internet options -60 Days Free and \$10 per month after 60 days with Comcast and AT&T.</p> <p>Site also provides low-cost refurbished computers (\$100-\$150) and has a request form for FREE laptops- though not guaranteed if completing the form.</p>

One Degree	Online resource /Bay Area	Covid-19 Resource Guide	https://about.1degree.org/covid-19-sf-en#sf-bay-area-wide	<p>“At One Degree we always strive to provide comprehensive, updated and accurate community resource information. During the COVID-19 outbreak we maintain that same commitment and are happy to provide this guide as a quick and effective reference to resources you might need during this period.”</p> <p>Available in English and Spanish</p>
PG&E	Statewide	Customer Programs and Support	https://www.pge.com/en_US/about-pge/company-information/protective-protocols/covid19-protections.page?WT.mc_id=Vanity_covid19consumerprotections	<p>“As the COVID-19 pandemic continues to impact our communities, we understand the increasing struggles facing our customers. We are committed to helping our customers throughout this crisis by providing financial assistance programs, tools and tips to save energy. If you have recently lost your job, even if you are receiving unemployment benefits, you may qualify for a reduced energy rate through our CARE or FERA programs.”</p> <p>English: 1-800-743-5000 Spanish (español): 1-800-660-6789 Chinese (中文): 1-800-893-9555 Vietnamese (Việt): 1-800-298-8438 All other languages: 1-800-743-5000</p>
CalFresh/ EBT	Statewide	Online Shopping for CalFresh Users	https://www.cdss.ca.gov/ebt-online https://www.cdss.ca.gov/Portals/9/CalFresh/EBTOnline/Retailer-Information-Sheet-Eng.pdf (Available in English & Spanish)	<p>“As of April 28, 2020 you can use your EBT card to make purchases online.</p> <p>Individuals and families can purchase groceries online using their EBT card at Amazon and Walmart. If you receive CalWORKs, you may also be able to use your cash benefits to make purchases online at Wal-Mart.”</p>
Women Infants and Children (WIC)	Statewide	Online Resource	https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/WICCovid19Info.aspx	<p>“If you or someone you know has been financially affected by recent events and are pregnant, just had a baby or have children under the age of five, WIC is accepting</p>



				<p>applications for new families and is here to help provide healthy foods and other resources. Eligible families, dads, grandparents and foster parents caring for eligible children should contact their local WIC office for more information.”</p> <p>Site information available in multiple languages.</p>
Legal Aid	Statewide	Online Resource- List of Relief Funds for Undocumented Workers	<p>https://legalaidatwork.org/blog/relief-funds/</p> <p>https://docs.google.com/document/d/1IsPLuHoYK6ec7Gzxaw0i7On-NT1Z9IEj/edit?fbclid=IwAR3Qz9WZQzKP3LXmxyor8ESroQYJ8YcrjufAxcX-n_ygWNJO7-l9gJN2Yck</p> <p>(Available in English, Spanish, and Chinese)</p>	<p>“To assist undocumented workers who have lost their jobs or income as a result of the Coronavirus outbreak, Legal Aid at Work has compiled a list of known relief funds for undocumented workers.”</p>
Autistic Self Advocacy Network	Online Resource	Youtube Video- “What You Need To Know About Covid-19”	<p>https://www.youtube.com/watch?v=TrSd9OvmoNU&fbclid=IwAR1yA3Gtjll8Z4jONxp4eJyUiNXHjyUKAOjWYI0KrmFgXzhk1VBLATZiyVw</p>	<p>Explains Covid-19 in plain language.</p>



Golden Gate Regional Center
Supporting Lives of Liberty and Opportunity