



COMMUNITY RESOURCES

Dear Torrance Families,

During these unprecedented times, we wanted to reach out to offer our support. We continue to be available to you via email. Many parents are wondering how to discuss the coronavirus in a way that will be reassuring and not make kids more worried than they already may be. Fortunately, there are some great resources available from our community partners and community organizations that can help.

We remind you to take the great advice from the Child Mind Institute, "take cues from your child". Allow them to tell you what they may have heard about the coronavirus and how they feel and whether they have any questions. This should guide your discussion so that you can inform them honestly but not overwhelm.

We'd like to share with you the CDC's recommendations on how parents can best support their children. Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with things calmly and confidently, they can provide the best support for their children.

If you are interested in mental health resources, please feel free to review our [TUSD MH COVID 19 Resources](#) or visit our TUSD community partners for more great information <http://www.southbayfamiliesconnected.org/tusd> or for mental health referral assistance regardless of insurance <https://caresolace.com/TORRANCEPARENTS>.

We have compiled a list of community resources that you may find useful as you face these uncertain times. Feel free to review and pass on to anyone you feel may find these resources helpful.

FOOD

TUSD Nutrition Services-Free Breakfast and Lunch for Students

Pick-up Locations

- Torrance Elementary School
- Carr Elementary School
- Edison Elementary School
- J. H. Hull Middle School
- Magruder Middle School

ANYONE under the age of 18 can pick-up two meals (2 breakfasts or breakfast/lunch). **Students must be present to receive these meals.** Parents will **NOT** be able to pick up meals for their students. Because our campuses are closed, these meals are "grab and go" as there will not be available seating on campus for students. Meal service will be available at these locations on school days.

COMMUNITY FOOD DISTRIBUTION

- Free Diapers & Groceries from Community's Child Every Tuesday & Friday 10a-1pm
 - 18807 Crenshaw Place Torrance, CA 90504, 310 534-4040 or 310 538-6831
- For the closest food pantry/bank to you, visit:
 - [Los Angeles Food Bank Pantry Locator](#)
 - [Food Bank Locator https://www.feedingamerica.org/find-your-local-foodbank](https://www.feedingamerica.org/find-your-local-foodbank)
- Any family in need of food please share World Harvest LA <https://www.worldharvestla.org/got-food> For a \$40.00 donation or even for a few volunteer hours they will provide you with \$200.00 worth of food. This includes canned goods, bread, meat, fruit, and veggies. They also accept EBT.
- Every table is offering meals to EVERYONE. Food distribution for seniors who need food brought to their homes. Food available for students. Food distribution centers that can distribute food to a group of people. If you need 10-10,000 meals, reach out to Everytable at (323) 458 - 6487. For more info, click [here!](#)
- Free Breakfast Burritos for children ages 6-12 years old. Pick up Monday-Friday 7am-8am
 - Toast: 11119 First Ave Los Angeles ca
 - The Benediction: 17501 Colima Road, City of Industry
 - The Dylan: 190 S. State College Blvd, Brea
- El Torito Restaurants Beg. March 16, 2020, kids 12 & under can eat for free, (Limit 2 per family, kids **do not** need to be present)

● Free Groceries or Meals in the SouthBay:

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
Harbor Interfaith Services 670 W. 9 th St, San Pedro, 310-831-9123 <i>serves San Pedro, Wilmington, Lomita, HCity, Harbor Gateway</i>	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm		
Toberman Neighborhood Ctr 131 N. Grand Ave, San Pedro, 310-832-1145 x106 <i>Open daily 9a-5p, closed 12-1. 1st-15th: can come once/week; 16th-end of month: 2x/week. Can come any day for case management.</i>	M-Z last name	A-L last name	M-Z last name	A-L last name	Anyone Home-less		
Food Net-San Pedro Service Center 769 W. 3 rd St, San Pedro, 310-519-6091		2-4:30p	2-4:30p	2-4:30p	2-4:30p		
Once a month; donations received daily which can be taken							
St. Peter & Paul Church 736 N. Lagoon Ave, Wilmington, 310-834-5215 <i>serves Wilmington, Harbor City, San Pedro families</i>	10a	10a		10a			
St. Margaret's Center 10217 Inglewood, Lennox, 310-672-2208 <i>serves residents in Inglewood, Lennox, Hawthorne, Lawndale, El Segundo, Manhattan Beach, Gardena, LA City in 90045, 90047 zip codes. Call first, same-day appt's available</i>	9-12p, 1-4p		9-12p, 1-4p		9-12p, 1-4p		
St. Andrew's Presbyterian Church 301 Avenue D, Redondo Beach, 310-540-5252		12-1p		12-1p			
Food Pantry LAX 355 E. Beach St, Inglewood, 310-677-5597 <i>serves Lawndale, Lennox, Inglewood, Westchester, El Segundo, parts of LA – to first 100 guests</i>		10-noon			10-noon		
Can get emergency food once a week. Bring picture ID.							
Hope In Action 2420 PCH, Hermosa Beach, 310-374-4673 <i>Non church members can get groceries once/month</i>			9a-12p		9a-12p		
St. Philomena Catholic Church 21900 S. Main St, Carson, 310-835-7161 <i>serves Carson residences only</i>		7:30- 9:30a					
Harbor Gateway/Torrance Outreach 22400 S. Halldale, Ave, Torrance, 310-328-3689 <i>serves Torrance, Lomita, Gardena, Carson, Harbor G'Way</i>		2 nd , 4 th Tu 9:30 a					
St. Margaret Mary Catholic Parish 25511 Eshelman, Lomita, 310-326-3364 x15 <i>serves Lomita, Wilmington, Harbor City, Torrance residents</i>			8:30-10a				
Calvary Light Christian Center 1101 N. Lakme Ave, Wilmington, 310-830-3043			2-3:30 pm				
Crenshaw Baptist Church 18749 Crenshaw Blvd, Torrance, 310-323-2115			2 nd Wed 8-10:30a				
St. Paul's United Methodist (Proj. Needs) 2600 Nelson, Redondo Beach, 310-370-4319				1 st & 3 rd Thurs 9-11a			
Calvary Assembly of God 25501 Oak St, Lomita, 310-326-2757				2 nd , 4 th Thurs 6-7 p			
Oceangate Baptist 13443 Oceangate Ave., Hawthorne, 310-973-7031				1-4p			
Salvation Army 138 S. Bandini St, San Pedro, 310-832-7228 <i>serves San Pedro, RPV</i>					9a-12p		
Can get groceries once a month							
Del Aire Baptist Church 4951 W. 119 th Pl, Hawthorne, 310-676-8352						9a-1p	

Created by the South Bay Coalition to End Homelessness, contactSBCEH@gmail.com, www.sbceh.org

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
St. Lawrence Martyr Catholic Church 1900 S Prospect Ave., Redondo Bch, 310-540-0329	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-1p sack lunch	8:30-1p sack lunch	8:a-1p sack lunch
Beacon Light Mission (must attend chapel first) 525 Broad St, Wilmington, 310-830-7063	6:45p	6:45p	6:45p	6:45p	6:45p	6:45p	6:45p
St. Catherine Laboure Catholic Church 3846 Redondo Bch Blvd, Torrance, 310-323-8900	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch		
Calvary Hawthorne Presbyterian Church 13560 Hawthorne Blvd, Hawthorne, 310-676-1144				11a-2p sack lunch	11a-2p sack lunch		
Salvation Army 324 E. Queen St, Inglewood, 310-677-3375	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches		
St. James Catholic Church 415 Vincent, Redondo Beach, 310-530-2756	1-2p		1-2p		1-2p		
St. Margaret's Center (closed daily 12-1p) 10217 Inglewood, Lennox, 310-672-2208	8:30a-5p, sack lunch		8:30a-5p, sack lunch		8:30a-5p, sack lunch		
St. John Evangelical Lutheran Church 14517 Crenshaw Blvd, Gardena, 310-676-8804	6p				6p		12p, sack lunch
Curt's Kitchen 129 North Pacific Ave. San Pedro, CA 310-831-3480	5:30p	5:30p					
St. Andrew's Presbyterian Church 301 Avenue D, Redondo Beach, 310-540-5252		12-1p		12-1p			
St. Paul's United Methodist (Proj. Needs) 2600 Nelson, Redondo Beach, 310-370-4319		6-7p					
Calvary Light Christian Center 1101 N. Lakme Ave, Wilmington, 310-830-3043			12 p				
First United Methodist Church (Shared Bread) 243 S. Broadway, Redondo Bch, 310-372-8445			5-7p				
First Baptist Church 555 W. 7 th St, San Pedro, 310-548-1333				6-8p			8a
Journey South Bay Community Church 2761 190 th St., Redondo Beach, 310-371-0411				6-8p			
Torrance First Baptist Church 2118 W. Carson, Torrance, 310-328-5030						1 st Sat. 11a-1p	
Walteria United Methodist Church 3646 Newton St., Torrance, 310-375-0622						2 nd Sat. 11a-1p	
St. Andrew's Episcopal Church 1432 Engracia, Torrance, 310-328-3781						3 rd Sat. 11a-1p	
First United Methodist Church 1551 El Prado, Torrance, 310-328-3242						4 th Sat. 11a-1p	
Riviera United Methodist Church 375 Palos Verdes Blvd., Redondo Bch, 310-378-9273						5 th Sat. 11a-1p	

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN	
Vermont Ave Baptist Church 23325 S. Vermont Ave, Torrance, 310-530-0533						3 rd Sat 10-11a		
Rock Solid Christian Assembly 275 W. 1 st St, San Pedro, 310-832-2788						2 nd , 4 th Sat 10:30-11:30 a		
Warren Chapel CME Church 1039 W. Elberon Ave, San Pedro, 310-547-5362						2 nd , 4 th Sat 1-3p		
Calvary Hawthorne Presbyterian Church 13560 Hawthorne Blvd, Hawthorne, 310-676-1144						1 st Sat 11:00a		
Hope Chapel 13560 Hawthorne Blvd, Hawthorne, 310-970-9023						3 rd Sat. 12-12:30p		
First Christian Church of Wilmington 444 E. Lomita Blvd, Wilmington, 310-835-4114						4 th Sat. 9-11:30a		
Holy Trinity Lutheran 9300 S. Crenshaw, Inglewood, 323-757-1739						2 nd , 4 th Sat. 1-2p		
St. Lawrence Martyr Catholic Church 1900 S Prospect Ave., Redondo Bch, 310-540-0329	Numbers are drawn randomly at 7:55 am for food distribution rather than on a first come-first serve basis						1 st Sat 8:30-10a	
St. Joseph Catholic Church 11886 S. Acacia Ave, Hawthorne, 310-679-1139							2 nd Sun 8a-12:30p	
House of Yahweh 4046 Marine Ave., Lawndale, 310-675-1384	<ul style="list-style-type: none"> Apply for Food Outreach program in office; if qualified, pick up food once/week from 2-3p Emergency food once/month: call 310-675-1384 from 9-10a; first 10 callers accepted with food pickup from 3-3:30p. 							

EMPLOYMENT

- Benefits for workers impacted by COVID-19, Please visit https://www.edd.ca.gov/about_edd/coronavirus-2019.htm for and also check out the EDD's Frequently Asked Questions: https://edd.ca.gov/about_edd/coronavirus-2019/faqs.htm
- For a run-down of **labor laws in California**, please visit: <https://www.latimes.com/business/story/2020-03-12/coronavirus-labor-law-know-your-rights-california-worker>
- **Paid Family Leave** is available for those who stay home because they need to take care of someone who has contracted the virus (Covid-19) or who has been quarantined (must be certified by a medical professional). [Learn how to file a Paid Family Leave Claim HERE.](#)
- **Disability Benefits/Paid Sick Leave** are available for those who have actually contracted the virus themselves or who have been exposed to it and are quarantined (must be certified by a medical professional in the case of Disability Benefits). [Learn how to file a Disability Insurance Claim HERE.](#)
- **Unemployment Benefits** are available to those whose hours have been reduced or who have lost their job due to coronavirus measures (and it also applies to those who choose to stay home due to underlying health issues making them more vulnerable). The Governor has waived the 1 week wait time and the person may not be required to be actively looking for work (as is usually required). [Learn how to file an Unemployment Insurance Claim HERE.](#)
 - Unfortunately though, this benefit is not available to undocumented persons whose hours are reduced or lose their job for reasons related to COVID-19, etc.
 - **SCHOOL CLOSURES:** If your child's school is closed and you have to miss work to care for them. You might qualify for Unemployment Insurance benefits. [Learn how to file an Unemployment Insurance Claim HERE.](#)
- **Worker's Compensation** is available for those who are unable to do their usual job because they were exposed to and contracted Covid-19 while in the regular course of their job (i.e. healthcare workers)
- **Tax Assistance** directly from the [Employment Development Department](#): "Employers experiencing a hardship as a result of COVID-19 may request up to a 60-day extension of time from the EDD to file their state payroll reports and/or deposit state payroll taxes without penalty or interest. A written request for extension must be received within 60 days from the original delinquent date of the payment or return."
 - For questions, employers may call the EDD Taxpayer Assistance Center
 - Toll-free from the U.S. or Canada: 1-888-745-3886
 - Hearing impaired (TTY): 1-800-547-9565
 - Outside the U.S. or Canada: 1-916-464-3502
- For resources for **freelance artists**, click [here!](#)
- For resources for **bartenders**, click [here!](#)

Utilities

- **Southern California Energy Responds to COVID-19** Emergency, Suspends Service Disconnections <https://www.businesswire.com/news/home/20200313005559/en/SCE-Responds-COVID-19-Emergency-Suspends-Service-Disconnections>
- **Southern California Gas** will not disconnect services to customers who can't pay bills amid coronavirus outbreak <https://www.google.com/amp/s/kltla.com/news/local-news/socalgas-will-not-disconnect-services-to-customers-who-cant-pay-bills-amid-coronavirus-outbreak/amp/>
- **SPECTRUM** Internet- offering 60 days of free wifi for low income families <https://www.google.com/amp/s/amp.fdlreporter.com/amp/5042351002>
- **Verizon** will help customers and small businesses disrupted by impact of coronavirus <https://www.verizon.com/about/news/verizon-help-customers-and-small-businesses>
- **Charter COMCAST** - Free Internet Service for Households with Children - to enroll: 844.488.8395
- **Los Angeles Department of Water & Power** still offering payment plan and suspending utility shut off for March <https://www.ladwpnews.com/a-message-from-ladwp-regarding-power-water-service-during-coronavirus-covid-19-pandemic/?fbclid=IwAR2WQSOvsnvwy7Ho6hkEvoRIHF3VJLvJHmruGlw6mKBZIQtqiV5AJxHdjo4>
- **Xfinity WiFi Free For Everyone:** Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the "xfinitywifi" network name in the list of available hotspots and then launch a browser 1 800-934-6489

OTHER COMMUNITY RESOURCES

- [Mutual Aid and Advocacy Resources Google Doc](#)
- [Mutual Aid Application \(Volunteers\)](#)
- [Toolkit to deal with anxiety/stress from impacts of virus](#)
- **[Healthwell Foundation COVID 19 fund](#)** Assistance with costs associated with delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence. In order to qualify you or a member of your household have a positive diagnosis for COVID-19 OR You or a member of your household are part of a high-risk group that should be especially mindful of contact with COVID-19 (including, but not limited to, immunocompromised patients, the elderly, infants) OR You reside in a geographic area within the United States or one of its territories where COVID-19 is prevalent OR You or a member of your household had a physician or health care provider, or any other official recommend self-quarantine regarding exposure to COVID-19 AND Your income falls within 500% of Federal Poverty Level. For more information contact 1(800) 675-8416
- **Los Angeles County Department of Mental Health Access Center** 24/7 Helpline (800) 854-7771 (562) 651-2549 TDD/TTY <https://dmh.lacounty.gov>
- **CA Peer-Run Warm Line: Non -Judgmental Emotional Peer Support-** Toll-Free Number 1-855-845-7415 Web Chat: <https://www.mentalhealthsf.org/peer-run-warmline> CA Peer Run Warm Line is staffed 24/7 by trained Peers with specialized training in supporting mental health challenges, we are already seeing a number of callers with concerns surrounding the virus and associated news reports. The California Peer-Run Warm Line is a highly accessible, low-threshold mental health resource that people can use to seek support before they've reached the crisis point, in the hope that support now will prevent a crisis later. We are also able to help link you to local emergency, mental health, or social services. All calls are free and confidential.
- **Domestic Violence** If you are concerned about being quarantined in an unsafe home situation or need help, all DV shelter resources are generally available on: domesticshelters.org The National Domestic Violence Hotline is also available 24/7 at 1-800-799-7233 (SAFE) or 1-800-787-3223 (TTY)

Showers

1. **Beacon Light Mission**, 525 Broad Avenue, Wilmington
Men showers only: Monday, Thurs @ 8:00 am; free clothing and breakfast after showers
2. **Doors of Hope**: 529 Broad Ave, Wilmington
Women showers only: Monday, Thurs @ 8:30-9:15 am; free clothing and breakfast after showers

Clothing

1. St John Lutheran: Saturdays @ 11-12:30 pm
2. Curt's Kitchen: Monday, Tuesdays @ 5:30 pm
3. St. Andrew's Episcopal: Saturdays @ 11 am
4. Harbor Interfaith Services: Monday-Friday @ 9-noon
5. Stillman Sawyer Family Service Center: Monday-Friday @ 9-noon

Free Laundry Service through Laundry Love (sponsoring organizations shown in italics) (Updated May 2019)

1. **Clean Scene Laundry**
(St. Cross Episcopal)
2301 Artesia Blvd, Redondo Beach, 310-376-8989
Last Wednesday, 7:00-10:00 pm (last load 8:45 pm)
2. **King's Laundry**
(The Branch)
1330 PCH, Harbor City, 310-508-9214
4th Thursday, doors open at 4:00 pm, last wash 6:30 pm
3. **Coin Laundromat**
(Ministerios Torrentes de Besor, First Presby San Pedro, St. Peter's Episcopal, St. Peter's By The Sea)
1000 W. Bandini St, San Pedro, 310-901-5490
1st & 3rd Wednesdays, 6:00-8:00 pm
4. **Lucy's Fluff & Fold**
(Ministerios Torrentes de Besor, First Presby San Pedro, St. Peter's Episcopal)
112 S. Pacific Ave, San Pedro, 310-901-5490
2nd & 4th Wednesday, 6:00-8:30 pm
5. **Coin Op Laundry**
(City of Carson)
23521 Avalon Blvd, Carson,
3rd Wednesdays, 4:00-6:00 pm
6. **La Familia Coin Laundry**
(Remembrance Community Church, Pacific Unitarian Universalist Church)
1739 Lomita Blvd, Lomita
1st Saturdays, 1:00-4:00 pm, signups end 3:30 pm
2nd Saturdays, 12:00-3:00 pm
4 loads of laundry/person
7. **Soap City Laundromat** **New Location starting 6/27/19**
(The Branch Church)
208 W. Anaheim St. Suite A, Wilmington
4th Thursday, 5:30pm signups end 7:30pm

CHILDCARE

- **Childcare Resource Network** Resource and referral agencies and programs (R&Rs), funded by the California Department of Education, Child Development Division (CDE/CDD), provide free help in finding free/low-cost/full cost child care, tips on finding child care that works for your family, access to TrustLine: California's Background Check for In-Home Child Care.
South Bay Resource Network: Connections For Children
2701 Ocean Park Blvd., Suite 253
Santa Monica, CA 90405
(310) 452-3325
admin@connectionsforchildren.org
Mon., Tue., Thur., & Fri. 8am – 5pm,
Wednesday 8am – 7pm
<https://rrnetwork.org/>
- **We Rock the Spectrum in Redondo** <https://www.werockthespectrumredondobeach.com/> is offering FREE childcare to those who are healthcare workers, doctors, nurses, ambulance drivers, hospice, grocery store employees, and delivery service drivers. More details available on their Facebook page.



OPEN ENROLLMENT

Community Development Center, Inc.

Enrolling Ages

- 3 mo. - 2 years (family childcare home)
- 2 - 5 years (school setting)
- *6 - 12 years (after school at Torrance)

Potty trained NOT required!

***FREE to Low Cost Child Care & Preschool Services!**

Subsidized Programs Offered:

PART DAY PROGRAM – in the part day program we offer the preschool enrichment portion for child development for children 3yrs and older. This program is only for 3 hours per day and is a set schedule determined by each site. **Child must have turned three (3) years before September 2nd.**

CHILD CARE PROGRAM – is available for families who require services for the following reasons:

- ❖ Recipient of child protective services
- ❖ Children identified as at risk of being abused neglected or exploited
- ❖ Working parent or Seeking Employment
- ❖ Engaged in vocational training/education
- ❖ Seeking permanent housing
- ❖ Incapacitated parent(s)
- ❖ Homeless

*Documents Required for Enrollment:

- ✓ Family Income
- ✓ Immunization Record
- ✓ Birth Records
- ✓ Proof of Residence

*Call office for details.



For More Information Contact

CENTERS	LOMITA CENTER	TORRANCE CENTER	WILMINGTON CENTER
ADDRESS	2155 W. 240 th St. Lomita, CA 70717	4120 W. 185 th St. Torrance, CA 90504	931 N. Frigate Ave. Wilmington, CA 90744
CONTACT	Tel: 310-707-1422 Fax: 310-847-4118	Tel: 310-707-1423 Fax: 310-533-3248	Tel: 310-518-8854 Fax: 310-847-4118
LIC #	197417030	197415770 197415939 (SA)	192000284

General Contact Information – Main Administration
 23734 S. Main Street Carson, CA 90745
 310-518-0776