



EMERGENCY STUDENT RESOURCE LIST

Below is a list of resources to help students in difficult times.

One general resource (for all of us) in hard times may be **Personal Safety Nets**, available in a Bridge-specific version [here](#) and via the Personal Safety Net website [here](#).

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Support for legal hardship: free or low cost legal support, anti-racist and pro-immigration legal support, advice on rights, etc.

Fighting Against Racial Injustice

Many of the difficult issues students face often intersect with the pervasive problem of institutional racism and white supremacy. White Supremacy appears in so many forms in American culture, from issues of policing to images of authority to everyday social norms in society. Because of this, it is important to mention the need for continued work toward racial justice, as we introduce practical resources later in this document.

[Black Lives Matter](#)

The Black Lives Matter Global Network is a chapter-based, member-led organization whose mission is to build local power and to intervene in violence inflicted on Black communities by the state and vigilantes. We are expansive. We are a collective of liberators who believe in an inclusive and spacious movement. We also believe that in order to win and bring as many people with us along the way, we must move beyond the narrow nationalism that is all too prevalent in Black communities. We must ensure we are building a movement that brings all of us to the front.

[Youth Justice Coalition](#)

The **Youth Justice Coalition (YJC)** is working to build a youth, family, and formerly and currently incarcerated people's movement to challenge America's addiction to incarceration and race, gender and class discrimination in Los Angeles County's, California's and the nation's juvenile and criminal injustice systems. The YJC's goal is to dismantle policies and institutions that have ensured the massive lock-up of people of color, widespread law enforcement violence and corruption, consistent violation of youth and communities' Constitutional and human rights, the construction of a vicious school-to-jail track, and the build-up of the world's largest network of jails and prisons. We use transformative justice and community intervention/peacebuilding, FREE LA High School, know your rights, legal defense, and police and court monitoring to "starve the beast" – promoting safety in our schools, homes and neighborhoods without relying on law enforcement and lock-ups, preventing system contact, and pulling people out of the system. We use direct action organizing, advocacy, political education, and activist arts to agitate, expose, and pressure the people in charge in order to upset power and bring about change.

Note from Bridge: *The Youth Justice Coalition taught Bridge a workshop (in 2014) on transformative justice. Thank you, YJC!*

ACLU of Southern California

Executive Director: Hector Villagra
1313 West 8th Street, Los Angeles, CA 90017
(213) 977-9500

The American Civil Liberties Union (ACLU) defends the fundamental rights outlined in the United States Constitution and the Bill of Rights. These include the right to freedom of speech and assembly, the right to religious freedom, due process of law, equality before the law and the right to privacy. The ACLU also relies on state constitutional provisions and federal and state laws that further these and similar rights.

Showing Up for Racial Justice

SURJ is a national network of groups and individuals working to undermine white supremacy and to work toward racial justice. Through community organizing, mobilizing, and education, SURJ moves white people to act as part of a multi-racial majority for justice with passion and accountability.

Your Rights As Students

Academic Freedom

Antioch University adheres to the principles of academic freedom and intellectual pluralism as both rights and responsibilities. Academic freedom and intellectual pluralism are aligned with, and in support of, Antioch University's commitment to nurture in students the knowledge, skills, and habits of reflection to excel as lifelong learners, democratic leaders, and global citizens who live lives with meaning and purpose.

Student Rights

The Supreme Court ruled in 1969 that students do not "shed their constitutional rights to freedom of speech or expression at the schoolhouse gate." This is true for other fundamental rights, as well.

<https://www.aclu.org/know-your-rights/students-rights>

Encounters with Police

What to do if you are stopped by the police

Includes advice on knowing your rights, what to do if an officer stops you while driving or while you're at home, and what to do if you feel your rights have been violated. From the ACLU. -

<https://www.aclu.org/know-your-rights/stopped-by-police/#the-police-violated-my-rights>

Step-by-Step Guide: What to do if Questioned by Police, Customs, Immigration, or FBI Officers

This page from the ACLU gives step-by-step advice and helps you know your rights when dealing with US forces.

Can a police officer tell you not to film them? (Short answer: No.)

Taking photographs and video of things that are plainly visible in public spaces is a constitutional right—and that includes police and other government officials carrying out their duties. However, there is a widespread, continuing pattern of law enforcement officers ordering people to stop taking photographs or video in public places and harassing, detaining, and arresting those who fail to comply.

Also, [what to do if you are detained for taking photographs](#). Also, how to [record encounters for the ACLU](#).

[Know Your Rights: Searches and Warrants](#)

This answers some basic questions about what police officers can and cannot do during searches. From the ACLU.

Looking for resources on:

Deaf and stopped by the police

Autistic and stopped by the police

Mental illness and stopped by the police

Supporting Students who are not US Citizens

Please see the “legal” section for additional support on legal advice. There are several resources there as well.

[Family Preparedness Plan](#)

Every family should have a Family Preparedness Plan. While it is our hope that you never have to use your plan, it is a good practice to have one in place to help reduce the stress of the unexpected. This packet will help everyone create a Family Preparedness Plan, regardless of immigration status. However, because of the additional challenges immigrant and mixed status families face, we also have additional advice for immigrants.

By the Immigrant Legal Resource Center

[The Dream Resource Center](#)

Since its founding, the Dream Resource Center has emerged as a national source for innovative research, education, leadership development and policy on immigration issues. Our work is critical to ensure immigrant youth continue to be at the forefront of the national conversations that directly impact their lives and families. We believe that young people deserve the right to learn, be healthy, and pursue their dreams – regardless of immigration status.

[ACLU in Southern California: Immigrant Rights - General Page](#)

The ACLU of Southern California is at the forefront of local, state and national efforts to protect all immigrants – citizens and non-citizens alike – from unlawful imprisonment, discrimination and law enforcement abuses, and to ensure that they are afforded their due process rights to a fair hearing and access to legal assistance in immigration proceedings.

Below is information the ACLU released shortly after the presidential election of 2016.

[What to do if an immigration agent is on a bus or train](#)

Know your rights on trains, buses, and at stations. The ACLU gives step-by-step advice about what to do if an immigration officer shows up.

[DACA Recipients](#)

This page from the ACLU guides youth on DACA updates and recent changes. Information on this has been changing regularly.

[Step-by-Step Guide: What to do if Questioned by Immigration, Police, Customs, or FBI Officers](#)

This page from the ACLU gives step-by-step advice and helps you know your rights when dealing with US forces.

[ICE Agents at your Door: What do Do](#)

This page from the ACLU gives step-by-step advice and helps you know your rights when ICE agents are at the door.

[Know Your Rights, from the National Immigration Law Center](#)

This list of rights includes a card that you can print out and carry with you at all times.

[ICE's Detainee Locator](#) (to contact a friend or family member)

Students looking for friends and family members detained by immigration might be able to find information at this website, from US Immigration and Customs Enforcement.

Report and document raids and arrests.

If it is possible and safe for you to do so, take photos and videos of the raid or arrest. Also take notes on what happened. Call United We Dream's hotline to report a raid: 1-844-363-1423. Send text messages to 877877.

Antioch's policy on the disclosure of immigration status

The University will continue to enforce its policies regarding privacy of student records under FERPA. We do not provide information about immigration status unless required to do so by law or lawful subpoena.

[Your Rights With an AB60 Drivers License](#)

The Safe and Responsible Drive Act (AB 60) came into effect on January 2, 2015, and allows all eligible Californians to apply for a driver's license, regardless of immigration status. AB 60 means that our friends, brothers, sisters, parents and neighbors will be able to drive without fear of having their cars impounded, being ticketed or left stranded by the side of the road for not having a license.

Voting Issues

[What to do when faced with voter intimidation](#)

The ACLU prepared this Know Your Rights resource for election season in response to heightened concern regarding voter intimidation at polling places. Contact the Election Protection Hotline (866-OUR-VOTE), the Department of Justice Voting Rights Hotline (800-253-3931), or an attorney if you believe that your rights have been violated.

[Voting Rights in Los Angeles County Jails: For Friends and Family Members](#)

ACLU answers the questions of whether someone is eligible to vote in Los Angeles while in LA county jail. ACLU also has a guide for [Orange County](#).

Students Who Want to Know How to Register to Vote

- Students can [Register to Vote](#) online
- Students can check to [see if they are registered to vote](#) and learn where their polling place will be.
- Students can [register to vote-by-mail](#)

Anti-Muslim Discrimination & Violence

[What to do when faced with anti-Muslim Discrimination](#)

Recently, the ACLU has seen a particular rise in instances of discrimination against American Muslims and those perceived to be Muslim. As a result, they have prepared this resource, which relies on existing materials you can find elsewhere on aclu.org.

[What to do if you think you're on a no-fly list](#)

The No Fly List is a watch list of people the government has designated as known or suspected terrorists and prohibited from flying to and from the United States and over U.S. airspace. It is a subset of a larger watch list, called the Terrorist Screening Database, which is operated by the FBI's Terrorist Screening Center.

LGBTQI Resources.

[The Transgender Law Center](#)

Transgender Law Center (TLC) is the largest national trans-led organization advocating self-determination for all people. Grounded in legal expertise and committed to racial justice, TLC employs a variety of community-driven strategies to keep transgender and gender nonconforming people alive, thriving, and fighting for liberation. [Resources on this site are enormous](#), covering

employment, identity documents, housing, health, family law, immigration, prisons and policing, public accommodations, and issues specific to youth.

[Trans Lifeline](#)

Need to talk? Call! The peer support hotline is run by and for trans people. They are available 7am-1am PST. Volunteers may be available during off hours: 877-565-8860

[Trevor Lifeline](#) (24 hours)

Provides crisis intervention and suicide prevention services for LGBTQ young people ages 13-24: [1-866-488-7386](tel:1-866-488-7386) (TrevorChat is also available 7 days a week from 12-6 p.m. at trvr.org).

[LGBT National Help Center](#)

The LGBT National Help Center provides free and confidential support for lesbian, gay, bisexual and transgender (LGBT) people, and those with questions about sexual orientation and/or gender identity. We provide support through our three national, toll-free hotlines as well as through our Online Peer-Support Chat program, which allows private, one-on-one instant messaging (IM) with a trained peer-counselor, directly on our website. We provide factual information about LGBT issues, safer-sex info, local resources for cities and towns across the country and peer-support for people going through a difficult time. All of our volunteer peer-counselors are either gay, lesbian, bisexual or transgender.

[Colors](#)

Colors LGBTQ Youth Counseling Services provides free LGBTQ-affirmative counseling and healing psychotherapeutic services to youth under 25 and their families in greater Los Angeles.

[Know Your Rights: Restrooms](#)

In California, business establishments, non-profits, and government agencies that serve the public cannot discriminate based on someone's gender identity or gender expression.

Emergency support for violence related to gender

• [loveisrespect](#)

loveisrespect's purpose is to engage, educate and empower young people to prevent and end abusive relationships.

1-866-331-9474/tty: 1-866-331-8453 (24/7)

Chat at www.loveisrespect.org

Text LOVEIS to 22522*

Call 1-866-331-9474

Safety Alert: Computer use can be monitored and is impossible to completely clear. If you are afraid your internet usage might be monitored, please use the phone number, rather than the internet chat option.

- **[National Domestic Violence Hotline](#)**

- o 1-800-799-7233 (24/7)

- o Online - <https://www.thehotline.org/>

The Hotline is an immediate link to lifesaving help for victims. It provides information and assistance to adult and youth victims of family violence, domestic violence, or dating violence, family and household members, and other persons such as domestic violence advocates, government officials, law enforcement agencies and the general public.

Safety Alert: Computer use can be monitored and is impossible to completely clear. If you are afraid your internet usage might be monitored, please use the phone number, rather than the internet chat option.

- **[RAINN: Rape, Abuse and Incest National Network](#)**

- o 1-800-656-4673 (24/7)

- o Live Chat with RAINN (24/7)

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

- **[National Human Trafficking Resource Center](#)**

- o 1-888-373-7888

- o Text BeFree (233733)

The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year in more than 200 languages.

- **[Planned Parenthood](#)**

o 1-800-230-7526

o Live Chat

Planned Parenthood is a trusted health care provider, an informed educator, a passionate advocate, and a global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of people worldwide.

Metoo Movement

Find a comprehensive database consisting of local and national organizations dedicated to providing services and safe spaces for survivors of sexual violence, healing stories, as well as articles and a glossary of terms to help give voice to your experiences. You are not alone.

Know Your Rights: Pregnant, Breastfeeding, and Postpartum Workers

This FAQ provides an overview of federal laws protecting pregnant, post-partum, and breastfeeding women. The applicability of these laws depends on the size of your workplace and nature of your work.

Know Your Rights: Title IX and Sexual Assault

Title IX of the Education Amendments of 1972 is a federal civil rights law that prohibits discrimination on the basis of sex in any education program or activity that receives federal funding. Under Title IX, discrimination on the basis of sex can include sexual harassment, rape, and sexual assault. A college or university that receives federal funds may be held legally responsible when it knows about and ignores sexual harassment or assault in its programs or activities. The school can be held responsible in court whether the harassment is committed by a faculty member, staff, or a student. In some cases, the school must pay the victim money damages.

Los Angeles County Child Protection Hotline

To report child abuse in Los Angeles County, California, contact the Child Protection Hotline 24 hours a day, 7 days a week

Toll-free within California, phone (800) 540-4000

If calling from outside of California, phone (213) 639-4500

TDD [Hearing Impaired] (800) 272-6699

Report child abuse online: <https://reportChildAbuseLA.org>

Disability Rights

[Disability Rights: What You Need to Know](#)

The ACLU strives for an America free of discrimination against people with disabilities, where people with disabilities are valued, integrated members of society who have full access to education, homes, health care, jobs, and families.

[Universal Design for Learning](#)

UDL is an approach to curriculum design that can help teachers customize curriculum to serve all learners, regardless of ability, disability, age, gender, or cultural and linguistic background. UDL provides a blueprint for designing strategies, materials, assessments, and tools to reach and teach students with diverse needs.

[Disability Information: Proper Etiquette](#)

This website includes a number of resources on disability awareness, for those who are able-bodied.

[Autistic Self Advocacy Network](#)

The Autistic Self Advocacy Network is a 501(c)(3) nonprofit organization run by and for autistic people. ASAN was created to serve as a national grassroots disability rights organization for the autistic community, advocating for systems change and ensuring that the voices of autistic people are heard in policy debates and the halls of power. A good place to start is to check out the Toolkits in their Resources section. - <https://autisticadvocacy.org/>

This area needs more resources.

Would love dedicated pages for those who are visually impaired, Deaf or Hard of Hearing.

Support for economic hardship: Housing resources, domestic violence shelters, food resources, job resources, etc.

GENERAL

[The People's Guide](#): Information about opportunities to help you get through hard times

HOUSING/TRANSPORTATION

[Los Angeles Tenants Union](#)

The Tenants Union is a group of tenants in Los Angeles who support each other through rental assistance and legal help with landlords.

Solidarity Network Hotline: (213) 986-8266 - <https://latenantsunion.org/en/>

[Housing Rights Center](#)

Our mission is to actively support and promote fair housing through education, advocacy and litigation, to the end that all persons have the opportunity to secure the housing they desire and can afford, without discrimination based on their race, color, religion, gender, sexual orientation, gender identity, gender expression, national origin, familial status, marital status, disability, genetic information, ancestry, age, source of income or other characteristics protected by law.

[Housing Rights - Survivors of Domestic & Sexual Violence](#)

The federal Fair Housing Act prohibits landlords from discriminating on the basis of sex, among other grounds. Discrimination against victims of domestic violence may constitute illegal sex discrimination: 1) when it is based on gender stereotypes about battered women, or 2) because it has a disparate impact on

women as compared to men. This principle may also protect victims of sexual assault, stalking, and dating violence. The Fair Housing Act applies to most forms of housing.

[ELAC Guide to Affordable Housing](#) -

ELAC has gathered some information on affordable housing and emergency housing options.

[ChirpLA: Provides Housing Referrals for folks looking for housing:](#)

CHIRP/LA (Comprehensive Housing Information and Referrals for People Living with HIV/AIDS) is a program of [PAWS/LA](#) (Pets Are Wonderful Support, Los Angeles), with grant funding from [HOPWA](#) (Housing Opportunities for Persons With AIDS) that is administered by [HCIDLA](#) (Los Angeles Housing & Community Investment Department).

[Esperanza](#)

(Bridge students can call Maria Tello: 213.222.1001)

Esperanza Community Housing Corporation is a social justice non-profit in South Central Los Angeles that achieves long-term, comprehensive community development. We recognize that Indigenous, Black, and Latino immigrant communities are disproportionately impacted by historical oppression, health disparities, disinvestment and displacement. Therefore, we develop and preserve affordable housing; elevate health equity and access to care; mobilize for environmental justice; create and protect local economic opportunities; expand engagement in arts and culture; and advocate for policies protecting human rights. Esperanza works collaboratively to strengthen South Los Angeles. In all of our actions, Esperanza builds hope with the community.

[Catholic Organizations providing assistance, including rental assistance](#)

Catholic Charities operates community centers across Los Angeles California. The organization is committed to helping the less fortunate, low income, and needy make it through a difficult period. The locations provide assistance to try to end the cycle of poverty. While the exact services offered by each Catholic Charity center in Los Angeles County will vary, in general they offer rent help, food, clothing, utility bill assistance, and much more.

[CalWorks, Cash Assistance, and General Relief, from DPSS](#)

There are several programs available in California, depending on the situation of you and your family.

Homelessness Prevention and Rapid Re-Housing Program

If you qualify for aid, the HPRP could help you pay for back rent, offer ongoing rental assistance, money for security deposits, help you pay your past due gas and electric bills and fees to turn on your utilities back on. You can call (800) 973-3370 to learn more about the Los Angeles Homelessness Prevention and Rapid Re-Housing Program

[People Assisting The Homeless \(PATH\)](#), is a non-profit agency that assists people facing an eviction as well as the homeless population in the city of Los Angeles. The non-profit organization provides rental assistance as well as grants from the Rapid Re-housing Assistance Program derived from the Homeless Prevention and Rapid Re-housing. They try to help individuals who are still bringing in some income, as it is not a charity program. PATH will keep or place them in an apartment, pay their security deposits, first month's rent or up to 18 months worth of rent, provide money for utilities, and a case manager follows them for half a year. (323) 644-2200.

[HomeShare Program](#)

Affordable housing can be provided by the HomeShare program. This will place someone seeking a new home or apartment to live in with an individual who needs a roommate. They will share expenses. However, what makes this program different is that if the person seeking a home can't split the rent, they may receive a reduction in their monthly payment by providing other services such as housekeeping, performing the shopping, or preparing meals. Learn more.

[Rent Assistance in Los Angeles](#)

There are about 30 non-profits, charities, and government programs in Los Angeles that can provide rental assistance, eviction prevention, or some type of services around housing. Most of the resources are for low income and elderly individuals, but call to apply for rent help or learn of other options. Assistance can be provided to families with an eviction notice or those that are in arrears. Funds are also distributed for paying security deposits or there may be vouchers for a motel. Some agencies will help families apply for ongoing monthly rent assistance on their home or apartment. Find the leading organizations to apply to for rental assistance in Los Angeles below.

[Inland Valley Hope Partners](#) - If you have 3 or fewer days to the eviction, this faith-based non-profit may have limited amounts of rent payment assistance. Call them at (909) 391-4882.

Unity Of Life Foundation, which is based in Long Beach, California and can be reached at (562) 225-0566, runs a program known as CommUnityCares. This assistance program deals with housing issues, and can assist homeless and low/moderate-income individuals and families with paying their rental or mortgage obligations, housing resources, and arrange other aid. The mailing address is P.O. Box 5952, Long Beach, CA 90805.

Long Beach Health and Human Services - Offers financial assistance for rent and housing expenses. Income and other restrictions will apply for applicants. The office is at 123 E. 14th St., Long Beach, California 90813, phone number 562-570-4000.

St. Margaret's Center – Offers rent and utility assistance, and low income housing opportunities. Phone 310-672-2208, or the non-profit is based at 10217 S Inglewood Ave, Inglewood, California 90304.

Jewish Association - Regardless of your religion, interest free loans can be issued to pay for rent, bills such as utilities, or other expenses in a crisis. Funds can assist those that don't qualify for rental or housing help from other sources. Call (323) 761-8830.

Information on rental assistance in Los Angeles County - Customer support staff, which can be reached at (800) 339-6993, can provide referrals to income qualified tenants. The service may have linkage to programs that offer one time assistance for paying rent and other housing resources available for a wide range of clients, including single moms, the working poor, and families on the verge of eviction.

• **National Runaway Safeline**

o 1-800-786-2929 (24/7)

o Live Chat with National Runaway Safeline (5:30pm – 12:30am EST)

METRO PROGRAMS FOR IMMEDIATE NEEDS:

For more than 20 years FAME, in partnership with the Los Angeles County Metropolitan Transit Authority (MTA), has helped low-income residents address their transportation needs through our Immediate Needs Transportation Program. Through a collaborative network of over 350 community-based organizations and

government agencies, we distribute and make taxi vouchers, taxi coupons, and bus tokens available to Los Angeles residents-in-need. Each month our network issues 96,000 bus tokens and 8,000 taxi vouchers to participants, helping them access public transportation to meet health needs, pursue employment, and attend mandatory appointments. We estimate reaching approximately 16,000 individuals monthly through this program.

Based on our success with the Immediate Needs Transportation Program, the MTA partnered with FAME to create the [Rider Relief Transportation Program](#). Designed to mitigate the MTA fare increase for low-income Los Angeles County residents, the RRTP provides fare subsidy coupons to eligible bus riders, saving riders up to \$10 a month. Using our agency partner network, we reach approximately 30,000 individuals annually through 60 community-based organizations. The service is made available across the County and includes most municipal transportation operators.

Additional Programs from FAME:

- Job Access and Reverse Commute Program (JARC)
- Tobacco Control: UCLA-Smokefree Air for Everyone (SAFE)
- Greater Los Angeles Training Resource Center
- Body & Soul / Faith-Based Health
- Health Begins at Home program
- Let's Move!
- Tobacco Control: Residential Voluntary Smoking Reduction Program
- Los Angeles Department of Water and Power (LADWP) Community Partnership Outreach
- Youth Engagement Initiative
- FAME Financial Services

A New Way of Life

Drawing on my own experiences, I founded A New Way of Life Re-Entry Project (ANWOL) in 1998, dedicated to helping women, families and our communities break the cycle and heal from the formidable experiences of incarceration. ANWOL provides housing, case management, pro bono legal services, advocacy and policy development on behalf of women rebuilding their lives. Today, we are in the midst of a critical moment in the criminal justice reform movement. We have locked hands in solidarity in advancing several initiatives, measures and calls-to-action. I believe this period will be noted as the time we positively moved the needle for a wide consortium of citizens, voters, stakeholders and policy makers with monumental shifts in consciousness, steering us from punitive,

outdated and counter-productive approaches to wise, compassionate and redemptive forms of fairness. (message from Susan)

FOOD

[Info on Food Stamps/SNAP for Students](#)

The quick answer: Bridge students SHOULD NOT BE TURNED DOWN for food stamps/SNAP because of their participation in Bridge. Basically, students who are taking less than 6 units at a time are less than half time and should qualify, so (Ms. Romero tells me), all is well, and our students should not be disqualified for food stamps. Links and additional information is below.

[SOVA Community Food and Resource Program](#)

“SOVA” is a Hebrew word that means "eat and be satisfied." Much more than a food pantry, SOVA provides free groceries and an array of supportive services to over 9,000 individuals of all ages, ethnicities and religions each month. At SOVA's two comprehensive service centers in the Los Angeles area, we offer: Free nutritious food and free on-site services including legal advocacy, job counseling, nutrition counseling, food stamp enrollment, information and referrals, case management and counseling.

More resources needed in this section.

JOBS

<http://www.changelives.org/>

[Chrysalis](#) helps folks get jobs, and we've worked with them since 1999. One of our favorite job centers in LA. They have centers in Santa Monica, downtown, and Pacoima, among others.

COMPUTER SKILLS

LAUSD is offering a free online accelerated class in Computer Essentials for adults. In five weeks of instruction, from Nov 30 to Jan 22, students will learn the basics of Microsoft Word, Excel and Powerpoint and earn a Microsoft digital literacy certificate.

The best way to get started is to put your name on our interest list. Please go to weareface.org. Click on Courses and then click on Apply for Enrollment. Look for Career Training Interest List and put your name on the list. For the school, choose East LA Occupational Center. Then someone from the school will contact you with further instructions.

COUNSELING/ ADDICTION / OTHER EMERGENCY

Individual counseling and addiction resources from AULA Addiction concentration -

<https://docs.google.com/a/antioch.edu/viewer?a=v&pid=sites&srcid=YW50aW9jaC5lZHV8YnJpZGdlLXByb2dyYW18Z3g6NzRhNzc3ZWZmZTQ5NTQ0Mw>

Los Angeles Meth Recovery Centers & Resources -

<https://docs.google.com/a/antioch.edu/viewer?a=v&pid=sites&srcid=YW50aW9jaC5lZHV8YnJpZGdlLXByb2dyYW18Z3g6NDZmZTQ5NTQ0Mw>

Suicide Prevention Tips & Resources -

<https://docs.google.com/a/antioch.edu/viewer?a=v&pid=sites&srcid=YW50aW9jaC5lZHV8YnJpZGdlLXByb2dyYW18Z3g6NDQ5ZWZmZTQ5NTQ0Mw>

Antioch University LA Counseling Center - 310-574-5813

<https://www.antioch.edu/los-angeles/resources/community-resources/au-counseling-center/>

• [National Eating Disorders Association](#)

o 1-800-931-2237 (Monday-Friday, 11:30 am-7:30 pm EST)

- **ANAD: [National Association of Anorexia Nervosa and Associated Disorders](#)**

- o 630-577-1330 (Monday-Friday, 12 pm-8 pm EST)

- o Email ANAD

Child Abuse

- [USA National Child Abuse Hotline](#)

- o 1-800-422-4453 (24/7)

[Veterans Crisis Line](#)

- o Call 1-800-273-8255 (24/7)

- o Live Chat with the Veterans Crisis Line (24/7)

- [Safe Alternatives - Cutting/Self Injury](#)

- o Email SAFE Alternatives for information on seeking help

- o Call 800-366-8288 for information on seeking help

Crisis Resources -

text GO to the phone number 741741 for a Crisis Counselor

- **Boys Town-**

- 1-800-448-3000 (24/7)

- **National Suicide Prevention Lifeline**

- 1-800-273-8255 (24/7) Press 1 for Veterans line

- **Disaster Distress Helpline**

- 1-800-985-5990

- Text TalkWithUs to 66746

TTY for Deaf/Hearing Impaired: 1-800-846-8517

Here is another resource in community for counseling

<http://www.sccc-la.org/home.php>

Mission:

It is the mission of the Southern California Counseling Center to provide high-quality psychological counseling to those of limited income as well as to offer exceptional training within a supportive environment for Center counselors and supervisors, and to develop and maintain responsive programs meeting the psychological needs of Southern California's multi-cultural community.

Southern California Counseling Center

5615 West Pico Boulevard

Los Angeles, CA 90019

Phone: (323) 937-1344

FAX: (323) 937-3487

Individuals - Walk-in Hours:

Monday-Thursday -- 6:00 pm to 8:00 pm

Saturday -- 12:00 noon to 2:00 pm

(First come - First served)

Counseling for Families, Couples and Children:

Please call (323) 937-1344 during business hours

General Office Hours:

Monday-Friday -- 8:00 am to 9:00 pm (last appointment 8:00 pm)

Saturday-- 9:00 am to 4:00 pm (last appointment 3:00 pm)

Sunday-- 10:00 am to 5:00 pm (last appointment 4:00 pm)

The Center is Closed on most Major Holidays

Support for legal hardship: free or low cost legal support, anti-racist and pro-immigration legal support, advice on rights, etc.

[A New Way of Life](#)

Drawing on my own experiences, I founded A New Way of Life Re-Entry Project (ANWOL) in 1998, dedicated to helping women, families and our communities break the cycle and heal from the formidable experiences of incarceration. ANWOL provides housing, case management, pro bono legal services, advocacy and policy development on behalf of women rebuilding their lives. Today, we are in the midst of a critical moment in the criminal justice reform movement. We have locked hands in solidarity in advancing several initiatives, measures and calls-to-action. I believe this period will be noted as the time we positively moved the needle for a wide consortium of citizens, voters, stakeholders and policy makers with monumental shifts in consciousness, steering us from punitive, outdated and counter-productive approaches to wise, compassionate and redemptive forms of fairness. (message from Susan)

[Prison Law Office](#)

The Prison Law Office is a nonprofit public interest law firm based in Berkeley, California that provides free legal services to adult and juvenile offenders to improve their conditions of confinement. The office provides direct services to thousands of prisoners and juveniles each year, advocates for policy changes, and, if necessary, engages in impact litigation to ensure that correctional institutions meet standards required by the U.S. Constitution.

[Legal Services for Prisoners with Children](#)

LSPC organizes communities impacted by the criminal justice system and advocates to release incarcerated people, to restore human and civil rights and to reunify families and communities. We build public awareness of structural racism in policing, the courts and prison system and we advance racial and

gender justice in all our work. Our strategies include legal support, trainings, advocacy, public education, grassroots mobilization and developing community partnerships.

[Neighborhood Legal Services of Los Angeles County](http://www.nlsia.org/services/housing/) - Legal resources for those facing evictions as well as housing problems - <http://www.nlsia.org/services/housing/>

Eviction Defense Network - The agency provides Los Angeles County families with housing-related legal services. There may be referrals to emergency rental programs, loans, and direct aid. Staff offer legal counseling, free advice, and eviction defense assistance. Dial (213) 385-8112, or the office is at 1930 Wilshire Blvd., Los Angeles, California 90057.

[Immigrant Justice Network](#)

More for activists than legal support, but useful information

[Immigrant Legal Resource Center](#)

Legal experts with some resources.

[CARECEN \(Central American Resource Center\) - Los Angeles](#)

provides general immigration overview 2x/week, plus walk-in and services by appointment at their office
also organizes day laborers

[National Lawyers Guild - National Immigration Project](#)

has two lawyers in Los Angeles and a few others in SoCal - most of these lawyers work on referrals from these other NPOs

[NILC \(National Immigration Law Center\)](#)

has great information on the most recent legal changes / issue briefs / information on visas etc for immigration, undocumented, U visas, TPS, asylum, etc.

Immigration Law Help - <https://www.immigrationlawhelp.org/>

LAFLA's Self Help Legal Access Centers

LAFLA operates Self Help Legal Access Centers in Inglewood, Long Beach, Santa Monica and Torrance. The Centers are walk-in clinics that offer individuals who are representing themselves legal information, assistance in preparing legal forms, guidance on a variety of civil matters, including evictions, divorces and paternity actions, and civil harassment. Referrals to private attorneys or legal services programs are provided as needed.

Monday-Thursday: 9:00 a.m.-12 noon and 1:30 p.m.-4:00 p.m. The Inglewood Center opens at 8:30 a.m. The Centers are closed on the 3rd Wednesday of each month.

Friday: 9:00 a.m.-12 noon only.

Inglewood Courthouse
1 East Regent St., Room 107
Inglewood, CA 90301

Long Beach Courthouse
415 W. Ocean Blvd., Room 505
Long Beach, CA 90802

Santa Monica Courthouse
1725 Main St., Room 210
Santa Monica, CA 904 01

Torrance Courthouse
825 Maple Ave., Room 160
Torrance, CA 90503