

C5 YOUTH FOUNDATION
OF SOUTHERN CALIFORNIA

RESOURCE GUIDE

2021 - 2022





Dear C5LA community,

Here at C5LA, we are constantly looking for new ways to best support and help you all. Therefore, we are excited to share and connect you with another valuable resource that we know you'll love. We acknowledge that it is difficult to find and obtain services that are beneficial to you, which is why we have decided to create and present this official C5LA Resource Guide.

This guide provides a wide range of useful resources that can benefit you and your communities. We urge you to take advantage of the resource guide, as well as the services that go along with it.

We hope this guide helps!

Best,

C5LA STAFF

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California State University Los Angeles (CSULA)

ASI Book Voucher Program

ASI Administration Office: (323) 343-47778

ASI provides up to 20 students who qualify with a \$300 voucher each semester. Book vouchers are awarded on a first come, first serve basis and there is no limit to how many items you can apply for and receive funds.

Center for Student Financial Aid

Location: Student Affairs Building - Room 124 (SA-124)

General Information: (323) 343-6260

Hearing Impaired or Special Assistance: (323) 343-3139

The Center for Student Financial Aid is dedicated to assisting current and prospective students pursue their education at Cal State L.A by awarding scholarships, federal and state grants, and other aid to assist with educational costs.

Counseling and Psychological Services (CAPS)

General Information: (323) 343-3314

Counseling and Psychological Services (CAPS) provides mental health support to students.

DealOz

www.dealoz.com

This service compares prices across all online bookstores: Alibris, Amazon, Barnes & Noble, etc. It lists rent, buy used, and buy new options.

Educational Opportunity Program

General EOP inquiries: (323) 343-4367

eop@calstatela.edu

EOP Admissions Office: (323) 343-3214

eopadmiss@calstatela.edu

EOP helps first-generation, undergraduate students overcome social and economic barriers to attaining a higher education. EOP is available to graduating high school seniors and upper-division undergraduate college transfer students with 60 or more transferable units.

Erika J. Glazer Family Dreamers Resource Center

Luz Borjon, Director: (323)343-3421, lborjon@calstatela.edu

Diana Matamoros, Administrative Assistant: (323)343-3205;

Diana.Matamoros2@calstatela.edu

General Office Contact: (323) 343-3219; GFDRC@calstatela.edu

The center focuses and serves undocumented students with information and resources to promote college admissions, persistence, graduation, graduate school, and professional careers. Such services include: FREE printing, assistance in completing the California Dream Act Application, applying to scholarship and emergency grant resources, mental health and academic success workshop, etc.

Graduate Writing Support Program

gradstudies@calstatela.edu

(323) 343-3820

The Graduate Writing Support Program supports graduate students in their writing abilities by providing them assistance in various areas such as: thesis, project report, and dissertation, preparation for comprehensive exams, classroom assignments, personal statements, statements of purpose, and other essays for admissions applications, funding applications and presentations.

Graduate Resource Center

gradstudies@calstatela.edu

(323) 343-3820

The Graduate Resource Center provides academic support and professional development for graduate students. The center guides students through writing, editing, and formatting their thesis, assists them in preparing their work for publication; host workshops and presentations to support students' academic and professional development; and act as a general resource for graduate student needs.

Housing and Residence Life

askhousing@calstatela.edu

323-343-4800

If you plan to live on-campus, Cal State LA offers apartment-style residence halls that are within walking distance to classrooms, sports facilities, and the library.

Information Technology Services (ITS)

(323) 343-6170

If students need help with their technology, they can contact the IT office for CSULA

MBRS-RISE M.S. to Ph.D. Program

Dr. Carlos G. Gutierrez, Program Director
(323) 343-2356; cgutier@calstatela.edu
Lisa Bautista, MBRS-RISE Program Coordinator
(323) 343-2395; lbautis3@calstatela.edu

The Minority Access to Research Careers-Undergraduate Student Training in Academic Research (MARC-U*STAR) Program at Cal State LA is the premier undergraduate honors research training program on campus.

Minority Access to Research Careers-Undergraduate Student Training in Academic Research (MARC-U*STAR)

Dr. Linda Gutierrez-Tunstad
Co-Director, Minority Opportunities in Research (MORE)
Programs Director, MARC USTAR and Bridges to the Future Programs
(323) 343-2307; ltunsta@calstatela.edu
Vicki Kubo-Anderson
MARC-USTAR Program Coordinator
(323) 343-2324; vkuboan@calstatela.edu

(MARC-U*STAR) is the premier undergraduate honors research training program where faculty mentors at Cal State LA train a small group of highly qualified junior and senior students from underrepresented groups in an honors program strong in research opportunities and science curriculum.

New Transfer Admits

www.calstatela.edu/admissions/new-transfer-admits
After you receive an official offer of admission, please follow the important steps found in the link to ensure a smooth transition to Cal State LA (click on each section to see more information)

New Freshman Admits

(323) 343-3901
admission@calstatela.edu
After you receive an official offer of admission, please follow the important steps found in the link to ensure a smooth transition to Cal State LA

Student Clubs and Organizations

www.calstatela.presence.io/organizations
Students can search for student organizations that suits their interests.

Student Health Center

(323) 343-3300
Student Health Center provides students with counseling (mental) and physical health resources.

The International Program (IP)

www.calstatela.edu/international/csu-international-programs
www.csuip.calstate.edu/index.cfm?FuseAction=Abroad.Home
IP is the CSU systemwide year-long study abroad program and provides students with international academic opportunities in the framework of the CSU degree. IP is affiliated with over 50 distinguished universities in 18 countries.

The National & International Scholarships and Fellowships Program (NISFeP)

NISFeP Coordinator: Jessica Rodriguez
jessica.rodriguez179@calstatela.edu; 323-343-5964
NISFeP supports students in pursuing off-campus scholarships and fellowships that offer transformative and challenging experiences in the areas of academic and applied research, and global and civic learning.

University Academic Advisement Center (UAAC)

aac@calstatela.edu; (323) 343-3150
The center provides advising for two primary groups of students: **Exploring Students**, including both students starting their academic journey without a declared major and students trying to find a new direction; **Student Athletes**, including current undergraduate and graduate team members in need of scheduling assistance and other academic support.

University Bookstore Textbook Rental Program

www.calstatela.presence.io/organizations
Search the bookstore for textbooks -- many of them can now be rented. You can rent the textbooks you need for the semester, then return them at the end of the term.

California State University Northridge (CSUN)

Advising Resource Center (ARC)/EOP

Mon - Fri: 8AM to 5PM

Phone: (818) 677-4151

Fax: (818) 677-4153

arceop@csun.edu eop@csun.edu

Advising Resource Center (ARC)/EOP For students who have not yet declared a major. All kinds of academic support and mentoring are available.

Advising, support and enrollment assistance available for first-year freshmen

www.csun.edu/current-students/advising/freshman

www.csun.edu/thehub

Most first-year freshman students receive help from The Matador Advising Hub in enrolling in their classes and more.

Career Center

(818) 677-2878

career.center@csun.edu

The Career Center at CSUN offers career exploration and advisement along with job-search strategies to students and eligible alumni. By providing guidance on choosing a major and advice on how to make decisions, set goals and plan, the Career Center helps students advance on their career paths.

CSUN Dream Project

Dario Fernandez, Coordinator

dario.fernandez@csun.edu or 818-677-7069

"The DREAM Project aims to increase student success and foster an undocumented student-receptive culture at CSUN through the following outcomes: 1) increase knowledge of programs and resources vital to undocumented student recruitment and retention; 2) develop campus literacy of university, state and federal policies affecting undocumented students; 3) enhance leadership and professional development; 4) increase on-campus employment opportunities for low-income students; and 5) facilitate collaboration and networking between undocumented, peers, faculty, staff, administrators, and community members.

Departments & Programs Catalog

www.catalog.csun.edu

A list of all the departments and programs offered at CSUN. Official source of CSUN information, university and program accreditations, degree requirements, academic policies and procedures, faculty and administration listings, catalog archive, etc.

Financial Aid & Scholarship Department

818-677-4085

financial.aid@csun.edu

The department offers students tutorials and assistance in applying for scholarships or financial aid.

How-To Guides

www.csun.edu/current-students/how-guides

View step-by-step guides to manage your academic, personal and financial info in myNorthridge Portal.

How-To Guides & Tutorials Library

www.library.csun.edu/tutorials

Learn how to navigate library resources to get your research done! It offers help in looking for books, articles, citations and etc.

International Study Abroad (CSU IP) Programs at CSUN

International & Exchange Student Center (IESC): (818) 677-3053

The California State University International Programs (CSU IP) offers opportunities for full-time students to pursue their studies abroad at affiliated host institutions in one of 18 countries. CSU IP participants are concurrently enrolled at CSUN, where they earn resident academic credit for their overseas studies. To be eligible, students must be enrolled at a CSU campus (or be eligible to enroll from a California Community College), have a cumulative GPA of 2.75 or 3.0 depending on the program, have upper division or graduate standing by departure, and have the necessary academic preparation including college-level foreign language study for some countries.

Intrasystem Concurrent Enrollment Program

www.csun.edu/financialaid/intrasystem-and-concurrent-visitors

The Intrasystem Concurrent Enrollment program permits students to enroll in classes on a space-available basis at CSUN and another CSU campus simultaneously. There is no limit to the number of times a student may enter this program as long as an application is filed each semester within the application deadlines outlined by the host campus.

IT Help Center

(818) 677-1400

helpcenter@csun.edu

The IT center assists students who are having difficulty or have questions in navigating their source of technology

[Learning Resource Center](#)

(818) 677-2033

lrc@csun.edu

LRC provides students with resources and opportunities to achieve academic success as well as those who desire to improve skills, such as reading, writing, note taking, test taking and study strategies—skills necessary for effective university-level learning.

[Mentoring and Peer Programs at CSUN \(tutoring\)](#)

www.csun.edu/matador-momentum/mentoring-and-peer-programs-csun-z

Looking to get or give help, student-to-student? The link has a list of Mentoring and Peer Programs at CSUN. It's arranged alphabetically by group name.

[Science, Math and Related Topics \(SMART\) Lab](#)

(818) 677-2033

lrc@csun.edu

The SMART Lab offers walk-in individual and small-group tutoring for Accounting, Biology, Chemistry, Economics, Physics, numerous Math courses, including algebra, calculus, math ideas, and statistics, as well as Music, Art, History, Psychology and many other subjects.

[Student Housing and Residential Life](#)

(818) 677-2160

housing@csun.edu

If students are planning on living on campus, the link contains various tutorials and step-by-step explanation on how to apply for housing and reserve a spot.

[Student Forms](#)

www.csun.edu/current-students/forms

Here you can access all the forms you need to get things done at CSUN (course description request, letter request, major change or declaration, etc.)

[The California Promise Program](#)

Undergraduate Studies

Shelly Thompson, Director

shelly.thompson@csun.edu

Phone: (818) 677-2969

Starting fall 2017, students admitted to CSUN with a verifiable Associate Degree for Transfer are invited to participate in the California Promise Program and take the Two-Year Pledge to complete their bachelor's degree in two more college years at a rate of 30 units per year including summer and winter terms. Participants will receive priority registration for each state-supported enrollment period along with routine and thorough academic advisement. For program details, requirements, qualifications and the pledge form, visit CSU

[The University Honors Program in General Education](#)

(818) 677-2845

Debbie Ma, Director: debbie.ma@csun.edu

gehonors.assistant@csun.edu

This program offers high achieving CSUN students a diverse, enriched academic experience in general education. As a General Education Honors student, you enroll in special sections of GE courses taught by outstanding Northridge faculty. GE Honors Courses satisfy required areas of the University's General Education Program - and for each GE Honors course you complete, you receive a special designation on your transcript. In addition, if you meet certain requirements, you will be awarded a General Education Honors Certificate at the time of graduation.

[Transfer Students](#)

www.csun.edu/current-students/advising/transfer

As a new transfer student, you are advised by the college that offers your major. Click on the link to see the list of resources based on your major.

[University Counseling Services](#)

(818) 677-2366 (Option 1)

coun@csun.edu

UCS is a mental health center for students enrolled at CSUN that provides high-quality mental health services including initial evaluations, short-term counseling and psychotherapy, Wellness Workshops, group treatment, psychiatric services, crisis/urgent care services, and case management.

[Writing Center](#)

(818) 677-2033

lrc@csun.edu

The Writing Center's consultants/tutors help students from first year through graduate school with academic, professional and personal writing, such as essays, reports, research papers, business letters, resumes and more. They will work with students to develop effective strategies for critical reading, analytical thinking, time management, multimedia presentations, note taking, and test taking. Additionally, assistance is provided to students who are preparing to take the Upper Division Writing Proficiency Examination. There is a Grammar Lab where consultants teach students to recognize their own frequent grammar mistakes, and they provide students with practice and feedback for strengthening their written English.

Los Angeles Trade Technical College (LATTC)

Academic Connections Tutoring

(213) 763-3754

actutoring@lattc.edu

The Academic Connections Tutoring is free program that supports students' academic success by providing tutoring services and supplemental instruction that complements their classroom instruction to assist them in developing their academic potential.

Avanza Los Angeles Program

Luciano Morales (213) 763-3762

Ofelia Ramirez (213)763-3966

The program offers Spanish-instructed, noncredit introductory classes in general construction, electricity, computer literacy, fashion, automotive, fitness, and culinary to a small group of immigrants. These courses are specific to Latinx immigrants with the desire and diligence to pursue noncredit Basic Skills and VOC ED courses [coupled with ESL] that helps them transition to English credit pathways or/and improve basic skills.

Financial Aid Office

(213) 444-7706

finaid@lattc.edu

If you have any questions/concerns or if you need assistance in completing your FAFSA/Cal Dream Act, this is the place to contact

GAIN (Greater Avenues for Independence) CalWORKS (California Work Opportunities and Responsibility to Kids)

(213) 763-7109; calworks@lattc.edu

Or contact Dr. Linda Cole, Ph.D Director/Counselor of GAIN CalWORKS at ColleGE@lattc.edu and (213) 763-7109

GAIN/CalWORKS is a welfare-to-work program helps students become successfully employed. The services offered include but or not limited to: educational training (academic, career technical education, vocational training), personal & job development, and counseling. The program also helps students access textbooks and school supplies.

Healthcare

(323) 268-9191

LATTC students are eligible for healthcare services through the school's healthcare partner, Via Care Community Health Center. During the pandemic all health services are provided off-campus at a Via Care clinic, or through telehealth.

Office of Information Technology

lattc-techsupport@laccd.edu

or in case of an emergency call (213) 338-8558

If you have any technical difficulties or inconveniences, please contact IT

Puente

(213) 763-7354

Puente is a nationally recognized one-year transfer program that provides students with instructional assistance, personal/career/academic guidance, and mentoring support. The program offers rigorous yet stimulating English and personal development courses that prepare students academically and connects with one-on-one mentoring with a professional who advises and guides students during their educational journey.

Student Support

Support@laccd.edu

(213) 444-7706

Student Support offers guidance, resources and information (academic/financial/clubs/etc) to students who need it

The Dream Resource Center

(213) 763-5552

drc@lattc.edu

DRC counselor Ana M. Munoz: (213) 763-7106;

MUNOZAM@laccd.edu

The Dream Resource Center helps immigrant students find resources they may need to attend school. The center helps with undocumented financial aid, scholarships, mental, academic and career counseling.

Los Angeles Valley College (LAVC)

Course Materials

www.lavcbookstore.com/buy_courselisting.asp

Find your Course Materials by browsing the catalog to discover all of your course materials in one place! The website shows you the prices and purchase options as well.

Financial Aid Office

financialaid@lavc.edu
(818) 947-2412

The financial aid office is available to provide aid and service to students who need assistance in completing/submitting their FAFSA or Cal Dream Act

General Tutoring Center

salterkc@lavc.edu or generaltutoring@lavc.edu
(818) 947-2744

Students have the opportunity to receive tutoring from other knowledgeable students that will help them be successful in their academic courses(s).

LAVC Office of Internet Technology

avc-techsupport@laccd.edu
or (213) 460-3274 in case of an emergency

If you have any technical difficulties or inconveniences, please contact IT

Math Lab

olshannj@lavc.edu or mathlab@lavc.edu
(818) 947-2863

Students struggling with or need extra help in any of their math courses can receive tutoring from their fellow peers who are skilled in the subject

PASO STEM

(818) 778-5684
avc-lavcstem@laccd.edu

This program stimulates awareness of STEM opportunities in the college and surrounding communities and attracts more students into the STEM field. It offers peer mentoring, STEM faculty advising, counseling, connection with people in STEM jobs, student internship panels, summer STEM investigation camp

The Academic Resource Center

www.lavc.edu/Academic-Resource-Center/ARC-Home.aspx
The Academic Resource Center provides free tutoring and academic/computer support services for a wide variety of subjects at Los Angeles Valley College.

The Dream Resource Center (DRC)

Javier Carbajal-Ramos: CARBAJJ@laccd.edu
Daniela Herrera Gonzalez: (818) 778-5998; HERRERDM@laccd.edu

DRC supports undocumented students throughout their educational journey by providing accurate information about how to access and experience higher education. They offer a variety of services and resources (ex: financial and academic counseling) to promote the success of current and prospective students.

The Los Angeles Valley College Transfer Alliance/Honors Program (TAP)

Dr. Yih-Mei Hu: huy@lavc.edu
Dr. Michael Gold: goldmc@lavc.edu

TAP is designed to help first time college students who plan on transferring to a four-year college or university. It is a top transfer school that has a 90%+ transfer acceptance rate to top universities. The program consists of academically enriched transfer general education courses.

The Writing Center

(818) 947-2810; cancinjl@lavc.edu; writingtutor@lavc.edu

The Writing Center is a great resource if you need help in starting or writing a paper. The tutors share proofreading tips, teach students to practice and understand techniques for detecting and correcting local and global grammatical errors, and last but not least, provide writing strategies for any classes they are taking across the curriculum.

TRIO: LAVC

(818) 947-2487 or send an e-mail to trio@lavc.edu.

The TRiO Program is a free support system designed for first generation, low income and/or disabled students. The support system consists of individual counseling, individual tutoring, academic workshops, cultural activities, transfer information, computer labs, and complimentary school supplies.

Umoja Black Scholars Program

Elliot Coney (Umoja Black Scholars Counselor & Coordinator Career and Counseling Center): (818) 947-2600 Ext. 4874; CONEYE@laccd.edu

This program is a mentorship-based learning community that supports and connects Black students with dedicated 1-on-1 academic counseling, career guidance and support, program orientations, study jams/tutoring, academic/cultural workshops, job skills training, among other things.

Employment/Income

Unemployment Insurance Benefits For Angelenos

PACOIMA/NORTHEAST VALLEY CENTER
12502 Van Nuys Blvd.
Pacoima, CA 91331
818.482.1754

SOUTH LOS ANGELES PORTAL
5849 Crocker St., Unit X
Los Angeles, CA 90003
323.432.4399

If you were laid off, furloughed or had your hours reduced, you may be eligible to receive Unemployment Insurance (UI) benefits from the State of California's Employment Development Department (EDD). These benefits are available for all CA residents who have authorization to work in the U.S. and meet other eligibility requirements. Other unemployment benefits are available for self-employed and "gig" workers.

Unemployment Benefits

Application: www.edd.ca.gov/Unemployment/UI_Online.htm
Checklist of what you need to apply:
www.edd.ca.gov/pdf_pub_ctr/de2326.pdf

Cash payments between \$40 and \$1050 per week for up to 39 weeks (amount depends on prior earnings) for individuals who: 1. Have been laid off or had hours reduced 2. Are under new federal rules, many groups are newly eligible to apply including gig workers, self-employed & part-time workers

Los Angeles County Workforce

www.caljobs.lacounty.gov/vosnet/Default.aspx

The website helps individuals find a jobs available in the area they reside in.

Restaurant Workers' Community Foundation

www.form.southernsmoke.org/smoke/application/

The Emergency Relief Program provides emergency funding to those who own restaurants/bars or are employed by a restaurant or bar supplier that are faced unforeseen expenses that cannot or will not be covered by insurance.

211

www.211la.org

Helps find resources in zip code.

Jobs for LA County Employees

www.governmentjobs.com/careers/lacounty/promotionaljobs

Search for any job offers and pick the best one for you!

How To Apply For A Job

www.hr.lacounty.gov/how-to-apply

Step-by-step guide on how to create a remarkable application/resume that will make YOU stand out!

Resume Tips

www.hr.lacounty.gov/resume-tips

Build an effective resume that your employers will love!

Employment Development Department

1-800-758-0398

www.edd.ca.gov

People looking for work in California can find suitable jobs on the Internet in the California Job Openings Browse System (CalJOBSSM) or America's Job Bank (AJB). If necessary, Job Service staff in EDD field locations will provide assistance in using the Internet systems, and can provide other job finding services

Low-Income Home Energy Assistance Program (LIHEAP)

1-866-674-6327

www.benefits.gov/benefit/623

The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. They provide federally funded assistance in managing costs associated with: 1) Home energy bills 2)Energy crises 3)Weatherization and energy-related minor home repairs

California Work Opportunity and Responsibility to Kids (CalWORKs)

1-866-613-3777

www.cdss.ca.gov/calworks

www.benefitscal.org

CalWORKs is a welfare program that gives cash aid and services to eligible needy California families. The program serves all 58 counties in the state and is operated locally by county welfare departments. If a family has little or no cash and needs housing, food, utilities, clothing or medical care, they may be eligible to receive immediate short-term help. Families that apply and qualify for ongoing assistance receive money each month to help pay for housing, food and other necessary expenses.

Women, Infants, and Children (WIC)

(703) 305-2062

www.fns.usda.gov/wic

WIC is a federally funded nutrition program for Women, Infants, and Children that helps families by providing financial assistance to purchase healthy supplemental foods from WIC authorized vendors. WIC also provides nutrition education, breastfeeding information and support as well as assisting in finding healthcare and other community services.

California State Disability Insurance

www.edd.ca.gov/disability/Am_I_Eligible_for_DI_Benefits.htm

www.edd.ca.gov/disability/Am_I_Eligible_for_PFL_Benefits.htm

Provides short-term Disability Insurance (DI) and Paid Family Leave (PFL) wage replacement benefits to eligible workers who need time off work.

Family Resources

El Nido: Family Centers

www.elnidofamilycenters.org/how-you-can-help/contact-us

El Nido Family Centers is a social service, non-profit organization that provides FREE resources, programs and support to disadvantaged communities throughout Los Angeles County. Such resources include, but are not limited to: housing linkages, immigration legal assistance (CHIRLA), DPSS CalFresh/Food stamps, Medi-Cal and counseling

Welcome Baby Program: Presented by El Nido, Valley Presbyterian Hospital and First 5 LA

Providence Holy Cross Medical Center: (818) 496-4173

Northridge Hospital Medical Center: (818) 885-3575

Valley Presbyterian Hospital: (818) 902-3930

This is a free and voluntary home visitation program (trained professionals who work with patients on site at the hospitals and in their homes) that provides parents family-centered support and information on topics like early child development, nutrition, basic health care and home safety throughout a baby's first nine months

CalFresh

(310) 258-7400

CalFresh is the California implementation of the Food Stamp program, which provides low-income California residents with monthly benefits like financial assistance for purchasing food

National Parent Helpline

1-855-427-2736

The National Parent Helpline offers parents emotional support and advice from trained advocates. Hours of operation are from Monday through Friday 10:00 AM PST to 7:00 PM PST

National Domestic Violence Hotline

1-800-799-7233 or text LOVEIS to 22522

If you or a loved one are in need of support, call the National Domestic Violence Hotline anytime, 24/7, for free and confidential support

Parent to Parent: A support network of Advance LA

Jeri Rochman, at JRochman@thehelpgroup.org

P2P is a free monthly support group for parents of neurodivergent teens and young adults. P2P provides a safe space for parents and caregivers to connect with others dealing with similar issues. Participants can share struggles and celebrate successes of their young adult children whose transition out of the home is complicated by challenges related to ASD, ADHD and learning differences.

FamilySource Centers

Pacoima El Nido Family Centers: (818) 896-7776

El Sereno/Lincoln Heights* Barrio Action Youth & Family Center: (323) 221-0779

The FSCs are located in high need areas of the City and provide a myriad of braided social, educational, work and family support services designed to assist low-income families to become more self-sufficient by increasing family income and academic achievement for youth and adults. Such services include: pre-employment/employment support, immigration assistance, computer literacy, and opportunities to become civically engaged.

African Community Resource Center, Inc.

Service/Intake and Administration: (213) 637-1450

Refugee Safe Haven Service/Intake: (800) 496-2525

The agency provides cultural awareness, domestic violence services, immigration services, transitional shelter and victims of crime support for people in Los Angeles County. Services are targeted, but not restricted, to newly-arrived African immigrants and refugees.

Center For The Pacific Asian Family Inc.

Hotline-24 Hour Service/Intake and Hotline: (800) 339-3940

The center provides child abuse services, domestic violence services, shelter, sexual assault services, volunteer opportunities, and welfare-to-work support services.

Scams and Fraud Information: How to protect yourself

www.usa.gov/scams-and-frauds

Learn where to report and avoid fraud in housing scams and identity theft

Government Benefits, Grants, and Loans

www.usa.gov/grants

Learn about government programs that provide financial help for individuals and organizations.

Legal Aid Foundation of Los Angeles

(213) 640-3881

LAFLA is the frontline law firm for low-income people in Los Angeles. LAFLA is committed to promoting access to justice, strengthening communities, fighting discrimination, and effecting systemic change through representation, advocacy, and community education. The organization has legal services provided, offer information and assistance on bankruptcy/consumer law/domestic violence/employment law/family law/immigration law/real estate law and other resources.

Public Counsel

(213) 385-2977

www.publiccounsel.org

Public Counsel is dedicated to advancing equal justice under law by delivering free legal and social services to the most vulnerable members of the LA community, including abused and abandoned children, homeless families and veterans, senior citizens, victims of consumer fraud and nonprofit organizations serving low-income communities. The org assists with AIDS/HIV, adoption, bankruptcy, CED, immigration, individual rights, public benefits, real estate, and child care law.

Casa de la Familia (CDLF Counseling)

(213) 384-7660; info@casadelafamilia.org

24/7 Hotline: (213) 413-7777

CDLF is a nonprofit organization that provides individual counseling, family counseling, group counseling, support groups, advocacy, and crisis intervention to individuals who have experienced a psychological trauma.

1736 Family Crisis Center

(323) 737-3900

www.1736familycrisiscenter.org

The FCC offers comprehensive rehabilitative programs that are managed by licensed therapists, social workers, attorneys and other professional staff for victims of domestic violence, runaway and homeless youth, victims of human trafficking, homeless families, homeless and at-risk Veterans, unemployed adults and youth, and other low-income community members in need of assistance.

Mexican American Legal Defense & Educational Fund (MALDEF)

Los Angeles Office: (213) 629-2512

Headquarters: (202) 628-4074

www.maldef.org

MALDEF is the nation's leading Latino legal civil rights organization. The organization protects and defends the rights of all Latinos living in the United States and connects them with various resources such as scholarships, lawyers, education opportunities and information on their voting rights and other living benefits.

Black Women's Healing Fund

www.justdavia.com/sponsor-a-client

Free therapeutic sessions for Black women

In-Home Supportive Services (IHSS) Program

www.cdss.ca.gov/in-home-supportive-services

The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. To be eligible, you must be over 65 years of age, or disabled, or blind. Disabled children are also potentially eligible for IHSS. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities.

EveryoneOn

www.everyoneon.org/digital-tool-kit

Click "Find Offers" at top right of page to locate low cost internet options. Also offering inexpensive refurbished laptops for low-income families.

PC's for people

www.pcsforpeople.org

PCs for People provides the opportunity for all low-income individuals and nonprofits access to PC's and Laptops

Computer Technology Assistance Corp.

www.ctac-nh.org

Provides low-cost computers to low income families, nonprofits and schools

Human IT

www.hitconnect.org/sales/salesHome.aspx

Human IT can help members gain access to lowcost/free internet - bilingual. Qualified members can receive a free chromebook based on Zip Code. Members can also purchase laptops for a cheaper price on their website

Low-Cost Internet/Computer Access

www.broadband.unitedwaysca.org

This program connects low-income families to affordable Internet options, computer access and more

Free Computers

The On It Foundation: (305) 244-6454;

info@theonitfoundation.org

Computers With Causes: (888)-228-7320

Free computers are available for low-income students

Food

CalFresh

Los Angeles County CalFresh office: (310) 258-7400

www.getcalfresh.org/?source=cdss

How to apply: www.bit.ly/applycalfresh

CalFresh is the California implementation of the Food Stamp program, which provides low-income California residents financial assistance to purchase food

SOVA Valley

(877) 275-4537

services@jfsla.org

Free and nutritious groceries, personal care items, and community resources you can pick up once a month based on your food preferences and family size. The program has community partners that can provide support to you on housing, homelessness, legal matters, and more, or enroll you in benefits such as CalFresh, and MediCal.

Union Rescue Mission

(213) 347-6300

thewayhome@urm.org

Union Rescue Mission serves three meals a day, every day of the year. Arrangements can be made to provide infant formula, baby food and sack lunches to be taken to school.

APLA Food Bank

(213) 201-1600

www.aplahealth.org/services/nolp-food-pantries-nutrition

APLA Food Bank offers assistance to people with HIV/AIDS. They offer pre-bagged groceries to clients including fresh and frozen items. Please call for more information on eligibility and other program details.

Los Angeles Mission: Food & Shelter

(213) 629-1227

www.losangelesmission.org

The Los Angeles Mission has a long history of providing emergency food baskets to those in need. Each week, they prepare about 40-50 baskets, filled with items donated from local markets including Albertsons. Each basket includes nutritious ingredients for preparing a balanced meal.

Community Distribution Center

(818) 759-0616

www.communitydistribution.org

Community Distribution Center (CDC) is an Emergency Feeding Organization (EFO) providing hunger relief to families living in poverty in the San Fernando Valley. CDC solicits and distributes more than 3 million pounds of food and non-food items annually impacting nearly 18,000 people. CDC operates out of a large facility (former grocery store) located in Sun Valley, CA (open six days a week) and provides one shopping cart full of approximately 200 pounds of food per visit, providing sustenance for a family of seven for a week.

Los Angeles Regional Food Bank

(323) 234-3030

www.lafoodbank.org

The mission of the Los Angeles Regional Food Bank is to mobilize resources to fight hunger in our community. They acquire food and other products and distribute to needy people through charitable agencies or directly through programs.

Let's Be Whole Healthy Food Pantry

(323) 371-6323

www.letsbewhole.com

Offers a wide variety of healthy and organic foods from the 5 food groups - plant-based and meat options. Donations received from Whole Foods, Trader Joe's, Los Angeles Mission and more.

World Harvest

info@worldharvestfoodbank.org

(213) 746-2227

www.worldharvestla.org/got-food

Offers a wide variety of healthy and organic foods from the 5 food groups - plant-based and meat options. Donations received from Whole Foods, Trader Joe's, Los Angeles Mission and more.

Health

National Alliance on Mental Illness: Urban Los Angeles

www.namiurbanla.org/resources

A list of mental health support, organizations, campaigns, helplines and service information

The Los Angeles County Department of Mental Health

(800) 854-7771

The LACDMH Help Line is available 24/7. When calling the hotline, option 1 offers mental health screening and assessment, referral to a service provider, crisis counseling, mobilizing field response teams and linkages to other services and resources. Option 2 provides emotional Support Warm Line with Trained Active Listeners – available from 9 a.m. to 9 p.m. daily. Finally, option 3 is the veteran line for veterans to receive mental support and connection to veteran programs.

National Suicide Prevention Lifeline

(800) 273-8255

TTY: dial 711 then (800) 273-8255

The lifeline provides free and confidential support to callers by connecting them to professional counselors who are available 24/7. The services are available for both English-speaking and Spanish-speaking individuals.

National Domestic Violence Hotline

(800)-799-7233

(800) 787-3224

If you or a love one have experienced domestic violence and abuse, please reach out to the hotline.

Teen and Youth Help Hotline

TEXT TEEN to 839863 or call (310) 855-4673

www.teenlineonline.org/talk-now

This is a free, non-emergency hotline that connects teenagers with other teenagers to talk with one another and receive guidance

California Youth Crisis Line

(800) 843-5200

Provides 24-hour counseling service, information and referrals for all areas of California regarding medical services, shelters, crisis centers, AIDS testing, and transportation info.

LGBT National Youth Talkline

(800) 246-7743

help@LGBThotline.org

This is a free and confidential peer support for the LGBTQ and questioning community ages 25 and younger. The callers can speak on many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, isolation, anxiety at school, family issues, HIV/AIDS concerns, suicide, and much more.

Black Mental Wellness

www.blackmentalwellness.com

This corporation connects the Black community with a variety of mental health resources. Such services include corporate webinars and training, social and emotional learning-based training and workshops for educators, students, and youth organizations. It is open to all ages.

LA Gay & Lesbian Center

(323) 860-2280

Toll Free: (888) 255-2429

For an appointment with a caseworker: (323) 993-7500

L.A. Gay & Lesbian Center, the Youth Center is a welcoming and comfortable space where individuals can stay the night (depending on availability) while getting whatever assistance they need to make it on their own, including education and job placement assistance. They offer programs, services, and global advocacy that span four broad categories: Health, Social Services and Housing, Culture and Education, Leadership and Advocacy.

Health Services LA County: Community Clinics

www.dhs.lacounty.gov

Search for community clinics and resources based on area code

[East Los Angeles Health Center](#)

(323) 768-2500

The ELAH Center provides primary care services to adults 21 years and older, but provides a safe, patient-centered environment for all ages

[The Hollywood Sunset Free Clinic](#)

Medical: 323-660-2400

Counseling: 323-661-0718

Admin: 323-660-7959

HollywoodSunsetFreeClinic.1968@gmail.com

This health center provides free, quality medical and counseling services (general medical exams, immunizations, physical therapy & EKGs) to low-income, uninsured or underinsured individuals

[Free Clinic Directory](#)

www.freeclinicdirectory.org

People without health insurance can be connected to affordable and free health clinics. On the website, individuals type in their area zip code where they'll receive the name, address, list of services, and contact information of clinics nearby.

[Los Angeles Mission: Free Legal Clinic](#)

Steven Schultze, VP of Men's Programs:

(213) 629-1227 ext 343 or Schultze@lamission.net

The clinic's goal is to empower the community with free legal advice and representation from professionals who practice law in their own neighborhood so they may be given the opportunity to improve their current life situation.

[Health Insurance for Former Foster Youth and Transitioned Aged Youth](#)

www.ilponline.org/ContactILP

coveredtil26@childrennow.org; fosteryouthhelp@dss.ca.gov

Foster Care Ombudsman: 1-877-846-1602

Individuals who are under 26 years old and were in foster care at age 18, are eligible to receive free healthcare. Even people above the age of 26, or weren't in foster care, may still qualify for Medi-Cal by applying through the regular application process.

[My Health LA](#)

1-844-744 6452

The My Health LA program (MHLA) is a free health care program for undocumented and low-income residents from Los Angeles County who do not have health insurance

[Medi-Cal/Covered California](#)

www.coveredca.com

Offers free or low-cost health coverage for children and adults with limited income.

[California Healthy Families](#)

www.benefits.gov/benefit/1596

This is low-cost insurance for California children and teens. It provides health, dental and vision coverage to children who do not have insurance and do not qualify for free Medi-Cal.

[Every Woman Counts \(EWC\)](#)

1-800-511-2300

Provides free clinical breast exams, mammograms, pelvic exams, and Pap tests to California's underserved women

[Medi-Cal Access Program](#)

1-800-433-2611

Low-cost health insurance for middle-income pregnant women.

[Sight for Students](#)

1-888-290-4964

Vision care for low-income children with no insurance

Housing

Los Angeles Homeless Service Authority: Echo Park Community Center

wintershelter@lahsa.org
1 (800) 548 - 6047
Echo Park: (323) 758-4670

The Winter Shelter Program is held annually that provides people experiencing homelessness with overnight shelter, meals, showers, and case management services during Los Angeles's colder months.

Tenants Together: Eviction Defense Network

(213) 385-8112
info@edn.la

EDN is a nonprofit community organization stopping gentrification and displacement within LA by dedicating their efforts to protect people's rights to decent, safe, sanitary and affordable housing. EDN serves households facing eviction by providing consultations for a donation (no one turned away due to lack of funds), free representation in court in the downtown LA court, Pasadena Court and West Covina court for tenants whose income is below poverty and sliding fee services for people over their income guidelines.

LA Tenants Union

www.FOODNOTRENT.org

Guide for communicating with landlords, including letter templates in Eng/Span. Do not have to join Tenants Union.

Stay Housed LA

For immediate assistance call 1-888-694-0040
www.stayhousedla.org/workshops

This organization provides individuals with resources and workshops that helps them learn more about their rights as a tenant. People also have access to a tenant advocate or attorney if they experience harassment from their landlord or have an eviction lawsuit filed against them.

Housing Counseling

Housing Rights Hotline: 1-800-477-5977
TTY: 1-213-201-0867
info@housingrightscenter.org

They are available to answer your questions about tenant-landlord rights and obligations, including topics like security deposits, evictions, repairs, rent increases, harassment, and more. Conversations with Housing Counselors are private and confidential, and can help you find the resources you need.

Discrimination Investigation & Disability Accommodations

Housing Rights Hotline: 1-800-477-5977
TTY: 1-213-201-0867
info@housingrightscenter.org

The Case Analysts investigate allegations of housing discrimination and help victims of discrimination enforce their Fair Housing rights. We can also help tenants with disabilities assert their right to request accommodations or modifications in their home.

SAJE - South LA

www.norent.org/en

Customizable letter-building website for tenants unable to pay rent to provide to landlords

California Homebuyer's Downpayment Assistance Program (CHDAP)

www.calhfa.ca.gov/homebuyer/borrower.htm

Supports the needs of renters and homebuyers by providing financing and programs so that more low to moderate-income Californians have a place to call home.

California HUD Approved Foreclosure Counseling Agencies

www.needhelpayingbills.com/html/california_hud_foreclosure_cou.html

On the link, you will find a listing of agencies that can provide homeowners with access to a housing or mortgage counselor who can advise them on a wide variety of free or low-cost mortgage assistance programs.

The Section 8 Program

www.section-8-housing.org/primary-information

Also known as the Housing Choice Voucher Program, this program provides financial assistance to low-income families who are unable to afford a home.

Los Angeles Unified School District (LAUSD)

Library ECard

(213) 228-7000

www.lapl.org/about-lapl/contact-us/e-card/e-card-registration

LAUSD students have automatic access to the Los Angeles Public Library's collections without having to visit it. Such resources include: 1) E-Media access: download or stream e-books, audiobooks, movies, documentary films, music, podcasts, newspapers, and magazines. 2) Research & Homework: access newspaper archives, genealogy tools, professional magazines, and scholarly journals. 3) Online Learning: enroll in an online course, learn a new language, take a practice tests, or access Lynda.com. 4) Physical Collections: Place holds on books, audiobooks on CD, DVDs, etc. and schedule a pickup appointment through our Library To Go service.

Opportunity LA

(866) 557-7368

www.hcidla2.lacity.org/community-resources/opportunity-la

Opportunity L.A. is a free savings account with an initial \$50 deposit for Los Angeles Unified School District (LAUSD) students. The City and County of Los Angeles, along with LAUSD, are working together to provide every first-grader with a Children's Savings Account (CSA). The program will begin Spring 2021 at a select number of schools.

Assistance League of Los Angeles- Operation School Bell

(323) 469-1973

info@assistanceleaguela.org

www.operationschoolbell.org

The program provides personal goods, including school uniforms and shoes for children age 4 to 12 who attend elementary schools in the LAUSD. There are geographic restrictions.

Book Bundles To Go

www.lapl.org/kids/book-bundles

Are you looking for children's books but don't know where to start? Let the library surprise your child (and you!) with a wonderful selection of books from Book Bundles To Go. Each Book Bundle To Go consists of five books based on interest level, theme or type of book. You may request a maximum of two bundles per library card.

Miss Humblebee's Academy

www.ezproxy.lapl.org/login?url=https://link.gale.com/apps/MHA?u=lapl

Miss Humblebee's Academy is an interactive kindergarten-readiness program that introduces children ages three to six to key concepts in math, science, social studies, language and literacy, art, and music. It's as challenging as it is fun! You will need your library card number and pin to have access to the website.

Mango Languages

www.ezproxy.lapl.org/login?url=http://libraries.mangolanguages.com/los-angeles/start

Free, online language-learning in languages that include Spanish, French, Italian, Chinese (Mandarin and Cantonese), Arabic, Korean, Russian, Tagalog, Greek, Latin and more. You will need your library card number and pin to have access to the website.

Oxford Reference Online - Premium Collection

www.ezproxy.lapl.org/login?url=http://www.oxfordreference.com

Quick reference and scholarly articles from a broad range of subjects in over 100 titles that include key titles from the Oxford Companion series and the complete Oxford Dictionary of Quotations. You will need your library card number and pin to have access to the website.

CliffsNotes

www.cliffsnotes.com

Free online access to the full text content of 180 literature guides. Students can ask a question to get started on an assignment through the interactive site ""Ask Cliffs"" and get an online answer.

[Native American Authors](#)

www.ipl.org/div/natam

Bibliography, brief biography, and online texts of selected Native American authors. Searchable by name, title of works, or tribal affiliation.

[Speech and Debate](#)

www.procon.org

Provides Pros and Cons statement on most popular issues. Perfect for speech and communication classes. Citations are available when students need to quote sources.

[Shakespeare's Works](#)

www.shakespeare.mit.edu

Complete works of Shakespeare online. Has some commentary.

[African American Experience](#)

www.ezproxy.lapl.org/login?url=http://africanamerican.abc-clio.com/

Over 400 references, scholarly works, primary documents and papers, photographs, audio clips, maps and over 4,000 slave narratives explore their history and contemporary culture in the United States. Includes a timeline and lesson plans. Library card needed if you are not at the library.

[Latino American Experience](#)

www.ezproxy.lapl.org/login?url=http://latinoamerican.abc-clio.com/

Over 200 volumes of content, from encyclopedias to biographies, and primary documents dating from pre-Colonial civilizations that explore their history and contemporary culture in the United States. Library card needed if you are not at the library.

[Gale in Context: Middle School](#)

[www.ezproxy.lapl.org/login?url=https://infotrac.gale.com/itweb/lapl?db=MSIC](https://infotrac.gale.com/itweb/lapl?db=MSIC)

Periodical database designed for students in junior high and middle school, with magazines, newspapers and reference books on current events, the arts, science, popular culture, health, government, sports and more. Library card needed if you are not at the library.

[Gale In Context: U.S. History](#)

www.m.lapl.org/webfeat/hist_rec.html

Covers all areas of U.S. history focusing on the most significant people, events and topics from pre-colonial times to the present day seen through primary documents, original reference sources, newspaper/journal articles, images, videos, audio files, and links to vetted websites. Library card needed if you are not at the library.

[Marquis Biographies Online](#)

www.m.lapl.org/webfeat/marquis.html

Up-to-the-minute biographies of leaders and achievers from around the world in the areas of business, law, science, medicine, the arts, government, entertainment and more. Library card needed if you are not at the library.

[Gale In Context: High School](#)

www.m.lapl.org/webfeat/student_context.html

Contains information on core subjects from Science to Literature to History of student-focused subject material. Includes content of Discovering Collection database. Library card needed if you are not at the library.

[Gale in Context: World History](#)

[www.ezproxy.lapl.org/login?url=https://infotrac.gale.com/itweb/lapl?db=WHIC](https://infotrac.gale.com/itweb/lapl?db=WHIC)

Contextual information on hundreds of the most significant people, events and topics in world history from full-text magazines, academic journals, news articles, primary source documents, images, videos, audio files and links to vetted websites. Library card needed if you are not at the library.

[Gale Virtual Reference Library \(Reference eBooks\)](#)

www.m.lapl.org/webfeat/gvrl.html

A collection of reference eBooks on a wide variety of topics. Portions of the books can be downloaded onto eReader devices. Library card needed if you are not at the library.

[Windows to the Universe—Astronomy](#)

www.windows2universe.org/

Basic astronomy information about the planets, solar system, rockets, and space missions. There are some bios of scientists and astronauts.

[WebElements periodic table of the elements](#)

www.webelements.com/

Online version of the Periodic table. Click on desired element for in depth information about the element.

[Social Studies Fact Cards \(California Edition\)](#)

www.factcards.califa.org/

A quick reference, easy-to-use database filled with updated basic information for common school assignments on California Missions, Explorers, Natives, Governors, and History

[How to Get into a Cal State University](#)

www2.calstate.edu/how-to-get-to-calstate

Interested in attending a Cal State University? This website provides important information regarding the CSU application process and offers tips to make YOUR application stand out!

[Khan Academy](#)

www.khanacademy.org/sat

Khan Academy offers various tutorials and practice problems on all subjects. It also serves as a great practice exam for the ACT/SAT exams!

[California Occupational Guides](#)

www.labormarketinfo.edd.ca.gov/occguides

The California Occupational Guides provides detailed information on California wages, job outlook, education, and licensing requirements for approximately 300 occupations. The Guides offer students and jobseekers occupational information to assist with making informed career choices.

[College Board: Scholarship Search](#)

www.bigfuture.collegeboard.org/scholarship-search

The website provides students with a variety of scholarship opportunities based on their sex, gender, sexuality, interests, etc.

[Finaid: The Go-to Guide for College Financial Aid](#)

www.finaid.org

The website offers information on financial aid and tips on how to help ease the burden of college expenses. Such services include a calculator that helps students predict the amount of money they have to pay out of pocket and how to make scholarship essays competitive.

[Step-By-Step Guide to Complete FAFSA](#)

www.nitrocollege.com/fafsa-guide

This is a detailed guide on how to apply for FAFSA

University of California Berkeley

Academic Advising

www.berkeley.edu/academics/academic-advising

Professional academic advisors are available in each college and most departments to help you navigate your academic options and opportunities.

Berkeley Academic Calendar

www.guide.berkeley.edu

Not just a course catalog, the Guide can help you explore possible majors, find degree requirements, learn about faculty research, and more. Look at the course catalog and learn to use the class schedule to plan for your classes accordingly

Berkeley Connect

(510) 664-4182

berkeleyconnect@berkeley.edu

Taking part in Berkeley Connect will expand both undergrad and grad students' network and enhance their academic experience. Students receive advice and support from a mentor that is relevant to the person. There are no prerequisites, no extra fees, and no homework assignments, quizzes, or exams. Lower-division sections (98BC) help first- and second-year students explore and define their interests; upper-division sections (198BC) support juniors and seniors as they approach graduation and plan for the future, with special sections available for new transfer students. Students receive 1 unit of credit (Pass/Not Pass) for each semester that they participate.

Berkeley Educational Technology Services

(510) 643-8637

classroomav@berkeley.edu

This service provides students with tutorials, tutoring, workshops, etc. to navigate their technology

Berkeley Free Clinic

(510) 548-2570 | 2339 Durant Avenue

www.berkeleyfreeclinic.org

The Berkeley Free Clinic offers free limited medical care from lay healthcare workers and medical professionals. Services include acute primary medical care; TB testing; dental services; STI and HIV testing; hepatitis testing and counseling; Women's, Trans, and Gender-nonconforming persons services; peer counseling; vision services referrals; and more.

Berkeley Graduate Division

www.grad.berkeley.edu/students/

The website has various link with resources a graduate student may need. (Ex. Housing, campus employment, fellowships, academic advising, etc.)

Berkeley Student Technology Services

(510) 642-HELP

sts-help@berkeley.edu

Supports students by ensuring they have reliable network access and knowledgeable, friendly, and responsive technical support. We provide free-drop-in helpdesk support in multiple campus locations to assist all undergraduate and graduate students with resolving internet connectivity issues, installing free software, removing malware, fixing iClickers, finding printing resources, ensuring good information security, and utilizing legal services to get their music, movies, and other media

Berkeley Summer Abroad and Global Internship programs

Summer Abroad: summerabroad@berkeley.edu

(510) 643-1493

Global Internships: globalinternships@berkeley.edu

(510) 664-4872

These programs offer a diverse collection of programs that combine international travel with academic coursework in nearly 20 countries. You can earn academic course credit on a Summer Abroad program, or earn academic course credit while also gaining practical internship experience in your field of interest on a Global Internship Program. The cost of attending these programs varies from around \$6,500 to \$10,000, including airfare. Financial aid and scholarships can help tremendously to cover this cost!

Cal Housing

(510) 642-4108
reshall@berkeley.edu

Cal Housing has everything you need to know about selecting, applying for, and moving in/out of student housing. Cal Housing also manages a rental-listing service called Cal Rentals, providing information and advising for students, faculty and staff, and UC Berkeley affiliates looking for off-campus housing.

Cal Student Central

(510) 664-9181
Cal Student Central helps students with financial aid, fees and billing, payments, disbursements, transcripts, registration, and enrollment.

Career Center

(510) 642-1716
The Career Center prepares undergraduates, graduate students, and alumni to make informed decisions about their futures by providing comprehensive resources, programs, and counseling on career development, internships, employment, and graduate school. The Career Center offers career planning essentials, events and workshops, career counseling appointments, job and internship search resources and support, and planning for graduate and professional school.

Current and Upcoming Academic Calendars

www.registrar.berkeley.edu/calendar?terms=current
The link has the academic calendar for future school years; it includes information like when the semester begins, dates for finals week, last day to drop classes, etc.

Enrollment

www.registrar.berkeley.edu/registration/enrollment
Step by step tutorials on how to enroll, add or drop a class, etc.

Financial Aid and Scholarships

(510) 664-9181
The Financial Aid and Scholarships Office works with students and families to navigate the financial costs of their education. Financial Aid staff counsel students so they understand their options and feel empowered to make the best choices to manage their financial lives. This office also administers emergency loans for students who encounter unanticipated expenses directly related to the cost of their education.

Getting into Graduate School

grad.diversity@berkeley.edu
Mentoring for all UC Berkeley students, and particularly first-generation and underrepresented students, interested in applying to graduate school.

Leadership, Engagement, Advising, & Development (LEAD)

(510) 642-5171
lead@berkeley.edu
The LEAD Center is UC Berkeley's hub for student involvement, leadership development, and co-curricular advising. Our goal is to assist students as they explore their interests, pursue their passions, and create community at Cal.

Office of Undergraduate Research Scholarships

dav19pt5@berkeley.edu
Learn about the Undergraduate Research Apprenticeship Program (URAP) and, by clicking on "Opportunities," a host of other internships and scholarships available to undergraduate students at Berkeley.

Step By Step Guide

www.stepbystep.berkeley.edu
skeo@berkeley.edu
(510) 642-5575

Learn about the Undergraduate Research Apprenticeship Program (URAP) and, by clicking on "Opportunities," a host of other internships and scholarships available to undergraduate students at Berkeley.

Student Learning Center

www.sl.c.berkeley.edu/programs

A list of categories based on subject that students need assistance/resources for (e.g Writing)

Student Organizations

www.berkeley.edu/campus-life/student-organizations

Get involved on campus by immersing yourself in student clubs and organizations!

Transfer Student Center

(510) 642-4257

The Transfer Student Center works with students who transfer to UC Berkeley from other institutions, those who are returning to their education after an interruption, and those who are

The Undocumented Student Program (USP)

(510) 642-7224

USP provides guidance and support to undocumented students at Cal. USP practices a holistic, multicultural, and solution-focused approach that delivers individualized service

Tang Center

Medical Services: (510) 642-2000

Social Services (510) 642-6074

**Counseling and Psychological Services: (510) 642-9494
or 855-817-5667 after hours**

The Tang Center (University Health Services) provides comprehensive medical, mental health, insurance, and health promotion services to all Berkeley students, and a variety of health programs for faculty and staff. Services are designed to minimize the impact of illness, emotional distress, and injury on studies and work. There are medical, social and counseling/psychological services for each student. Programs and services at USP include academic counseling, legal support, financial aid resources, and an extensive campus referral network combining school with parenting. Programs and services focus on supporting a successful transition, building connection and community, and assisting students as they pursue their academic and career goals. The Center also plays a key role in campus outreach and recruitment through yield events and participation in programs involving California community colleges.

Writing Center

collegewriting@berkeley.edu

(510) 642-5570

www.writing.berkeley.edu

Build confidence in your writing and enhance your ability to express your ideas effectively.

University of California Davis

AB540 and Undocumented Student Center

ab540-undocumented@ucdavis.edu
(530) 752-9538
www.undocumented.ucdavis.edu

Information on policies impacting California's undocumented population. Links to information on mentorship, trainings, legislation, legal resources, and grants.

Academics

www.ucdavis.edu/academics/majors

List of majors, minors, graduate/professional/ programs, and college and schools

Academic Assistance and Tutoring Centers (AATC)

www.tutoring.ucdavis.edu

Academic support for undergraduates in Biology, Chemistry, Economics, Mathematics, Physics, Statistics, and Writing Across the Disciplines. Tutoring, classes, and workshops are offered throughout the academic year.

ASUCD Community Housing Listing

www.chl.ucdavis.edu

Information on off-campus housing listings

Financial Aid and Scholarships

www.financialaid.ucdavis.edu

Receive assistance, or if you have any questions/concerns with your financial aid, please visit the website (it'll give you step by step instructions)

Free and Discounted Software

www.housing.ucdavis.edu/computers/free_software.asp

UC Davis offers Free or Discounted Software to its students and employees through MyUCDavis. The software offered ranges from Ad-Aware to MatLab and covers a wide range of educational and computer security needs.

Graduate Financial Aid

(530) 752-9246

Provides students with information pertaining to financial aid.

Housing

(530) 752-2033

www.housing.ucdavis.edu/moving-in

Provides students with information pertaining to financial aid.

IET Media Lab

www.itcatalog.ucdavis.edu/service/media-lab

Provides access to media equipment and software for students, staff and faculty to create their own projects utilizing their scanner, video, audio, and general computer stations.

Internship and Career Service

www.icc.ucdavis.edu

Washington Program: www.washingtonprogram.ucdavis.edu

UC Center Sacramento: www.uccs.ucdavis.edu

Advises students on internships and career options. The UC Davis Washington Program and UC Center Sacramento also offer internship and experiential learning opportunities in Washington, DC and Sacramento, respectively.

My Degree

www.registrar.ucdavis.edu/registration/plan/my-degree

Learn how to use the My Degree audit tool, which allows students to understand their degree requirements, track their progress towards degree completion, and explore alternative and/or additional fields of study. My Degree creates a custom audit for each student to serve as a road map for academic success.

Office of Educational Opportunity and Enrichment Services (OEOES)-Success Coaching and Learning Strategies

www.opportunity.ucdavis.edu/services/scls

One-on-one appointments, workshops, and web resources covering topics such as time-management, academic skills, and life skills.

Student Clubs and Organizations

www.aggie.life.ucdavis.edu/organizations
www.ucdavis.edu/campus-life/clubs-and-communities

Get involved in your campus! There are hundreds of clubs and organizations to choose from, there is certainly at least one for YOU!

Student Emergency Relief Aid

www.giving.ucdavis.edu/ways-to-give/student-foundation/apply-assistance

Provides funds to cover short-term needs not covered by other assistance

Study Abroad

www.ucdavis.edu/academics/study-abroad

You have the opportunity to study on another school's campus or abroad, in an entirely different country! It's an education like no other.

The UC Immigrant Legal Services Center

ucimm@law.ucdavis.edu
(530) 752-7996
www.law.ucdavis.edu/ucimm

The center provides free immigration legal help to all UC Davis students and their immediate family members (e.g., parents, siblings, spouses, and children)

UC Davis Library

www.library.ucdavis.edu

Books, ebooks, journals, movies, music, maps, government documents, and more are available through the UC Davis library. Have a question? Librarians are available 24/7 to ask questions through a chat feature on this site too! Install the VPN client to access library resources from off campus:
<https://www.library.ucdavis.edu/service/connect-from-off-campus/>

UC Davis - City of Davis

www.ucdavis.edu/campus-life/city-davis/

This site is dedicated to providing information for students new to the city of Davis.

Undergraduate Financial Aid Office

(530) 752-2390

www.financialaidmigrate.sf.ucdavis.edu/undergraduate

Provides students with information pertaining to financial aid.

University of California Los Angeles

Academic Advancement Program (AAP)

aapinfo@college.ucla.edu
www.aap.ucla.edu/

AAP promotes academic achievement and excellence through academic advising, collaborative learning workshops, mentoring to prepare for graduate studies and professional schools, summer bridge programs for entering freshmen and transfer students, and scholarships for students. Many students in AAP come from high-need families, are the first in their families to go to college, are recent immigrants, or come from populations that have been historically underrepresented at the university.

Arthur Ashe Student Health and Wellness Center

www.studenthealth.ucla.edu/default.aspx

All registered graduate students may use the Arthur Ashe Student Health and Wellness Center, an outpatient clinic geared to the special needs of students at UCLA. The Ashe Center offers a full range of clinical and support services, most of which are prepaid by student registration fees.

Brand Guidelines

www.brand.ucla.edu/

Resources, standards, and guidelines for UCLA web sites and digital materials.

BruinCard

www.secure.bruincard.ucla.edu/bcw/web/Home.aspx

A BruinCard is your passport to life at UCLA. It serves as your official university I.D as well as many other purposes which makes it a must-have necessity. It functions as your library card and can be used as a prepaid debit card for purchases on and off campus. Before the school year begins you must apply for your BruinCard.

Bruin Resource Center

brc@saonet.ucla.edu
(310) 825-3945
www.brc.ucla.edu/

The Bruin Resource Center helps by providing information, referrals, and support to navigate the university and to connect with the right campus resource or person. The Center also provides specialized services and programs to address the particular concerns and needs of Bruins who are transfers, veterans, former foster youth, parenting students, or AB 540 students.

Career Center

(310) 206-1915
www.career.ucla.edu/

The Career Center provides a wide range of programs and services exclusively for UCLA students. From individual career counseling, internships & international opportunities, online resume critiques to a UCLA Alumni Network!

Counseling and Psychological Services

(310) 825-0768
www.counseling.ucla.edu/

This is a multidisciplinary student mental health center for the UCLA campus. CAPS supports the academic and student development missions of the University and the Division of Student Affairs. They are here to support your mental health needs as you pursue your academic goals.

Computer Labs

www.it.ucla.edu/it-ucla/it-resources-ucla

There are a variety of specialized and undergraduate labs available around campus. Some are open only to students but many provide services to staff and faculty. The list of labs provides information on services, hours and restrictions.

College Academic Counseling

www.cac.ucla.edu/

CAC is one of four undergraduate advising units of UCLA, which aim to guide the undergraduate career of students to reflect their academic and personal goals. CAC offers insight towards degree requirements, general education (GE) requirements, and credit transfers from AP/IB and community college, as well as developing a four year plan

Financial Aid and Scholarships

(310) 206-0400

financialaid.ucla.edu

www.financialaid.ucla.edu/

Receive financial/scholarship assistance, or if you have any questions/concerns, please feel free to reach out!

Graduate Financial Aid Support

www.grad.ucla.edu/funding/financial-aid/funding-for-continuing-students/graduate-student-financial-support/

The brochure has been prepared to acquaint you with the range of opportunities to support your graduate study at UCLA.

Housing Application

uclahousing@housing.ucla.edu

(310) 206-7011

www.portal.housing.ucla.edu

Learn about the costs of dorms/apartments and how to apply/accept/ pay for housing!

MyUCLA

www.my.ucla.edu/

MyUCLA gives UCLA students, and those who have been students within the past 10 years, real-time access to their University academic, personal and financial records. It is the easiest way to enroll in classes. MyUCLA operates Sunday 12 noon through Tuesday 1 a.m., and Tuesday through Saturday from 6am to 1am, including holidays. Access is based on students' UCLA username/password.

New Graduate Student Orientation

www.gsrc.ucla.edu/Orientation

The UCLA Graduate Students Association and the UCLA Graduate Student Resource Center invite all new graduate and professional school students to the Graduate Student Orientation.

Options for Self-Service Printing, Copying, and Scanning

www.library.ucla.edu/use/access-privileges/print-copy-scan

Know where you can get printing, copying, and scanning access and at what prices!

Step-by-Step Instructions to Borrow a Book

www.library.ucla.edu/borrow-renew-return

Learn how to borrow a book from our amazing collection of libraries.

Student Organizations, Leadership and Engagement

www.sa.ucla.edu/RCO/public/search

Increase your school spirit and Bruin pride by joining a student organization! There's a variety and plenty to choose from, certainly there is one for YOU!

The Campus Library Instructional Computing Commons (CLICC)

www.library.ucla.edu/clicc/lending-laptops

CLICC offers technology and support for UCLA students, faculty, and staff. CLICC provides services such as laptop lending, printing, study room reservations, projector loans, video kits, computer stations, and a wide variety of instructional software. Most importantly, CLICC's student consultants can help find you the computing resources you're looking for and help you get started using the technology.

The LGBT Center

lgbt@lgbt.ucla.edu
(310) 206-3628
www.lgbtq.ucla.edu/

The LGBT Center at UCLA offers a comprehensive range of education and advocacy services supporting intersectional identity development as well as fostering unity, wellness, and an open safe, and inclusive environment for UCLA's LGBT community

The Transfer Student Center

www.transfers.ucla.edu/

The Transfer Student Center is UCLA's central hub for all things transfer!

Transportation

www.transportation.ucla.edu/

Get the latest information on transportation services.

UCLA Library

www.library.ucla.edu/

Get access to thousands of books, journals, articles, databases, archives, primary resources and more! Research Tools Books, articles, newspapers and more! The library website provides tutorials on how to navigate the library both online and in person.

UCLA Study Abroad

www.ieo.ucla.edu/uceap/

Learn the process and requirements needed to study abroad! There are endless resources available!

Undergraduate Writing Center

(310) 206-1320
www.uwc.ucla.edu/

UWC provides one-on-one assistance with any kind of paper for any class, and at any stage of the writing process. The UWC can assist with helping identify a topic, formulating a thesis, organizing your ideas, incorporating and citing, or leaning to proofread effectively. Drop in during regular hours or make an appointment.

Undocumented Students Program

usp@saonet.ucla.edu
www.usp.ucla.edu/

This program supports undocumented students by providing caring, personalized services and resources that enable students to reach their highest potential.

Visiting UCLA

www.grad.ucla.edu/admissions/visiting-ucla/

Are you a newly admitted Bruin and want to get a tour of the beautiful UCLA campus? Then you're in luck! Click the link to schedule an appointment.

University of California Riverside

African Student Programs

(951) 827-4576
aspucr@ucr.edu
www.asp.ucr.edu/contact-us

ASP encourages students to assist faculty members in their research, network with other students and alumni, and get involved in campus and community programs. The programs assist students in locating internships, fellowships, leadership development and jobs. It also provides students with the history, culture, and traditions unique to the African and African-American experience.

Asian Pacific Student Program

(951) 827-7272
apsp@ucr.edu
www.apsp.ucr.edu/

APSP builds programs, events and social activities around three guiding principles: leadership, consciousness and community. They encourage the academic and professional excellence of all UCR students by providing a peer-mentoring program, internship opportunities through their alumni network, and a safe, welcoming place where anyone can study or just hang out.

Assistance, Coaching, Encouragement (ACE)

(951) 827-3721
www.arc.ucr.edu/ace

ACE is a customized academic support program for students encountering academic difficulty. The goal of ACE is to aid students in the development of essential and lifelong academic skills and study habits that will ultimately help them achieve academic success.

Campus Map

www.campusmap.ucr.edu/?loc=COSTH
Check out the map to get yourself around campus!

Career Center

(951) 827-3631
careercounseling@ucr.edu
www.careers.ucr.edu/

The Career Center is headquarters for professional advice, skills and strategies that will lead you to your ideal career. The host various career panels, workshops, counseling, and more!

Chicano Student Program

(951) 827-3821
estella.acuna@ucr.edu
www.csp.ucr.edu/

The program creates a positive environment for Chicano/Latino students at UCR by offering supportive services and programs that encourage academic success and retention. Such services include: Chicano Link Peer Mentor Program, Community Outreach, Chicano Alumni Association, etc.

Counseling & Psychological Services (CAPS)

(951) 827-5531
webmaster@ucr.edu
www.counseling.ucr.edu/

CAPS provides students with various health-related services like group therapy, one-on-one counseling and more!

Financial Aid Office

(951) 827-3878
finaid@ucr.edu
www.financialaid.ucr.edu/

The financial aid office provides students with support, counseling and advice in the financial aid application process or any other service needed.

Graduate Division

(951) 827-4302
graddiv@ucr.edu
www.graduate.ucr.edu/

If you are a prospective or currently enrolled graduate student at UCR, check out the Graduate Division webpage for more information regarding programs, admissions, financial aid, professional development and more!

Housing

(951) 827-6350
housinginfo@ucr.edu
www.housing.ucr.edu/

Housing has everything you need to know about selecting, applying for, and moving in/out of student housing.

LGBT Resource Center

(951) 827-2267
www.out.ucr.edu/

LGBT Resource Center provides support, education, and advocacy regarding sexual orientation and gender identity/expression for the UC Riverside community and beyond. It offers a lot of resourceful programs and services like CORE, David Bohnett CyberCenter, T-Camp, etc.

Middle Eastern Student Center (MESC)

(951) 827-7233
mesc@ucr.edu
www.mesc.ucr.edu/

MESC assists more than 20 Middle Eastern student organizations on campus with programming, leadership development, and more! They provide support to Middle Eastern students in all aspects of college life: academics, social life, etc.

Native American Student Programs

(951) 827-4143
joshuag@ucr.edu
www.nasp.ucr.edu/

The program provides Native American students support in areas such as: academics, financial aid, outreach, counseling, employment, and more!

Reading Support

(951) 827-3721
arc@ucr.edu
www.arc.ucr.edu/reading-support

Reading Supports focuses on providing students with reading practices that is essential to understanding reading materials.

Student Clubs and Organizations

www.studentlife.ucr.edu/student-organization-list

Get involved in your campus! There are hundreds of clubs and organizations to choose from, there is certainly at least one for YOU!

Supplemental Instruction (SI)

(951) 827-3721
arc@ucr.edu
www.arc.ucr.edu/si

SI is an academic assistance program that uses peer-led group study to help students succeed in traditionally difficult courses – those with high failure and/or withdrawal rates. SI sessions are regularly scheduled, out-of-class study groups that provide students an opportunity to meet with classmates to compare notes, discuss readings and key course concepts, develop study skill strategies and prepare for exams. SI provides structured and planned activities and guides with faculty collaboration on study guides and agenda. Think of it as organized study time

Success Workshop Series

(951) 827-3721

arc@ucr.edu

www.arc.ucr.edu/rsuccess

Every term, the Academic Resource Center (ARC) offers a series of study skills workshops, which are free of charge for registered UCR students. These workshops are on a drop-in basis and “first-come, first served.” The workshop series covers a variety of study and life skills topics with each workshop offered several times each quarter. If you’re looking for ways to strengthen your study habits and time management skills, you’ve come to the right place.

Transfer Success Program

(951) 827-3721

arc@ucr.edu

www.arc.ucr.edu/tsp

TSP is a support program for incoming and matriculated transfer students. In collaboration with campus wide partners, the program connects students to student success services to empower students in their academic, professional, and personal endeavors while assisting students in navigating the university system.

Tutorial Assistance Program (TAP)

(951) 827-3721

arc@ucr.edu

www.arc.ucr.edu/tap

TAP provides FREE tutoring in a variety of subjects and disciplines to all UCR students.

Undergraduate Writing Support Center

(951) 827-3721

arc@ucr.edu

www.arc.ucr.edu/writing

WSP supports UCR undergraduate students through writing consultations and workshops. The writing tutors are undergraduate students from multiple majors across the UCR campus who may assist students in any academic writing process, pre-writing to finalizing drafts. They also help students in the writing supplements in applying for scholarships/internships!

Undocumented Student Programs

(951) 827-2193

Ana.Coria@ucr.edu

www.usp.ucr.edu/

The program helps undocumented students navigate their higher education more smoothly. They provide individuals with academic and personal counseling, assistance in legal situations, connecting students with fellowships/employment/scholarships and much more!

Women's Resource Center

(951) 827-3337

wrc@ucr.edu

www.wrc.ucr.edu/

The center provides a safe space for all students to address gender issues, connect with campus safety programs, access sexual assault and domestic violence support, take on key leadership roles, and develop a sense of empowerment.

University of California Santa Cruz

Academic Advising

www.advising.ucsc.edu/

Receive academic advising to further your success at UCSC! It includes college advisers and preceptors, and program, major, and department advisers.

Academic Excellence Program

www.ace.science.ucsc.edu/

Workshops and advising, drop-in homework centers, and study groups for underrepresented minority students in math, science, and engineering.

African American Resource and Cultural Center

aarcc@ucsc.edu

www.aarcc.ucsc.edu/

AARCC provides support, counseling, services and advice to Black students. Such services/program include Black Academy, which is a FREE program designed to support and guide students in their transition to the university, as well as provide a general introduction to the people and resources that will help new students flourish.

American Indian Resource Center

airc@ucsc.edu

(831) 459-2427

www.airc.ucsc.edu/

AIRC provides support, counseling, services and advice to Native American students in various categories such as academics, financial aid, scholarships, etc!

Asian American Pacific Islander Resource Center (AA/PIRC)

aapirc@ucsc.edu

www.aapirc.ucsc.edu/index.html

AA/PIRC provides and enhances opportunities for developing leadership, building a stronger sense of community on campus, and linking students to community service opportunities.

Campus Map

www.ucsc.edu/map/

Campus map of the UCSC campus!

Career Center

(831) 459-4420

career-center@ucsc.edu

www.careers.ucsc.edu/index.html

The Career Center helps prepare students for what they want to do with their lives by developing relevant career skills. The center is for both undergraduate and graduate students.

Chicanx/Latinx Resource Center

(831) 459-5608

elcentro@ucsc.edu

www.elcentro.ucsc.edu/

The Chicanx/Latinx Center holds many support services for Latinx students such as academic counseling, financial aid assistance, professional development workshops and more!

Counseling and Psychological Services (CAPS)

CAPS aims to provide support for all students based on their needs. They provide a variety of services such as counseling, workshops, etc.

Financial Aid Office

(831) 459-2963

finaid@ucsc.edu

www.financialaid.ucsc.edu/index.html

The financial aid office provides students with support, counseling and advice in the financial aid application process or any other service needed.

Housing

(831) 459-2394

housing@ucsc.edu

www.housing.ucsc.edu/

Housing has everything you need to know about selecting, applying for, and moving in/out of student housing.

Individual Tutoring

www.lss.ucsc.edu/programs/indv-support/index.html

Individual tutoring is tailored, personalized 1-1 support for students in their courses. Undergraduate tutors will give you the space to improve your comfort with the material by prompting you to express your knowledge and guide you on improving topics you are struggling with. Students can sign up for one time individual appointments via Tutor Trac, but these appointments are very limited.

ID Card Services

(831) 459-2990
idcards@ucsc.edu

Bus pass, library card, gym access.

Learning Support Services

lss@ucsc.edu
(831) 459-4333
www.lss.ucsc.edu/

Tutoring and study sessions designed to help students excel academically.

Lionel Cantú Queer Resource Center

queer@ucsc.edu
(831) 459-2468
www.queer.ucsc.edu/index.html

Student organizations; libraries of books, films/videos, and periodicals; events; education; information and referrals.

Registrar

registrar@ucsc.edu
(831) 459-4412
www.registrar.ucsc.edu/

Learn how to enroll in classes, order and transcript, apply to graduate school and more!

Services for Transfer and Re-Entry Students (STARS)

starpeer@ucsc.edu
ucscstar@ucsc.edu
www.stars.ucsc.edu/

Events, workshops, learning and tutorial services, advocacy.

STEM Diversity Programs

www.stemdiv.ucsc.edu/

STEM Diversity Programs including CAMP, MARC, IMSD, and UC Leads.

Student Clubs and Organizations

www.admissions.ucsc.edu/why-ucsc/organizations.html

Get involved on campus by immersing yourself in student clubs and organizations!

The Navigator

www.registrar.ucsc.edu/navigator/

This is the campus handbook! This has a lot of information that may be useful during your journey at UCSC!

Undocumented Student Services (USS)

eop@ucsc.edu
(831) 459-2296
www.eop.ucsc.edu/undocumented_student_services/index.html

USS provides a robust set of services and support to ensure the graduation and retention of undocumented students at UC, Santa Cruz. The services are composed of peer mentors and an academic advisor who provide personal, academic, financial, and legal support to all UCSC undocumented students

Womxn's Center

www.womenscenter.ucsc.edu/

Workshops, cultural events, exhibits, meetings, study space.

University of California San Diego

[Academic and Administrative Calendar Menu](#)

www.blink.ucsd.edu/instructors/resources/academic/calendars/index.html
Know the layout of your academic year!

[Academic Department and Program Undergraduate Advisors List](#)

www.blink.ucsd.edu/instructors/resources/advisor-lists/departments.html
Your department advisor will help you with major or minor requirements and help you select courses in that department. The department advisor can also help you with prerequisites, petitions, and degree checks, and can refer you to faculty members for research and career advice.

[American English in Action](#)

eia@ucsd.edu
This is a free program designed for international students and spouses that provides tutoring in conversational English.

[Campus Card](#)

(858) 534-6606
campuscards@ucsd.edu
www.sfs.ucsd.edu/campus-cards/

In addition to serving as your official photo identification card, the ID Card gives you access to campus buildings and events!

[College Contacts List](#)

www.students.ucsd.edu/sponsor/college-contacts/index.html
Find out how to contact your college's advising or student affairs office.

[Computing and Technology](#)

www.library.ucsd.edu/computing-and-technology/
Learn more about the technological services offered by the library.

[Counseling and Psychological Services \(CAPS\)](#)

(858) 534-3755
www.caps.ucsd.edu/
CAPS aims to provide support for all students based on their needs. They provide a variety of services such as counseling, workshops, etc.

[Cross Cultural Center](#)

(858) 534-9689
cccenter@ucsd.edu
www.ccc.ucsd.edu/

The center includes Cross-Cultural programs to enhance the community involvement and academic mission of UCSD students, staff and faculty through programming, symposia, internships and skills development activities. They also provide guidance, training, and support to other campus units towards the accomplishment of a vision of equity, equality and diversity.

[Educational Abroad Program](#)

(858) 534-1123
abroad@ucsd.edu
www.catalog.ucsd.edu/curric/EAP.html

The program offers undergraduate (sophomores, juniors, and seniors) and graduate students opportunities to integrate into the academic and social life of select universities and study centers abroad while continuing to work in major fields of study or otherwise fulfilling UC requirements.

[Enrolling in Classes](#)

www.students.ucsd.edu/academics/enroll/index.html
Step-by-step guidelines to enroll in classes.

[Enrollment and Registration Calendars](#)

www.blink.ucsd.edu/instructors/courses/enrollment/calendars/index.html
Know your enrollment and registration deadlines!

[Faculty Mentor Program](#)

aep@ucsd.edu
(858) 534-1774
For juniors and seniors preparing for graduate or professional school.

[Financial Aid and Scholarships Office](#)

(858) 534-4480
www.fas.ucsd.edu
finaid@ucsd.edu

The Financial Aid and Scholarships Office provides information and support to students, parents, veterans, and their families.

How to Pay Your Bill

www.sfs.ucsd.edu/student-accounts/how-to-pay-your-bill/index.html
A step-by-step approach to viewing, understanding, and paying your bill

LGBT Resource Center

(858) 822-3493
rainbow@ucsd.edu
www.lgbt.ucsd.edu/

LGBT Resource Center provides support, education, and advocacy regarding sexual orientation and gender identity/expression for all. It offers a lot of resourceful programs and services like counseling, assistance in academics, and more!

Library Research Guides

www.ucsd.libguides.com/
Find online sources and materials for almost any academic subject.

OASIS Language Arts Tutorial Services

(858) 534-3760
oasislats@ucsd.edu
www.oasis.ucsd.edu/academic-services/lats-folder/index.html

Offers free individual tutoring and workshops for writing, foreign languages, and study skills. Workshops are catered specifically toward DOC students as well as students taking Analytical Writing Program courses. Priority is given to Summer Bridge and CASP students, first-generation college students, and students for whom English is not a first language.

Office of the Ombuds

(858) 534-0777
www.ombuds.ucsd.edu/

The Office of the Ombuds provides a confidential, safe space for students, staff, and faculty to talk about concerns and problem-solve issues arising from interpersonal and group conflict.

Organizations and Clubs

www.studentorg.ucsd.edu/Home/Index/8
Find study buddies and make connections on campus.

Places to Eat

www.blink.ucsd.edu/facilities/services/general/personal/dining.html
There are a variety of places to eat great food, find out which suits your fancy!

Printing and Scanning in Libraries

www.library.ucsd.edu/computing-and-technology/print-scan-and-copy/
Know where you can receive printing and scanning access.

The Writing Hub

writinghub@ucsd.edu
(858) 246-5505
www.writinghub.ucsd.edu/

The Writing Hub offers free one-on-one consultations, workshops, writing retreats, writers' rooms, and other writing-focused academic support services to all UC San Diego undergraduate and graduate students, including students who have English as an additional language. Drop into the Geisel Library location for help, or visit WOnline to make an appointment with one of the writing consultants.

Transportation Services

www.transportation.ucsd.edu/shuttles/index.html
Know how to get your way around campus and beyond!

TRiO Outreach Program

(858) 534-4252
cferro@ucsd.edu
www.trio.ucsd.edu/

Provides undergraduate students with part-time employment opportunities as peer college advisors and tutors at local high schools.

Tutoring and Study Programs

www.students.ucsd.edu/academics/success/tutoring-study-programs.html
UC San Diego offers numerous tutoring and study assistance programs, most of them free of charge. Use the link to find a tutoring or support program that's right for you.

Undergraduate Research

www.ugresearch.ucsd.edu/
Find research opportunities in almost every major, and pursue your dreams of obtaining a medical or other advanced degree.

Women's Resource Center

(858) 822-0074
women@ucsd.edu
www.women.ucsd.edu/

The center organizes various workshops, cultural events, exhibits, meetings, study spaces for all women.

Undocumented Individuals

Central American Resource Center (CARECEN)

Los Angeles: (213) 385-7800 ext. 136
San Fernando Valley: (213) 385-7800, ext. 122
www.carecen-la.org/legal_services

CARECEN provides high-quality, affordable immigration legal services. They have no-charge consultations for most cases and do not charge any fees for DACA and Naturalization consultations. Fees for further legal services are based on the type of case and are discussed during the initial consultation. After that, clients can set appointments for follow-up services.

Asian Americans Advancing Justice-LA

(213) 977-7500 or (323) 980-3500
www.advancingjustice-la.org/

The organization provides legal services and education to individuals (especially those who speak little or no English), develops new leaders among Asian Americans and offers other services like initial consultation, family based petitions, and citizenship assistance."

Coalition for Humane Immigrant Rights of Los Angeles (CHIRLA)

(213) 353-1333
Immigrant assistance line: 888-624-4752
www.chirla.org/

CHIRLA helps and connects immigrants to healthcare, employment, education, and other benefits. They also offer protection from criminalization and deportation. Some of their services include: initial consultation, DACA and helping individuals obtain their US citizenship. The organization offers help in both English and Spanish

National Immigration Law Center (NILC)

(213) 639-3900
www.nilc.org

NILC serves immigrant communities by hosting "Know Your Rights" workshops, publishing new information, and hosting webinars."

LAUSD

(866) 742-2273

LAUSD has established a hotline for students and families who have questions and concerns regarding immigration. As additional support, LAUSD has also opened six temporary extended support sites that offer information, emotional support and referrals to outside resources. The sites operate on weekdays from 8:00 AM to 4:30 PM

University of California: Undocumented Student Resources

www.undoc.universityofcalifornia.edu/applying-to-uc.html
The website provides helpful tips (how to apply, fee waivers, financial aid, etc) to undocumented students who plan to attend a university in the UC system.

El Rescate Legal Service

(213) 387-3284
www.elrescate.org/

El Rescate, located in the heart of Los Angeles, is a voice for the voiceless. El Rescate serves those who cannot afford legal aid. If it were not for the services provided by El Rescate, many individuals would remain in a state of illegal immigration status. El Rescate offers the community a wide range of services, from filing paperwork to calling government agencies; El Rescate is dedicated to helping those in need.

Cash Assistance Program for Immigrants (CAPI)

(310) 258-7400 or (818) 701-8200

www.cdss.ca.gov/capi

www.dpss.lacounty.gov/en.html

CAPI is a 100 percent state-funded program designed to provide monthly cash benefits to aged, blind, and disabled non-citizens who are ineligible for SSI/SSP solely due to their immigrant status. CAPI payment amounts vary depending on a person's marital status, living arrangements and other income. CAPI payment standards are equivalent to the amount of SSI/SSP benefits.

The Immigration Center for Women and Children (ICWC)

(619) 515-2200

www.icwclaw.org/

ICWC is a non-profit legal organization providing affordable immigration services to underrepresented women and children in Los Angeles who are abused, abandoned, neglected or victims of trafficking or domestic violence. The organization provides individuals with legal services, criminal law/family law/immigration law/juvenile law assistance, and counseling.

Refugee Cash Assistance (RCA)

www.cdss.ca.gov/refugees

RCA is a cash assistance program for refugees without children who are not otherwise eligible for any other cash aid. RCA also includes employment and other social services to assist a refugee in becoming self-sufficient.

ITIN numbers

Jackie Vimo: (202) 621-1028; vimo@nilc.org

Avideh Moussavian: (202)621-1031; moussavian@nilc.org

www.nilc.org/issues/taxes/itinfaq/

ITIN numbers allow undocumented to pay taxes, and open bank account, does not give work authorization. This covers details and how to apply. Coach Claudia has insight.