



El Cajon Resource Directory

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Welcome to our Community Resource

Website:

We have compiled a resource guide containing valuable information for our community members. Please take a few minutes to click around. If you don't find what you are looking for, please call 2-1-1 or visit their website at www.211sandiego.org. East County Homeless Task Force also maintains a resource-rich website at www.ecassist.org.

El Cajon Collaborative:

Visit us now on Facebook by clicking [HERE](#) or visit our website at www.elcajoncollaborative.org for more information about our programs, meetings and services. Council meetings are open to the public and meet the first Tuesday of each month at CVUSD Board Room at 12:30 p.m. Please join us. El Cajon Collaborative also has Homeless Services and Community Health Work Groups addressing needs within the El Cajon Community.



EL CAJON COLLABORATIVE MEETING

JUNE 2019

COVID-19 (CORONAVIRUS) ASSISTANCE & INFORMATION

Education and precautions are the strongest tools against infection. Get the latest facts by visiting the Centers for Disease Control and Prevention's [COVID-19 website](#). Continue to practice good health habits, refrain from handshakes or hugs as greetings, and wash hands and clean surfaces appropriate. We will strive to bring you a list and links to the most up-to-date information for resources and food pantries. Things are changing daily so we appreciate your patience as we try to keep this site updated.

*****3/19/2020 07:25 PM PDT*****

Governor Newsom Issues Stay-At-Home Order For All Californians. The California State Public Health Officer and Director of the California Department of Public Health is ordering all individuals living in the State of California to stay home or at their place of residence except as needed to follow the federal critical infrastructure sectors. It is a mandatory legal Order issued pursuant to the legal authority of the Governor and the State Public Health Officer. This goes into effect on Thursday, March 19, 2020. The order is in place until further notice. All persons, businesses, and other entities are required to comply with the Order. For more information, visit covid19.ca.gov

*****3/29/2020***** President Trump extends Social Distancing until April 30, 2020.

- **San Diego County launches a new text program for text alerts**
Text COSD COVID19 to 468-311 to get text alerts for COVID-19
- **County of San Diego Health and Human Services Agency, Housing and Community Development (HCDS)--www.coronavirus-sd.com**
- **Effective Disinfectant Guide--pdf guide**
- **State of California Coronavirus (COVID-19) Website--California launches a new, consumer-friendly website, www.covid19.ca.gov, that highlights critical steps people can take to stay healthy and resources available to Californians impacted by the outbreak, including paid sick leave and unemployment assistance.**
- **What Everyone Can Do to Minimize the Chances of Getting COVID-19**
 1. Wash your hands often to help protect you from germs.
 2. Use an alcohol-based hand sanitizer, if soap and water are not available. It should contain at least 60% alcohol.
 3. Avoid touching your eyes, nose and mouth

4. Clean and disinfect frequently touched objects and surfaces.
5. Avoid close contact with people who are sick and maintain a 6' social distance from people who are not family members.
6. If you are sick, stay home and keep your distance from others to protect them from getting sick too.
7. Cover your mouth and nose with a tissue when coughing or sneezing, then wash your hands.
8. Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Access To Food In Your Neighborhood

Pantries are taking actions to limit the spread of the virus, including use of gloves, paper tickets, pre-packaged distributions, and social distancing at sites. For a list of food pantries also visit the community **FOOD RESOURCES** pages on this website.

- **San Diego Hunger Coalition** www.sdhunger.org/covid19
- **Feeding San Diego** at (858) 452-3663
- **Jacobs Cushman San Diego Food Bank** at (858) 527-1419
- **Call 2-1-1 for various food pantry locations**
- **San Diego County of Education**- Known Countywide School Food Service Open During school closures for ages 2-18 years old at school sites www.sdcoe.net
- **Women, Infant & Children (WIC)**- Beginning Wednesday, 3/18/2020, all San Diego WIC agencies will operate virtually. The majority of appointments and assistance will be provided over the telephone. Please see the updated contact information and websites for all WIC operating agencies across San Diego County. sandiegowic.org/contact-us
- **American Red Cross WIC** (800) 500-6411
- **SDSU Research Foundation WIC** (888) 999-6897
- **North County Health Services WIC** (888) 477-6333 nchs-health.org/nchs-wic-registration
- **San Ysidro Health Center WIC** (888) 942-7942
- **Scripps WIC** (619) 260-3400
- **Clinica de Salud WIC** (877) 686-5468
- **CalFresh Application Assistance** www.getcalfresh.org
- **Shopping for elders or shut-ins**- Call Milano Sliwa, Border Angels San Diego State University (619) 493-9315
- **Free Food East County**--Facebook group with free food donations in La Mesa. [Click on the page](#) and ask to be invited to join page for updates on when food will be distributed and the location. Food is drive by and loaded into your trunk. You can also call Feeding the Flock at (619) 442-1789. Next distribution is **Thursday, April 2nd at 3:30 in La Mesa**. Comment on Facebook page for address.

County Assistance and Libraries

- **San Diego County Family Resource Centers, Housing and Community Development Service Offices**- All offices are suspending in-person services until further notice. Residents looking to apply for essential services, including food and housing assistance, medical coverage and other vital support programs, can [apply for benefits online](#). They can also call 2-1-1 San Diego and a live representative can help with the application process by phone. San Diegans who are already signed up for benefits, including CalWORKs, CalFresh, Medi-Cal or General Relief benefits, can [manage their case online](#). Existing customers can send required documents electronically via [LaterDocs](#). For those who are not able to submit forms electronically, a limited number of staff members will be available outside the County's 13 Family Resource Centers. In addition, the Housing and Community Development Office in Kearny Mesa has a mailbox where residents drop off hard copies of documents if needed.
- **San Diego County Libraries**- County library branches are going to curbside pickup to help county residents practice social-distancing to stop the spread of coronavirus and still enjoy all the library books, digital magazines, music, movies and other fare they love
- **Health & Human Services Agency- General Relief**--March 23, 2020 Due to the ongoing public health crisis, the General Relief Program will be extended until June 30, 2020 and cases are not to discontinue. Call The San Diego Family Resource Center above for more information.

Homelessness Resources

- **Crisis House**- 1034 N. Magnolia Ave., El Cajon (619) 444-1194 Open Monday, Wednesday, Friday from 11:00am-3:00pm Hygiene packs, warm meals and emergency food
- **Home Start, Inc.**- 333 E. Main St., El Cajon (619) 535-9356 Open by appointment at this time.
- **2-1-1**- Call for shelter openings throughout San Diego County.

Mental Health Resources

- **American Psychological Association-** www.apa.org/practice/programs/dmhi/
- **National Child Traumatic Stress Network-** Activities and hand-outs. www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources
- **Parent/Caregiver Guide to Helping Families Cope With COVID-19-** Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. [Click here for .pdf version](#)
- **Rady Children's Hospital Mental Health Urgent Care-** Services during the COVID-19 Crisis [-Click here for information.](#)

Resources for Kids- Diapers, How to talk to kids about Coronavirus and Learning

- **Talking to Kids About the Coronavirus-** www.kiro7.com/news/trending/coronavirus
- **Learning Resources for Kids Home from School-** www.kiro7.com/new/trending/coronavirus
- **Bedtime Stories Streaming Series-** Every Sunday at 8:00pm hear a princess read a bedtime story. To gain access (did we mention it's FREE?!), simply request to join our group- [The Storybook Character Company VIP Group- Specials, events, and more!](#), and tune in on Sundays.
- **PBS Programming and Online Content to Keep Americans Informed and Support Families and Educators-** [Click here for resources](#)
- **Simple Activities for Children and Adolescents--**Offers activity ideas to parents and caregivers whose families are sheltering in place, social distancing, and homeschooling due to school closures amidst the COVID-19 outbreak--[Click here for pdf. version](#)
- **San Diego Food Bank Diaper Program--**[Click here for English pdf. version](#) of locations of diaper banks. [Click here for Spanish .pdf version.](#)
- **First Responder and Healthcare Provider Daycare--**Santee School District is opening child care with Project SAFE and YALE during Spring Break. Following orders of the San Diego Public Health Dept. all proper staffing and other preventative practices will be maintained.

Senior Services and Information

- **SD County Aging & Independence Services--** Hotline (800) 339-4661 for assistance. For frequently asked questions, [Click here for pdf. version.](#)
- **Meals on Wheels--**Senior Meal Delivery-- (619) 447-8782
- **Senior Meals for Pick Up & Delivery--**
Salvation Army- 1011 Main St., El Cajon (619) 440-4683 10:00am-12:30pm Meal delivery for clients only.
Mountain Health Community Center--976 Sheridan Way, Campo (619) 478-2384 Same schedule of congregate meals sites with frozen meals and sides to go. Meal deliveries continue. Serving Alpine, Descanso, Campo, Pine Valley, Dulzura, Potrero, Boulevard. Emergency pantry available.
- **Jewish Family Services--**(858) 637-3000 Call for meal delivery in El Cajon
- **Serving Seniors--**(619) 337-1425 Serving El Cajon, La Mesa, Spring Valley (site closed) and Lemon Grove
- **Additional senior meal programs** can be found by [Clicking here for pdf. version](#)
- **Special Senior (over age 60) Shopping Hours- Also disabled and pregnant women**
 1. Costco- Every Tuesday & Thursday 8:00-9:00 a.m.
 2. Smart & Final- Everyday from 7:30-8:00 a.m.
 3. Stater Brothers- 7:45 a.m. each morning
 4. Target- Wednesdays during the first hour
 5. Trader Joe's- Daily from 9:00-10:00 a.m.
 6. Von's and Albertsons- Mondays and Thursdays before 9:00 a.m.
 7. Walgreen- Tuesdays from 8:00-9:00 a.m.
 8. Walmart- Mondays & Thursdays before 9:00 a.m.
- **Protecting Seniors--**Scams using the virus have been highlighted this week by the Federal Trade Commission: <https://www.consumer.ftc.gov/blog/2020/03/ftc-coronavirus-scams-part-2>. If you learn of any suspected Price Gouging within San Diego County, please report this activity to the San Diego District Attorney's Consumer Protection Unit Hotline at **619-531-3507**.

Financial, Labor & Workforce Assistance

- **California Labor & Workforce Development Agency--**www.labor.ca.gov/coronavirus2019/
Information about paid sick leave, family leave, disability and unemployment insurance.
- **Small Business Administration--**www.sba.gov/page/coronavirus-covid-19
Guidance and loan resources for small businesses.

- **IRS and Tax Extensions--www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020**
Individuals: Income tax **payment** deadlines for individual returns, with a due date of April 15, 2020, are being automatically extended until **July 15, 2020**, for up to \$1 million of their 2019 tax due. This payment relief applies to all individual returns, including self-employed individuals, and all entities other than C-Corporations, such as trusts or estates. IRS will automatically provide this relief to taxpayers. Taxpayers do not need to file any additional forms or call the IRS to qualify for this relief. All tax assistance centers are closed until further notice.
- **San Diego COVID-19 Community Response Fund-** Financial assistance for utilities, rent or food and no-interest loans for nonprofits- **Call 2-1-1** to apply or www.sdfoundation.org/programs/programs-and-funds/san-diego-covid-19-community-response-fund/
- **Coronavirus Law and Policy Information-** www.changelabsolutions.org/blog/covid-19-resource

2020 Census Information

In light of COVID-19 concerns, it is important to highlight that every Californian can respond to the Census online at my2020census.gov or by phone calling the numbers available below or by mail if they received a paper form. English--844-330-2020, Spanish--844-468-2020, Mandarin Chinese--844-391-2020, Cantonese Chinese--844-398-2020, Vietnamese--844-461-2020, Korean--844-392-2020, Russian--844-417-2020, Arabic--844-416-2020, Tagalog--844-478-2020, Polish--844-479-2020, French--844-494-2020, Haitian Creole--844-477-2020, Portuguese--844-474-2020, Japanese--844-460-2020, Telephone Display Device (TDD)--844-467-2020. All lines provide live customer support and assistance. Support on all language lines ends July 31, 2020.

More General Information

- **World Health Organization Updates--www.who.int/emergencies/diseases/novel-coronavirus-2019**
- **Center for Disease Control and Prevention Updates- www.cdc.gov/coronavirus/2019**
- **Coronavirus (COVID-19) Fact Sheet-- [Click here for a pdf. version](#)**
- **Coronavirus (COVID-19) on Surfaces--[Click here for a pdf. version](#)**
- **How You Can Protect Yourself--[Click here for a pdf. version](#)**

School Meals Through Cajon Valley Union School District (English, Spanish & Arabic)

Ensuring they are doing all they can to meet the needs of our students during school closure, CVUSD will be providing **any** child, age 0-18, breakfast and lunch, Monday through Friday from 11am-1pm at the following locations:

- Anza Elementary
- Bostonia Language Academy
- Cajon Valley Middle School
- Chase Elementary
- Emerald Middle School
- Flying Hills Elementary
- Greenfield Middle School
- Johnson Elementary
- Lexington Elementary
- Madison Elementary
- Magnolia Elementary
- Meridian Elementary
- Montgomery Middle School
- Naranca Elementary
- Rios Elementary
- WD Hall Elementary

No verification needed for this service and all children ages 0-18 are eligible.

Students may see familiar teacher and staff faces at our distribution areas as we have had an outpouring of volunteerism. We are excited about this opportunity to maintain connection with our students and families. Please continue to visit www.cajonvalley.net for updates on family services and supports.

Asegurándonos de que estamos haciendo todo lo posible para cumplir con las necesidades de nuestros estudiantes durante el cierre de la escuelas, CVUSD proporcionará a todos los niños, de 0 a 18 años, desayuno y lonche de lunes a viernes de 11 am a 1 pm en los siguientes lugares:

- Anza Elementary
- Bostonia Language Academy
- Cajon Valley Middle School
- Chase Elementary
- Emerald Middle School
- Flying Hills Elementary

- Greenfield Middle School
- Johnson Elementary
- Lexington Elementary
- Madison Elementary
- Magnolia Elementary
- Meridian Elementary
- Montgomery Middle School
- Naranja Elementary
- Rios Elementary
- WD Hall Elementary

No se ocupa verificación para obtener este servicio y todos los niños de 0 a 18 años son elegibles.

Los estudiantes pueden ver caras conocidas de maestros y personal en nuestras áreas de distribución, ya que hemos tenido un alto número de voluntarios. Estamos entusiasmados con esta oportunidad de mantener la conexión con nuestros estudiantes y familias. Continúe visitando www.cajonvalley.net para obtener actualizaciones sobre servicios y apoyos familiares.

فرص الخدمات الغذائية للأطفال

للتأكيد أننا نبذل قصارى جهدنا لتلبية احتياجات طلابنا أثناء إغلاق المدارس ستقدم مديرية كاهون قالي خدمات الإفطار والغذاء لأي طفل من سن 0 إلى 18 عامًا من الاثنين إلى الجمعة ومن الساعة 11 صباحًا إلى الواحدة 1 ظهرًا في المدارس التالية:

أنزا الابتدائية اكاديمية
 بستونيا للغات كاهون
 قالي المتوسطة جايس
 الابتدائية أميرالد
 المتوسطة فلاينك هيلز
 الابتدائية كرين فيلد
 المتوسطة جونسون
 الابتدائية ليكسنتون
 الابتدائية ماديسون
 الابتدائية مكنوليا
 الابتدائية ميريديان
 الابتدائية مونكمرى
 المتوسطة نارانكا
 الابتدائية ريوس
 الابتدائية ديليو دي هول
 الابتدائية

جميع الأطفال الذين تتراوح أعمارهم بين 0 و18 عامًا مؤهلين لهذه الخدمات ولا يتطلب من الوالدين تقديم أي إثبات لتلقي هذه الخدمات. قد يرى الطلاب وجوه المعلمين والموظفين المألوفة في مناطق التوزيع حيث كان لدينا تدفق طوعي للكثير من موظفينا. نحن متحمسون لهذه الخدمات للحفاظ على للحصول على تحديثات حول خدمات ودعم www.cajonvalley.net التواصل مع طلابنا وعائلاتنا. يرجى الاستمرار في زيارة موقع المديرية على الإنترنت العوائل.

NOW AVAILABLE: PRINTABLE EL CAJON HOMELESS SERVICES RESOURCE GUIDE



This guide is organized by the type of resource, including businesses, that benefit individuals who are experiencing homelessness. This list, originally compiled in summer 2018, is updated monthly and is subject to change. If you have information regarding new resources, or if you are affiliated with any of these organizations and have updated information, please contact us at coordinator@elcajoncollaborative.org.

For food pantries and meal programs see the [Basic Needs-Food-Pantries](#) page.

Do you need health insurance or a family health provider?

Call El Cajon Collaborative at (619) 447-4380 for more information

Disclaimer: El Cajon Collaborative maintains the El Cajon Resources website as a service to families as a reference tool. While every effort is made to ensure the accuracy of the information, we make no guarantee. The inclusion of an organization or service does not imply an endorsement of the organization or service, nor does exclusion imply disapproval. El Cajon Collaborative has provided external links to other websites, however some of these links may refer to information that no longer exists or has been moved to another site. El Cajon Collaborative is not responsible for the content, privacy practices, or security practices of these sites.

In order to better understand and serve our community, El Cajon Resources has implemented Google Analytics Advertising features which includes information about visitors' age, gender and interests. This information is compiled using cookies from first and third-party identifiers. If you would like to keep this information private, feel free to opt-out by following these steps here: <https://tools.google.com/dlpage/gaoptout/>.

Questions, comments, and suggestions can be sent to **El Cajon Collaborative** at coordinator@elcajoncollaborative.org.

Website is updated frequently.

El Cajon Collaborative is located at Little House
131 Avocado Ave. El Cajon, CA 92020
