

# RESOURCES AVAILABLE WHEN MIRAMAR IS CLOSED

## Food

**Please keep in mind that if your income is impacted due to the COVID-19, you could be eligible for CalFresh (SNAP).**

**To learn more and apply for CalFresh go to:**

<https://students.getcalfresh.org/>

### **San Diego Food Bank**

For your local distribution site, call (866) 350-FOOD (3663) or visit [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org). **Please remember your reusable bags.**

Distribution Sites Closest to Miramar College:

1. SDSU Research Foundation WIC Office, Mira Mesa  
Phone: (888) 999-6897  
10737 Camino Ruiz Ste 135  
San Diego, CA 92126  
Hours: M-F, 8am - 5pm

### **Feeding San Diego**

For your local distribution site, call (858) 452-3663 or email [info@feedingsandiego.org](mailto:info@feedingsandiego.org). Here are some that are closest to Miramar College:

1. The Community Food Connection  
Phone: (858) 751-4613  
14047 Twin Peaks Road  
Poway, CA 92064  
Hours: M, W, and F 3pm-6pm
2. Unions United/Labor Participation  
Phone: (858) 492-2000  
4699 Murphy Canyon Road  
San Diego, CA 92123  
Hours: M-F, 8am-4:30pm

## Emergency Aid

1. SACRAMENTO – Governor Gavin Newsom today issued a new executive order further enhancing California’s ability to respond to the COVID-19 pandemic.

The Governor’s order:

## State Efforts to Assist California Workers:

California will continue acting swiftly to help workers hurt by COVID-19. Affected workers can visit the Labor & Workforce Development Agency's website to review what benefits are available to them. For instance,

- If you're unable to work because you are caring for an ill or quarantined family member with COVID-19 you may **qualify for Paid Family Leave (PFL)**.
- If you're **unable to work due to medical quarantine or illness, you may qualify for Disability Insurance**. Those who have **lost a job or have had their hours reduced for reasons related to COVID-19 may be able to partially recover their wages by filing an unemployment insurance claim**.
- **FILE AN UNEMPLOYMENT CLAIM HERE: [https://www.edd.ca.gov/unemployment/filing\\_a\\_claim.htm](https://www.edd.ca.gov/unemployment/filing_a_claim.htm)**
- If a worker or a family member is sick or for preventative care when civil authorities recommend quarantine, workers may use accrued paid sick leave in accordance with the law.
- If workers are unable to do their usual job because they were exposed to and contracted COVID-19 during the regular course of their work, they may be eligible for workers' compensation benefits. All information and resources can be found at [Ca.Gov/Coronavirus2019](http://Ca.Gov/Coronavirus2019)
- Waives the one-week waiting period for people who are unemployed and/or disabled as a result of COVID-19;
- Delays the deadline for state tax filing by 60 days for individuals and businesses unable to file on time based on compliance with public health requirements related to COVID-19 filings;

## Storage:

U-Haul will extend 30 days of free self-storage at U-Haul-owned and -operated facilities to help college students impacted by unforeseen schedule changes at their universities.

The free month applies to new customers with college IDs and is a limited-time offer subject to availability. Click on [uhaul.com/storage](http://uhaul.com/storage) to find the store nearest you. Contact the store by phone or visit in person to take advantage of the offer.

Link: <https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/>

## Housing

Please use the following links to find housing resources and homeless shelters:

[https://newscenter.sdsu.edu/student\\_affairs/ecrt/housing.aspx](https://newscenter.sdsu.edu/student_affairs/ecrt/housing.aspx)

<https://my211.force.com/OpenBeds>

## **Free Wi-Fi:**

- Free Spectrum broadband and WiFi access for 60 days in home with K-12 and/or college students that don't have an existing Spectrum service level up to 100 Mbps.  
Installation fees will be waived for new student households and the company said those interested should call 1-844-488-8395.
- Comcast offers 2 free months for users:  
Link: <https://www.internetessentials.com/covid19>

### **Lestat's Coffeehouse will be remaining open for 24 hrs. See below for their 3 locations:**

- Lestats on Adams (Normal Heights)  
3343 ADAMS AVENUE, SAN DIEGO, CA 92116  
619-282-0437
- Lestats on Park (University Heights)  
4496 PARK BOULEVARD, SAN DIEGO, CA 92116  
619-501-6638
- Lestat's Hillcrest (Hillcrest)  
045 UNIVERSITY AVENUE, SAN DIEGO, CA 92116  
619-564-6616

## **Health Care Resources and Mental Health Resources**

### Health Care Related Resources:

\*Samahan Health Clinic 844 200 2426 (Walk Ins are taken, but appts are encouraged;  
\*Samahan has a location near Miramar College sees Medi-cal patients & helps clients apply for Medi-cal)

Federally Qualified Health Centers 211 (Referral & appointment line for medical, dental, and mental health treatment)

County of San Diego HHSA Family Resource Center  
([http://www.sdcounty.ca.gov/hhsa/programs/ssp/food\\_stamps/family\\_resource\\_centers.html](http://www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/family_resource_centers.html))

County of San Diego, Medical Services 800 587 8118

County Public Health (Main Line) 619 531 5800

Family PACT Info & Referral 800 942 1054

Hospitals (Near North County Area): Sharp Memorial Hospital 858 939 3400;

Palomar Medical Center 442 281 5000;

Tri City Medical Center 760 724 841;

VA Medical Center 858 552 8585

\*Medi-Cal 866 262 9881

Coronavirus Preparedness and General Information:

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV.html)

## **Mental Health Related Resources: Phone Lines**

Access & Crisis Team: (Available 7 days a week/24 hours a day) 888 724 7240

Crisis Text Support Line: (Available 7 days a week/24 hours a week) Text the word "Courage" to 741741

National Suicide Prevention Line: (Available 7 days a week/24 hours a day) 800 273 TALK (8255)

Parents Stress Line (a component of Parents Helping Parents; which includes a Parent Support Group)

Sexual Assault/Intimate Partner Violence Crisis Line & Referral (Available 7 days a week/24 hours a week) 888 385 4657

The Trevor Lifeline (for LGBTQ youth)

VA Crisis Line 800 273 8255 (press 1)

Warm Line (available evenings; not available 24/7) 800 930 WARM 9276

## **Mental Health Related Resources Clinics/Low Costs Counseling (\*Close To Miramar):**

\*Douglas Young Clinic 858 695 2211 ~ 10717 Camino Ruiz #207 San Diego CA 92126 (TAY Program 18-24 years) (accepting referrals) Adult Program - ( limited services; must have medical necessity)

\*Samahan Behavioral Health Clinic 844 200 2426 ~ 10737 Camino Ruiz # 235 San Diego CA 92126

Jewish Family Services (858) 637-3210 804 Balboa Ave. San Diego, CA 92123

Center for Community Counseling (SDSU) (619) 594-4918 4283 El Cajon Blvd. #215  
San Diego, CA 92105

Center for Community Solutions 858 272 7577 4508 Mission Bay Dr San Diego CA  
92109 (CCS is community partner for our SPEAK Initiative & has 3 locations in SD)

UPAC - Union of Pan Asian Communities 858 268 4933 ~ 8745 Aero Drive San Diego  
CA 92123

Walk-In Center - Jane Westin 619 235 2600 ~ 1045 9th Ave San Diego 92101

Inpatient or Crisis Facilities: County Mental Health Hospital 619 692 8200 / or 24 Hour  
Crisis Facilities - (7 Locations Throughout San Diego) (CRF#) 619 275 0822

## **Learning Supplies**

### **Online Learning Guide for When the Campus Shuts Down**

When the college transitions to an online environment due to the spread of Coronavirus (COVID-19), it's likely that the majority of the courses you're enrolled in will go to a fully online format. Please check your email and Canvas portal for instructions from your professors for each of your classes.

Please know that students still have the same responsibility to show up to virtual class time and to complete all homework and assignments. We realize that this transition may be challenging if this is your first time in an online classroom environment. We would like to provide a few tips to help you prepare and feel more comfortable.

### **Attend Class the Exact Same Hours**

Whatever hours your on-campus class meets, those are the same hours to spend in front of the computer doing the work. Not because this is required, but because our bodies and brains love routine. Please do all you can to maintain the same schedule you have thus far this semester. If, for instance, your class meets Tuesdays and Thursdays from 9 to 10:15, show up on time to your computer at 9 and stay there until 10:15. If you run out of things to do, review what the instructor has posted online to deepen learning and improve recall.

### **Keep or Establish a Consistent Sleep Routine**

Sleep is the most important thing. A lack of sleep can affect your grades and overall mood. During the campus closure, please keep or establish a consistent sleep routine. Sleep experts say this means getting up at the same time every morning. It also means going to bed when you're tired at night – or when you know you'll have enough time to get your 7.5 to 8 hours of sleep.

### **Do the homework**

The recommendation colleges make is for every one hour of lecture time, spend one to two hours outside class time each week to study. A sixteen-week-long course that is three units, then, would get three to six hours per week of study.

### **Create a Dedicated Study Space**

Create a space in your home where you can reasonably expect to study distraction free. This usually means a tidy space with no visual distractions. Put your phone and all unneeded electronics away. Put out the Do-Not-Disturb sign for roommates, family and whomever else may be a distraction. Treat school as work: It is dedicated time that pays you with knowledge and grades.

### **Create a Study Routine**

Study 45 minutes, review five, take a break for 10, then repeat. During the breaks, stretch, drink water, go pee. Do not look at your phone, surf the Internet, watch TV, etc. Find a study routine that works for you and stick to it.

### **Know the Technology**

If there are tech features you don't understand in Canvas or other online educational tools, please do a Google search for the solution or contact the professor or a classmate for guidance immediately, so you don't all behind..

### **Communicate with your instructor**

Don't understand some information? Cannot quite figure out how to complete an assignment? Then contact the instructor right away with any questions you may have. Remember to check your email or Canva portal for a response.

### **Be active in discussions**

Online courses have online discussions. Show up for these, too. Even if you tend to be quiet in class, this is a place to speak up. Comment on whatever your instructor seeks comments on, including the comments of other students. Instructors are often looking for a discussion of ideas and evidence of understanding the material.

### **Show Up, Stay Motivated**

Remember to show up throughout the campus closure. Exercise and play and do whatever it is that helps you feel refreshed and keeps you motivated.