

CALIFORNIA BLACK WOMEN'S HEALTH PROJECT



COVID-19 Community Resources

Updated: March 22, 2022

[General info](#)

[For Bay Area and California](#)

[For Financial and Mutual Aid](#)

[For Free or Discounted Wifi](#)

[For Black People & the virus](#)

[For Mental Health and Self-Care](#)

[For Spirituality](#)

[For Workers](#)

[For At-Risk Shopper](#)

[For Families](#)

[For Kids](#)

[For Students](#)

[For Online Learning For Students and Families](#)

[For Small Businesses](#)

[For Undocumented Folks](#)

[For Homeless Folks](#)

[For LGBTQ Communities](#)

[For Community](#)

General info

[Center for Disease Control and Prevention](#)

[World Health Organization](#)

For Bay Area and California

[Alameda Public Health Department](#)

[California Department of Public Health](#)

[County of Los Angeles Public Health Department](#)

[San Francisco COVID-19 Response Site](#)

[San Francisco Department of Public Health](#)

[Santa Clara County Public Health](#)

[San Mateo County Health Department](#)

For Financial & Mutual Aid

United Way Emergency Relief Fund: Call 1-866-211-9966 and share your zip code to be directed to your nearest agency.

[Financial Solidarity Fund](#) - a spreadsheet of folks offering money and other resources, contact individually

[East Bay, CA Mutual Aid Request](#) - request aid in the East Bay Area

[South Bay, CA Mutual Aid Request](#) - request aid in the South Bay Area

[San Francisco, CA Mutual Aid Request](#) - request aid in San Francisco

[San Francisco, CA Mutual Aid Request 2](#) - request aid in San Francisco

[San Francisco, CA Community Support](#) - request aid in San Francisco

For Free or Discounted Wifi

[Discounted wifi for low-income families](#) - Comcast

[Free access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households](#)

- Spectrum

Black People & the virus

[Why the Virus is a Civil Rights Issue](#) 'The Pain Will Not Be Shared Equally' - New York Times Will Smith Interviews Dr. Anthony Fauci About the Prevalence of COVID-19 in African Americans - Youtube

[What Explains the COVID-19 Race Gap?](#) - NPR

For Mental Health and Self-Care

[COVID-19 Free Virtual Therapy Support](#) - Taraji P. Henson's Mental Health Foundation

[Talkspace's Mental Health Resources](#)

[Headspace](#) - offering free meditation under "Weathering the Storm" theme

[Mindfulness Health and Wellness Series: Weekly yoga and meditations](#)

Peers.org in Alameda County

For Spirituality

For Workers

[For all workers in CA affected by COVID- 19, information on filing an unemployment insurance claim](#) - State of California Employment Development Department

[Relief Fund for Workers](#)

For At-Risk* Shoppers

(*Including senior citizens, pregnant people, folks with vulnerable immune systems)

DoorDash and UberEats offer free delivery right now.

[Safeway](#) invites "at-risk" shoppers from 7-9 a.m

[Whole Foods](#) invites customers 60 and older to stores one hour before opening to the public

[Target](#) reserves the first hour on Wednesdays to "vulnerable guests"

[Dollar General](#) reserves the first hour of every business day to senior shoppers

For Families

[Free counseling service for parents of children from pregnancy to 3 years of age](#) - Parentline

[Where kids can get free lunches during the COVID-19 school closures](#) - SFgate

[Domestic violence resource guide for Alameda County](#) - Alameda County

For Kids

[Family Basic Needs Programs](#) - Alameda County

[Just For Kids: A Comic Exploring The New Coronavirus](#) - NPR

[Article to talk about the coronavirus to children for teachers and parents](#) - Tina Payne Bryson, PhD

Online Learning For Students and Families

[Online Learning Platform to Teach K-12 Students Coding and Computer Science](#) - Code.org

[Best Messaging Apps and Websites for Students, Teachers, and Parents](#) - Common Sense Media

[Virtual Field Trips and Experiential Learning](#) - Common Sense Media

[Printable At-Home Packets and Online Math/Reading Content](#) - Curriculum Associates

[School Closure Learning Guide during Coronavirus \(COVID-19\)](#) - Great Schools Using

[Khan Academy for Remote Learning During School Closures](#) - Khan Academy Live

[Online Classes for Ages 3-18](#) - OutschooL

[At Home Learning](#) - PBS SoCal

[Free math instructional program for students in grades K-8](#) - MIND Research Institute

[Free, online learning experiences for kids of all ages](#) - Scholastic

For Small Businesses

[COVID-19 Business Resource Center](#) - HelloAlice

For Undocumented Folks

[Accessing Health Services while being Undocumented-Your rights](#)

[Relief support for Undocumented Workers](#) in California

[Tangible Support for Undocumented Communities during Covid-19](#) - Immigrants Rising

For Folks with Disabilities

[East Bay Disabled Folks COVID-19 Support Request Form](#)

For Unhoused Folks

[Alameda County Emergency Housing](#) - Isolation and Social Distancing housing for folks experiencing homelessness and have COVID-19, are experiencing symptoms, or have been exposed.

[The Village, Oakland](#) -- food & housing resources for homeless folks. They have been organizing food + supplies drives in Oakland.

[POOR Magazine](#) - collecting supplies for people without housing (Bay Area)

[Twitter Thread of Food Pantries, Housing Shelters, & More](#)

For LGBTQ Communities

[Queer Care COVID-19 Resources](#)

[Trans/Queer Relief Form- National](#) - *currently closed, please check back later!*

[Virtual gathering for Trans Communities hosted by TLC](#)

For Community

[Demand a State-wide Moratorium on Evictions](#) - Tenants Together

[Demands from Grassroots Organizers Concerning COVID-19](#) - Transformative Spaces

[Help Your Community Safely With COVID-19](#) - ga.gov

[Tell ICE: Release All Immigrants at Risk of Coronavirus](#) - RAICES