

## Connection to Services

- **Help Me Grow Orange County:** connecting families with young children to resources, including basic needs, developmental, learning and behavior resources
- **Safety, food, housing:** if you need help right away with safety, food, housing, or something else, call 2-1-1 or go to [211oc.org](http://211oc.org)

## Health & Mental Health

- **Family Assessment Counseling & Education Services:** provides telehealth and counseling by phone via no-cost 30-minute sessions; contact FACES at (714) 447-9024 or [counseling1@facescal.org](mailto:counseling1@facescal.org)
- **CHOC Children's:** speak to a nurse 24/7 to answer your questions about coronavirus and your child at 1-844-GET-CHOC
- **First 5 Orange County:** [Coronavirus & Caring for Your Baby in English](#), and [El Coronavirus y el Cuidado de su Bebé en Español](#)
- **Centers for Disease Control:** caring for children in a disaster
- **American Academy of Pediatrics parenting website:** help with working and learning during the outbreak, including information for prenatal, infants, toddlers and preschoolers
- **Orange County Parent Wellness Program:** talk for free to a caring expert at 714-480-5160
- **Child Trends:** resources for supporting your child's emotional well-being
- **California Department of Public Health:** guidance for women, families, and health care professionals
- **National Suicide Prevention Lifeline:** Free and confidential support at 1-800-273-TALK (8255)
  - Military and veterans, press 1; for assistance in Spanish, press 2
- **Crisis Text Line:** Text HOME to 741741 to speak with a live, trained counselor on a secure platform
- **The Trevor Project:** LGBTQ youth can call 1-866-488-7386 or text START to 678678 to speak with a counselor
- **Domestic Violence:** hotlines for four domestic violence agencies in Orange County
 

○ <b>Human Options</b> 877-854-3594	○ <b>WTLC</b> 877-531-5522
○ <b>Laura's House</b> 866-498-1511	○ <b>Interval House</b> 714-891-8121



## Childcare



- **Child Development Centers:** provides childcare as well as academic and educational enrichment and kindergarten readiness programs
- **Boys and Girls Clubs of Tustin:** provides childcare for first responders and essential workers
- **Boys and Girls Clubs of Huntington Valley** and **Boys and Girls Clubs of Central Orange Coast** provide childcare for essential workers
- **Mariners Church:** infant to age 5 childcare for healthcare workers
- **Children's Home Society of California:** provides instructions on how essential workers can enroll children in subsidized Emergency Child Care, in English **and in Spanish**
- **YMCA:** childcare available at 28 locations throughout Orange County for children of first responders, healthcare workers, and essential workers
- **Early Childhood OC:** searchable database of currently open child care centers

and family child care homes

- **Childcare Law Center:** Q&A about the impact of coronavirus on child care in California
- If you are a childcare provider and need supplies to stay open for essential workers during COVID-19, please email Anila Neumeister who is gathering information about needs and resources at [anilaneu@cox.net](mailto:anilaneu@cox.net).

## Food & Supplies

- [Pandemic Electronic Benefit Transfer](#): The U.S. Department of Agriculture has approved California for [Pandemic EBT](#), a new food assistance program for children in California who are living in households struggling with food insecurity; each eligible child will receive \$5.70 per day for days in which school was closed
- [California WIC \(Women, Infants & Children\)](#): WIC nutrition and breastfeeding support are available during stay-at-home orders
- [Second Harvest Food Bank Drive-Through](#): drive-through food bank from 9 a.m. to noon Saturday in Anaheim; their website also lists other food programs and resources
- [Anaheim Elementary School District](#): free meals for children 18 and under in Anaheim (English and Spanish)
- [Southwest Community Center](#): food pantry and hot meals to eat off-site, Monday to Sunday in Santa Ana
- [Families Forward](#): drive-through food bank 10 a.m. to 2 p.m. Monday to Friday in Irvine
- [South County Outreach](#): appointment-only food pantry in Irvine
- [How to get food help in Orange County](#): list of food resources all across Orange County
- [School Meals](#): grab and go school meals open to all children 18 and under, no paperwork or signups necessary
- [Diapers](#): here is a list of sites that distribute diapers
- [California Lifeline Program](#): free wireless service for qualifying low-income households
- [Charter Communications](#): free access to Spectrum Broadband and Wi-Fi for 60 days for new K-12 and college student households and Wi-Fi hotspots
- [Everyoneon](#): low-cost internet and computers
- [OC Public Libraries](#): provides a list of free and low-cost options for internet access in Orange County



## Tips for Talking to Your Child About COVID-19

- CHOC: [How to help kids cope with anxiety around the coronavirus](#)
- PBS: [How to talk to young children about COVID 19](#)
- NPR: [Just for Kids: A Comic Exploring Coronavirus](#)
- National Association of School Psychologists: [Talking to Children about COVID-19](#)

## Education and Distance Learning



- [Orange County Head Start, Inc.](#): enrollment is open for the school readiness program; enrollment may include nutrition, diapers and formula. OCHS also shares at-home lesson plans for kids ages 0-2, 2-3, and 3-5
- [Girl Scouts of Orange County](#): online resources for K-12 kids at home
- [Orange County Department of Education](#): distance learning resources
- [First 5 Association](#): resources for children and families including coping with stress and education and at-home learning resources
- [Kid Builders](#): activities to build your child's healthy body and mind, for infants, toddlers and preschoolers
- [Anaheim Union High School District](#): resources for children and families in Anaheim including food, education, mental health, parenting resources, and more

## Financial Support for Nonprofits & Childcare Providers

- [OC Community Resilience Fund](#): a collaborative response by the Orange County philanthropic community to support community-based organizations that serve vulnerable communities most impacted by the pandemic
- [Voices for Healthy Kids COVID-19 Rapid Response Grant](#): a joint initiative of the Robert Wood Johnson Foundation and American Heart Association provides grants for community-based organizations to support systems and policy change campaigns in communities most impacted by health inequities

## Up-to-Date COVID-19 Information

[Centers for Disease Control and Prevention](#)  
[Orange County Health Care Agency](#)  
[Orange County Business Council](#)

