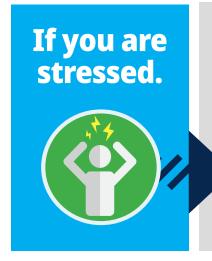


Cuyamaca College Student Resource Guide 2024: (LIFE EDITION)

A simple guide to **navigate through life** while attending classes at Cuyamaca College!



The <u>Centers for Disease</u>
<u>Control and Prevention</u> has provided a list of steps to follow to care for yourself and provide protection to those in your home and community. You can also find additional resources for the community <u>here</u>.



Cuyamaca offers free Personal Counseling for all students.
Students can call (619) 660-4200 and leave a message, or email cuyamaca.pc@gcccd.edu to schedule a session. In addition to the email, students can directly schedule their appointment with a personal counselor via eSARS.

If you or someone you know has a small business.



The Small Business Administration (SBA) Loans for Small Businesses - SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing. For more information, visit the SBA website.

If you need money.



You can <u>apply</u> for emergency funding at the <u>Cuyamaca</u> Cares website. Emergency funds will be awarded as they become available. When funds are not available, students will be placed on a waitlist. The emergency funds can be used for food, bills, technology, etc. Please contact <u>Cuyamaca.Cares@gcccd</u>.edu with any questions.

If you need diapers.



Find a local distribution site here: sandiegofoodbank.org/programs/diaper-bank-program/
Make sure to call ahead.



Find local distribution sites:
1-866-350-FOOD (3663) or
SanDiegoFoodBank.org
NorthCountyFoodBank.org
Cuyamaca Pantry

No documentation is needed. You can also email <u>Cuyamaca.Cares@gcccd.edu</u> for information on local food resources and CalFresh.



For information about housing resources, please access the Cuyamaca Cares housing website at: https://www.cuyamaca.edu/student-support/cuyamaca-cares/housing-assistance.php

Access the San Diego resource page at:

https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance.html or Email Cuyamaca.Cares@gcccd.edu for information and housing referrals.