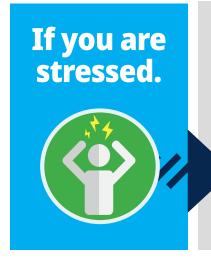


Cuyamaca College Student Resource Guide 2023: (LIFE EDITION)

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 clothing or diapers.



Find a local distribution site here: sandiegofoodbank.
org/programs/diaper-bank-program/. Make sure to call ahead. Cuyamaca Cares offers small packages of diapers as a part of the pantry, limited sizes.

Clothing Closet at Cuyamaca Cares



Cuyamaca Cares, all students are eligibe utilize the Cuyamaca Cares Clothing Closet to receive lightly used, but clean, clothing at zero cost. Email Cuyamaca.cares@gcccd.edu or call 619-660-4203 if you have any questions.

If you need money.



You can apply for emergency funding at the Cuyamaca 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 Cuyamaca.Cares@gcccd.edu with any questions.



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

SanDiegoFoodBank.org
NorthCountyFoodBank.org
Cuyamaca Pantry

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



cannot pay rent.

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.