



C U Y A M A C A  
· C O L L E G E ·

# Cuyamaca College Student Resource Guide 2023: (LIFE EDITION)

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



## Steps to Prevent the Spread of COVID-19

The [Centers for Disease Control and Prevention](#) 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 [here](#).

## If you are stressed.



Cuyamaca offers free [Personal Counseling](#) for all students. Students can call (619) 660-4200 and leave a message, or email [cuyamaca.pc@gcccd.edu](mailto: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/](https://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

Located at Cuyamaca Cares, all students are eligible to utilize the Cuyamaca Cares Clothing Closet to receive lightly used, but clean, clothing at zero cost. Email [Cuyamaca.cares@gcccd.edu](mailto: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](mailto:Cuyamaca.Cares@gcccd.edu) with any questions.



## If you need food.

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

No documentation is needed. You can also email [Cuyamaca.Cares@gcccd.edu](mailto:Cuyamaca.Cares@gcccd.edu) for information on local food resources and CalFresh.



## If you need a place to live. If you 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](mailto:Cuyamaca.Cares@gcccd.edu) for information and housing referrals.