



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.



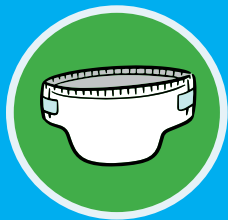
The Small Business Administration (SBA) Loans for Small Businesses - SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing. For more information, visit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

## If you need 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 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.



## 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.