**University S.D.A. Church**
Wednesdays 1pm - 2:30pm
1135 W. Marin Luther King Jr. Blvd, Los Angeles, CA, 90037
Call for more information (323) 766-9886
(0.02 miles from campus)

**St. John's Cathedral**
3rd Saturday of the month 8:30am - 10:30am
Find more information [here](#).
514 W. Adams Blvd Los Angeles, CA 90007
(0.8 miles from campus)

**St. Francis Food Pantry**
Wednesdays, Thursdays, & Saturdays: 11am - 12:30pm
Fill out intake form prior to visiting pantry [here](#).
1835 S Hope St, Los Angeles, CA 90015
(1.6 miles from campus)

**St. Agnes Parish**
Tuesdays 9am - 10:30am
Call for more information (323) 731-2464
2625 S. Vermont Avenue, Los Angeles, CA, 90007
(0.7 miles from campus)

**Hope on Union - United University Church**
Food distribution (First-Come, First-Served)
Thursdays: 8am - 10am
Find more information [here](#) or email [office@uuc-la.org](mailto:office@uuc-la.org).
1053 W. 23rd St. Los Angeles, CA 90007
*Corner of 23rd St. & Union Ave.*
Phone: 213-748-0209
(0.8 miles from campus)

**St. Vincent de Paul Church**
1st & 3rd Saturday 7am-8:30 am
621 W. Adams Boulevard, Los Angeles, CA, 90007
For more information visit [here](#) or call (213) 749 8950
(0.85 miles from campus)

**Los Angeles Regional Food Bank**
Note: Pantry distribution dates and times are subject to change. Please contact the agency directly to confirm distribution times. You can learn more [here](#).
Spanish American S.D.A. Church
2nd & 4th Wednesday 4pm - 6pm; Saturday 12pm - 1pm
1815 E. Bridge Street, Los Angeles, CA 90033
Call for more information (323) 222-7063
(0.22 miles from campus)

White Memorial S.D.A. Church
1st & 3rd Tuesday 9:30am - 12:30pm
401 N. State Street, Los Angeles, CA 90033
Call for more information (323) 264-2170
(0.25 miles from campus)

Catholic Charities - Brownson House
Monday-Sunday 9am-1pm
1307 Warren Street, Los Angeles, CA 90033
Call for more information (213) 251-3400
(0.5 miles from campus)

IYMCA - Weingart East Los Angeles
Monday, Wednesday, and Thursday 9am-11am
2900 Whittier Blvd., Los Angeles, CA 90023
For more information visit here or call (323) 260-7005
(0.69 miles from campus)

LA USC Medical Center
3rd Friday 9am-11am
2010 Zonal Ave, Los Angeles, CA 90033
For more information visit here or call 323-409-5173
(0.7 miles from campus)

Los Angeles County/USC Medical Center Auxiliary
3rd & 4th Wednesday 8am-1pm
1200 N State Street, Los Angeles, CA 90033
For more information visit here or call (323) 409-6941
(0.72 miles from campus)

Los Angeles Regional Food Bank
Note: Pantry distribution dates and times are subject to change. Please contact the agency directly to confirm distribution times. You can learn more here.
Food Resources

Low-Cost Options

**Everytable**
Offers affordable meals including vegan/vegetarian options
Monday - Friday: 11am - 6pm, Saturday: Closed, Sunday: 11am - 6pm
Menu & information can be found [here](#).
1101 W 23rd St, University Park, CA 90007 (0.7 miles from campus)
1030 W. Martin Luther King Jr. Blvd Suite 103, Los Angeles, CA 90037 (1 mile from campus)

**Rosso Oro's**
$9 lunch and dinner specials.
3500 South Figueroa St., Los Angeles, CA 90007 (Across the street from USC Campus)

Affordable Recipe Guides:

- **Budget Bytes**
  - Easy & affordable recipes

- **Trader Joe's Recipes**
  - Recipes using foods from Trader Joe’s

- **Tasty Vegetarian recipes**

Culturally Specific & Low-Cost Grocery Stores

**JH Bazaar**
Indian grocery store
2823 S Vermont Ave Los Angeles, CA 90007
(0.5 miles from campus)

**Food 4 Less**
1748 S. Jefferson Bl. Los Angeles, CA 90018
(1.2 miles from campus)

**Grocery Outlet**
1120 W 6th St, Los Angeles, CA 90017
(3.7 miles from campus)

**Asian Mart**
Indian, Bangladeshi, & Pakistani grocery store
3732 W 3rd St Los Angeles, CA 90020
(4 miles from campus)

**Northgate Market**
2323 W Olympic Blvd Los Angeles, CA 90006
(2.1 miles from campus)
Food Resources - CalFresh

What is CalFresh?

CalFresh is a California food benefits program that helps students buy groceries. It won't affect your existing financial aid and you don't need your parent's tax returns to apply. The average eligible student gets $234 (up to $281) each month in benefits which can be used at select locations and stores. It takes less than an hour to check your eligibility and apply. You'll get a call from CalFresh in a couple of days to verify your situation. If approved, you'll get money within 30 days through an electronic benefits transfer card (EBT).

Who qualifies?

All students must meet age, income, and social security guidelines. The following qualifications are a good indicator of eligibility:

- Federal or State Work-Study recipient
- Working 20+ hours a week or 80+ hours a month consistently
- Cal Grant recipient

Find additional qualification information here.

Where can I use CalFresh dollars?

Many stores accept EBT. Find locations by clicking here. You can purchase groceries online. Shop at the Trojan Farmers Market. Learn how here.

How do I manage my benefits?

Create your online portal at benefitscal.com to check case status, balances, report changes, or complete six or one-year check-in. If needed, you will be redirected to your county's appropriate website.

Apply Now!

www.getcalfresh.org/students
Housing Resources

**Housing Options Near USC**

- **USC Off-Campus Housing 101**
  Find housing within 2.5 miles of campus. Search for places and roommates [here](#).

- **Orion Housing**
  Advertises affordable housing for students. You can find more information [here](#) or by emailing leasing@orionhousing.com.

- **Mosaic Student Housing**
  Find available properties or a room in a house. Email specific properties for prices. Explore listings [here](#).

- **Sulekha**
  Search for rooms for rent near campus. Available listings can be found [here](#).

- **Healthy Housing Foundation**
  Single-occupancy housing for individuals who make between $7,200 & $30,000 per year. Apply [here](#) (there may be a waitlist).

- **Mercy Housing**
  Search for affordable housing [here](#).

- **Tripalink**
  Search for rooms for rent near campus. Available listings can be found near USC or [throughout Los Angeles](#).

**Online Resources for Finding Roommates**

- **USC Housing / Sublets / Rentals Facebook page**

- **USC Graduate Students Looking For Housing Facebook page**

- **Los Angeles Roommates Facebook page**

- **Los Angeles Housing, Rooms, Apartments, Sublets, Roomster Facebook page**

**LA County Resources**

- **Housing Authority of the City of Los Angeles (HACLA)**
  Find Section 8 Housing [here](#).

- **Housing.LA.County.Gov**
  Free tool to search for affordable housing in LA County. Get started [here](#).

- **Low Income Housing.us**
  Find HUD apartments, section 8 apartments, public Housing apartments, non profit, senior and family low income apartments, and low income tax credit apartments (LIHTC). Visit the site [here](#).
**LEGAL ASSISTANCE**

**GSG and USG Free Legal Counseling**
Free legal counseling for USC students
Appointments are Monday from 4 - 9PM and last 30 minutes
Complete appointment request [here](#).

**Los Angeles County Department of Consumer and Business Affairs**
Assistance with consumer complaints, mediation, and small claims
500 West Temple Street, B-96 Los Angeles, CA 90012
(800) 973-3370
More information can be found [here](#).

**Lawyer Referral Service (LRS) of the Los Angeles County Bar Association**
Provide assistance with finding a local private attorney
(213) 243-1525
Find more information [here](#).

**Stay Housed LA**
Legal advice and representation to qualifying tenants in Los Angeles County
(888) 694-0040
Find more information [here](#).

**Coalition for Economic Survival (CES) Tenants’ Rights Legal Clinic**
Clinics hosted Sundays at 10AM via Zoom
Find more information [here](#).

**Strategic Actions for a Just Economy (SAJE) Tenant Action Clinic**
Clinics hosted Tuesdays from 4 - 7PM
152 W. 32nd St., Los Angeles, CA 90007
More information can be found [here](#).

**USC Gould Immigrant Legal Assistance Center (ILAC)**
Free, confidential consultations, legal assistance, and referrals to members of the USC Trojan Family
(213) 821-9627
Find more information [here](#).
Rental Assistance

Salvation Army· Bellflower Temple Corps
Help paying for utilities, rent and mortgage, bills, and general financial assistance
Required: Most recent bill, most recent check stub, names and birthdays of every person living in the household.
More information can be found here.

Motel/Rental Assistance Vouchers· LSSSC
This program provides: Short-term housing (1-2 days), Motel vouchers, and Rent subsidies for specialized individualized cases
More information can be found here.

Housing Choice Vouchers
A program by the US Department of Housing and Urban Development that pays a direct housing subsidy to the landlord so you can pay rent at a discounted price.
Required: Must make at or below 50% of the median income for the apartment you currently live in
More information here.

Rent Assistance Programs
Emergency Rental Housing assistance and Rent Relief Resources. Find help paying your rent. If you are looking for emergency rental housing assistance, view our listings of nationwide resources by zipcode. More information here.
USC TeleHealth Clinic
Find more information and updates here.
For general health, call USC Student Health 24/7 number at 213-740-9355 (WELL).

Hubert H. Humphrey Comprehensive Health Center
Primary care: Monday - Friday 8am - 4:30 pm
Urgent Care, Every day 8am - 10pm
(323) 897-6000
5850 S Main St. Los Angeles CA 90003
(2.8 miles from campus) More information here.

H. Claude Hudson Comprehensive Health Center
Monday - Friday: 8am - 4:30pm
Urgent Care: Monday - Friday: 7:30 am - 12am
Saturday & Sunday: 8am - 12am
(213) 699-7000
2829 S Grand Ave Los Angeles CA 90007
(0.8 miles from campus) More information here.

Planned Parenthood
400 W. 30th St. Los Angeles, CA 90007
15 minute walk from campus
Find more information here.

USC Student Health - Counseling & Mental Health
More Information here.

24/7 Crisis Text Line support
Text "TROJAN" to 741741 on your mobile phone or via WhatsApp for 24/7 texting-based support from the trained volunteers at the Crisis Text Line (CTL). CTL is a national non-profit service and a recognized support partner of USC Student Health. It is not a psychotherapy service. No individual patient data is collected or shared through this line.

National Alliance on Mental Illness (NAMI)
HelpLine Monday-Friday, 10am to 6pm, EST (800) 950-6264 More resources here.

Calm
Offers free sleep, meditation, and relaxation resources. Visit the website for resources.

Mindful USC
Mindfulness classes/resources Online + on app store.
Financial Assistance

**USC Financial Aid**
Phone: (213) 740-4444
[Help & Contact](#)

**Student Basic Needs**
**Supplemental Funding**
One-time funding opportunity for basic needs such as rent, food, medical/dental expenses, and childcare. Find more information and eligibility information [here](#).

**Graduate Student Government**
**Grant/Funds**
[Click here](#) to learn more about the Professional Development Fund, Caretaker Subsidy Grant, Emergency Fund, and Neuropsychological Evaluation Fund.

**USC Scholarship Universe**
Scholarship matching tool [here](#).

**Arete Rising**
Hardship grants for students facing financial challenges impacting their post-secondary education. More info [here](#).

**FastWeb Scholarships**
Find and apply for scholarships [here](#).

**California Unemployment**
Those who have become unemployed or partially unemployed can file an unemployment claim. Find information and apply [here](#).
USC ITS Short Term Laptop Loaner Program
Laptop loaner program including Macs and PCs. More information can be found here.

USC Computing Centers
On campus computing centers that have Macs and PCs to use. Find the locations and hours here.

Affordable Connectivity Program
Benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. Find more information here.

Federal Communications Commission's Lifeline for Low-Income Consumers
Program that assists with making phone and internet services more affordable for low-income households. More information and eligibility requirements can be found here.

California Public Utilities Commission's California Lifeline Program
Provides discounted home and cell phone services to qualified households. More information here.

Tech 2 Go
Computer Bundle loaner program. More information can be found here.

Angeleno Connectivity Trust
Hotspots provided to students who are disabled, experiencing homelessness, or are low income. More information here.
Family and Children Support

**Audible**
Free audiobooks for children of all ages. More Info [here](#).

**PBS Kids**
PBS Kids weekday newsletter offers tips and activities for kids to learn and play at home. Check out [here](#).

**Scholastic Learn at Home**
Daily projects for kids [here](#).

**Khan Academy**
Free remote learning resources [here](#).

**GoNoodle Library**
Movement and mindfulness videos [here](#).

**WIC**
Supplemental assistant program for women, infants, and children
Check your eligibility [here](#).
Apply [here](#).

**Pathways LA-Child Care Assistance**
More information [here](#).
Additional Resources

211
Find more resources or by calling 211

Safe Parking LA
Provides parking and access to restroom facilities for people who are experiencing homelessness and sleeping in their vehicles. Find more information here.

WIN APP
Download to see and contact open shelters/food resources in the area or visit website.

California Alternative Raters for Energy (CARE)
Save 20% on your monthly gas bill. More Info here.

Remote.co
Connecting individuals with remote jobs. Find more here.

Findhelp.org
Find food assistance, help paying bills, and other free or reduced cost programs in any city. Visit website here.

Grader
Remote job where you grade and provide feedback to students based on a teacher's rubric. More info here.

USC U-Pass
The U-Pass allows all current USC students unlimited rides on LA Metro's rail and bus lines, and is available at no additional cost. Info here.

Metro TAP Card for Students
Reduced price for students. Info here.

USC Lyft Rides Program
Provides reliable transportation option for those who study, work or take classes at night. Info here.
Campus Support & Intervention
Provide support and guidance navigating complex issues. Open to current students, staff, and faculty. 
Find more information here.
Phone: (213) 740-0411

Counseling and Mental Health
Individual and group therapy, crisis support, psychiatric services, and specialties for gender-based harm.
24/7 line, 213-740-9355 (WELL)
Find more information here.

Office for Equity, Equal Opportunity, and Title IX (EEO-TIX)
Centralized resource for civil rights education, reporting, and resolution procedures. Get assistance here.

Relationship and Sexual Violence Prevention and Services (RSVP)
Provide confidential and trauma informed services in situations of gender- and power-based harm (including sexual assault, domestic violence, and stalking). Find more information here.
Get free & confidential help anytime by calling 213-740-9355
On-Campus Resources

USC Career Center
Find information on jobs, employers, Career Center services, workshops, Trojan Talks, and other topics of interest. Check out the connectSC User Guide to get started.

Student Equity & Inclusion Programs
Student development centers and initiatives that offer student support services and programs that focus on intersectionality sense of belonging, and well-being.

- Asian Pacific American Student Services (APASS) · STU 421 · apass@usc.edu
- Center for Black Cultural and Student Affairs (CBCSA) · STU 100 · cbcsa@usc.edu
- First Generation Plus Success Center (FG+SC) · TCC 224 · firstgen@usc.edu
- Gender Equity Programs · beldenm@usc.edu
- Justice, Equity, Diversity, and Inclusion Programs (JEDI) · jedi@usc.edu
- La CASA · STU 400 · lacasa@usc.edu
- LGBTQ+ Student Center · STU 415 · lgbtqplus@usc.edu
- Student Basic Needs · TCC 330 · basicneeds@usc.edu
- Veterans Resource Center · TCC 330 · vets@usc.edu
- Native American & Pasifika Student Lounge · westdani@usc.edu
- Middle Eastern & North African Student Lounge · STU 100 · westdani@usc.edu