

# Resource Guide

*Updated August 2023*



**USC Student Life**  
*Student Basic Needs*



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# Food Resources near UPC

## *Food Pantries*

### **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)

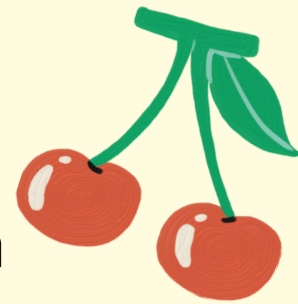
### **St. John's Cathedral:**

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

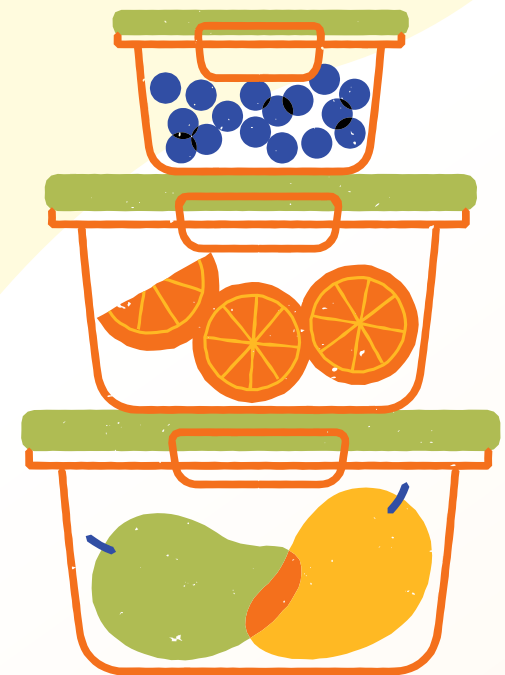
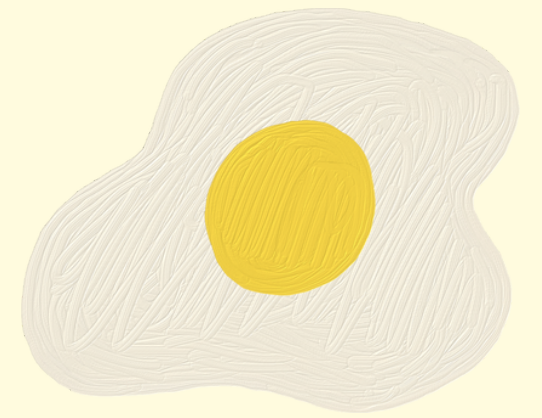
621 W. Adams Boulevard, Los Angeles, CA, 90007

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](#).



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# Food Resources near HSC

## *Food Pantries*

### **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**

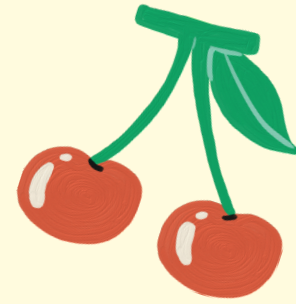
1st & 3rd Tuesday 9:30am - 12:30pm  
401 N. State Street, Los Angeles, CA 90033  
Call for more information (323) 264-2170  
(0.25 miles from campus)

### **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**

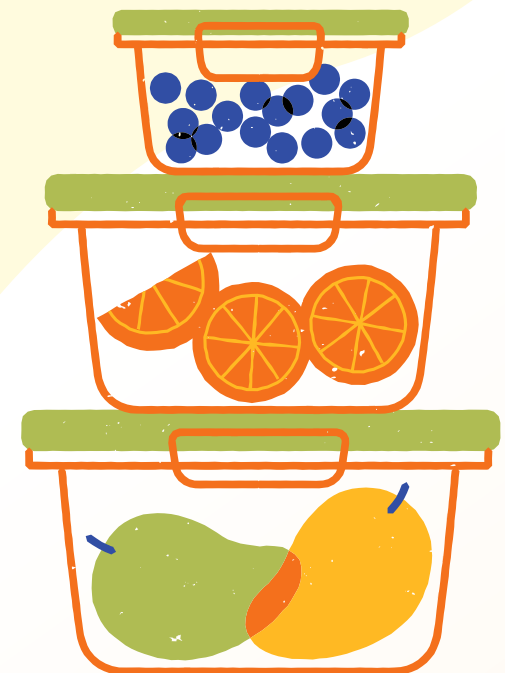
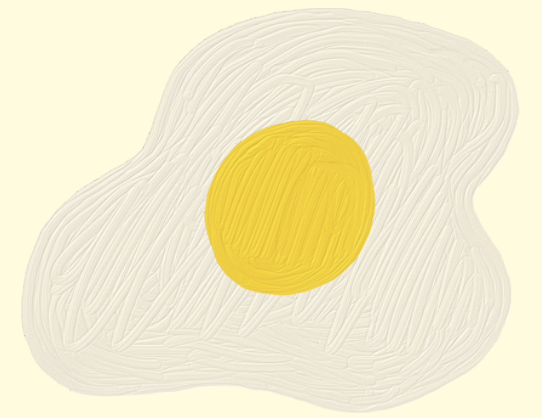
3rd Friday 9am-11am  
2010 Zonal Ave, Los Angeles, CA 90033  
For more information visit [here](#) or call 323-409-5173  
(0.7 miles from campus)

### **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](#).



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# 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 Joes 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)



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# 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](#).

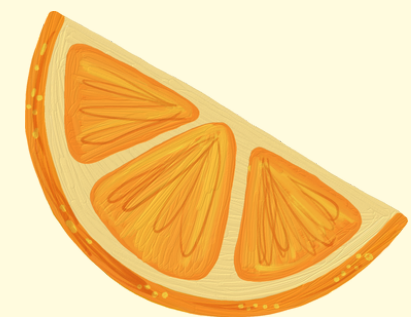
## *How do I manage my benefits?*

Create your online portal at [benefitscal.com](https://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 counties appropriate website.

*Apply Now!*

[www.getcalfresh.org/students](https://www.getcalfresh.org/students)

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# 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](mailto: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 UPC](#) 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](#).

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# Housing Resources Cont.



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## 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](#).



It may also be advantageous to apply for rent assistance within LA county. This can mean living in a more expensive place but earning supplemental benefits to afford it.

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# Health and Wellness

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## Clinics

### **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](#).



## Wellness

### **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 Proessional 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](#)**.

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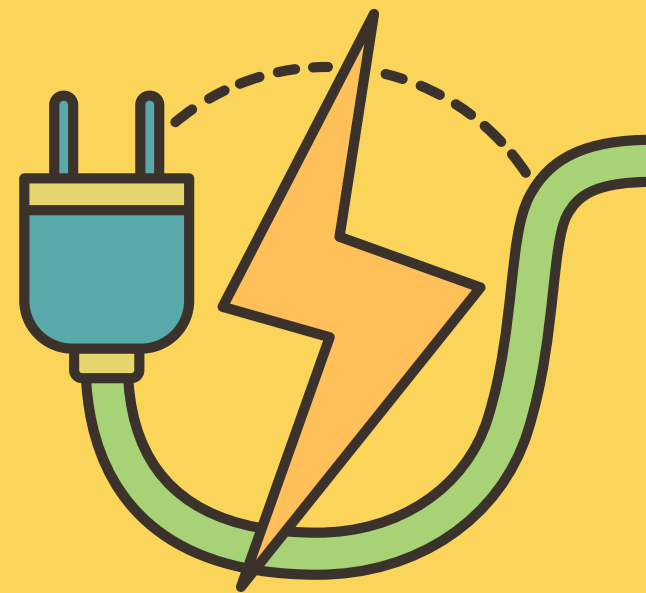


# Utility Assistance

**LIHEAP:**  
**Low Income Home Energy**  
**Assistance Program**  
[Help & Contact](#)

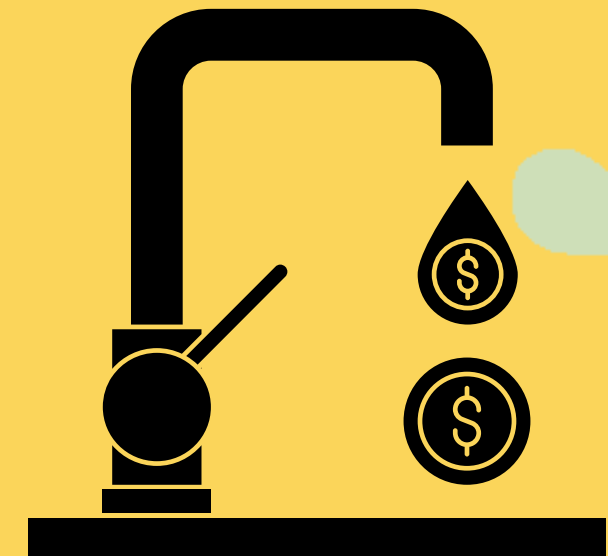


**EAF:**  
**Energy Assistance Fund**  
[Help & Contact](#)



**Gas Assistance Fund**  
[Help & Contact](#)

**Utilities Assistance**  
**Programs**  
[Help & Contact](#)



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# Technology Assistance

## **USC ITS Short Term Laptop Loaner Program**

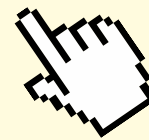
Laptop loaner program including Macs and PCs. More information can be found [here](#).

## **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 Commissions'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](#).

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# 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](#).



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# 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](#).



# On-Campus Resources

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



