



Year Round Community Resources

Recursos Comunitarios Durante El Año

COVID -19 RESOURCES/RECURSOS

Food Resources:

- **Food Net - East Rancho Dominguez**
4513 East Compton Boulevard
Compton, CA. 90221
Phone: 310-603-7401
Hours: Tuesday, Wednesday & Thursday 10:00a. m. - 4:00p.m. Call to make an appointment
- **Shields for Families-Social Service Agency–Food Bank**
11705 Deputy Yamamoto Place
Lynwood, CA. 90262
Phone: 323-242-5000
- **Paramount Care Foundation**
8303 Alondra Boulevard
Paramount, CA. 90723
Phone: 562-272-4962
Hours: Friday 9:00a.m. - 10:00p.m. Except 5th Friday
- **Paramount S.D.A Church**
9438 Alondra Blvd 90706
Bellflower CA United States
Phone: 626- 824-9285
Hours: 1st & 3rd Thursday 5:00-6:30p.m.
- **The Lord's Church**
9701 Flower Street
Bellflower CA 90706
Phone: 562-866-8283
Hours: 2nd & 4th Wednesday 8:00p.m.- 9:00p.m.
- **Glory Bound Baptist Church**
1500 S. Long Beach Blvd. Compton, CA. 90221
Hours: 4th Wednesday: 10:00a.m. – 12:00p.m.
- **Champions of Caring Connections**
Christ Christian Home
1728 E. Compton Blvd. Compton, CA.90221
Hours: 3rd Wednesday: 10:00a.m. – 12:00p.m.



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Food Resources Continued:

- **Selected Paramount Unified School District Schools**
Breakfast and lunch
8:00 a.m. to 10:30 p.m.
Grab and Go pick up at Collins, Los Cerritos, Mokler or Wirtz
Children have to be present for parents to pick up the meals.
- **Emmanuel Church**
8206 Alondra Blvd. Paramount, CA 90723
Hours: First Friday of every month 9-10a.m.
- **El Torito**
5242 Lakewood Blvd, Lakewood, CA 90712
Free meals for kids 12 and under

Utilities:

- **Southern California Energy** Responds to COVID-19 Emergency, Suspends Service Disconnections. Details on these programs are available at: sce.com/billhelp
1-800-950-2356
- **Southern California Gas** will not disconnect services to customers who cannot pay bills amid coronavirus outbreak. Call **1-877-238-0092** to speak with a representative about their bill.
- **SPECTRUM Internet**- offering 60 days of free Wi-Fi for low-income families. Call **1-855-243-8892** to enroll
- **Verizon** will help customers and small businesses disrupted by impact of coronavirus by waiving late fees and will not disconnect service to customers who cannot pay their bill on time. Call **1-800-922-0204** to speak to a representative
- **Charter COMCAST**-Free Internet Service for Households with Children. Call **1-844-488-8395** to enroll
- **Wi-Fi Hotspot** – Call district office to inquire about availability of Hotspot devices. Phone: 562-602-6000



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Recursos Alimenticios:

- **Food Net - East Rancho Dominguez**
4513 East Compton Boulevard
Compton, CA. 90221
Phone: 310-603-7401
Horas: martes, miércoles y jueves 10:00a.m. - 4:00p.m.
llama para hacer una cita
- **Shields for Families-Social Service Agency–Food Bank**
11705 Deputy Yamamoto Place
Lynwood, CA. 90262
Phone: 323-242-5000
- **Paramount Care Foundation**
8303 Alondra Boulevard
Paramount, CA. 90723
Phone: 562-272-4962
Horas: viernes 9:00a.m. - 10:00p.m. except el 5to Viernes del mes
- **Paramount S.D.A Church**
9438 Alondra Blvd 90706
Bellflower CA United States
Phone: 626- 824-9285
Horas: primer y tercer jueves 5:00-6:30 p.m.
- **The Lord's Church**
9701 Flower Street
Bellflower CA 90706
Phone: 562-866-8283
Horas: segundo y cuarto miércoles 8:00a.m. - 9:00p.m.
- **Glory Bound Baptist Church**
1500 S. Long Beach Blvd. Compton, CA. 90221
Horas: cuarto miércoles: 10:00a.m. – 12:00p.m.
- **Champions of Caring Connections**
Christ Christian Home
1728 E. Compton Blvd. Compton, CA.90221
Horas: tercer miércoles: 10:00a.m. – 12:00p.m.



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Continuación de Recursos Alimenticios:

- **Escuelas Seleccionadas de el Distrito Unificado de Paramount**
Desayuno Y almuerzo
8:00 a.m. to 10:30 p.m.
Recoger en las escuelas Collins, Los Cerritos, Mokler o Wirtz
Los niños deben de estar presentes para que los padres recojan las comidas
- **Emmanuel Church**
8206 Alondra Blvd. Paramount, CA 90723
Horas: primer viernes: 9a.m.-10:00a.m.
- **El Torito**
5242 Lakewood Blvd, Lakewood, CA 90712
Comidas gratis para niños menores de 12 años.

Utilidades:

- **Southern California Energy** responde a la emergencia de COVID-19, suspende las desconexiones del servicio. Los detalles sobre estos programas están disponibles en: **sce.com/billhelp** o Llame a **1-800-950-2356**
- **Southern California Gas** no desconectará los servicios a los clientes que no puedan pagar las facturas en medio de un brote de coronavirus. Llame a **1-877-238-0092** hablar con un representante sobre su factura.
- **SPECTRUM** Internet: ofrece 60 días de wifi/internet gratis para familias de bajos ingresos. Llame a **1-855-243-8892** para inscribirse
- **Verizon** ayudará a los clientes y las pequeñas empresas interrumpidas por el impacto del coronavirus al renunciar a los cargos por pagos atrasados y no desconectará el servicio a los clientes que no pueden pagar su factura a tiempo. Llame a **1-800-922-0204** para hablar con un representante
- **Charter COMCAST** - Servicio de Internet gratuito para hogares con niños **1-844-488-8395** para inscribirse
- **Wi-Fi Hotspot** –Llame a la oficina del distrito para preguntar sobre la disponibilidad de los dispositivos Hotspot. Phone:562-602-6000