

CaCN Roundtable 1 Resources

New Year, New Reality: Counseling Strategies to Meet our New Environment

September 25, 2020

This resource is provided with special thanks to our CaCN Roundtable (*New Year, New Reality: Counseling strategies to meet our students' needs in a new environment* Panelists and Contributors).

United Lift: Student Housing Assistance

The United Way has announced an opportunity for people renting in Riverside County to apply for rental assistance for up to \$3500. Please see the attached info sheet for [additional details](#). Click here to apply: www.unitedlift.org

Mental Health Support

- Text "Hello" to [741741](tel:741741) [suicide hotline](#)
- National Alliance on Mental Health (800)-950-6264
- CareSolice.com:
 - weserve@caresolice.org
 - (888)515-0595
 - [CareSolice video](#): A short video explaining this service

FAFSA and Dream Act Application

Starting October 1st of every year students can log in and update their FAFSA and Dream Act application for the upcoming year. The new FAFSA and Dream Act for 21/22 is now available at www.FAFSA.gov. If you have not applied for financial aid for this year (2019-2020), there is still time to do so.

CalFresh: Food Stamps

You may be eligible for up to \$192 worth of free food each month and it will only take about 10 minutes to apply at www.GetCalfresh.org. Watch this [YouTube video](#) to learn how to apply for CalFresh on your smartphone.

Meal Nation: Food Support for Foster Youth

This service provides a meal-a-day for 30 days from places like Subway, Panda Express, etc., for foster youth. You can apply for Meal Nation [here](#).

Further Resources

- [Western Region Transitional Age Youth \(TAY\) Guide](#)
- [Family Unification Program - Housing Choice Voucher Program for Foster Youth](#)
- [United Way Rental Assistance](#)

