



COMMUNITY RESOURCES

2-1-1 Kern County

Provides comprehensive information and referral services that link Kern County residents to community health, human services, and support. Can be accessed via phone by dialing 211.

Food Distribution in Kern County

Stay informed on dates, times, locations, and eligibility for various food distribution services across Kern County.

Homelessness Resources

Housing, shelter, and related community resources.

Behavioral Health & Wellness

Taft College Wellness Center aims to address any stress, anxiety, or other socio-emotional stressors you might be experiencing. Our goal is to provide brief services for students who may benefit from it and connect students to more intensive services, if needed. For additional behavioral health support visit **Kern BHRS**.

Unemployment Resources

If your place of employment is closing or at least reducing his numbers of hours due to state mandates, both the California and US governments are preparing resources to help with those out of work or working reduced hours due (only) to COVID-19.

Internet Access

Spectrum offers two free months for new users for K-12 and/or college students up to 100 Mbps – must call 844-488-8395. Comcast offers two free months for new users. Please call Comcast: 855-846-8376 for English speakers or 855-765-6995 for Spanish speakers or use this link to sign up at <https://www.internetessentials.com/covid19>

Coping with Stress

The Sanvello app gives you clinically validated techniques to help manage your moods and thoughts so you can better understand what works for you to feel better. It is free during the Covid-19 pandemic!

Supporting Your Child's Well-being

We aren't alone in this experience. Learn more about how to support your child's well being during stressful situations. Here are **some ideas** on how to keep engaged and connected, too!

Educational and Technical Support

Taft College Learning Center- Zoom appointments available for tutoring!

Taft College Distance Education- Resource and support for online students!

Khan Academy- Free tutorials on countless subjects, available 24hrs/day!

Summer & Fall Registration- Priority registration for summer & fall 2020 begins April 13th!

Educational Planning and Counseling- Call 661.763.7748 to schedule a phone or zoom appointment with your counselor!

