



FOR INFORMATION ON AVAILABLE RESOURCES YOUR SCHOOL SOCIAL WORKER WILL BE AVAILABLE VIA ZOOM OR PHONE **MARCH 18Th** - **APRIL 3rd**

ASSISTANCE WITH:

- GROCERY STORE HOURS OF OPERATION
- AVAILABLE PHARMACIES
- AVAILABLE BEHAVIORAL SERVICES
- FOOD ASSISTANCE

You can join Zoom:

DAYS: Monday - Friday

TIMES: 8:00 AM - 4:00PM

FOR MORE INFORMATION ON ZOOM AND/OR INSTRUCTIONS-CONTACT YOUR SITE SCHOOL SOCIAL WORKER TO RECEIVE ZOOM LINK VIA EMAIL.

Kern County Superintendent of Schools, School Social Work (SSW) Program Contacts:

- Richland Jr High SSW: Jose Espinoza
(530) 507- 8845 or jespinoza@kern.org
- Sequoia Elementary SSW: Lesly Gonzalez
(661) 237-3317 or legonzalez@kern.org
- Redwood Elementary SSW: Griselda Soto
(661) 379-0633 or grsoto@kern.org
- Golden Oak Elementary SSW: Ariany Cespedes
(661) 293-7743 or arsaenz@kern.org

IN CASE OF AN EMERGENCY:
DIAL-911

**NATIONAL SUICIDE PREVENTION
LIFELINE**

1-800-273-8255
Spanish:1-888-628-9454

Text HOME to 741741

To connect with a Crisis Counselor.

Stress and Anxiety? Crisis Call Center
**800-273-8255 or text ANSWER to
839863**

24/7 Veterans Crisis Line

English: 1-800-273-8255
Support for Deaf and Hard of Hearing:
1-800-799-4889
Text: 838255

National Domestic Violence Line
1-800-799-7233

2-1-1 Kern County

**Dial 2-1-1 for a 24/7 Kern County
helpline that provides residents
with information and referral
services.**