

Helpful Community Resources: Central

All Emergencies: Please contact 911

Emergency Support Phone Numbers and General Resources

- **988** Call or Text the Suicide and Crisis Line, Available 7 days a week/24 hours a day
- **Access and Crisis Line:** (888) 724-7240 Available 7 days a week/24 hours a day
- **Trevor Project Suicide Hotline for LGBTQ+ Youth:** (866) 488-7386 Available 7 days a week/24 hours a day
 - Trevor text line: Text "START" to 678-678
- **Crisis Text Line:** 741-741 Available 7 days a week/24 hours a day
- **Live Chat:** www.up2SD.org Available Monday through Friday from 4:00pm-10:00pm
- **Child Abuse Reporting Hotline:** (800) 344-6000 or (858) 560-2191 Available 7 days a week/24 hours a day
- **San Diego Domestic Violence Hotline:** (888) 385-4657 **Emergency Support Phone Numbers and General Resources**
 - Available 7 days a week/24 hours a day
 - Non-emergency line at (619) 531-2000 or (858) 484-3154 to report the abuse
- **Youth Emergency Shelter (Storefront) :** (866) Place2Stay/752-2327 Available 7 days a week/24 hours a day
 - Available to youth 12-17 years old
- **National Human Trafficking Resource Hotline:** (888) 373-7888 Available 7 days a week/24 hours a day
 - Text INFO to 233733
- **PERT-Psychiatric Emergency Response Team:** If you know someone experiencing a mental health emergency, please call 911 or your local law enforcement agency to access PERT services.
 - PERT provides support to law enforcement and the community for calls involving persons having a mental health crisis.
- **Rady Children's Behavioral Health Urgent Care:** (619) 280-2905 4305 University Ave., Suite 150 San Diego, CA 92105 Walk-in Clinic open Monday through Friday 4:00pm-8:00pm or call to schedule appointment
 - Provides walk-in safety assessments for youth ages 5-21 years old struggling with mental health concerns that pose an imminent risk to their safety, the safety of others or significantly impair their daily lives. Provides risk assessment and crisis intervention, hospital transportation, case management, urgent medication management, and referrals for community resources. Accepts those with Medi-Cal, private insurance, and uninsured/undocumented individuals.
- **Emergency Screening Unit:** (619) 876-4502 4309 Third Ave., San Diego, 92103
 - Provides emergency psychiatric evaluations, crisis intervention, brief outpatient counseling, case management and urgent medication management to individuals under age 18.
 - ESU serves the Medi-Cal population and those who do not have any medical coverage.
- **Aurora Behavioral Health Care:** (858) 487-3200 for front desk or (888) 565-4228 for intake 11878 Avenue of Industry San Diego, CA 92128
 - Available 7 days a week/24 hours a day for intake for substance Abuse Program and intake for psychiatric program. Inpatient, partial, and intensive outpatient psychiatric services both for mental health and substance use. Structured environment, skills and development, education and vocational development and after care support. Medi-Cal, Tri-Care and other insurances.
- **Dial 211:** Provides resources for crisis, food, housing, legal, emergency, health, veterans, jobs, re-entry, and human trafficking. Re-entry is assistance to those leaving an alcohol and drug treatment, mental health facility, and incarceration.

Mental Health Support Services

- **Kinship Support Services (YMCA):** (619) 719-9179 various group locations, including home visits
 - Website: <https://www.ymcasd.org/> to apply for services online.
 - Provides support to kinship caregivers, relatives who are raising the child of another family member.

San Diego Youth Services – HERE Now School Based Suicide Prevention and Early Intervention (PEI) Program

Funded by County of San Diego, County of San Diego Behavioral Health Services

- o Offers case management, support groups, and respite services.
 - o 8 support groups throughout San Diego County to allow kinship caregivers the opportunity to share their experiences, provide education on resources and receive emotional and moral support from each other.
 - o For kinship caregivers who are over 55 years old, we provide up to 120 hours of childcare, before and after-school care, day camp or overnight camp.
 - o To apply for respite care, go to <https://www.ymca.kinship-support-services>
- **San Diego Youth Services (Community Assessment Team/CAT) Program:** (619) 258-6877 3845 Spring Dr., Spring Valley, CA 91977
 - o Serving school-aged children, 6-18 years old.
 - o Provides a broad continuum of outpatient mental health services to address child abuse, mental illness, substance abuse, juvenile delinquency, homelessness and school failure.
 - o Individual/group/family psychotherapy, case management services, financial assistance, linking, and referring. Medi-Cal, uninsured, and free services.
- **Our Safe Place Clinic-San Diego Youth Services:** (619) 525-9903 3427 4th Ave., San Diego, CA 92103
 - o Outpatient, community-based mental health services for youth ages of 12-21 years that identify as LGBTQ+ and their families. Provides individual and family therapy, case management and psychiatry. Serves all those living within San Diego County. Open Monday through Friday from 9:00am to 6:00pm.
 - o Medi-Cal, uninsured, and private insurance is accepted.
- **Our Safe Place Drop-In Center-San Diego Youth Services:** (619) 525-9903 2220 Broadway, San Diego, CA 92102
 - o Drop-In Center offers services to youth that identify as LGBTQ+ between the ages of 12-21 years. Provides therapeutic and psychoeducation groups for youth and their families as well as rehab and support services and clinical case management. No medical insurance is required.
- **Safe Family Services/STARS Program-San Diego Youth Services:** (619) 806-3023 Intake form: <https://a108729.socialsolutionsportal.com/apricot-intake/19e71e6e-b32a-4ac2-84b9-5984abd894be>
 - o Provides services for youth ages 12-24 years involved with commercial sexual exploitation and domestic trafficking. Offers support to empower the youth to escape sexual exploitation by developing inner strengths, building a sense of community and supporting their reintegration into mainstream society.
 - o 7 days a week from 12:00 pm - 8:00 pm, and by appointment only, M-F.
- **LCARE-San Diego Youth Services:** (619) 993-8050
 - o Provides support to youth up to age 21 who are at risk for or have experienced sex trafficking or other commercial sexual exploitation. The program provides a mental health clinic and drop-in center. **Clinic Hours** Monday-Friday, 9am – 6pm. **Drop-in Center Hours** 7 Days a Week, 12pm – 8pm.
- **Union of Pan Asian Communities (UPAC)/Children Mental Health Division (CMHD):** (619) 232-6454 1031 25th Street, San Diego, CA 92102
 - o Community and school-based mental health and recovery services to under-served Asian, Pacific Islander, Latino, Middle Eastern, East African, African American and other ethnic populations. Ages 5 and until youth graduates from high school.
- **Union of Pan Asian Communities (UPAC)/Multicultural Community Counseling (MCC):** Call Carmen Pat for Questions at (619) 578-2211 5296 University Avenue Suite# F2, San Diego, CA 92105
 - o Provides a holistic approach to service delivery. Services include individual, family, group counseling, medical evaluation and management, and Case management. Services are focused on the Asian, Pacific Islander, and Latino population, ages 5-20. Medi-Cal insurance accepted. Sliding scale is provided to those with no insurance.
- **Union of Pan Asian Communities (UPAC)/Teen Recovery Center:** (619) 521-5720 Ext. 327 3288 El Cajon Blvd Suite 13, San Diego, CA 92104
 - o Outpatient substance use treatment center for youth (ages 12-17 years old) and their families. Services include individual, family, and group therapy, case management, drug testing, and recreational activities. Medi-Cal insurance and sliding fee scale available. Services are also available at certain school sites.
- **YMCA-TIDES:** (619) 281-8313 or Email Deanna Zamudio dzamudio@ymcasd.org 4080 Center Street, Suite 103, San Diego, CA 92103
 - o Therapeutic Interventions Designed to Empower Students (TIDES) offer services to students, ages 5-21 years, who are struggling with emotional or behavior problems at school, home, or in the community.

- **Douglas Young Youth & Family Services:** (858) 300-8282 7907 Ostrow Street, Suite F, San Diego, CA 92111
 - Provides services including individual, family, and group therapy, medication support, case management, substance use/abuse treatment to individuals up to 21 years old, in school, clinic, and community settings. Medi-Cal and out-of-pocket only. No group therapy services.
- **Mobile Adolescent Service Team (MAST):** (619) 398-3261 1202 Morena Blvd., Suite 200, San Diego, CA 92110
 - Mobile mental health services meeting clients at various locations. Individual and family therapy only. Ages 5-21 years old.
- **Mental Health Systems-School Based:** (858) 278-3292 4660 Viewridge Ave., San Diego, CA 92123
 - Provide mental health services to youth, 5-18 years, in school, home, and community. Includes individual and family therapy, medication monitoring, case management, and referrals to community resources.
- **Pathways Community Services:** (562) 467-5400 6244 El Cajon Blvd., Suite 14, San Diego, CA 92115
 - Ages 5-19 years old. Provides school and clinic-based outpatient mental health services, including individual and family therapy, support partner, and group skill-building. Medi-Cal only.
- **Rady Children's Outpatient Psychiatry:** (858) 576-1700 3665 Kearny Villa Rd., Suite 101, San Diego, CA 92123
 - Offers a wide range of school and clinic based mental health services, including psychiatric services, medication management, individual, group, and family therapy, and full-service partnership.
 - Self-referred or primary care physician referrals. Medi-Cal only. Patients must have both psychiatry and psychotherapy services. Families are included in treatment, as needed. Ages 5-18 years old.
- **Social Advocates for Youth (SAY):** (858) 565-4148 4275 El Cajon Blvd., Suite 101, San Diego, CA 92105
 - Provides school, home, and community-based outpatient diagnosis and brief mental health treatment services, including individual and group therapy, case management, and rehabilitative services.
- **San Diego Kickstart:** (619) 481-3790 6160 Mission Gorge Rd., #100, San Diego, CA 92120
 - Provides services to individuals, ages 10-25 years, developing or experiencing psychosis related to a serious mental illness and their families. Include assessment, individual and family therapy, multi-family groups, psychoeducation, medication support, occupational therapy, and education/employment support. No pre-existing diagnosis required. No medical insurance required although the agency encourages clients to apply to Medi-Cal benefits.

Affordable Healthcare Resources

- **Family Health Centers of San Diego (City Heights):** (619) 515-2400 5454 El Cajon Blvd., San Diego, CA 92115
 - Comprehensive medical, dental, and vision services provided to all ages. Accepts Medi-Cal, Medicare, private insurance; uninsured patients receive services at a discounted cost; many locations in San Diego.
- **La Maestra Community Health Center:** (619) 779-7900 for appointments & main office: (619) 280-4213 4060 Fairmount Ave., San Diego, CA 92105
 - Comprehensive medical services for all ages including family practice, dental, vision, pharmacy. Accepts Medi-Cal, Medicare, and private insurance; uninsured patients receive services at discounted cost.
- **San Diego Family Care Mid-City Community Clinic:**
 - **San Diego Family Care Campus:** (858) 279-0925, 6973, 6979, 6985, 7011 Linda Vista Rd. San Diego, CA 92111
 - **Mid-City Community Clinic (Adults):** (619) 563-0250, 4290 Polk Ave., San Diego, CA 92105
 - **Mid-City Community Clinic (Pediatrics):** (619) 280-2058, 4350 University Ave., Suite 150, San Diego, CA 92105
 - A culturally competent, affordable, fiscally responsible and accessible primary care agency serving San Diego County by offering high quality medical care, dental and mental health care and multicultural health promotion.
- **Community Research Foundation: Douglas Young Youth & Family Services:** (858) 300-8282 7917 Ostrow St, Suite A, San Diego, CA. 92111
 - **Hours of Operation:** Monday-Wednesday: 9:30 AM to 6:00 PM, Thursday: 12:00 PM to 8:00 PM & Friday: 9:00 AM to 5:00 PM
 - DYFS provides a full range of services including crisis intervention, individual, family, and group counseling, medication support, case management, rehabilitation and substance use/abuse treatment to

children, adolescents and young adults (up to 21) with a Serious Emotional Disturbance (SED) and their families who are underserved, uninsured and /or full scope Medi-Cal.

Transitional Age Youth (16-24)

- **TAY Academy:** (619) 987-3021 12220 Broadway, San Diego, CA 92102
 - A safe, inclusive, youth-led HUB for Transition Age Youth (ages 14-25), which provides services in the areas of basic needs, substance use/misuse, artistic self-expression, healthy relationships, life skills, resource linkage, safe coping skills, and sexual health.
- **TAY Works!:** Contact Anajera@sdyouthservices.org
 - A comprehensive employment readiness program for youth ages 15 to 24 that offers a pathway to success in the workforce.
- **Urban Corps:** (619) 235-6884 3127 Jefferson Street, San Diego, CA 92110
 - A work-learn program for youth ages 18-26 which provides skills training and paid work experience on projects that benefit San Diego communities.

Recovery Support Services

- **Vista Hill Foundation:** (858) 514-5100 8910 Clairemont Mesa Blvd., San Diego, CA 92123
 - Provides individuals and families with an array of services, including drug treatment programs, individual and family therapy, special education student services, and prevention and early intervention programs.
- **San Diego Al-Anon/Alateen Family Groups:** (619) 296-2666 2667 Camino del Rio South #208 San Diego, CA 92018 Find meeting near you at www.alanonsandiego.org
 - Al-anon and Alateen offer hope and recovery to all people affected by the alcoholism of a loved one or friend. Alateen members conduct their own meetings with the guidance of an Al-Anon sponsor. Need to be 12 year of age or older.
- **Alcoholics Anonymous (AA):** (619) 265-8762 - Oficina Central Hispana (619) 280-7224 Find a confidential meeting near you at www.aasandiego.org
 - Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
- **Narcotics Anonymous (NA):** (619) 584-1007 (Español 619-546-0774) Find a confidential meeting near you at www.sandiegona.org
 - Narcotics Anonymous is a fellowship of people who have struggled with substance abuse. It is a program of complete abstinence from all drugs.
- **Mental Health Systems (SIP Program):** (619) 523-8121 3539 College Ave, San Diego, CA 92115 or call the program manager at (619) 726-3337
 - 6-month treatment and recovery outpatient program. Additional services include case management, transitional housing, and alternatives to detention.
- **Union of Pan Asian Communities (UPAC):** (619)-232-6454 8745 Aero Dr #330 San Diego, CA 92123
 - Outpatient mental health rehabilitation and recovery services to transitional youth 16-25 years old.
- **Community Research Foundation Douglas Young Wellness Recovery Center:** (858) 695-2211 7917 Ostrow Street San Diego, CA 92111.
 - Douglas Young BPSR Center is a certified Bio-Psychosocial Rehabilitation program of Community Research Foundation that provides integrated, coordinated community-based psychosocial rehabilitation services for adults 18 and older who have serious mental illness, as well as individuals with co-occurring mental health and substance disorders.
 - Contract provides outpatient mental health rehabilitation and recovery services, urgent walk-in component, case management, and long-term vocational. Program is in North Central San Diego. Clients must be diagnosed with a serious mental illness and can include who may have a co-occurring substance.
- **SDSU DUI MAT Program:** (858) 467-6810 9425 Sky Ranch Court, ST 101 San Diego, CA. 92123
 - DUI Program Referral required. COSD DUI Program Referrals, California Court DUI Program referrals, Probation DUI Program referrals and CA Department of Motor Vehicles referrals due to a DUI arrest(s).

Also accept any out-of-state Department of Motor Vehicles referral for driving under the influence arrest(s).

- **Kumeyaay Wellness Center:** (619) 445-1188 Press 3 or ext. 210. After Hours Nurse Advice: (619) 445-1188
Option 9. 8 Crestwood Road, Boulevard, CA 91905
 - Program offers a flexible, multi-level outpatient treatment for clients, age +13. Outpatient treatment gives the individuals an opportunity to interact in a real-world environment while benefiting from individualized treatment goals each client develops in collaboration with their treatment provider. There is support and continuity of care throughout all stages of treatment.

Food and Meal Support

- **Apply to CalFresh (food stamps)** (619) 501-7917
 - CalFresh is the federal food assistance program that provides individuals with money for groceries each month. Apply online at www.getcalfresh.org and complete an application to see if you qualify. Get more info at <https://www.sandiegohungercoalition.org/>.
- **St. Paul's Cathedral Distribution:** (619) 298-3356 2728 6th Ave.(corner of 6th Ave & Olive), San Diego, CA 92103 <https://stpaulcathedral.org/resources/>
 - A sit down breakfast for anyone in need of food assistance every 2nd Saturday of the month from 7am-10am. Also offers clothing, showers, hair cuts, and hygiene items.
- **Voices of Our City Choir** (619) 738-1232 2728 Sixth Avenue, San Diego: Meet in the Great Hall of St. Paul's Episcopal Cathedral <https://www.voicesofourcity.org/>
 - If you are interested in joining a choir and getting lunch, go every Monday at 11am for Choir Rehearsal followed by lunch. Rhythm and blues-soul-funk ensembles hold open rehearsals every Monday (except holidays). No singing experience or RSVP required.
- **Catholic Charities Emergency Food Distribution Network** (619) 323-2841
 - Delivery Service throughout San Diego County intended for seniors and persons with disabilities who cannot attend distribution sites. Made possible by the network of 16 parishes. Home Delivery- request delivery at www.ccdsd.org/efdn
- **Mid-City Church of the Nazarene:** (619) 249-2684 4101 University Ave., San Diego, CA 92105
 - *Weekly Distributions: Tuesdays, 2:30-4:30pm; Saturday, 8:30 am-10:30 am.*
Monthly Distributions: Occur on the 1st Friday of the month at 9:00am. 1st Saturday of the Month 9:00am-11:00am walk ins
- **First Presbyterian Church of San Diego:** (619) 232-7513 320 Date St, San Diego CA 92101
 - Food distribution provided on the 2nd Saturday of each month from 9am-11am. Hot meals, clothing distribution, and medical services provided on Sunday at 2pm. Identification is required for food distribution.
- **Salvation Army:** 825 Seventh Ave. San Diego, CA 92101
 - Family Food Pantry: Monday, Wednesday, and Friday from 9 am- 12 pm. Call (619) 699-2219
 - Senior Nutrition Lunch: M-F 10 am-12 pm. Call (619) 699-2212
- **Senior Nutrition Program- Salvation Army** (619) 699-2212 825 Seventh Ave. San Diego, CA 92101
 - This program provides nutritious meals for seniors. In addition to meals, the program offers seniors a social outlet to create meaningful friendships within the community.
 - Senior Nutrition Lunch: Monday - Friday from 10 am - 12 pm. You can sign up for a certain day and go get meals on that day once a week.
- **Food Assistance- Salvation Army** (619) 699-2219 825 Seventh Ave. San Diego, CA 92101
 - By offering access to free, fresh produce and canned goods, we provide valuable meal supplementation while helping those in need maintain their independence and dignity.
 - Family Food Pantry: Monday, Wednesday, Friday from 9 am - 12 pm
- **Third Avenue Charitable Organization:** (619) 235-9445 1420 3rd Ave. San Diego 92101
 - Free meals every Monday at 4:00 pm and Fridays at 9:00 am. Hot entrée, fresh fruit and vegetables, bread, pastries, homemade soup, juice, and coffee.
- **Uptown Faith Community Service Center:** (619) 542-9344 3725 30th Street San Diego, CA 92104
 - Canned groceries bags: Monday and Friday 3:00pm-6:00pm. Drive through service located at Landis and 30th Street two blocks south of University Ave. For more info, visit: <http://uptowncsc.org/index.html>
- **San Diego Hunger Coalition** (619) 501-7917 845 15th St. Suite 103 San Diego 92101

- Call to inquire about before and after school programs as well as senior meal programs. For more info, visit: <https://www.sandiegohungercoalition.org/>
- **San Diego Food Bank:** (858) 527-1419 9850 Distribution Ave San Diego 92121
 - Monday to Friday 8am-5pm. Food boxes for children and infants, emergency food services, and brown bag lunch. Dial 211 or numbers above for updated information and sites available.
 - <https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>
- **CALL 211** for further resources and CalFresh eligibility.

Housing Support

- **Regional Task Force On The Homeless:** (858) 292-7627 4699 Murphy Canyon Rd. Suite 106 San Diego, CA 92123
 - Most comprehensive housing resource database in San Diego County. Thorough assessment and referral-based services. This program links potential users with appropriate housing opportunities. There are several Assessment Sites throughout San Diego County regions. To find the nearest location, please visit <https://www.rtfhsd.org/>.
- **County of San Diego Housing Resources Directory:** Visit www.sandiego.gov to learn more about this and other resources or Housing Resources Directory
<http://www.sandiegocounty.gov/content/sdc/sdhcd/housing-directory.html>
 - The Housing Resources Directory provides a list of many affordable housing options and units throughout the County of San Diego.
- **Home Start INC:** (619) 692-0727 5005 Texas Street Suite 203, San Diego, CA 92108
 - This agency has five different programs designed to strengthen families and protect children: Community Services for Families, Maternal Housing Program, Behavioral Health Services, First 5 First Steps, and Communities in Action. Main office hours: Monday- Friday 8:30am-5:00pm. For more information, visit <https://home-start.org/>
- **New Alternatives, Inc | Residential and Foster Care:** (760) 839-8254
 - Operates residential foster care facilities and a foster care program for children and adolescents who have been temporarily removed from their homes because of abuse, neglect or abandonment and need an alternative family living.
- **St. Vincent de Paul Village Family Health Center:** (619) 645-6405 1501 Imperial Ave, San Diego, CA 92101
 - Provides comprehensive health services to the uninsured, homeless and medically indigent people in downtown San Diego. Services include case management, geriatrics, HIV screening, medical respite, oral health services, pediatrics, perinatal care, pharmacy/dispensary services, services in supportive housing, street outreach, substance abuse services, support/education services and vision services.
- **Storefront Youth Emergency Shelter:** 1(866)Place2Stay/752-2327 Available 7 days a week/24 hours a day
 - Youth emergency shelter for homeless and runaway youth ages 12-17 years. Provide night shelter, drop-in day center, case management, referrals and independent living skills.
- **YWCA Becky's House:** (619) 234-3164 Available 7 days a week/24 hours a day
 - Becky's House is a short term residential program for women, men and children in need of immediate protection from domestic violence. Programs including a 24-hour crisis hotline, emergency shelter, case management, housing coordination, rental assistance, employment support and children's services.
- **YWCA Cortez Hill Family Center:** (619) 542-1877 550 14th St. San Diego, CA 92101
 - Cortez Hill provides short-term, interim housing and services for low-income, single or dual parent families with children, focusing on stabilizing the family unit, increasing income, and securing permanent housing.
- **YMCA-Housing Programs- Contact Desiree Johnson (619) 640-9774 djohnson@ymcasd.org**
 - **YMCA – Turning Point-** Residential support to young adults ages 16-21 years old as well as those under 18 if legally emancipated currently experiencing homelessness or becoming homeless in the immediate future.

- **Tommie's Place-** Specialized location within the Turning Point Program that houses young adults who are pregnant or parenting infants and children up to 5 years old. Provides up to 18 months of housing and parenting skills training.
- **LGBTQ Safe Stay Wellness Center-** Program supports transition- aged youth (ages 18-24) facing homelessness or housing instability in the City of San Diego with a specific focus on supporting LGBTQ youth.
- **Housing Our Youth (HOY)-** Program provides specialized assistance to youth and young adults up to and including the age 24 years who are at risk or experiencing homelessness.
- **Urban Street Angels, INC: (619) 415-6616** 1404 Fifth Ave. San Diego, CA 92101
 - Providing supportive housing and job training opportunities as well as resources dedicated to feeding and supplying the homeless.

Legal Support

- **Legal Aid of San Diego: (877) 534-2524** 1764 San Diego Ave., San Diego, CA 92110
 - Free legal assistance for people living in San Diego County including legal help with Housing, Debt Collection, Repossession, Sales Contracts, Housing Discrimination, Family Law, Immigration, Federal Tax Problems, CalWorks/CalFresh/General Relief, Conservatorships, Restraining Orders, and SSI.
- **Disability Help Center: (619) 282-1761** 1833 Fourth Avenue, San Diego, CA 92101
 - Provides free legal support to individuals and families concerning any type of disability. For more details, visit <https://www.disabilityhelpcenter.org/>.
- **Family Justice Center: 1(866) 933-HOPE (4673) Local (619) 533-6000** 1122 Broadway, 2nd Floor San Diego, CA 92101
 - Resources for domestic violence, sexual assault cases, elder abuse, human trafficking and sex trafficking. Resources are provided via comprehensive, trauma informed, wraparound services. We are a public safety initiative launched by the City of San Diego to assist victims of family violence. We take phone calls and walk-ins from 8am-3:30pm. Able to provide clothes. .For more information, visit: <https://www.sandiego.gov/sandiegofamilyjusticecenter/>
- **Center for Community Solutions-Legal Services: (619) 697-7477 Hotline: (888) 385-4657** 4508 Mission Bay Dr., San Diego, CA 92109
 - Provides services to victims/survivors of domestic violence, sexual assault, and stalking. Legal Services Program offers support with restraining order preparation, family law processes, victim advocacy, and confidential address enrollment program.
 - Therapy (Individual and group) as well as providing adult/children shelters.
- **San Diego Volunteer Lawyer Program: (619) 235-5656** 707 Broadway, Suite 1400 San Diego, CA 92101
 - Restraining order, family law, HIV/AIDS Law, children & youth, landlord/tenant, microbusiness/non-profit, immigration and refugee support. Outside clinics for restraining orders in Vista (Include civil harassment) and El Cajon. Open M-F 8:30-5:00 PM. For more info, go to: <https://sdvlp.org/>.

Community Recreation for Youth and Families and other supports

- **City Heights Recreation Center: (619) 641-6125** 4380 Landis Street, San Diego, CA 92105
 - Recreation and Teen Center provides homework assistance, arts and crafts, video and table games and sport activities. Open Monday through Saturday from 10:00am to 6:45pm. Website: https://anc.apm.activecommunities.com/sdparkandrec/home?onlineSiteId=0&from_original_cui=true
- **Pauline Foster Teen Center: Phone (619) 236-5800** 330 Park Blvd., San Diego, CA 92101
 - Located on the Second Floor of the Central Library and includes two study rooms, a game room, 14 computers and a snack area all free of charge. Open Monday through Friday from 9:00am to 7:00pm.
- **The Salvation Army Kroc Center: (619) 287-5762** 6845 University Ave., San Diego, CA 92115
 - Salvation Army Ray & Joan Kroc Corps Community Center offers a variety of extracurricular programs for individuals and families of all ages including an ice arena, daycare, the health and wellness center, pools, library, academic tutoring, and climbing tower. Scholarships/reduced memberships available as well as emergency family resources for those who qualify. Open 7 days a week for varying hours; visit <https://sd.kroccenter.org/kroc-san-diego/> for hours of operation.
- **Reality Changers: (619) 516-2222** 4251 37th St San Diego, CA 92105

- *Reality Changers transforms lives by providing youth from disadvantaged backgrounds with the academic support, financial assistance, and leadership training to become college graduates.*
- **Project AWARE: (760) 828-7002** Groups are being facilitated virtually via zoom
 - *Program's Primary focus is emotional literacy skills, social development, and problem-solving. Workshops about earning the connection between the lack of emotional control, violence, and abuse. Helps find community-based resources for youths and their families who are facing problems.*
Use this link to sign up for the zoom Monday's and Friday's at 2 PM for the Community Restorative Circles: <https://projectawareenterprises.org/restorative-circles/> or use Meeting ID: 837 5944 5605 Passcode: 020366
- **Community Wraparound by Fred Finch Youth Center: (619) 797-1090** 8787 Complex Drive, Suite 300 San Diego, CA 92123
 - *Fred Finch Specialized Wraparound is a family-centered, community-based program that offers highly individualized mental health and behavioral services for youth and families referred by the San Diego Regional Center. These support services can include intensive care coordination with the family's extended team of providers, safety planning and crisis management, ongoing clinical assessments, direct behavioral and mental health treatment and intervention, and opportunities for psychotherapy and psychiatric and medication monitoring.*
 - *Children, youth and young adults between the ages of 5 -25 who are currently eligible*
 - *For more information, visit: <https://www.fredfinch.org/young-adult-services>*
- **Union of Pan Asian Communities (UPAC) Neighborhood Enterprise (NEC): (619) 232-6454** 1031 25th St. San Diego, CA 92105
 - *Program provides youth with vocational skill building and leadership workshops. NEC also provides opportunities for employment at the Neighborhood Café. UPAC recognizes the diverse ethnic and cultural identities and strengths of these communities and their need for self-sufficiency. Please call for workshop availability.*