

Community Connections: A Comprehensive Resource Guide



November 2023

Community Connections: A Comprehensive Resource Guide

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Introduction

The first South Bay Union School District (SBUSD) resource guide was developed prior to June 2001 as a collaborative endeavor of SBUSD staff and community partners, through the district's Reach Out to Families Resource Center. It was a passion project that intended to provide community members with information about the various resources available to them to meet existing needs. The resource guide was used for over a decade to support students, families, staff, and other community members in accessing community resources from within the district, the South County, and the larger San Diego County region. The last edition of the guide, the "Help for the Asking" Resource Guide to Community Services (3rd Edition), was produced in June 2001.

Today, a revised edition of the guide has been developed, Community Connections: A Comprehensive Resource Guide (4th Edition), along with an accompanying resource binder, Community Connections: Resources at a Glance. These tools were produced through the extensive time, planning, vision, and care of one dedicated graduate student intern from the School of Social Work at San Diego State University, and through the collaborative efforts of South Bay Union School District's Family Engagement and Support Team: Family Engagement Liaisons, Educational Social Workers, the district's Family Engagement and Support Coordinator, and the Reach Out to Families Resource Center's Community Activities Coordinator.

The 4th edition of the guide organizes community resource agencies by their service categories. A summary of each agency's contact information and their menu of services is also included. Agencies may be listed in more than one service category depending on the services provided. The guide does not attempt to describe all resources available to the community, nor is it an endorsement of any particular agency or related service.

Additional information about services available within the district can be obtained by contacting the Reach Out to Families Resource Center. We hope that the school community will find this guide a valuable tool in discovering and utilizing all of the resources the community has to offer.

Reach Out to Families Resource Center

1237 Elder Avenue
Imperial Beach, CA 91932
Phone: 619-628-5081

The Reach Out to Families Resource Center has been a little hidden gem of the community since it was established in 1995, just behind Central Elementary School. Serving the community for over two decades, the Reach Out to Families Resource Center has been a warm and welcoming community center that collaborates with community agency partners to provide SBUSD students and families with support and linkage to services. The Center utilizes an information and referral system that links school community members to agencies that provide assistance with resources and services, such as food, clothing, shoes, school supplies, health and dental care, counseling and mental health care, crisis intervention, educational support, and a variety of other basic needs. The Center is open daily from 8:00 AM - 3:00 PM and is staffed with district support and community agency staff that are available to assist all community members.

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Resources by Service Category

Alcohol and Drug Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Access & Crisis Line

Phone: 888-724-7240

Website: up2sd.org

Referrals to mental health services and **alcohol and substance use services**, crisis and suicide counseling, and mobile crisis response services. Available 24/7 in 200 different languages, including English/Spanish.

Al-Anon, Alateen

2667 Camino del Rio South, Suite 208
San Diego, CA 92108

866 Imperial Beach Boulevard
Imperial Beach, CA 91932

Phone: 619-296-2666

Website: alanonsandiego.org

For family members of alcoholics. Al-Anon is for spouses, adult relatives, and friends of alcoholics; Alateen is for adolescents of alcoholics. Meetings are held in various locations throughout the county; this the central number to call to locate where meetings are being held.

Alcoholics Anonymous (AA)

7075 Mission Gorge Road, Suite B
San Diego CA 92120

Phone (24-Hour Hotline): 619-265-8762

Phone (Spanish): 619-280-7224

Website: aasandiego.org

For those who wish to stop drinking. This is the central number to call to find out where AA meetings are held.

Adult Children of Alcoholics (ACA)

Phone: 619-287-7782

Website: sandiegoaca.org

Self-help information and support groups for those who grew up in alcoholic homes and wish to recover from the patterns they developed as a result.

American Indian Health Clinic

2630 1st Avenue

San Diego, CA 92103

Phone: 619-234-2158

Website: sdaihc.org

Provide medical and **substance abuse services**. Both well and sick babies are seen by appointment only. Patients are asked to sign an income statement indicating they are qualified for free services. Medical/dental, behavioral health wellness, youth programs.

CRASH Inc. (Community Resources and Self-Help)

Intake and Admissions

927 24th Street

San Diego, CA 92102

Phone: 619-233-8054

Email: intake@crashinc.org

Short Term I

4161 Marlborough Avenue

San Diego, CA 92105

Phone: 619-282-7274

Golden Hill House

2410 E Street

San Diego, CA 92102

Phone: 619-234-3346

Golden Hill House II

835 25th Street

San Diego, CA 92102

Phone: 619-239-9691

Website: <https://crashinc.org>

C.R.A.S.H. Inc. programs facilitate alcohol and other drug abuse prevention and rehabilitation by providing individuals and the community with a wide array of quality treatment, recovery, and educational services. Call or email Intake and Admissions first.

House of Metamorphosis

2970 Market Street
San Diego, CA 92102
Phone (Intake): 619-236-9217
Phone (Facilities): 619-236-9492
Website: houseofmetamorphosis.org

Residential substance abuse treatment program for men. Comprehensive services available.

Imperial Beach Community Clinic

Imperial Beach Health Center
949 Palm Avenue
Imperial Beach, CA 91932

Nestor Community Clinic
1016 Outer Road
San Diego, CA 92154

Phone: 619-429-3733
Email: info@ibclinic.org
Website: ibclinic.org

Medical, dental, prenatal, and behavioral health care. Nutrition education, **Medication-Assisted Treatment for opioid use disorder**, chiropractic care, and other services. Takes Medi-Cal, private insurance, and sliding scale payment for those who are uninsured.

MAAC Project

Nosotros Recovery Home
Phone: 619-426-4801
Email: nosotros@maacproject.org
Phone (Main): 619-426-3595
Website: maacproject.org

Casa de Milagros
Phone: 619-262-4002
Email: casademilagros@maacproject.org

Offers a variety of services throughout the County: Employment training, financial education, utility assistance programs, affordable housing communities, **residential substance use recovery programs**, and Head Start and child care programs for low-income children ages 0-5. **Nosotros is the men's recovery home and Casa de Milagros is the women's recovery home; both programs are bilingual English/Spanish.**

McAlister Institute

South Teen Recovery Center (Teen Outpatient)
629 3rd Avenue, Suite C
Chula Vista, CA 91910
Phone: 619-691-1045

Adolescent Residential Intake
Phone: 619-442-0277 Ext. 2202

South Bay Regional Recovery (Adult Outpatient)
1180 3rd Avenue, Suite C3
Chula Vista, CA 91911
Phone: 619-691-8164

South Bay Women's Recovery (Adult Outpatient)
2414 Hoover Avenue, Suite C
National City, CA 91950
Phone: 619-336-1226

Adult Residential Treatment & Detox
Phone: 619-465-7303

Phone (Main): 619-442-0277
Website: <http://mcalistereinstitute.org>

Inpatient and outpatient substance use treatment for adults and teenagers.

Neighborhood House Association

Phone: 858-715-2642
Email: info@neighborhoodhouse.org
Website: neighborhoodhouse.org

Multiservice agency that provides the following: Homework assistance, college preparation, nutrition services, senior center, adult day health care center for adults with disabilities, Black infant health program, outpatient mental health and **substance abuse treatment services**, coordinated HIV services, and financial counseling.

Nueva Vista Family Services

1161 Bay Boulevard, Unit B
Chula Vista, CA 91911
Phone: 619-585-7686

Outpatient mental health services and **substance use treatment for children and youth**. Sliding scale fee. English/Spanish.

Second Chance

Phone: 619-234-8888
Website: secondchanceprogram.org

Job readiness training program and **sober living housing**.

Sharp McDonald Center Detox and Residential

7989 Linda Vista Road

San Diego, CA 92111

Phone: 858-637-6920

Phone: 800-827-4277

Website: sharp.com/services/mental-health/substance-use

Substance abuse treatment including a day treatment program, extended residential treatment, Medication-Assisted Treatment, continuing care, and family care and counseling.

SMART Recovery San Diego

Website: smartrecoverysd.org

This is an alternative to the traditional 12-step programs to help people recover from alcohol/chemical dependence. Meetings held on Zoom and throughout San Diego County. Visit website for meeting information.

Youth Enhancement Services (YES)

1666 Precision Park Lane

San Ysidro, CA 92173

Phone: 619-428-5533

Website: syhealth.org/services/youth-enhancement-services-yes

San Ysidro Health program offering mental health services for children and adolescents. Individual, group, and family therapy; **substance use treatment**; psychiatric evaluations; and case management. Accepts Medi-Cal.

Counseling Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Access & Crisis Line

Phone: 888-724-7240

Website: up2sd.org

Referrals to **mental health services** and alcohol and substance use services, **crisis and suicide counseling**, and mobile crisis response services. Available 24/7 in 200 different languages, including English/Spanish.

American Cancer Society

5333 Mission Center Road, Unit 105

San Diego, CA 92108

Phone: 619-477-7195

Phone: 800-227-2345

Website: cancer.org

Provides information, guidance, **counseling, and crisis intervention for cancer patients and their families.**

American Indian Health Clinic

2630 1st Avenue

San Diego, CA 92103

Phone: 619-234-2158

Website: sdaihc.org

Provide medical and substance abuse services. Both well and sick babies are seen by appointment only. Patients are asked to sign an income statement indicating they are qualified for free services. Medical/dental, **behavioral health wellness**, youth programs.

Bayview Crisis Stabilization Unit

330 Moss Street

Chula Vista, CA 91911

Phone: 619-585-4221

Website: <https://paradisevalleyhospital.net/our-services/bayview-crisis-stabilization-unit/>

Emergency mental health walk-in clinic that provides mental health assessments, supportive services, and **coordinates treatment planning for those 18+** regardless of insurance status.

California Youth Crisis Line

Phone: 1-800-843-5200

24/7 emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff respond to calls with **crisis intervention counseling and resource referrals to low-cost service providers** in the caller's local community.

Center for Community Solutions*Coastal*

4508 Mission Bay Drive

San Diego, CA 92109

858-272-5777

East County

460 Magnolia Avenue, Suite 100

El Cajon, CA 92020

619-697-7477

Phone (24-Hour Crisis Hotline) 888-385-4657

Email: info@cssd.org

Website: cssd.org

Provides free, wrap-around services to empower survivors of relationship and sexual violence. Services include a crisis hotline, domestic violence shelters, **counseling**, legal services, safety planning, prevention education.

Chadwick Center for Children & Families (Rady Children's Hospital)

3665 Kearny Villa Road, Suite 500

San Diego, CA 92123

Phone: 858-966-4011

Website: chadwickcenter.org

Children's Advocacy Center. **Provides family-focused and trauma-informed services to children and adolescents** who may have experienced or witnessed maltreatment, abuse, or violence.

Home Start

5005 Texas Street, Suite 203
San Diego, CA 92108
Phone: 619-692-0727
Website: home-start.org

Wraparound services for vulnerable families with children, including food, housing, **therapy**, employment assistance, tax assistance, parenting classes, and maternity support services. English/Spanish. No fee.

Imperial Beach Community Clinic

Imperial Beach Health Center
949 Palm Avenue
Imperial Beach, CA 91932

Nestor Community Clinic
1016 Outer Road
San Diego, CA 92154

Phone: 619-429-3733
Email: info@ibclinic.org
Website: ibclinic.org

Medical, dental, prenatal, and **behavioral health care**. Nutrition education, Medication-Assisted Treatment for opioid use disorder, chiropractic care, and other services. Takes Medi-Cal, private insurance, and sliding scale payment for those who are uninsured.

National Alliance on Mental Illness (NAMI)

Phone (CALL HOPE): 833-842-4673
Phone (Warm Line): 800-523-5933 *Open 3:30 pm- 11:00 pm*
Website: namisandiego.org

A support and advocacy group with **information on care, treatment, and rehabilitation of persons with mental illness**. Meetings are held throughout the county and are in English and Spanish.

Neighborhood House Association

Phone: 858-715-2642
Email: info@neighborhoodhouse.org
Website: neighborhoodhouse.org

Multiservice agency that provides the following: Homework assistance, college preparation, nutrition services, senior center, adult day health care center for adults with disabilities, Black infant health program, **outpatient mental health** and substance abuse treatment services, coordinated HIV services, and financial counseling.

Nueva Vista Family Services

1161 Bay Boulevard, Unit B
Chula Vista, CA 91911
Phone: 619-585-7686

Outpatient mental health services and substance use treatment for children and youth. Sliding scale fee. English/Spanish.

Rady Children's Hospital - San Diego

3020 Children's Way
San Diego, CA 92123
Phone: 858-576-1700
Website: rchsd.org

Full service hospital for children, including medical/dental services and **counseling**. Social services are also available. Offices throughout the county as well as the main hospital.

San Diego Center for Children

3002 Armstrong Street
San Diego, CA 92111
Phone: 858-277-9550
Website: centerforchildren.org

The center operates a number of outpatient and short-term residential treatment centers for children of all ages with mental, emotional, and/or behavioral disorders. Family involvement is an important part of the treatment program. Medi-Cal and private insurance accepted. English/Spanish.

San Diego Regional Center

4355 Ruffin Road
San Diego, CA 92123
Telephone: 858-576-2996
Website: sdrc.org

Provides service coordination for those with developmental disabilities and their families. Services may include early childhood intervention, nutrition services, medical services, counseling, transportation, and respite care.

San Ysidro Health Center

4004 Beyer Boulevard
San Diego, CA 92173
Phone: 619-662-4100
Website: syhealth.org

Offers outpatient healthcare for adults and children, including behavioral health services, podiatry, optometry, and adult dentistry. **Behavioral health services include short-term individual therapy, family and group therapy, mental health evaluation, crisis intervention, and medication management.** Accepts Medi-Cal; sliding scale fee discount program available. English/Spanish. Call or text to schedule an appointment.

South Bay Community Services

430 F Street
Chula Vista, CA 91910
Phone: 619-349-0288
Phone (24-Hour Hotline): 800-640-2933
Website: sbcssandiego.org

Services include domestic violence shelter and support groups for victims, children, and perpetrators of domestic violence; **individual and family counseling**; employment services for youth; and runaway and homeless youth shelter. Takes Medi-Cal. English/Spanish.

South Bay Guidance Wellness Recovery Center

1196 3rd Street, Suite C
Chula Vista, CA 91911
619-427-4661

An outpatient clinic providing therapy and case management for adults on an individual or group basis. Diagnostic evaluation and medication prescribed as needed. Takes Medi-Cal, sliding fee scale for those who are uninsured. English/Spanish.

YMCA of San Diego County - Youth & Family Services

Border View Family
3601 Arey Drive
San Diego, CA 92154
Phone: 619-428-9622
Email: counselingservices@ymcasd.org
Website: ymcasd.org/behavioral-and-mental-health-services

Counseling services, individual and family therapy, couples counseling, support groups, workplace training sessions, and more. English/Spanish, available both online and in-person.

Youth Enhancement Services (YES)

1666 Precision Park Lane

San Ysidro, CA 92173

Phone: 619-428-5533

Website: syhealth.org/services/youth-enhancement-services-yes

San Ysidro Health program offering mental health services for children and adolescents. **Individual, group, and family therapy**; substance use treatment; psychiatric evaluations; and case management. Accepts Medi-Cal.

Crisis Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Access & Crisis Line

Phone: 888-724-7240

Website: up2sd.org

Referrals to mental health services and alcohol and substance use services, **crisis and suicide counseling, and mobile crisis response services**. Available 24/7 in 200 different languages, including English/Spanish.

American Red Cross

Phone: 858-309-1200

Phone (24-Hour Hotline): 855-891-7325

Website: redcross.org

Emergency assistance for families suffering losses due to disaster, emergency communication for military families and veterans, health and safety education. Also offered are children's services, youth activities, service to military families, nursing programs, disaster preparedness, adult, infant and child CPR, babysitting training, standard, progressive, and advanced first aid. Fees for classes.

Bayview Crisis Stabilization Unit

330 Moss Street

Chula Vista, CA 91911

Phone: 619-585-4221

Website: <https://paradisevalleyhospital.net/our-services/bayview-crisis-stabilization-unit/>

Emergency mental health walk-in clinic that provides mental health assessments, supportive services, and coordinates treatment planning for those 18+ regardless of insurance status.

California Youth Crisis Line

Phone (24-Hour Hotline): 800-843-5200

24/7 emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff respond to calls with **crisis intervention counseling** and resource referrals to low-cost service providers in the caller's local community.

Center for Community Solutions

Coastal

4508 Mission Bay Drive
San Diego, CA 92109
858-272-5777

East County

460 Magnolia Avenue, Suite 100
El Cajon, CA 92020
619-697-7477

Phone (24-Hour Crisis Hotline) 888-385-4657

Email: info@cssd.org

Website: cssd.org

Provides free, wrap-around services to empower survivors of relationship and sexual violence. Services include a **crisis hotline**, domestic violence shelters, counseling, legal services, safety planning, prevention education.

Poison Control

Phone: 800-222-1222

Website: poison.org

This 24-hour hotline provides help in poison emergencies. Staff will also answer questions regarding potentially poisonous substances such as plants and flowers. No fee. English/Spanish. Help is available via phone and online.

Culturally-Specific Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

American Indian Health Clinic

2630 1st Avenue

San Diego, CA 92103

Phone: 619-234-2158

Website: sdaihc.org

Provide medical and substance abuse services. Both well and sick babies are seen by appointment only. Patients are asked to sign an income statement indicating they are qualified for free services. Medical/dental, behavioral health wellness, youth programs.

Chicano Federation

3180 University Avenue, Suite 400

San Diego, CA 92104

Phone: 619-285-5600

Email: info@chicanofederation.org

Website: chicanofederation.org

Home-based parent education for parents of children aged 0-5, childcare, services for children with disabilities, affordable housing, and resource referrals.

Jewish Family Services - Immigration Support

Phone: 858-637-3365

Email: immigration@jfssd.org

Website: <https://www.jfssd.org/our-services/refugees-immigration>

Free legal services for low-income individuals, assistance with DACA, green cards, citizenship classes. English/Spanish.

Mexican Consulate

1549 India Street
San Diego, CA 92101
Phone: 619-231-8414

Legal, visa, health support services.

Mexican-American Opportunity Foundation

San Ysidro Early Learning Center
1901 Del Sur Boulevard (1st Floor)
San Ysidro, CA 92173
Phone: 619-621-2525

Dionicio Morales Child Development Center
2453 Fenton Street
Chula Vista, CA 91911
Phone: 619-421-3940

Website: maof.org

Free childcare for children ages 1-5 from low-income families.

San Diego International Birthing Project

Phone: 619-727-3305
Email: sdibp@yahoo.com
Website: sdibpmothersnbabies.com

Support and advocacy for **African American women and women of color** obtaining prenatal care through an adult “sister friend.”

Tribal TANF

La Mesa Office
8100 La Mesa Boulevard, Suite 100
La Mesa, CA 91942
Phone: 866-913-3725
Website: sctca.net/tribal-tanf

Assistance for American Indians and Alaskan Natives, including: Cash assistance, child care stipends, transportation reimbursement, career development, financial assistance for education and employment expenses, educational support, youth mentorship, and referrals to services.

Union of Pan Asian Communities (UPAC)

1031 25th Street
San Diego, CA 92102
Phone: 619-232-6454
Website: upacsd.com

Provides counseling services, a drug/alcohol treatment center, housing counseling and classes, and other social services to the Asian-American and Pacific Islander community. Interpreters available.

Urban League of San Diego County

4305 University Avenue, Suite 360
San Diego, CA 92105
Phone: 619-263-3115
Website: sdul.org

Housing assistance, **youth development program for Black and Brown youth**, prison reentry wrap-around services, first time home buyers program, and job opportunities.

Disability Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Aging & Independent Services (AIS) (Health and Human Services Agency)

Phone (AIS Call Center): 800-339-4661

Website: sandiegocounty.gov/content/sdc/hhsa/programs/ais/Persons-Living-with-Disabilities

Information and referrals for meals (Meals on Wheels), in-home care services, legal services, day care, and transportation for seniors and **people with disabilities**. Contact the AIS Call Center for service coordination.

Armed Services YMCA

3293 Santo Road

San Diego, CA 92124

Phone: 858-751-5755

Website: sandiego.asymca.org

Social workers and respite programs for military families. **Special education assistance for military families.**

At Your Home Familycare

4747 Viewridge Avenue, Suite 106

San Diego, CA 92123

Phone: 858-625-0406

Website: atyourhomefamilycare.com

Non-medical in-home support services, project care, security, and other services for seniors and **people with disabilities (adults and children)**.

Chicano Federation

3180 University Avenue, Suite 400

San Diego, CA 92104

Phone: 619-285-5600

Email: info@chicanofederation.org

Website: chicanofederation.org

Home-based parent education for parents of children aged 0-5, childcare, **services for children with disabilities**, affordable housing, and resource referrals.

Exceptional Family Resource Center

6367 Alvarado Ct. Suite 350

San Diego, CA 92120

Phone: 619-594-7416

Website: <https://efrconline.org>

Support services for parents of disabled children including parent training, parent support groups, information and referrals. Services are for all San Diego County residents.

Hope Infant Family Support Program

Phone: 619-594-7416

Website: sdcoe.net/schools/hope

This free program is part of the San Diego County Office of Education. It offers **evaluation and educational services to children ages 0-3 with disabilities and their families**. Referrals are coordinated through the Exceptional Family Resource Center.

Neighborhood House Association

Phone: 858-715-2642

Email: info@neighborhoodhouse.org

Website: neighborhoodhouse.org

Multiservice agency that provides the following: Homework assistance, college preparation, nutrition services, senior center, **adult day health care center for adults with disabilities**, Black infant health program, outpatient mental health and substance abuse treatment services, coordinated HIV services, and financial counseling.

San Diego Center for the Blind

5922 El Cajon Boulevard

San Diego, CA 92115

Phone: 619-583-1542

Email: info@sdcb.org

Website: sdcb.org

Services for people who are blind, including independent living skills classes (transportation included), Braille classes, and counseling for adjustment to vision loss. Accepts Medicare and Medi-Cal. Also offers community education and outreach, and an assistive technology store.

San Diego Regional Center

4355 Ruffin Road
San Diego, CA 92123
Telephone: 858-576-2996
Website: sdrc.org

Provides service coordination for those with developmental disabilities and their families. Services may include early childhood intervention, nutrition services, medical services, counseling, transportation, and respite care.

Social Security Administration

626 L Street
Chula Vista, CA 91911
Phone: 888-487-9907
Website: ssa.gov

Issues social security cards and retirement claims; eligibility and claims for disability benefits for adults and children, including Supplemental Security Income (SSI). No fees. Multiple languages.

South County SELPA

680 L Street, Suite E
Chula Vista, CA 91911
Phone: 619-470-5252
Website: <https://www.sdcoe.net/special-populations/selpas/scselpa>

Coordinates special education program development and student placements for students in the South Bay Union School District, ages 0-22. Also provides information and resources for families and caregivers for students with disabilities.

The Arc of San Diego

The Sol and Ruth Gerber Family Center
1280 Nolan Avenue
Chula Vista, CA 91911
Phone: 619-427-7524
Phone (Program Information): 619-685-1175
Email: info@arc-sd.com
Website: arc-sd.com

Services for children and adults with developmental disabilities and their families. Site and community-based skills training for life, academic, social, and vocational skills; physical wellness training; day programs. Financial assistance available.

Early Childhood (Ages 0-5) Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

California Healthy Families (SCHIP)

Phone: 800-880-5305

Website: benefits.gov/benefit/1596

Low-cost health, dental, and vision insurance for children without insurance who do not qualify for free Medi-Cal. Must be a California resident.

Chicano Federation

3180 University Avenue, Suite 400

San Diego, CA 92104

Phone: 619-285-5600

Email: info@chicanofederation.org

Website: chicanofederation.org

Home-based parent education for parents of children aged 0-5, childcare, services for children with disabilities, affordable housing, and resource referrals.

Child Development Associates

Bonita Office

180 Otay Lakes Road, Suite 300

Bonita, CA 91902

Phone: 619-427-4411

Website: cdasd.org

Kearny Mesa Office

5473 Kearny Villa Road, Suite 350

San Diego, CA 92123

Provides **affordable child care services** to eligible families. Applicants will be placed on a waiting list and taken according to lowest income first.

Child Health and Disability Prevention Program (CHDP)

3851 Rosecrans Street #522

San Diego, CA 92110

Phone: 619-692-8808

Website: www.dhcs.ca.gov/services/chdp

CHDP programs assist low-income families in accessing preventative healthcare and services. CHDP Gateway links eligible children to ongoing healthcare coverage through Medi-Cal.

Child Protective Services (CPS)

Child Abuse Hotline: 858-560-2191 or 800-344-6000

Automated 24-hour hotline to report child abuse in English or Spanish.

Foster Care Information and Licensing: 866-262-9881

Provides information, guidelines, and support to become a foster parent.

Ombudsperson: 877-846-1602

The ombudsperson is dedicated to serving foster youth in California by investigating and resolving complaints about foster youth rights, care, placement, and services.

Child Support Enforcement: 858-694-3900

Locate noncustodial parents; establish paternity; establish and enforce child support orders; modify orders when appropriate; collect and disburse child support payments; and referrals for employment, education, and childcare services.

Head Start

Neighborhood House Association

Phone: 888-873-5145

Website: neighborhoodhouse.org/nha-programs/head-start

Episcopal Community Services

401 Mile of Wars Way, Suite 350

National City, CA 91950

Phone: 619-228-2800

Website: ecsheadstart.org

Phone (to apply): 619-422-1642

Website: headstartca.org

Free educational childcare programs for children ages 0-5 from low-income families. Wraparound services to families.

Home Start

5005 Texas Street #203
San Diego, CA 92108
Phone: 619-692-0707
Website: home-start.org

Wraparound services for vulnerable families with children, including food, housing, therapy, employment assistance, tax assistance, parenting classes, and maternity support services. English/Spanish. No fee.

Hope Infant Family Support Program

Phone: 619-594-7416
Website: sdcoe.net/schools/hope

This free program is part of the San Diego County Office of Education. It offers evaluation and educational services to children ages 0-3 with disabilities and their families. Referrals are coordinated through the Exceptional Family Resource Center.

Jewish Family Services - Adolescent Family Life Program

Phone: 858-336-3710
Email: aflp@jfssd.org
Website: <https://www.jfssd.org/our-services/adults-families/adolescent-family-life-program/>

Comprehensive case management to expectant and parenting youth ages 21 and younger. Free. English/Spanish.

MAAC Project

Phone (Main): 619-426-3595
Phone (Head Start & Child Care): 760-471-4210
Website: maacproject.org

Offers a variety of services throughout the County: Employment training, financial education, utility assistance programs, affordable housing communities, residential substance use recovery programs, and **Head Start and child care programs for low-income children ages 0-5.**

Mexican-American Opportunity Foundation

San Ysidro Early Learning Center
1901 Del Sur Boulevard (1st Floor)
San Ysidro, CA 92173
Phone: 619-621-2525

Dionicio Morales Child Development Center
2453 Fenton Street
Chula Vista, CA 91911
Phone: 619-421-3940

Website: maof.org

Free childcare for children ages 1-5 from low-income families.

Neighborhood House Association

Phone: 858-715-2642
Email: info@neighborhoodhouse.org
Website: neighborhoodhouse.org

Multiservice agency that provides the following: Homework assistance, college preparation, nutrition services, senior center, adult day health care center for adults with disabilities, **Black infant health program**, outpatient mental health and substance abuse treatment services, coordinated HIV services, and financial counseling.

Perinatal Care Network (Health and Human Services Agency)

Phone: 800-675-2229
Website: sandiegocounty.gov/content/sdc/hhsa/programs/phs/perinatal_care_network

Help new and expectant parents locate doctors; access medical, dental, and mental health care during pregnancy; get transportation to appointments; apply for WIC; and access resources.

Promises2Kids

9400 Ruffin Court, Suite A
San Diego, CA 92123
Phone: 858-278-4400
Phone (Polinsky Children's Center): 858-514-4600
Email: info@promises2kids.org
Website: promises2kids.org

Summer camps for foster children, college scholarships for foster youth, funds for foster youth. Also operates the Polinsky Children's Center, which houses children who are removed by the police or Child Welfare Services.

WIC (Women, Infants, and Children)*San Ysidro Health*

Phone: 888-942-7942

Red Cross

Phone: 800-500-6411

Scripps

Phone: 619-260-3400

SDSU Foundation

Phone: 888-999-6897

Website: sdwic.com

WIC is a nutrition program for pregnant people and caregivers of children ages 0-5 that offer nutrition education, money for food, breastfeeding support, and community resource referrals. Call the above or visit the website to make an appointment with your local WIC office.

YMCA Childcare Resource Service

Phone: 800-481-215

Email: myreferral@ymcasd.orgWebsite: ymcasd.org/community-support/childcare-resource-service

Provides free referrals to licensed childcare in San Diego County.

Educational Support Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Casa Familiar

119 W. Hall

San Ysidro, CA 92173

Phone: 619-428-1115

Email: info@casafamiliar.org

Website: casafamiliar.org

Housing referrals and services, passport applications, SENTRI and Global Entry application assistance, public benefits enrollment assistance, translation services and emergency services, income taxes, financial opportunities, affordable housing, advocacy, youth programs, employment and career coaching, educational workshops, **homework assistance**, and community outreach.

Neighborhood House Association

Phone: 858-715-2642

Email: info@neighborhoodhouse.org

Website: neighborhoodhouse.org

Multiservice agency that provides the following: **Homework assistance**, **college preparation**, nutrition services, senior center, adult day health care center for adults with disabilities, Black infant health program, outpatient mental health and substance abuse treatment services, coordinated HIV services, and financial counseling.

Promises2Kids

9400 Ruffin Court, Suite A

San Diego, CA 92123

Phone: 858-278-4400

Phone (Polinsky Children's Center): 858-514-4600

Email: info@promises2kids.org

Website: promises2kids.org

Summer camps for foster children, **college scholarships for foster youth**, funds for foster youth. Also operates the Polinsky Children's Center, which houses children who are removed by the police or Child Welfare Services.

Salvation Army*Chula Vista Corps*

648 3rd Avenue

Chula Vista, CA 91910

Phone: 619-422-7027

Website: chulavista.salvationarmy.org

A multipurpose agency that provides aid including food, shelter, bill pay assistance, employment assistance, senior services, educational and recreational activities, and youth programs including **homework assistance** and recreation. No fee. English/Spanish.

San Diego Public Library*San Ysidro Branch*

4235 Beyer Boulevard

San Diego, CA 92173

Phone: 619-424-0475

Otay Mesa/Nestor Branch

3003 Coronado Avenue

San Diego, CA 92154

Phone: 619-424-0474

Website: sandiego.gov/public-library

Loans books to library card holders, community events, **homework assistance**, free WiFi, computers for public use.

Southwestern College*Higher Education Center*

460 West San Ysidro Boulevard

San Ysidro, CA 92173

Phone: 619-216-6790

Website: swccd.edu

Offers the traditional 2-year Associate of Arts degree, as well as a variety of employment training programs, special “self-improvement” classes, and workshops for the general community.

Sweetwater Union High School District - Adult Education

San Ysidro Adult School
4220 Otay Mesa Road
San Ysidro, CA 92173
Phone: 619-428-7200

Montgomery Adult School
3240 Palm Avenue
San Diego, CA 92154
Phone: 619-600-3800

National City Adult School
517 Mile of Cars Way
National City, CA 91950
Phone: 619-336-9400

Chula Vista Adult School
1034 4th Avenue
Chula Vista, CA 91911
Phone: 619-796-7000

Website: adulthoodeducation.sweetwaterschools.org

Offers continuing education for adults: high school equivalency, vocational and technical, English as a Second Language.

Employment Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Always Ready

750 Otay Road, #259

Chula Vista, California. 91910

Phone: 619-980-9665

Email: info@alwaysreadysd.org

Website: alwaysreadysd.org

Self-sufficiency program for veteran, justice-involved, and homeless men and women. Provides **work and life skill coaching, assistance with professional attire**, and referrals to other programs.

Casa Familiar

119 W. Hall

San Ysidro, CA 92173

Phone: 619-428-1115

Email: info@casafamiliar.org

Website: casafamiliar.org

Housing referrals and services, passport applications, SENTRI and Global Entry application assistance, public benefits enrollment assistance, translation services and emergency services, income taxes, financial opportunities, affordable housing, advocacy, youth programs, **employment and career coaching**, educational workshops, homework assistance, and community outreach.

Home Start

5005 Texas Street #203

San Diego, CA 92108

Phone: 619-692-0707

Website: home-start.org

Wraparound services for vulnerable families with children, including food, housing, therapy, **employment assistance**, tax assistance, parenting classes, and maternity support services. English/Spanish. No fee.

MAAC Project

Phone (Main): 619-426-3595

Phone (Head Start & Child Care): 760-471-4210

Website: maacproject.org

Offers a variety of services throughout the County: **Employment training**, financial education, utility assistance programs, affordable housing communities, residential substance use recovery programs, and Head Start and child care programs for low-income children ages 0-5.

Salvation Army

Chula Vista Corps

648 3rd Avenue

Chula Vista, CA 91910

Phone: 619-422-7027

Website: chulavista.salvationarmy.org

A multipurpose agency that provides aid including food, shelter, bill pay assistance, **employment assistance**, senior services, educational and recreational activities, and youth programs including homework assistance and recreation. No fee. English/Spanish.

San Diego Job Corps Center

1325 Iris Street

Imperial Beach, CA 91932

Telephone: 619-429-8500

Website: sandiego.jobcorps.gov

2-year residential training program for low-income youth ages 16-24. Provides **job training**, GED and college courses, medical and dental services, and counseling.

San Diego Workforce Partnership

South County Career Center

1111 Bay Boulevard, Suite E

Chula Vista, CA 91911

Phone: 619-319-9675

Email: hello@workforce.org

Website: workforce.org

One-stop center for assessment, job training, and placement. Free for everyone 16+.

Second Chance

Phone: 619-234-8888

Website: secondchanceprogram.org

Job readiness training program and sober living housing.

South Bay Community Services

430 F Street

Chula Vista, CA 91910

Phone: 619-349-0288

Phone (24-Hour Hotline): 800-640-2933

Website: sbcssandiego.org

Services include domestic violence shelter and support groups for victims, children, and perpetrators of domestic violence; individual and family counseling; **employment services for youth**; and Runaway and Homeless youth shelter. Takes Medi-Cal. English/Spanish.

Southwestern College

Higher Education Center

460 West San Ysidro Boulevard

San Ysidro, CA 92173

Phone: 619-216-6790

Website: swccd.edu

Offers the traditional 2-year Associate of Arts degree, as well as a variety of **employment training programs**, special “self-improvement” classes, and workshops for the general community.

Urban League of San Diego County

4305 University Avenue, Suite 360

San Diego, CA 92105

Phone: 619-263-3115

Website: sdul.org

Housing assistance, youth development program for Black and Brown youth, prison reentry wrap-around services, first time home buyers program, and **job opportunities**.

Financial Assistance Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

CalWORKs (Health and Human Services Agency)

South Region Live Well Center

690 Oxford Street

Chula Vista, CA 91911

Phone (Access): 866-262-9881

Website: benefitscal.com

Cash aid program for low income families to meet their basic needs, such as housing, food, and utilities. Apply online, by calling Access, or in-person at the Family Resource Center at the Live Well Center.

Casa Familiar

119 W. Hall

San Ysidro, CA 92173

Phone: 619-428-1115

Email: info@casafamiliar.org

Website: casafamiliar.org

Housing referrals and services, passport applications, SENTRI and Global Entry application assistance, **public benefits enrollment assistance**, translation services and emergency services, **income taxes, financial opportunities**, affordable housing, advocacy, youth programs, employment and career coaching, educational workshops, homework assistance, and community outreach.

Employment Development Department (State of California)

Phone: 800-300-5616

Website: edd.ca.gov/ui_online

Unemployment benefits.

MAAC Project

Phone (Main): 619-426-3595

Phone (Head Start & Child Care): 760-471-4210

Website: maacproject.org

Offers a variety of services throughout the County: Employment training, **financial education, utility assistance programs**, affordable housing communities, residential substance use recovery programs, and Head Start and child care programs for low-income children ages 0-5.

Salvation Army

Chula Vista Corps

648 3rd Avenue

Chula Vista, CA 91910

Phone: 619-422-7027

Website: chulavista.salvationarmy.org

A multipurpose agency that provides aid including food, shelter, **bill pay assistance**, employment assistance, senior services, educational and recreational activities, and youth programs including homework assistance and recreation. No fee. English/Spanish.

Social Security Administration

626 L Street

Chula Vista, CA 91911

Phone: 888-487-9907

Website: ssa.gov

Issues social security cards and retirement claims; eligibility and claims for disability benefits for adults and children, including Supplemental Security Income (SSI). No fees. Multiple languages.

Food and Clothing Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Catholic Charities

Phone: 619-287-1270

Website: ccdsd.org

DACA, **emergency food distribution**, U.S. Citizenship services, and disaster awareness.

CalFresh (Health and Human Services Agency)

South Region Live Well Center

690 Oxford Street

Chula Vista, CA 91911

Phone (Access): 866-262-9881

Website: getcalfresh.org

Financial assistance to purchase food for low-income families and individuals. Apply online, by calling Access, or in-person at the Family Resource Center at the Live Well Center.

Community Christian Service Agency

Clairemont

4167 Rappahannock Avenue

San Diego, CA 92117

Phone: 858-274-2271

Website: ccsasandiego.org

Pacific Beach

1675 Garnet Avenue

Pacific Beach, CA 92109

Phone: 858-272-0163

Emergency food, layettes for newborns, clothing for all ages (available on a limited basis), day passes for transportation to medical appointments and job interviews, ID Vouchers for assistance in obtaining a California ID card, and resource counseling (limited availability).

Father Joe's Villages (St. Vincent de Paul Village)

1501 Imperial Avenue
San Diego, CA 92101
Phone: 619-233-8500
Website: my.neighbor.org

Provides shelter, **meals**, and clothing for those experiencing homelessness.

Feeding San Diego*Project 1:1*

633 9th Street
Imperial Beach, CA 91932
Phone: 619-777-6723
Mo/We/Fr/Sa/Su by appointment only

San Diego South Bay SDA Church

2161 Avenida Del Mexico
Chula Vista, CA 92154
1st and 3rd Thu of the month 10AM - 12 PM

Life Acts/Life Christian Center

7015 Alamos Avenue
San Diego, CA 92154
Phone: 619-585-3638
Saturdays from 9 AM - 11 AM or until supplies run out

Website: feedingsandiego.org

Food distribution throughout the County. Visit website for other locations.

Lutheran Social Services Southern California*Food Pantry*

580 Hilltop Drive
Chula Vista, CA 91910
Phone: 619-425-4061

9655 Granite Ridge Drive #200
San Diego, CA 92123
Phone: 858-483-4005

Email: sdinfo@lsssc.org

Website: lsssc.org

Senior care services, **food pantry**, housing counseling, financial literacy education, and referrals to other services. **On the 2nd Friday of each month, there is a drive through/walk-up food pantry from 9-11am, or until food runs out.**

Mama's Kitchen

Phone: 619-233-6262

Phone (Client Services): 619-314-5789

Delivery of medically-tailored meals to homes for patients with dietary needs related to medical conditions, including HIV, cancer, congestive heart failure, type 2 diabetes, chronic kidney disease. Also delivers **nutritious meals for the children of patients receiving medically-tailored meals**. Referrals must be completed by a medical case manager, social worker, or healthcare provider.

Metro Good Neighbor Center

Christ Ministry Center (United Methodist Church)

3295 Meade Avenue

San Diego, CA 92116

Phone: 619-546-9226

Website: cummc.org

Provides emergency food.

Salvation Army

Chula Vista Corps

648 3rd Avenue

Chula Vista, CA 91910

Phone: 619-422-7027

Website: chulavista.salvationarmy.org

A multipurpose agency that provides aid including **food**, shelter, bill pay assistance, employment assistance, senior services, educational and recreational activities, and youth programs including homework assistance and recreation. No fee. English/Spanish.

San Diego Food Bank

Imperial Beach Neighborhood Center

455 Palm Avenue

Imperial Beach, CA 91932

3rd Thursday of the Month 9 AM - 11 AM

Hearts & Hands Working Together

663 E San Ysidro Boulevard

San Ysidro, CA 92173

Monday - Friday 3 PM - 5:30 PM

Phone: 866-350-3663

Website: sandiegofoodbank.org

Monthly food packages to low-income individuals and families. Hours for food banks vary and some locations may be closed on certain days. Other locations throughout the County. Call or visit the website to find a nearby location.

WIC (Women, Infants, and Children)

San Ysidro Health

Phone: 888-942-7942

Red Cross

Phone: 800-500-6411

Scripps

Phone: 619-260-3400

SDSU Foundation

Phone: 888-999-6897

Website: sdwic.com

WIC is a nutrition program for pregnant people and caregivers of children ages 0-5 that offer **nutrition education, money for food**, breastfeeding support, and community resource referrals. Call the above or visit the website to make an appointment with your local WIC office.

Health Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

AIDS Healthcare Foundation (AHF) Center

3580 Fifth Avenue (2nd Floor)

San Diego, CA 92103

Phone: 619-516-8931

Website: hivcare.org

HIV testing and treatment, STD testing.

American Cancer Society

5333 Mission Center Rd, Unit 105

San Diego, CA 92108

Phone: 619-477-7195

Phone: 800-227-2345

Website: cancer.org

Provides information, guidance, counseling, and crisis intervention for cancer patients and their families.

American Heart Association

Phone: 800-242-8721

Phone: 858-410-3850 Ext. 0

Website: heart.org

Provides information regarding heart disease.

American Indian Health Clinic

2630 1st Avenue

San Diego, CA 92103

Phone: 619-234-2158

Website: sdaihc.org

Provide medical and substance abuse services. Both well and sick babies are seen by appointment only. Patients are asked to sign an income statement indicating they are qualified for free services. **Medical/dental**, behavioral health wellness, youth programs.

Arthritis Foundation

Phone: 800-283-7800

Website: arthritis.org

Offers mass consumer education, provides literature and referral lists for **people with arthritis**, self-help, support groups, nutrition, and exercise programs on water and land.

California Healthy Families (SCHIP)

Phone: 800-880-5305

Website: benefits.gov/benefit/1596

Low-cost health, dental, and vision insurance for children without insurance who do not qualify for free Medi-Cal. Must be a California resident.

Child Health and Disability Prevention Program (CHDP)

3851 Rosecrans Street #522

San Diego, CA 92110

Phone: 619-692-8808

Website: www.dhcs.ca.gov/services/chdp

CHDP programs assist low-income families in accessing **preventative healthcare and services**. CHDP Gateway links eligible children to **ongoing healthcare coverage** through Medi-Cal.

Children's Dental Association

Children's Dental Health Center

1270 24th Street

San Diego, CA 92102

Phone: 619-234-8131

Website: info@childrensdentalhealth.org

Website: childrensdentalhealth.org

Provides low-cost **dental care** to children ages 1-20. Medi-Cal and reduced cost private pay. Provides **orthodontic services** at a reduced cost, or will refer out to an orthodontist who takes Medi-Cal.

Health and Human Services Agency (HHSA) - Live Well Center

South Region Live Well Center

690 Oxford Street

Chula Vista, CA 91911

Phone: 619-409-3110

Phone (Immunization Unit): 866-358-2966

Website: sandiegocounty.gov/content/sdc/hhsa

The Public Health Center at the Live Well Center provides a **daily immunization clinic, TB testing and treatment, and STD testing and treatment** for low/no cost. Call the Immunization Unit for information about vaccines. The Family Resource Center at the Live Well Center provides support in Medi-Cal eligibility and applications. Information about other available services is also available at the Centers.

Hospitals

Sharp Chula Vista Medical Center

751 Medical Center Court

Chula Vista, CA 91911

Phone: 619-502-5800

Sharp Coronado Hospital

250 Prospect Place

Coronado, CA 92118

Phone: 619-522-3600

Scripps Mercy Hospital San Diego

4077 5th Avenue

San Diego, CA 92103

Phone: 619-294-8111

UCSD Medical Center

200 W Arbor Drive

San Diego, CA 92103

Phone: 858-657-7000

Scripps Mercy Hospital Chula Vista

435 H Street

Chula Vista, CA 91910

Phone: 858-260-7825

Imperial Beach Community Clinic

Imperial Beach Health Center

949 Palm Avenue

Imperial Beach, CA 91932

Nestor Community Clinic

1016 Outer Road

San Diego, CA 92154

Phone: 619-429-3733

Email: info@ibclinic.org

Website: ibclinic.org

Medical, dental, prenatal, and behavioral health care. Nutrition education, Medication-Assisted Treatment for opioid use disorder, chiropractic care, and other services. Takes Medi-Cal, private insurance, and sliding scale payment for those who are uninsured.

Lions Optometric Vision Clinic

Blind Community Center

1805 Upas Street

San Diego, CA 92193

Phone: 619-298-5273

Website: lionsvisionclinic.org

Low-cost **eye exam and glasses** for low-income individuals without vision insurance and active duty military personnel and their dependents.

Neighborhood House Association

Phone: 858-715-2642

Email: info@neighborhoodhouse.org

Website: neighborhoodhouse.org

Multiservice agency that provides the following: Homework assistance, college preparation, nutrition services, senior center, adult day health care center for adults with disabilities, **Black infant health program**, outpatient mental health and substance abuse treatment services, **coordinated HIV services**, and financial counseling.

Poison Control

Phone: 800-222-1222

Website: poison.org

This 24-hour hotline provides help in poison emergencies. Staff will also answer questions regarding potentially poisonous substances such as plants and flowers. No fee. English/Spanish. Help is available via phone and online.

Planned Parenthood

Chula Vista Health Center

1295 Broadway #201

Chula Vista, CA 91911

Phone: 888-743-7526

Website: plannedparenthood.org

Many offices/clinics located throughout the County. **Reproductive health care** is provided for both men and women including pap smears, birth control methods, vasectomy, breast exams, HIV/AIDS testing, pregnancy testing, and other related services. Accepts Medi-Cal, private insurance, and private pay. Telehealth available for some services. Make an appointment online or by calling the number listed.

Perinatal Care Network (Health and Human Services Agency)

Phone: 800-675-2229

Website: sandiegocounty.gov/content/sdc/hhsa/programs/phs/perinatal_care_network

Help new and expectant parents locate doctors; access **medical, dental**, and mental health care during pregnancy; get transportation to appointments; apply for WIC; and access resources.

Rady Children's Hospital - San Diego

3020 Children's Way

San Diego, CA 92123

Phone: 858-576-1700

Website: rchsd.org

Full service hospital for children, including **medical/dental services** and counseling. Social services are also available. Offices throughout the county as well as the main hospital.

San Ysidro Health Center

4004 Beyer Boulevard

San Diego, CA 92173

Phone: 619-662-4100

Website: syhealth.org

Offers **outpatient healthcare** for adults and children, including behavioral health services, **podiatry**, **optometry**, and **adult dentistry**. Behavioral health services include short-term individual therapy, family and group therapy, mental health evaluation, crisis intervention, and medication management. Accepts Medi-Cal; sliding scale fee discount program available. English/Spanish. Call or text to schedule an appointment.

Housing Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Alpha Project

3737 Fifth Ave, Suite 203

San Diego, CA 92103

Phone: 619-542-1877

Email: info@alphaproject.org

Website: alphaproject.org

Housing and wraparound services, low-cost fire prevention services, and **housing assistance services**.

Casa Familiar

119 W. Hall

San Ysidro, CA 92173

Phone: 619-428-1115

Email: info@casafamiliar.org

Website: casafamiliar.org

Housing referrals and services, passport applications, SENTRI and Global Entry application assistance, public benefits enrollment assistance, translation services and emergency services, income taxes, financial opportunities, **affordable housing**, advocacy, youth programs, employment and career coaching, educational workshops, homework assistance, and community outreach.

Center for Community Solutions

Coastal

4508 Mission Bay Drive

San Diego, CA 92109

858-272-5777

East County

460 Magnolia Avenue, Suite 100

El Cajon, CA 92020

619-697-7477

Phone (24-Hour Crisis Hotline) 888-385-4657

Website: ccssd.org

Provides free, wrap-around services to empower survivors of relationship and sexual violence. Services include a crisis hotline, **domestic violence shelters**, counseling, legal services, safety planning, prevention education.

Chicano Federation

3180 University Avenue, Suite 400

San Diego, CA 92104

Phone: 619-285-5600

Email: info@chicanofederation.org

Website: chicanofederation.org

Home-based parent education for parents of children aged 0-5, childcare, services for children with disabilities, **affordable housing**, and resource referrals.

Department of Housing and Community Development, County Housing Authority

Phone: 858-694-4885

Website: sdhcd.org

Section 8 applications for low-income housing.

Father Joe's Villages (St. Vincent de Paul Village)

1501 Imperial Avenue

San Diego, CA 92101

Phone: 619-233-8500

Website: my.neighbor.org

Provides **shelter**, meals, and clothing for those experiencing homelessness.

Home Start

5005 Texas Street #203

San Diego, CA 92108

Phone: 619-692-0707

Website: home-start.org

Wraparound services for vulnerable families with children, including food, **housing**, therapy, employment assistance, tax assistance, parenting classes, and maternity support services. English/Spanish. No fee.

Lutheran Social Services Southern California

Food Pantry

580 Hilltop Drive
Chula Vista, CA 91910
Phone: 619-425-4061

9655 Granite Ridge Drive #200
San Diego, CA 92123
Phone: 858-483-4005

Email: sdinfo@lsssc.org

Website: lsssc.org

Senior care services, food pantry, **housing counseling**, financial literacy education, and referrals to other services.

Salvation Army

Chula Vista Corps

648 3rd Avenue
Chula Vista, CA 91910
Phone: 619-422-7027
Website: chulavista.salvationarmy.org

A multipurpose agency that provides aid including food, **shelter**, bill pay assistance, employment assistance, senior services, educational and recreational activities, and youth programs including homework assistance and recreation. No fee. English/Spanish.

San Diego Rescue Mission

Downtown Navigation Center

120 Elm Street
San Diego, CA 92101

“The Feed” Imperial Beach (Mobile Shower)

525 Saturn Boulevard
San Diego, CA 92154

Phone: 619-687-3720

Website: sdrescue.org

Emergency shelters (Downtown Navigation Center is for women and children) and a **religious residential self-sufficiency program**. Children’s Resource Center provides a health clinic; social and educational support resources for children of parents in SDRM’s shelters. Mobile showers.

Second Chance

Phone: 619-234-8888

Website: secondchanceprogram.org

Job readiness training program and **sober living housing**.

Sister League of San Diego

115 Redwood Street
San Diego, CA 92103
Phone: 619-297-1172

3360 Fourth Avenue
San Diego, CA 92103
Phone: 619-692-1485

Website: sisterleaguesd.org

Provides **safe housing and supportive day programming** to adult women affected by mental health issues, homelessness, trauma, and domestic abuse.

South Bay Community Services

430 F Street
Chula Vista, CA 91910
Phone: 619-349-0288
Phone (24-Hour Hotline): 800-640-2933
Website: sbcssandiego.org

Services include **domestic violence shelter** and support groups for victims, children, and perpetrators of domestic violence; individual and family counseling; employment services for youth; and **Runaway and Homeless youth shelter**. Takes Medi-Cal. English/Spanish.

Urban League of San Diego County

4305 University Avenue, Suite 360
San Diego, CA 92105
Phone: 619-263-3115
Website: sdul.org

Housing assistance, youth development program for Black and Brown youth, prison reentry wrap-around services, **first time home buyers program**, and job opportunities.

YWCA San Diego

Phone (24-Hour Crisis Hotline): 619-234-3164
Website: ywcasandiego.org

Crisis intervention and **stable housing program with wraparound services** for survivors of domestic violence. Crisis intervention includes a crisis hotline for accessing resources and safety planning and an emergency shelter. Wraparound services for those in the housing programs include rental and financial assistance, financial assistance to access legal services, counseling, case management, and transportation assistance.

Legal Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Catholic Charities

Phone: 619-287-1270

Website: ccdsd.org

DACA, emergency food distribution, **U.S. Citizenship services**, and disaster awareness.

Center for Community Solutions

Coastal

4508 Mission Bay Drive

San Diego, CA 92109

858-272-5777

East County

460 Magnolia Avenue, Suite 100

El Cajon, CA 92020

619-697-7477

Phone (24-Hour Crisis Hotline) 888-385-4657

Email: info@cssd.org

Website: cssd.org

Provides free, wrap-around services to empower survivors of relationship and sexual violence. Services include a crisis hotline, domestic violence shelters, counseling, **legal services**, safety planning, prevention education.

Child Protective Services (CPS)

Child Abuse Hotline: 858-560-2191 or 1-800-344-6000

Automated 24-hour hotline to report child abuse in English or Spanish.

Foster Care Information and Licensing: 1-866-262-9881

Provides information, guidelines, and support to become a foster parent.

Ombudsperson: 1-877-846-1602

The ombudsperson is dedicated to serving foster youth in California by investigating and resolving complaints about foster youth rights, care, placement, and services.

Child Support Enforcement: 858-694-3900

Locate noncustodial parents; establish paternity; establish and enforce child support orders; modify orders when appropriate; collect and disburse child support payments; and referrals for employment, education, and childcare services.

Community Christian Service Agency

Clairemont

4167 Rappahannock Avenue

San Diego, CA 92117

Phone: 858-274-2271

Pacific Beach

1675 Garnet Avenue

Pacific Beach, CA 92109

Phone: 858-272-0163

Website: ccsasandiego.org

Emergency food, layettes for newborns, clothing for all ages (available on a limited basis), day passes for transportation to medical appointments and job interviews, **ID Vouchers for assistance in obtaining a California ID card**, and resource counseling (limited availability).

Family Law Facilitator's Office (San Diego County Courthouse)

South County Courthouse FLF Office, 3rd Floor

500 3rd Avenue

Chula Vista, CA 91910

Website: sdcourt.ca.gov/sdcourt/familyandchildren2/familyselfhelp

Provides help at no cost and answers family law questions for people who do not have legal representation. Assistance with divorce, parentage, child custody/visitation, child and spousal support, and all issues in Department of Child Support Services (DCSS) cases. Open 8am – 4pm M-F, closed for lunch from 12pm – 1pm. See San Diego County Courthouse or Legal Aid Society of San Diego for other legal issues.

Jewish Family Services - Immigration Support

Phone: 858-637-3365

Email: immigration@jfssd.org

Website: <https://www.jfssd.org/our-services/refugees-immigration>

Free legal services for low-income individuals, assistance with DACA, green cards, citizenship classes. English/Spanish.

Legal Aid Society of San Diego

Southeast San Diego

110 S. Euclid Avenue

San Diego, CA 92114

Phone: 877-534-2524

Website: lassd.org

Midtown San Diego

1764 San Diego Avenue, Suite 100

San Diego, CA 92110

Free legal assistance for low-income residents; legal self-help resources and workshops. Topics include civil appeals, conservatorships, disputes with businesses, education rights, eviction defense, family law, health care and coverage, housing discrimination, immigration, SSI benefits, tenant's rights, mental health and substance abuse patients' rights, name and gender marker changes, public benefits, restraining orders, taxpayer rights and education, and unemployment insurance benefits. Call or apply online for assistance. Self-help walk-in legal clinics offered in various locations throughout the County are accessible to people of all income levels, see website for clinics and locations. The Consumer Center for Health Education and Advocacy offers legal assistance regarding healthcare, mental health care, and substance abuse treatment benefits and rights; and informs individuals about health plans, their rights, and Medi-Cal eligibility; patient advocacy; and more.

Mexican Consulate

1549 India Street

San Diego, CA 92101

Phone: 619-231-8414

Legal, visa, health support services.

National Conflict Resolution Center**City Heights*

4305 University Avenue, Suite 110
San Diego, CA 92105

Center for Community Adhesion

220 Euclid Avenue, Suite 110
San Diego, CA 92114

Telephone: 619-398-0494

Email: vmontenegro@ncrconline.com

Website: ncrconline.com

Community mediation services available at no cost for areas of dispute including landlord/tenant, family (parent/child conflict), community/neighborhood, business, and employment/workplace. Walk-in hours available at City Heights on the 1st Thursday of the month from 5:30 – 7:30pm and at the Center for Community Adhesion on the 3rd Monday of the month from 12pm – 2pm. Or, call/email to set up an appointment. ***Mediators are not lawyers.**

San Diego County Courthouse*South County Regional Center*

500 3rd Avenue

Chula Vista, CA 91910

Telephone: 619-746-6200

Website: sdcourt.ca.gov

Hears criminal, family, and traffic matters, and civil harassment & elder/dependent adult abuse restraining orders. Also houses the Family Law Facilitator's Office offering free legal assistance for family law issues (see Family Law Facilitator's Office).

San Diego Volunteer Lawyer's Program

707 Broadway, Suite 1400

San Diego, CA 92101

Phone: 619-235-5656

Email: info@sdvlp.org

Website: sdvlp.org

Free legal services for low-income families.

Victim Assistance Program (San Diego County District Attorney)

Phone: 619-531-4041

Website: www.sdcda.org/helping/victims/victim-services

Services for victims of crimes. Services may include crisis intervention, emergency assistance, resource and referral assistance, orientation to the criminal justice system, court support, case status information, notification of family and friends, employer notification, victim compensation board application assistance, restitution information, creditor/employer intervention, crime prevention, temporary restraining order information, and property return. No citizenship requirement to receive services.

Voices for Children

Email: CASAreferal@speakupnow.org

Website: speakupnow.org

Trained volunteers act as Court Appointed Special Advocates (CASAs) for children in foster care and juvenile delinquency court cases. CASAs support the children, connect them with resources, and make recommendations for the child to the court. No fee. Children with open cases can be referred for a CASA using the online form.

Welfare Fraud Hotline

Phone: 800-344-8477

Email: FraudHotline@dss.ca.gov

Call or email to report suspected welfare fraud.

LGBTQ+ Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Our Safe Place

SBCS Trolley Trestle Youth Hub

746 Ada Street

Chula Vista, CA 91911

Phone: 619-628-2444

Website: <https://sbcssandiego.org/our-safe-place/>

A variety of services for LGBTQ+ youth and their families, including support for alcohol and drug abuse, coming out, depression, family relationships, gender identity, sexual health, safe dating and transitioning.

The Center

South Bay Youth Center

1180 3rd Street

Chula Vista, CA 91911

Phone: 619-800-3203

The Center (Main Campus)

3909 Center Street

San Diego, CA 92103

Phone: 619-692-2077

Website: thecentersd.org

Services for LGBTQ individuals and the community, including behavioral health, housing, sexual health and wellness, community events, and support groups.

Military Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

American Red Cross

Phone: 858-309-1200

Phone (24-Hour Hotline): 855-891-7325

Website: redcross.org

Emergency assistance for families suffering losses due to disaster, **emergency communication for military families and veterans**, health and safety education. Also offered are children's services, youth activities, **service to military families**, nursing programs, disaster preparedness, adult, infant and child CPR, babysitting training, standard, progressive, and advanced first aid. Fees for classes.

Armed Services YMCA

3293 Santo Road

San Diego, CA 92124

Phone: 858-751-5755

Website: sandiego.asymca.org

Social workers and respite programs for military families. Special education assistance for military families.

Fleet & Family Support Centers

Naval Base Coronado

318 Sauflay Road

San Diego, CA 92135

Phone: 619-545-6071

Phone (Centralized Scheduling): 866-923-6478

Website: sandiego.navylifesw.com/programs/14b94e26-cff0-447d-8381-edca6572aa74

Provide services to military families via phone, telehealth, in-person appointments, email, social media, webinar, and command GMTs. Services provided include relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy, and transition assistance programs.

Lions Optometric Vision Clinic

Blind Community Center

1805 Upas Street

San Diego, CA 92193

Phone: 619-298-5273

Website: lionsvisionclinic.org

Low-cost eye exam and glasses for low-income individuals without vision insurance and **active duty military personnel and their dependents**.

Navy Legal Assistance Office

Navy Legal Service Office, Southwest

Box 357026, Building 318

NAS North Island

San Diego, CA 92135

Phone: 619-556-2211

Email: sandiegola@us.navy.mil

Website: www.jag.navy.mil/legal-services/southwest

Legal assistance for active duty and retired military personnel and their dependents. Topics include consumer/financial affairs, disaster relief support and advice, family law, foreclosure advice and counseling, immigration, notary services, powers of attorney, landlord/tenant matters, Servicemembers' Civil Relief Act, small claims court matters, special education law, victim assistance, and wills/estate planning. Call to schedule an appointment.

Navy-Marine Corps Relief Society

3115 Dolphin Alley, Building 270

San Diego, CA 92136

Phone: 619-767-6800

Email: sandiego@nmcrs.org

Website: nmcrs.org

Interest-free loans and grants for retired and active duty **Navy and Marine** servicemembers and their dependents. Also provide financial planning assistance for expectant parents, health education, and financial education.

Pregnancy and Postpartum Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Birthline of San Diego County

3660 Clairemont Drive, Suite 4

San Diego, CA 92117

Phone: 858-270-2491

Phone (Spanish): 858-302-7784

Email: clairemont@birthlineofsd.org

Website: birthlineofsandiego.org

Faith-based services for those who are parenting or carrying out a pregnancy, including pregnancy testing, resources such as maternity and baby clothes, and referrals.

Home Start

5005 Texas Street #203

San Diego, CA 92108

Phone: 619-692-0707

Website: home-start.org

Wraparound services for vulnerable families with children, including food, housing, therapy, employment assistance, tax assistance, **parenting classes**, and **maternity support services**. English/Spanish. No fee.

Jewish Family Services - Adolescent Family Life Program

Phone: 858-336-3710

Email: aflp@jfssd.org

Website: <https://www.jfssd.org/our-services/adults-families/adolescent-family-life-program/>

Comprehensive case management to expectant and parenting youth ages 21 and younger. Free. English/Spanish.

Planned Parenthood

Chula Vista Health Center

1295 Broadway #201

Chula Vista, CA 91911

Phone: 888-743-7526

Website: plannedparenthood.org

Many offices/clinics located throughout the County. Reproductive health care is provided for both men and women including pap smears, birth control methods, vasectomy, breast exams, HIV/AIDS testing, pregnancy testing, and other related services. Accepts Medi-Cal, private insurance, and private pay. Telehealth available for some services. Make an appointment online or by calling the number listed.

Perinatal Care Network (Health and Human Services Agency)

Phone: 800-675-2229

Website: sandiegocounty.gov/content/sdc/hhsa/programs/phs/perinatal_care_network

Help new and expectant parents locate doctors; access medical, dental, and mental health care during pregnancy; get transportation to appointments; apply for WIC; and access resources.

San Diego International Birthing Project

Phone: 619-727-3305

Email: sdibp@yahoo.com

Website: sdibpmothersnbabies.com

Support and advocacy for African American women and women of color obtaining prenatal care through an adult “sister friend.”

WIC (Women, Infants, and Children)

San Ysidro Health

Phone: 888-942-7942

Red Cross

Phone: 800-500-6411

Scripps

Phone: 619-260-3400

SDSU Foundation

Phone: 888-999-6897

Website: sdwic.com

WIC is a nutrition program for pregnant people and caregivers of children ages 0-5 that offer nutrition education, money for food, breastfeeding support, and community resource referrals. Call the above or visit the website to make an appointment with your local WIC office.

Safety Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Bayview Crisis Stabilization Unit

330 Moss Street

Chula Vista, CA 91911

Phone: 619-585-4221

Website: <https://paradisevalleyhospital.net/our-services/bayview-crisis-stabilization-unit/>

Emergency mental health walk-in clinic that provides mental health assessments, supportive services, and coordinates treatment planning for those 18+ regardless of insurance status.

California Missing Children Hotline

Phone: 1-800-222-3463

Email: missing.persons@doj.ca.gov

Website: oag.ca.gov/missing

Offers a toll-free hotline 24/7 to receive information and inquiries regarding missing children. All citizens are encouraged to call the hotline with any information regarding a missing child. Works closely with the National Center for Missing and Exploited Children to aid in locating children who have been abducted and taken out of California or brought into California. Provides free fingerprint cards to agencies for voluntary fingerprinting of children. The impressions are used to aid in locating and identifying missing children.

Center for Community Solutions

Coastal

4508 Mission Bay Drive

San Diego, CA 92109

858-272-5777

East County

460 Magnolia Avenue, Suite 100

El Cajon, CA 92020

619-697-7477

Phone (24-Hour Crisis Hotline) 888-385-4657

Email: info@cssd.org

Website: cssd.org

Provides free, wrap-around services to empower survivors of relationship and sexual violence. Services include a crisis hotline, domestic violence shelters, counseling, legal services, **safety planning**, prevention education.

Child Abduction Unit

Phone: 619-531-4345

The Child Abduction unit of the District Attorney's Office has the responsibility for locating and recovering children who have been taken or are being detained in violation of a custody order. This includes children who are in San Diego County or in any other county or state or even in foreign countries. As long as you are a resident of San Diego County, we can help. From time to time, we can also assist parents from other states or countries when their child(ren) are abducted into San Diego County.

Child Protective Services (CPS)

Child Abuse Hotline: 858-560-2191 or 1-800-344-6000

Automated 24-hour hotline to report child abuse in English or Spanish.

Foster Care Information and Licensing: 1-866-262-9881

Provides information, guidelines, and support to become a foster parent.

Ombudsperson: 1-877-846-1602

The ombudsperson is dedicated to serving foster youth in California by **investigating and resolving complaints about foster youth rights, care, placement, and services.**

Child Support Enforcement: 858-694-3900

Locate noncustodial parents; establish paternity; establish and enforce child support orders; modify orders when appropriate; collect and disburse child support payments; and referrals for employment, education, and childcare services.

San Diego County Sheriff's Department

Imperial Beach Substation

845 Imperial Beach Boulevard

Imperial Beach, CA 91932

Telephone: 619-498-2400 (station)

Website: sdsheriff.gov

Patrol and crisis assistance in Imperial Beach. In an emergency, call 911.

San Diego Police Department

Southern Division Station

1120 27th St.

San Diego, CA 92154

Telephone (Station Number): 619-424-0400

Telephone (24-hour Non-Emergency Number): 619-531-2000

File a police report online, in person, or by calling the non-emergency number. Can also request a security check on your home while you are away, request a safety check on an elderly or disabled person living alone, or report a missing person.

Sister League of San Diego

115 Redwood Street

San Diego, CA 92103

Phone: 619-297-1172

3360 Fourth Avenue

San Diego, CA 92103

Phone: 619-692-1485

Website: sisterleaguesd.org

Provides safe housing and supportive day programming to adult women affected by mental health issues, homelessness, trauma, and domestic abuse.

South Bay Community Services

430 F Street

Chula Vista, CA 91910

Phone: 619-349-0288

Phone (24-Hour Hotline): 800-640-2933

Website: sbcssandiego.org

Services include **domestic violence shelter and support groups for victims, children, and perpetrators of domestic violence**; individual and family counseling; employment services for youth; and Runaway and Homeless youth shelter. Takes Medi-Cal. English/Spanish.

Stalking Unit (San Diego County District Attorney)

Phone: 619-515-8900

Website: www.sdcda.org/preventing/stalking

Obtain assistance and information dealing with stalking or harassment. If you are a victim of stalking and would like to report a crime, file a police report first (see San Diego Police Department above).

YWCA San Diego

Phone (24-Hour Crisis Hotline): 619-234-3164

Website: ywcasandiego.org

Crisis intervention and stable housing program with wraparound services for survivors of domestic violence.

Crisis intervention includes a crisis hotline for accessing resources and safety planning and an emergency shelter. Wraparound services for those in the housing programs include rental and financial assistance, financial assistance to access legal services, counseling, case management, and transportation assistance.

Victim Assistance Program (San Diego County District Attorney)

Phone: 619-531-4041

Website: www.sdcdca.org/helping/victims/victim-services

Services for victims of crimes. Services may include crisis intervention, emergency assistance, resource and referral assistance, orientation to the criminal justice system, court support, case status information, notification of family and friends, employer notification, victim compensation board application assistance, restitution information, creditor/employer intervention, crime prevention, **temporary restraining order information**, and property return. No citizenship requirement to receive services.

Senior Support Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Aging & Independent Services (AIS) (Health and Human Services Agency)

Phone (AIS Call Center): 800-339-4661

Website: sandiegocounty.gov/content/sdc/hhsa/programs/ais

Information and referrals for meals (Meals on Wheels), in-home care services, legal services, day care, and transportation for **seniors** and people with disabilities. Contact the AIS Call Center for service coordination.

Arthritis Foundation

Phone: 800-283-7800

Website: arthritis.org

Offers mass consumer education, provides literature and referral lists for people with arthritis, self-help, support groups, nutrition, and exercise programs on water and land.

At Your Home Familycare

4747 Viewridge Avenue Suite 106

San Diego, CA 92123

Phone: 858-625-0406

Website: atyourhomefamilycare.com

Non-medical in-home support services, project care, security, and other services for **seniors** and people with disabilities (both adults and children).

ElderHelp of San Diego

5095 Murphy Canyon Road Suite 100

San Diego, CA 92123

Phone: 619-284- 9287

Website: elderhelpofsandiego.org

Services for **seniors** and caregivers: Case management, grocery shopping, transportation, home share, and employed caregiver referrals to community resources.

Lutheran Social Services Southern California

Food Pantry

580 Hilltop Drive
Chula Vista, CA 91910
Phone: 619-425-4061

9655 Granite Ridge Drive #200
San Diego, CA 92123
Phone: 858-483-4005

Email: sdinfo@lsssc.org

Website: lsssc.org

Senior care services, food pantry, housing counseling, financial literacy education, and referrals to other services.

Neighborhood House Association

Phone: 858-715-2642

Email: info@neighborhoodhouse.org

Website: neighborhoodhouse.org

Multiservice agency that provides the following: Homework assistance, college preparation, nutrition services, **senior center**, adult day health care center for adults with disabilities, Black infant health program, outpatient mental health and substance abuse treatment services, coordinated HIV services, and financial counseling.

Salvation Army

Chula Vista Corps

648 3rd Avenue
Chula Vista, CA 91910
Phone: 619-422-7027

Website: chulavista.salvationarmy.org

A multipurpose agency that provides aid including food, shelter, bill pay assistance, employment assistance, **senior services**, educational and recreational activities, and youth programs including homework assistance and recreation. No fee. English/Spanish.

San Diego PACE (Program of All-Inclusive Care for the Elderly)

San Diego PACE San Ysidro
3364 Beyer Boulevard
San Ysidro, CA 92173

San Diego PACE Chula Vista
880 3rd Avenue
Chula Vista, CA 91911

Phone (Eligibility): 619-205-4585

Email: sdpace@syhealth.org

Website: syhealth.org/san-diego-pace

Specialized medical services, dental care, behavioral health care, prescription medications, social services, transportation to medical appointments, and more. For those 55 years and older. Free for those who qualify for Medi-Cal.

Serving Seniors

Gary and Mary West Senior Wellness Center
1525 4th Avenue
San Diego, CA 92101
Phone: 619-235-6572
Website: servingseniors.org

Communal meals hosted at locations throughout the County, including at the Imperial Beach Senior Community Center. Meals delivered to homebound seniors living in eligible zip codes throughout the county. Transitional housing program for homeless seniors. The Gary and Mary West Senior Wellness Center offers walk-in health and social services case management, dental care coordination, enrichment activities, and communal meals.

Support Group Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Al-Anon, Alateen

See “Alcohol and Drug Resources”

Alcoholics Anonymous (AA)

See “Alcohol and Drug Resources”

Adult Children of Alcoholics (ACA)

See “Alcohol and Drug Resources”

American Cancer Society

See “Health Resources”

Arthritis Foundation

See “Health Resources”

Burn Institute

8825 Aero Drive, Suite 200

San Diego, CA 92123

Phone: 858-541-2277

Website: burninstitute.org

Provides support groups and events for burn survivors (adults and families). To prevent fires and burns, they work with firefighters and volunteers to educate the community.

Exceptional Family Resource Center

See “Disability Resources”

San Diego LGBT Community Center

See “LGBTQ+ Resources”

National Alliance on Mental Illness (NAMI)

See “Counseling Resources”

SMART Recovery San Diego

See “Alcohol and Drug Resources”

South Bay Community Services

See “Safety Resources”

Survivors of Suicide Loss San Diego

Phone: 619-482-0297

Website: soslsd.org

Support group for people who have lost a loved one to suicide.

Transportation Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

Community Christian Service Agency

Clairemont

4167 Rappahannock Avenue

San Diego, CA 92117

Phone: 858-274-2271

Pacific Beach

1675 Garnet Avenue

Pacific Beach, CA 92109

Phone: 858-272-0163

Website: ccsasandiego.org

Emergency food, layettes for newborns, clothing for all ages (available on a limited basis), **day passes for transportation to medical appointments and job interviews**, ID Vouchers for assistance in obtaining a California ID card, and resource counseling (limited availability).

San Diego Metropolitan Transit System (MTS)

Phone (Schedule): 619-233-3004

Phone (PRONTO Support): 619-595-5636

Website: sdmts.com

Call for information about bus and trolley schedules or support with PRONTO (transit passes).

Youth (Ages 6-17) Resources

211 San Diego

Phone: 211

Website: 211sandiego.org

Centralized access point to all areas in the country. Information and referrals in English and Spanish. 24/7.

American Youth Soccer (AYSO) South Bay

Phone: 619-972-2661

Website: ayso712.org

Youth soccer league. Register online or in person (visit website or call for details). Fees to participate.

Big Brothers Big Sisters of San Diego County

4305 University Avenue

San Diego, CA 92105

Phone: 858-536-4900

Website: sdbigs.org

Matches mentors with boys and girls ages 7-16 who do not have an adult role model living in the home. Matching is based on gender, interests, and geographical location. Volunteers must attend an orientation meeting, interview, and pass a screening process. No fee.

Boy Scouts of America (San Diego-Imperial Council)

1207 Upas Street

San Diego, CA 92103

Phone: 619-298-6121

Website: sdicbsa.org

Year-round youth development program with education, recreation, and social activities for boys and girls ages 5-17.

Boys and Girls Club of South County

847 Encina Avenue

Imperial Beach, CA 91932

Phone: 619-424-2266 Ext. 100

Website: bgcscounty.org

Provides youth development services through positive leadership and guidance programs. Also operates before and after school programs on school campuses in South Bay Union School District. Information on financial assistance available.

California Healthy Families (SCHIP)

Phone: 800-880-5305

Website: benefits.gov/benefit/1596

Low-cost health, dental, and vision insurance for children without insurance who do not qualify for free Medi-Cal. Must be a California resident.

Casa Familiar

119 W. Hall

San Ysidro, CA 92173

Phone: 619-428-1115

Email: info@casafamiliar.org

Website: casafamiliar.org

Housing referrals and services, passport applications, SENTRI and Global Entry application assistance, public benefits enrollment assistance, translation services and emergency services, income taxes, financial opportunities, affordable housing, advocacy, **youth programs**, employment and career coaching, educational workshops, homework assistance, and community outreach.

Child Health and Disability Prevention Program (CHDP)

3851 Rosecrans Street #522

San Diego, CA 92110

Phone: 619-692-8808

Website: www.dhcs.ca.gov/services/chdp

CHDP programs assist low-income families in accessing preventative healthcare and services. CHDP Gateway links eligible children to ongoing healthcare coverage through Medi-Cal.

Girl Scouts San Diego

Phone: 619-610-0821

Website: sdgirlscouts.org

Year-round youth development programs for girls ages 5-18 throughout the County. Education, recreation, and social activities and camps. Financial assistance available.

Jewish Family Services - Adolescent Family Life Program

Phone: 858-336-3710

Email: aflp@jfssd.org

Website: <https://www.jfssd.org/our-services/adults-families/adolescent-family-life-program/>

Comprehensive case management to expectant and parenting youth ages 21 and younger. Free. English/Spanish.

Promises2Kids

9400 Ruffin Court, Suite A

San Diego, CA 92123

Phone: 858-278-4400

Phone (Polinsky Children's Center): 858-514-4600

Email: info@promises2kids.org

Website: promises2kids.org

Summer camps for foster children, college scholarships for foster youth, funds for foster youth. Also operates the Polinsky Children's Center, which houses children who are removed by the police or Child Welfare Services.

Salvation Army

Chula Vista Corps

648 3rd Avenue

Chula Vista, CA 91910

Phone: 619-422-7027

Website: chulavista.salvationarmy.org

A multipurpose agency that provides aid including food, shelter, bill pay assistance, employment assistance, senior services, educational and recreational activities, and **youth programs including homework assistance and recreation**. No fee. English/Spanish.

San Diego Job Corps Center

1325 Iris Street

Imperial Beach, CA 91932

Telephone: 619-429-8500

Website: sandiego.jobcorps.gov

2-year residential training program for low-income youth ages 16-24. Provides job training, GED and college courses, medical and dental services, and counseling.

San Diego Public Library

San Ysidro Branch

4235 Beyer Boulevard

San Diego, CA 92173

Phone: 619-424-0475

Website: sandiego.gov/public-library

Otay Mesa/Nestor Branch

3003 Coronado Avenue

San Diego, CA 92154

Phone: 619-424-0474

Loans books to library card holders, community events, homework assistance, free WiFi, computers for public use.

South Bay Family YMCA

1201 Paseo Magda

Chula Vista, CA 91910

Phone: 619-421-9622

Website: ymcasd.org/camps/day-camp/south-bay-and-eastlake

Provides a day camp program for children ages 5-12 who are in a year-round school program, as well as other recreational programs. Financial assistance available. English/Spanish.

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