



Ongoing Food Needs

San Diego Unified School District has **Certified Enrollment Clerks** to help enroll your student(s) in Medi-Cal or Covered California insurance and other support programs including CalFresh.

To contact the district's Certified Enrollment Clerks (CEC), call **(619) 571-3332** for additional information to qualify or contact the school nurse at your child's school.

SDUSD Food & Nutrition Services • **(858) 987-5377** • Offers free breakfast and lunch to all students. They have links to other food resources and ways to get extra groceries.

211 San Diego • call 2-1-1 or **(858) 300-1211** • <https://211sandiego.org/> • 24/7 phone service. Find current information on all food distribution sites in San Diego County.

CalFresh • **(866) 262-9881** • <https://www.getcalfresh.org/> CalFresh (formerly known as food stamps and nationally known as SNAP) is a nutrition assistance program designed to help families and low-income individuals purchase healthy foods. Online application.

Women, Infants & Children Program (WIC) • **1-800-852-5770** • Supports pregnant women or families who have children under the age of 5 who meet income eligibility with healthy food and other resources. Eligible families, dads, grandparents and foster parents caring for eligible children should contact WIC [Locate Local WIC Office](#) (link)

San Diego Hunger Coalition Food Assistance • **(619) 501-7917** • Comprehensive flyers in multiple languages • <https://www.sandiegohungercoalition.org/food-assistance-flyers>

Mobile Meals for Kids App • <https://www.cde.ca.gov/re/mo/comeals.asp> •

Download The CA Meals for Kids mobile application helps to find nearby California Afterschool and Summer Meal Programs Sites.

San Diego Food Bank • **(858) 527-1419** • **1-866-350-FOOD (3663)** Toll Free • [Neighborhood Distribution Program List](#) (link) • Distributes food to individuals and families once a month at more than 20 different sites throughout San Diego County. I.D. and documentation ARE NOT required. There are no income restrictions.

The Chicano Federation- Community Resource Center • **(619) 285-5600 Ext. 322** • Address 3180 University Ave. Suite 110, M-F 8:30-5
Child care, food resources, food boxes, clothing, diaper distribution, affordable health, immigration, legal and educational services. • www.chicanofederation.org

Emergency Groceries or Pantries

Somali Bantu Association of America • **(619) 946-5599** • 4975 University Ave San Diego, CA 92105 • <https://sbaoa.org/> • Food pantry Fridays 9 am-1 pm or Mondays by appointment only

Feeding San Diego • **(858) 452-3663** • <https://feedingsandiego.org/get-help/> • Search online databases to find local food distribution sites by zip code.

Uptown Community Service Center • **(619) 542-9344** • 30th Street San Diego, CA 92104 • <http://uptowncsc.org/> • EMERGENCY DRIVE-THRU PANTRY

Porchlight Community Services • info@porchlightcs.org • <https://www.porchlightcs.org/ourprograms>

FREE Food Baskets and discounted groceries for purchase are available for low-income residents of Bay Park (92110), Clairemont (92117), Linda Vista (92111), and Serra Mesa (92123). Contact for appointments!

FAMILY RESOURCES

Academic

LearntoBe • <https://www.learntobe.org/> • Free 1 on 1 online tutoring for students in underserved communities.

School On Wheels • (805) 641-1678 • <https://schoolonwheels.org/> • SOF-sow-August2021_EGerch.pdf •

Free virtual tutoring for students experiencing homelessness: living unsheltered, in shelters, hotel/motels, or in their vehicles.

Tutor.com • <http://military.tutor.com/home> • 24/7 tutoring and homework help for military connected students.

UCSD Health and Anti Recidivism Project • ucsdhaarp@gmail.com •

Free tutoring and mentorship for all K-12 students with a special focus on those touched by the justice system.

UCSD Academic Enrichment for Relocated Students Tutoring • aers22sd@gmail.com • Free tutoring with a focus on students new to the country

Childcare and Caregiving

Families in San Diego Unified can apply for before/after school care through **Extended Learning Opportunities/ PrimeTime** • (858) 503-1870 • primetime@sandi.net Providers and availability vary by school. Priority points are given to those experiencing homelessness, in foster care, and some other situations. Reach to CYT for additional support.

Handbook for Grandparents Raising Grandchildren • Comprehensive guide from San Diego County of info, benefits, and resources

HeadStart/Neighborhood House Association • (888) 873-5145 •

headstart@neighborhoodhouse.org • Provides low income families with high quality early childhood development services • Online Pre Application: <https://www.nhais.org/public/MyHeadStartApplication/MyHeadStartApplication.html> Reach to CYT for additional support.

YMCA Child Care referrals • 1 (800) 481-2151 • myreferral@ymcasd.org • Can help families search for licensed providers

YMCA Kinship Support Program: Strengthening Families • (619) 719-9179 •

kinshipyfs@ymcasd.org • Services for those raising a family member, or someone else's, child

Employment & Education for Adults

Empowered Fathers • (760) 271-1497 • Providing comprehensive support tailored to fathers, including: Support groups specifically designed for fathers, Workshops covering various parenting and life skills, Job training assistance and career opportunities, and Access to essential services and community resources

Kitchens for Good • (619) 450-4040 •

<https://kitchensforgood.org/apprenticeship-training/> • Apprenticeship certificates for those with barriers to employment. Provide compensation and support while learning.

San Diego College of Continuing Education (SDCCE) • <https://sdcce.edu/> • TUITION FREE education and support services, including ESL classes to help you earn higher wages

CalWorks at Continuing Education— Parent program with benefits.

<https://sdcce.edu/services/calworks>

Pathways - adult students in homelessness supports

<https://sdcce.edu/services/r2s/r2s-pathways>

Gateway - refugees, immigrants, EL Learners <https://sdcce.edu/services/gateway>

San Diego Workforce Partnership • <https://workforce.org/jobseekers> • For job searching below is a free program for job searchers in San Diego. You can try to search for jobs online through them, they also may have free training programs or free career counselors for support.

Health

See this **FLIER**

Vetted by The Office of Children and Youth in Transition, San Diego Unified School District (8/24)

<https://sites.google.com/sandi.net/cyt> For questions/comments contact: cyt@sandi.net

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[SDUSD Health Insurance Flier](#) • Comprehensive flier for health services and support
SDUSD families are eligible for

San Diego County Immunization Clinics •

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/immunization_branch/immunization_clinic_schedule.html

Laundry & Showers

The Compass Station drop in resource center • 1004 Chalcedony St. San Diego, CA 92109 • One load of laundry every other day • Mon-Fri 10am with last load of laundry at 2:30pm

[The Duwara Consciousness Foundation](#) • Located at NAMI San Diego (101 16th St. San Diego, CA 92101) • Trailer with showers and laundry facilities for unhoused people. Mon-Fri from 10am-3pm

[Laundry Love Locations](#) • The Laundry Love initiative consists of regular opportunities to come alongside people who are struggling financially by assisting them with their laundry.

[Mobile Operations of Dignity \(MOD\)](#) • Fresh Start Showers

NAMI San Diego C2C • NAMI San Diego 101 16th St. San Diego, CA 92101 • Showers and laundry for ADULTS ONLY. Provide wraparound services and clubhouse activities. • Mon-Fri from 9am-3pm

[Neil Good Day Center](#) • **(619) 230-7390** • Shower services are located at Father Joe's Villages' main campus at 1501 Imperial Ave.
Offers showers and laundry on a first come, first served basis for ADULTS ONLY
Monday - Sunday 7:30 a.m. - 11:00 a.m. Laundry: Monday – Friday 12 p.m. to 1 p.m.

[Uptown Community Services](#) • **(619) 542-9344** • 3725 30th St San Diego, CA 92104
Shower Hours Monday and Friday from 9am-12:30pm, Tuesday and Thursday 10am-1:45pm

Legal


[USD School of Law Free Legal Assistance](#) • **(619) 260-7470**

[Community Law Project](#) • The California Western Community Law Project works to provide sustainable and competent legal services to low-income and indigent members of the local community while advancing the profession of law.

[Legal Aid of San Diego](#) • **(877) 534-2524** • The Legal Aid Society of San Diego (LASSD) is a nonprofit law firm that provides free legal services to lower income San Diego residents.

Mental Health

[SDUSD MHRS](#) • [Mental Health & Wellness Resource Guide](#) • Comprehensive guide to resources available to students and their families, including parenting classes.

SDUSD's Health & Wellness Resource Guide • Hotline created this guide including resource mapping where you can find clinicians  [San Diego Community Resources](#)

San Diego Center for Children • **(858) 277-9550** •

<https://www.centerforchildren.org/our-services/> • Offers a continuum of behavioral health services with a focus on various groups of children and youth in transition.

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FAMILY RESOURCES

WrapWorks • (619) 838-0796 • Wraparound treatment for youth with child welfare or probation involvement

[YMCA Kinship Support Services](#) • (858) 292-9622 • Support to kinship caregivers, relatives who are raising the child of another family member. Seek to strengthen support systems by offering county-wide services to help caregivers preserve the family unit and avoid the entry or re-entry of children into the foster care system.

[YMCA](#) has mental health services free to youth in foster care.

Technology

SDUSD families experiencing homelessness may be eligible to receive a HotSpot so students have access to WiFi at home. School staff can complete a CYT Needs Referral to request.

Access4All • <https://www.sandiego.gov/sdaccess#laptop> • Laptops and mobile hotspots available for check out from San Diego Libraries

California LifeLine • (866) 272-0357 • <https://www.californialifeline.com/en> • Provides discounted home phone and cell phone services to qualified households. Offers discounts based on program-based or income-based eligibility. Only one discounted phone per household.

Computers2Kids • <https://www.c2sdk.org/> • Apply to see if you are eligible for a highly discounted computer

SDGE CARE and FERA • <https://www.sdge.com/residential/pay-bill/get-payment-bill-assistance/assistance-programs> • Provide monthly discounts on your energy bill

Transportation

Those 18 y.o. and under currently can ride public transit for free through the [Youth Opportunity Pass Program](#). Students must have a physical card or the mobile phone application. Kids 5 y.o. and under always ride free.

Families with students in San Diego Unified who are experiencing homelessness can receive an PRONTO pass for an adult accompanying their student. Eligibility must be confirmed each month for the pass to be reloaded. Students can receive the physical card from CYT. Contact your school counselor or CYT to request.

FACT • (888) 924-3228 • <https://factsd.org/>

Network of transportation providers, including organizations that offer free or discounted transport to people with disabilities and elderly.

[MTS Access](#) • (619) 557-4555 • People with disabilities can get verified in order to access specialized transit services and potentially schedule paratransit rides