Local Resource Guide for Parents

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Emergency Services and Hotlines		
Organization	Location & Phone Number	Services
Emergency Services	Dial 9-1-1	Police, Fire, Emergency Medical Assistance
San Diego Access & Crisis Line It's Up 2 Us www.up2sd.org	888-724-7240	Provides a free 24 hour a day 7 days per week hotline with trained counselors to provide support, referrals, and crisis intervention.
National Suicide Prevention Lifeline	800-273-8255	Provides free and confidential support and crisis resources 24 hours a day/ 7 days per week.
California Youth Crisis Line	800-843-5200	24 hour a day, 7 days a week statewide emergency response system for youth (ages 12-24) and families in crisis.
The Trevor Project (LGBTQ Support)	866-488-7386	Trained counselors available 24/7 to support young people who are LGBTQ and in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. Text, chat, and in-person options avail.
Crisis Text Line	Text HOME to 741741	Text a live trained crisis counselor who will provide support and help to get you to a calm moment.
Domestic Violence Hotline	888-385-4657	Crisis hotline available 24/7. Provides county wide resources for intimate partner violence, Stalking and Sexual Assault victims/survivors.
National Human Trafficking Hotline	1-888-373-7888 Text* 233733	24-hour, 7 days a week, toll free hotline. Call Specialists can connect victims with law enforcement and social service providers in their local area who can help them get out of exploitative situations and into safe environments where they have access to services, such as emotional support, health care and legal services.
Teen Line	800-852-8336	A confidential teen-to teen hotline providing mental health support and resources.

Housing: Emergency and Family Shelters

Organization	Location & Phone Number	Services
Operation Hope	859 East Vista Way Vista, CA 92084 760-536-3880 ext 302 www.operationhopeshelter.org	Provides emergency shelter to families and single women. Provides weekly case management support and classes to build skill sets in order to prepare people for independence. Intake 9-4:00p.m. Monday-Friday
Women's Resource Center	1963 Apple Street Oceanside, CA 92057 760-757-3500 www.wrcnepa.org	Emergency Shelter and support for women and their children.
Solutions for Change	722 West California Avenue Vista, CA 92083 760-941-6545 www.solutionsforchange.org	Offers a Solutions University Program that gives families counseling services, parenting classes, job skills training and work experience. 4-6 month program with shared room upon acceptance. Monday-Friday 8:30-5:00 p.m.
La Posada de Guadalupe Shelter	2476 Impala Dr. Carlsbad, CA 92010 760-929-2322 https://www.friendsoflaposada.org	Short-term housing and case management for homeless men and long-term housing for employed farm workers in North County. Intake is based on availability, first come first serve. Mondays, Wednesday and Fridays by phone starting at 9:00 a.m.
Center for Community Solutions North County Hidden Valley House	210 S. Juniper Street, Suite 101 Escondido, CA 92025 760-747-6282	28-day emergency shelter program for domestic violence and sexual assault victims (male and female) and their children. Provides food & clothing.
Community Resource Center Carol's House	650 2nd Street Encinitas, CA 92024 760-753-1156	24 bed emergency shelter for all victims of domestic violence. Provides 45-60 days of shelter along with counseling, case management, legal advocacy, life skills & parenting classes, children's center.
Standup for Kids, Oceanside	760-433-5437 oceanside@standupforkids.org	Provides a drop in center for homeless, at risk teens, and young parents with children, street outreach, mentoring, and housing support. Monday-Thursday 5:30-8:30 p.m.
One Safe Place	760-290-3690 1050 Los Vallecitos Blvd., San Marcos Ca 92069 8 AM – 8 PM Mon Thru Fri 8 AM – 12 PM Saturday	Free support services all under one roof to anyone who has experienced child abuse, sexual assault, domestic violence, hate crime, elder abuse, human trafficking, violent loss, family violence, or other abuse or victimization.
CRC Community Resource Center	(760) 300-3238 650 2nd Street Encinitas, ca	housing, shelter and rental assistance (for Carlsbad, Encinitas residents)

Organization	Location & Phone Number	Services
North County Lifeline Communities in Action	200 Michigan Avenue Vista, ca 760-726-4900	Assists individuals and families with applications to public assistance programs, referrals to community resources, connection to employment and vocational programs, financial education classes and cognitive/educational classes and activities.
North Coastal Family Resource Center	3708 Ocean Ranch Road Oceanside, CA 92056	Assists County residents seeking nutrition assistance (CalFresh), medical insurance (Medi-Cal), and/or financial assistance (CalWORKS). Customers are evaluated for eligibility for each program.
TrueCare North County Health Services	605 Crouch St., Building C Oceanside, CA 92054	Assistance with applying for Medi-Cal, CalFresh or Covered California. This FREE TrueCare service is available to anyone – even if you're not a patient.
Vista Community Clinic Insurance and Benefits Enrollment Services	1000 Vale Terrace Drive Vista, CA 844-308-5003	Provides assistance for patients and community members enrolling in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California, Medi-Cal, CalFresh, WIC, SDG&E programs.

Food Assistance		
Organization	Location & Phone Number	Services
Food Pantry	2222 Watson Way Vista, CA 760-4945-1003	Food Pantry Open from 9:00 a.m1:00 p.m.
Wesleyan Church	1010 Crest View Rd Vista, CA 760-940-9494	Canned Food Pantry
Grace Presbyterian Church	1450 E. Vista Way Vista, CA 760-724-0077	Food Pantry Open Monday, Tuesday and Friday 8:00 a.m9:30 a.m. call for an appointment.
		Soup Kitchen Tuesdays 3-4:00 p.m. Clothing is also distributed as available.
Catholic Charities Vista	917 East Vista Way 760-631-4792	Food distribution every Tuesday-Saturday from 9-12:00 p.m.and 1-4:00 p.m.
North County Food Bank	1445 Engineer Street, Suite 110 Vista, CA 92081	Food distribution, eligibility based on income. Monday-Friday 11:00-2:00
Ministerio Tiempo Nuevo at Calvary Church	885 Vista Way Vista, CA 92084	Food distribution, eligibility based on income. Non perishable dry goods and fresh produce. Wednesdays 6-8:00 a.m.
Mission San Luis Rey	4070 Mission Avenue Oceanside, CA 92057	Food distribution Tuesday-Thursday from 9-3:00 p.m. All are welcome
Brother Benno Foundation	3260 Production Avenue Oceanside, CA 92058	Food Distribution Monday-Friday 6:30 a.m10:45 a.m. and 11:30-1:30 p.m.
Lived Experiences at Crown Heights Community Center	1210 Division Street Oceanside, CA 92054	Food distribution 4th Thursday of the month from 3:00 until the food is gone
Vista Community Clinic	760-631-5000 ext. 7014	Food distribution. By appointment only, various locations
Bread of Life	1919 Apple Street, Ste I-M Oceanside, CA 92058	Food boxes Monday, Wednesday and Friday from 9-11:45 a.m.; Tuesdays from 9-11:00 a.m.
Food Pantry & Fresh Choice Program, Oceanside Corps Salvation Army	3935 Lake Blvd. Oceanside, Ca 92056	Emergency food assistance including canned goods, fresh fruits and vegetables and bread to low income individuals.
Sarah's Hope Food Pantry	204 S. Freeman St. Oceanside, CA	Emergency food, diapers. Mon.12-2 by appt.

Food Distribution

Gleaning Field Foundation

Vista, CA 92083 760.945.1003

Directions

Wednesdays from 1:00 - 3:00 PM (Seniors only) *Must call 760.945.1003 and pre-register **Call first (possible eligibility requirements)

North County Lifeline

200 Michigan Ave. .

Vista, CA 92084

760.726.4900

Directions

Tuesdays, Wednesdays, and Thursdays from 10:00 AM - 5:00 PM

**Call first (possible eligibility requirements)

TriCity Food Pantry

165 South Eucalyptus Ave

Vista, CA 92084

760.658.4047

Directions

2nd and 4th Thursday at 2:00 PM

**Call first (possible eligibility requirements)

Food for Life

1130 North Melrose Drive Suite 406

Vista, CA 92083

760.968.6389

Directions

Saturdays 9 - 11 AM

VCC

Luz Duran Park, 340 E. Townsite Drive

Vista, CA 92084

Directions

Every 2nd and 4th Tuesday, 1:30pm-3:30pm (or until food runs out)

Faith Lutheran

700 East Bobier Drive

Vista, CA 92084

760.724.7700

Directions

2nd & 4th Friday of every month: 3:30 - 5:00 PM

Grace Presbyterian

1450 East Vista Way

Vista, CA 92084

760.724.0077; Tuesdays from 3:00-4:30pm

Directions

Vista Produce Pantry

Tennis Club of Vista 685 Taylor Street

Vista, CA 92084

Directions

1st and 3rd Tuesday of the month from 11:30 AM - 12:30 PM

Salvation Army Oceanside (SAO)

3935 Lake Boulevard

Oceanside, CA 92056

760.631.8212

Directions

Food Pantry on Tuesdays and Wednesdays from 8:30 - 11:00 AM Food Distributions on Mondays and Fridays from 12:00 - 1:30 PM

Oceanside Mobile Pantry

5306 North River Road

Oceanside, CA 92057

Directions

2nd and 4th Tuesday from 11:00 AM - 12:00 PM

Oceanside First Presbyterian Church (Groceries with Grace)

2001 S El Camino Real

Oceanside, CA 92054

Directions

Every 3rd Saturday of the month at 9:30 AM

Interfaith Community Services

4700 North River Road, Suite A

Oceanside, CA 92057

(760) 721-2117

Directions

8:00am-11:00am

**Call first (possible eligibility requirements)

Lived Experiences Libby Lake

504 Calle Montecito

Oceanside, CA 92057

Directions

Every Wednesday 4:00pm- 5:00pm

Interfaith Community Services - Carlsbad

5731 Palmer WaySuite A

Carlsbad, CA 92010

760.489.6380

Directions

By appointment from 7:00 AM - 3:00 PM Pre-packaged food boxes delivered to car/outside pick-up.

**Call first (possible eligibility requirements)

Carlsbad Produce Pantry

2525 El Camino Real - LOT F

Carlsbad, CA 92008

Directions

4th Wednesday of each month from 10:00 - 11:00 AM Starting in July (7/26/2023) this distribution will be switching parking lots. We will be in Lot F, near the Pickleball Club.

Ruth Anointed World Ministries

256 Smilax Rd

San Marcos, CA 92069

Directions

Every Wednesday from 11:00 AM - 12:00 PM First come, first serve

Vista Community Clinic

1000 Vale Terrace, Vista, CA 92084

Every 3rd Tuesday and Wednesday of the month

Vista Mobile Pantry

5306 North River Road

Oceanside, CA 92057

2nd and 4th Tuesday of the month from 11:00 a.m. - 12:00 p.m.

Libby Elementary School Pantry

423 W Redondo Dr

Oceanside, CA 92057

2nd and 4th Wednesday of the month from 3:30 - 4:30 p.m.

Mission San Luis Food Pantry

4070 Mission Ave

Oceanside, CA 92056

Tuesday-Thursday, Saturday 9:00-3:00 p.m.

Pablo Tac School of the Arts Elementary School Pantry

3535 Hacienda Dr.

Oceanside, CA 92054

1st and 3rd Thursday of the month from 2:00 - 3:30 p.m.

San Marcos Elementary School Pantry

1 Tiger Way

San Marcos, CA 92069

2nd and 4th Wednesdays of the month from 12:00 - 1:30 p.m.

Health Services		
Organization	Location & Phone Number	Services
Vista Community Clinic	1000 Vale Terrace Drive Vista, CA 760-631-5000	Medical care for adults, children, and families in the community.
Vista Community Clinic Dental Clinic	4700 N. River Road, Ste C Oceanside, CA 92057	Provides dental services for children and adults.
TrueCare Oceanside	2216 S. El Camino Real Ste. 121-122 Oceanside, CA 92054 619 Crouch St. Ste. 100 Oceanside, CA 92054 760-736-6767	Provides dental care services for children and adults.
Maternal Child Health, North Coastal Region (HHSA)	3609 Ocean Ranch Blvd. Oceanside, CA 92056 760-967-4401	A free, voluntary prevention program that provides nurse home visitation to at-risk, low income pregnant and postpartum women and their children from birth to 5 years old.

Counseling and Family Services		
Organization	Location & Phone Number	Services
North County Lifeline	200 Michigan Avenue Vista, CA 9284 760-726-4900 By appointment only.	Provides programs (including a school-based program) for youth and adults struggling with mental health issues, emotional trauma, substance abuse, suicide prevention.
North County Crisis Intervention and Response Team	1020 S. Santa Fe Ave., Ste A Vista, CA 92085 760-233-0133	Provides services to children and teens experiencing severe behavioral and/or emotional difficulties. Offers walk-in, same day appointments and a Mobile Assessment Team for those unable to come into the office.
Rady Behavioral Health Services	3605 Vista Way, Ste. 258 Oceanside, CA 92056	Child adolescent psychiatric counseling
NAMI San Diego	1-800-950-6264	Provides free education, counseling services for youth, adults, families.
Palomar Family Counseling	760-741-2660	Individual and group counseling for youth and families.
S. D. County Health & Human Services Agency- Behavioral Health, Children, Youth, Families	3609 Ocean Ranch Blvd. Oceanside, CA 92058 760-967-4401	Provides mental health services including early intervention and residential services to children, youth, and their families.
Oceanside Family Counseling Center	2201 Mission Avenue #100 Oceanside, CA 760-826-2026	Provides a variety of services and programs to address mental health care needs including: individual, couples, and family counseling; adult, teen, and child psychiatry, psychological testing, and substance use disorder services.
Parenting Workshop Vista Community Clinic	760-631-5000 ext 7113 or 7124 yesenia.barbosa@vcc.org	Free Positive Parenting classes, workshops on oral health, nutrition, prevention of childhood lead poisoning. Also provides The Dad's Club, where fathers can learn about parenting and the importance of the fatherhood role.
McAlister Institute Teen Recovery Center	3921 Waring Road Ste A Oceanside, CA 92056	Provides substance abuse, treatment, recovery, education for adolescents who are

	760-726-4451	using, misusing, or abusing drugs and/or alcohol.
YMCA Transition-Aged Youth: TAY Street Outreach Program	215 Barnes Street Oceanside, CA 92054 760-908-9647	Provides crisis assessment, support, referrals, resources, transportation to safe places, snacks, hygiene kits, and other basic needs items for runaway, homeless, at-risk youth ages 12-25.
Kinship Support Services YMA	1-877-YMCA-4-KIN www.ymcasd.org	Provides support,respite services for kinship caregivers/relatives raising a family member's child.

Alcohol and Drug Treatment Programs		
Organization	Location & Phone Number	Services
North County Lifeline	200 Michigan Avenue Vista, CA 9284 760-726-4900 By appointment only.	Provides programs (including a school-based program) for youth and adults struggling with mental health issues, emotional trauma, substance abuse, suicide prevention.
McAlister Institute Teen Recovery Center	3921 Waring Road Ste A Oceanside, CA 92056 760-726-4451	Provides substance abuse, treatment, recovery, education for adolescents who are using, misusing, or abusing drugs and/or alcohol.
North Coastal Teen Recovery Center	3923 Waring Road, Suite D Oceanside, CA 92056 (760) 726-4451	Population: Adolescents (age 12 – 17) with substance use and abuse issues Service: Alcohol and other drug treatment for youth. Non-residential treatment, recovery, and ancillary services that are non-institutional and nonmedical. Outpatient Drug-Free (ODF) treatment and Intensive Out Patient (IOP) services. Co-occurring services are available. Parent Organization: McAlister Institute for Treatment and Education
Teen Recovery Center North Inland Substance Use Disorder	221 W. Crest Street Escondido, CA 92025 (760) 744-3672 https://turnbhs.org/location/teen-recovery-center/	Teen Recovery Center provides outpatient treatment for youth ages 12 – 17 who are struggling with substance use disorder and/or co-occurring disorder. Services are determined based on level of care needed, and may include individual and group counseling, education, and family support. This program partners with the San Diego County Office of Education and Juvenile Court to integrate school with treatment as needed.
Teen Recovery Center	150 Valpreda Road, San Marcos 92069 760.744.3672	Outpatient substance abuse services for adolescents; counseling, education, and support
North Inland Teen Recovery Center	340 Rancheros Drive, Suite 166 San Marcos, CA 92069 (760) 744-3672	Population: Adolescents (age 12 – 17) with substance use and abuse issues Service: Alcohol and other drug treatment for youth. Non-residential treatment, recovery, and ancillary services that are non-institutional and

		non- medical. Outpatient Drug-Free (ODF) treatment and Intensive Out Patient (IOP) services. Co-occurring services are available.
Aurora Behavioral Health	11878 Avenue of Industry San Diego, 92128 858.487.3200	Inpatient and intensive outpatient alcohol and drug recovery program for adolescents
Capalina Comprehensive Treatment Center	1560 Capalina Road San Marcos, 92069 (760) 8744-2104	Provides outpatient treatment for adults and teens of all genders struggling with opioid use disorder, as well as other substance abuse disorders including alcohol. Offers Medication-Assisted Treatment (MAT), outpatient counseling, and recovery residence funding.

Services for Individuals with Disabilities		
Organization	Location & Phone Number	Services
North Coastal Consortium for Special Education	255 Pico Avenue San Marcos, CA 92069 760-307-1657 www.nccse.org	Offers support, information, and resources for families of children with disabilities.
TERI Learning Academy	3225 Roymar Road Oceanside, CA 92058	Non-public school serving individuals 6-22 years of age with autism and other developmental disabilities
TASK	2080 Mission Ave Oceanside, CA 92058 760-966-7860 taskca.org	Provides emotional support, education, and referrals for parents regarding special education systems and processes (including IEP preparation). Call to schedule an appt.
San Diego Regional Center N. County Office	5931 Priestly Dr., Ste. 100 Carlsbad, CA 92008 www.sdrc.org	Various services for individuals with developmental disabilities and their families.
Blue Envelope Program	https://www.sdsheriff.gov/community/blue-envelope	Program by San Diego Sheriff's Department designed to promote inclusivity and serve as an enhanced communication awareness tool between law enforcement and community members diagnosed with a condition or disability that might require additional accommodations or awareness during a law enforcement interaction.

Immigration Services		
Organization	Location & Phone Number	Services
Aiming Higher	1717 E. Vista Way #205 Vista, CA 92084 (760)842-5111 www.aiminghigherimmigration.org	Provides free and low cost immigration services to low income families. Their services include consultation, green cards, visas, employment authorizations, citizen and naturalization processing. Walk-ins Saturday 1-3 p.m.
UURISE	1600 Buena Vista Drive Vista, CA 92081 (760) 477-7537	Offer direct legal services, particularly those who have few resources to obtain legal assistance. Provides legal advice and representation to individual clients.
Legal Aid Society of San Diego, North County Office	216 S. Tremont Street Oceanside, CA 92054 877-534-2524	Offers assistance with Family-based immigration, naturalization, citizenship, Green Card Renewals, U and T Visas, VAWA, Waivers
Interfaith Community Services Immigration Clinic	Oceanside: (760) 721-2117 Carlsbad: (760) 448-5696	Offers a free Immigration Clinic to the public to talk with immigration lawyers about their case or receive general information about immigration status.

Legal Services				
Organization	Location & Phone Number	Services		
Legal Aid Society of San Diego, Federal Tax Disputes Office	100 E. San Marcos Blvd. Ste 308 San Marcos, CA 92069 877-534-2524 www.lassd.org	Provides legal support for low-income taxpayers who have questions or problems concerning their federal income taxes.		
Legal Aid Society of San Diego, Consumer Protection Help North County office	216 Tremont Street Oceanside, CA 92054 877-534-2524	Provides FREE counseling, advice, and representation in court to low-income people in government health benefits, family law, landlord-tenant issues, Section 8 and public housing (including denials), and immigration. Also, provides assistance with CalWORKs, CalFresh, and Social Security (SSI). Services are provided by staff attorneys and advocates.		
Las Valientes	760-439-1133	Provides assistance to women in the Hispanic community with legal issues associated with		

		domestic violence.
Free toThrive	619-693-6361	Provides free mobile legal services and referrals to other services for victims and survivors of human trafficking.
Interfaith Community Services	4700 N.River Road Oceanside, CA 92058 760-721-2117	Provides legal aid counseling and offers a Volunteer Income Tax Assistance Program that provides free tax preparation services to qualified individuals.

Military Family Services				
Organization	Location & Phone Number	Services		
Veterans Association of North County	1617 Mission Avenue Oceanside, CA 92058 760-722-1277	Provides support and information about social services, hosts classes for military personnel and their families		
California Family Assistance Program, Operation Ready Families	800-449-9662 https://calguard.ca.gov/family-programs/	Provides a variety of resources to National Guard and other military families, services including financial assistance and referrals.		
Blue Star Families, Inc.	441 Saxony The Hive/Barn 2 Encinitas, CA 92024 202-630-2583	Provides a variety of programs that enhance family life, help spouses find jobs, provides caregivers with essential peer support.		
Coastal Roots: Mobile Farm Stand	5306 N. River Road Oceanside, CA 92057 949-230-7318	Free certified-organic vegetables for families in the military. Call for an appt.		
Assistance League of North County Chapters for Children	1816 Oceanside Blvd. #F Oceanside, CA 9054	Distributes clothing and school supplies for children of service members of Camp Pendleton		
Employment and Training Services, North County	1701 Mission Avenue Oceanside, CA 442-262-2702	Proves reemployment assistance to eligible veterans in North County		

Employment Assistance				
Organization	Location & Phone Number	Services		
Welfare to Work, ResCare, North Inland Region	649 W. Mission Ave. Ste 2 Escondido, ca 92025 760-871-1900	Offers time-limited employment services to CalWorks recipients along with counseling, food assistance, and assistance with medical services.		
LifeSpring North County Lifeline	302 N. Indiana Ave Vista, CA 92084 760-842-6261	Provides transitional housing up to 24 months for youth ages 18-24 with additional services including employment assistance, education.		
New Directions Casa de Amparo	4055 Oceanside Blvd, Ste F Oceanside, CA 92056 760-295-4600	Transitional housing program for young adults 18-25 transitioning from foster care to independent living. Provides participants with the necessary skills and resources to help with the transition.		
Young Adults Program, Service Youth in San Diego Goodwill Industries	619-417-7993	Provides young adults (16-25) with coaching by job developers or case managers and specialized services to assist with employment preparation.		
Goodwill Employment Center, Oceanside	414 N. Coast Highway Oceanside, CA 92054 760-722-8582	Offers free job search assistance, including one on one appointments, and job readiness workshops		
Partnerships with Industry, North County	4059 Oceanside Blvd, Ste B Oceanside, CA 92056 760-941-7534	Provides employment services to adults with developmental or intellectual disabilities.		
CalFresh Employment and Training, North Coastal	1315 Union Plaza Ct. Oceanside, CA 92054	Provides CalFresh participants assistance with skills, training, and work experience.		