



San Diego County Regional Resource Directory



SAN DIEGO COUNTY OFFICE OF EDUCATION
RANDOLPH E. WARD, COUNTY SUPERINTENDENT OF SCHOOLS
STUDENT SERVICES AND PROGRAMS DIVISION
STUDENT SUPPORT SERVICES DEPARTMENT

**FOSTER YOUTH & HOMELESS EDUCATION
SERVICES PROGRAM**

WWW.SDCOE.NET/FYHES

Information provided in this resource directory
is public information; listings provided do not
constitute endorsement by the San Diego
County Office of Education.

YOUTH SPECIFIC RESOURCES:

TOBACCO, ALCOHOL & DRUGS

Alanon/Alateen: (619)296-2666
Alcoholics Anonymous: (619)265-8762
 *ask for a teen group
CA Smokers Help Line: (800) 7No Butts

Cocaine Anonymous: (858) 268-9109
Narcotics Anonymous: (800) 479-0062
SD Harm Reduction: (619) 602-2763

TRANSITIONAL LIVING PROGRAMS (YOUTH)

SDYS Take Wing: (619) 221-8610
 (Emancipated or 16-21 yrs old)
New Alternatives (NA), Inc: (858) 278-1137
NA Foster Family Agency: (888) 599-HOME
Trolley Trestle: (619) 420-3620
 (Former & current foster youth)

THP: (760) 453-2860
 (Former Foster Youth)
YMCA Turning Point: (619) 640-9774
 (emancipated or 18 yrs to 21yrs)

TRANSPORTATION

Home Free: (800) 621-4000
 (12-20 yrs old)
Travelers Aid: (619) 295-8393

San Diego Transit: (619) 233-3004
Regional Transit: (800) 266-6883

ADDITIONAL SERVICES 18 & UP

Access Center: (619) 293-3500
 (Disabled Only)
Catholic Charities: (619) 696-0873
Clinical Services: (619) 231 -2828
Center for Community Solution:
 (888) 385-4657
 (Domestic Violence & Sexual Assault)
Community Connection: (619)543-8500
Oasis Clubhouse: (858)300-0470
 (18-25 yrs old)
Operation Samahan: (619) 477-4451
San Diego Family Justice Center: (866) 933-4673

SD Rescue Mission: (619) 687-3720
 2611 G Street, San Diego
 (Downtown)
Second Chance: (619) 234-8888
 6145 Imperial Avenue, San Diego
 (Encanto Area)
Sunburst:(619)255-7854
 (18 to 24 youth housing project)
YWCA: (619)234-3164
 (Domestic Violence, Homeless, Legal,
 Counseling)



Youth Resources Provided by:
 San Diego Youth Services (SDYS)
www.sdyouthservices.org

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YOUTH SPECIFIC RESOURCES:

RECOVERY SERVICES

CRASH: (619)263-6663	Volunteers of America/Sobriety Abuse: (619) 232-5171
SDYS Teen Recovery Center: (619) 325-4696	Union of Pan Asian Communities (UPAC): (619) 235-4607
Phoenix House: (619) 445-0405 (12-17 yrs old)	Palavra Tree: (619) 263-7768
House of Metamorphosis: (619) 236-9492	24-Hour Hotline: (877) 826-1545
MITE: (619) 442-0277	Stepping Stone: (619) 278-0795
Mid Coast Counseling: (619)523-8121	

STD/HIV CLINICS

County Public Health Centers:	UCSD Mother, Child & Adolescent Center:
Pacific Beach: (858) 490-4400 2440 Grand Ave Thursday I-6:30pm	Hillcrest: (619) 543-8080 150 W Washington Street
Rosecrans: (619) 296-2120 3851 Rosecrans Street M-Th 7:30-4:30pm Fri 10am-4pm	Jewish Family Services: (858) 637-3020 2700 Adams Ave, Ste # 102 Screening on Tuesdays 12:00-1:00pm

SCHOOL FOR MINORS

Care House Life Ministries: (619) 840-5968 After school program for at risk to homeless youth	Monarch High School: (619) 685-8242
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SHELTERS 18 & UP

Alpha Project: (619) 542-1877	Christie's Place: (619) 702-4186 (For families living with HIV/AIDS)
Neil Good Day Center: (619) 234-3041 299 17th Street	Rachel's Women's Center: (619) 696-0873 (Women only, apply early for night shelter) 759 8th Street (day center only)
St. Vincent De Paul Village: (619) 233-8500 15th & Imperial St.	
Salvation Army Emergency Lodge: (619) 446-0430 726 F Street	

SUPPORT/REUNIFICATION SERVICES

Residential Services

Polinsky Center: (858) 514-4600	YMCA Oz
Cool Beds: (619) 258-6877 (East County residents)	(San Diego): (858)270-8213 (Oceanside): (760) 721-8930

Non Residential Services—Community Assessment Teams

South Bay Comm. Services: (619) 420-3620	North County Lifeline: (760) 757-0118
SDYS (East County): (619) 258-6877	Mental Health Systems: (760) 747-0205 (North Inland)
SAY (Central County): (619) 283-9624	

YOUTH SPECIFIC RESOURCES:

INFORMATION & SUPPORT LINES

AIDS Hotline: (800) 922-2437
Being Alive San Diego: (619) 291-1400
CDC: (800) 342-2437
Battered Women's Services: (619) 234-3164
Child Welfare Services: (858) 560-2191
Infoline: 2-1-1

Mexican Consulate: (619) 231-8414
Legal Aid: (619) 262-0896
Teen Line (6pm - 10pm): (800) 852-8336
SDYS Storefront: (866) 752-2327
Trevor Helpline: (suicide): 866-488-7386
SAY San Diego: (619) 283-9624

LGBTQ SUPPORTS

Bien Star: (619) 295-2192
Hillcrest Youth Center: (619) 497-2920
Gay Youth Alliance: (619) 233-9309

Glisen: (619)640-7576
LGBTRO (resources): (858) 822-3493
Lesbian & Gay Men's Center: (619) 692-2077

MEAL CENTER

God's Extended Hand: (619) 237-0079
1625 Island Avenue
(Closed on Wednesday)

MENTAL HEALTH

SDYS Counseling Cove: (619) 525-9903
(12-21 yrs old who are homeless, runaway or couch surfing & uninsured or have Medi-Cal)

SDYS East County Behavioral Health Clinic:
(619) 448-9700
Emergency Screening Unit: (619) 421-6900

OTHER SERVICES

American Red Cross: (619) 542-7400
Immigration & Naturalization: (800) 375-5283
DMV Info & Appointments: (800) 777-0133
3960 Normal Street—Hillcrest
Medi-Cal: (800)541-5555
Pet Assistance: (619) 544-1222
Mon- Fri 9:00-5:00pm

Poison Control: (800) 876-4766
Social Security Administration:
880 Front Street: (619)557-5257
909 Grand Avenue: (800) 772-1213
SD-Kids Health Assurance: (800) 675-2229
SDYS Volunteer work: (619) 221-8600
Victim Assistance Program: (619) 531-4041

PREGNANCY/PARENTING

Planned Parenthood:
Clinics: (619) 881-4500
Call Center: (888) 743-7526
Prenatal Care Network: (800) 675-2229
SANDAPP: (619)525-7474

SDYS Teen Options: (619) 521-2250
WIC-Women, Infants & Children:
(888) 942-9675

COUNTY WIDE RESOURCES

HOTLINES:

2-1-1 SAN DIEGO: Resource and information hub

www.211sandiego.org
211 or 1-(800)227-0997 (out of area)

ACCESS & CRISIS LINE: Suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services

www.up2sd.org
1-(888)724-7240

AGING & INDEPENDENT SERVICES: Adult Protective Services Hotline
1-(800)510-2020

CHILD ABUSE HOTLINE:

1-(800)344-6000

COUNTY CRISIS TEAM: Crisis & suicide prevention & Medi-Cal Access Line
1-(800)479-3339

SAN DIEGO COUNTY DOMESTIC VIOLENCE HOTLINE

1-888-DV-LINKS (1-888-385-4657)

CALIFORNIA POISON CENTER

1-(800)222-1222 or 1-(800)876-4766

WELFARE FRAUD

1-(800)421-2252

SELF HELP RESOURCES

CAL-FRESH: Apply online, Find out if you might be eligible for CalFresh, CalWORKs and/or Medi-Cal benefits, and recertify your CalFresh case.

MyBenefits CalWIN: www.mybenefitscalwin.org

DOWNLOAD APPLICATIONS: (All three applications needed)

www.cdss.ca.gov/cdssweb/entres/forms/English/DFA285A1.pdf
www.cdss.ca.gov/cdssweb/entres/forms/English/DFA285A2.PDF
www.cdss.ca.gov/cdssweb/entres/forms/English/DFA285A3QR.PDF

211 APPLICATION ASSISTANCE: Call 211 for assistance with the CalFresh application. Assists potentially eligible callers with completing the CalFresh application. 211 may send an application packet to the caller to complete on his or her own or connect callers with a Community Based Organization (CBO) that may help with the application process, or provide the address of the nearest Family Resource Center (FRC) to apply in person.

ACCESS APPLICATION ASSISTANCE: 1-(866)262-9881

The ACCESS Customer Service Center is an extension of the County of San Diego Family Resource Centers (FRCs). ACCESS serves residents, providers, and other government agencies with questions or needs related to FRC programs and services, including providing case management services for existing FRC customers. ACCESS will mail a Cal-Fresh application upon request. Completed application may be sent to the local FRC via U.S. mail or in person drop-off.

COUNTY WIDE RESOURCES

SELF HELP RESOURCES (CONTINUED)

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES (HHS):

Apply for CalFresh, Cash Aid, Medi-Cal and CalWORKs in person.

DOCUMENTATION NEEDED: Proof of: identification, residency, immigration status (if applicable), earned income, other income, housing and utility costs and medical bills. See specific regions for locations or go to:

www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/family_resource_centers.html

CASH AID: Assistance with Food Stamps, Cash Aid and Medi-Cal social services

COUNTY OF SAN DIEGO HHS:

1-(866) 262-9881

www.sdcounty.ca.gov/hhsa

CENTER CITY (County Wide):

1255 Imperial Avenue
5th Floor
San Diego, CA 92101
(619) 338-2555

HHS FAMILY RESOURCE CENTERS OF SAN DIEGO

Same as CalFresh and Medi-Cal locations. See specific Regions for locations.

211 ASSISTANCE: Call **211** for Cash Aid resources

ACCESS: Call 1-(866)262-9881 for the ACCESS Customer Service Center.

Access is an extension of the County of San Diego Family Resource Centers (FRCs). ACCESS serves residents, providers, and other government agencies with questions or needs related to FRC programs and services, including providing case management services for existing FRC customers.

MEDI-CAL/DENTI-CAL:

211 ASSISTANCE: Call **211** for Medi-Cal & Denti-Cal assistance

ACCESS: Call 1-(866)262-9881 (see program details above)

Medi-Cal Assistance:

California Department of Health Care Services: Medi-Cal information for: individuals and families, provider enrollment, provider manuals and provider bulletins.

www.medi-cal.ca.gov

MyBenefits CalWIN: This site connects you to applications for Medi-Cal, County Medical Services Program (CMSP), CalFresh (formerly known as Food Stamps) and California Work Opportunity and Responsibility to Kids (CalWORKs) benefits in California.

www.mybenefitscalwin.org

Denti-Cal Assistance:

CA Department of Health Care Services:

www.denti-cal.ca.gov

Follow the link below for a list of current Denti-Cal providers :

www.denti-cal.ca.gov/provreferral/SanDiego.pdf

YOUTH SPECIFIC RESOURCES:

24 HR CRISIS HOTLINES

Access Crisis Line (Suicide): (800) 479-3339

Cal. Youth Crisis Hotline: (800) 843-5200

Missing Persons (SDPD): (619) 531-2000

Nat'l Runaway Switchboard: (800) Run-away

Domestic Violence/Sexual Assault: (888) 272-1767 (24hr Helpline)

National Domestic Violence Hotline: (800) 799-SAFE

CA Youth Crisis Line: (800) 843-5200

San Diego County Child Protective Services: (800) 344-6000

National Alcohol and Drug Abuse Hotline: (800) 252-6465

DROP-IN SERVICES

Storefront Drop-In Center: (866) 752-2327

(12-17 yrs old)

7 days a week 8:00am-6:00pm

Hillcrest Youth Center: (619) 497-2920

(14-20 yrs old)

Stand Up For Kids: (800) 365-4543

(13-21 yrs old)

Stand Up—Downtown:

1039 12th Avenue

5:30pm-8:00pm everyday

Stand Up—Oceanside Center:

1905 Apple Street

5:30pm-8:30pm M/T/TH

EMERGENCY/LAW ENFORCEMENT

EMERGENCY: 911

SDPD Juvenile Services: (619) 692-4800

SDPD (non-emergency): (619) 531-2000

Juvenile Hall: (858) 694-4500

Juvenile Probation: (858) 694-4600

SDD Juvenile Services: (619) 692-4830

Poison Control Center: (800) 222-1222

Sex Crimes: (619) 531-2210

SD Volunteer Lawyer Program: (619)235-5656

Teen Court: (619)533-5742

EMPLOYMENT & EDUCATIONAL

CA Conservation Corps (CCC): (800) 952-JOBS

(18-23 yrs old)

Job Corps: (800) 246-2285

(16-24 yrs old)

Urban Corps San Diego: (619)235-6884

(18-25 yrs old)

Able-Disabled: (619)231-5990

(14-21 yrs old)

E. County Career Development: (619) 590-3900

HEALTH CENTERS

SD American Indian Health Center:

(619) 234-2158

Southern Indian Health Council:

(800) 400-1189

Mobile Clinic: (619) 597-3306

Thurs 6-9pm | 12-24 yrs old

Beach Area Health Center: (619) 515-2444

No age restriction

3705 Mission Blvd.

Downtown Health Center: (619) 515-2525

No age restriction

1145 Broadway

Logan Heights Health Center: (619)515-2300

Dental, no age restriction

1809 National Ave

North Park Health Center (619) 515-2424

No age restriction

3544 30th Street

Teen Health Center: (619) 515-2333

12-24 yrs old

Mon-Fri 12-5pm

1643 Logan Ave.

LGBTQ Health Services: (619) 260-6380

2313 El Cajon Blvd

San Ysidro Health Center

Casa South Bay: (619) 662-4100

SOUTH COUNTY RESOURCES:

TRANSPORTATION

South County – Transportation

511: One-stop transportation resource for all of San Diego County

www.511sd.com

511 or 1-855-GO-SD-511 (1-855-467-3511)

FACT, INC.: Please see the 'County Wide Resources' section of this guide for more information.

www.factsd.org

(888) 924-3228

METROPOLITAN TRANSIT SYSTEM (MTS) SAN DIEGO: Provides countywide bus and rail services.

www.sdmts.com

(619) 238-0100

COUNTY WIDE RESOURCES

SELF HELP RESOURCES

(CONTINUED)

SUPPLEMENTAL SECURITY INCOME (SSI):

SOCIAL SECURITY ADMINISTRATION: The Official U.S. Social Security Administration, apply online and/or obtain information.

1-800-772-1213

www.ssa.gov

SOCIAL SECURITY ADMINISTRATION OFFICES OF SAN DIEGO: Apply for new, lost or replacement social security card. Apply for social security benefits such as: Social Security Disability Benefits, Social Security Retirement Benefits, Social Security Survivor Benefits, Supplemental Security Income and Medicare.

Central:

1333 Front Street

San Diego, CA

92101

(855) 820-0097

8505 Aero Drive

San Diego, CA

92123

(800) 772-1213

7691 Dagget Street

San Diego, CA

92111

(800) 772-1213

East:

846 Arnele Ave.

El Cajon, CA 92020

(800) 772-1213

7961 University Avenue

La Mesa, CA 91942

(800) 772-1213

North:

2160 South El Camino

Real

Oceanside, CA 92054

(855) 287-4793

367 Via Vera Cruz

San Marcos, CA 92078

(800) 772-1213

South:

626 L Street

Chula Vista, CA 91911

(800) 772-1213

2530 E Plaza Blvd.

National City, CA

91950

(866) 331-2203

ALCOHOL, DRUG SERVICES & RECOVERY

ALCOHOLICS ANONYMOUS:

www.aasandiego.org

San Diego Central Office

7075 Mission Gorge Road, Suite B

San Diego, CA 92120

(619) 265-8762

Oficina Central Hispana

(se habla español)

3628 University Avenue

San Diego, CA 92105

COUNTY OF SAN DIEGO HHSA:

www.sdcounty.ca.gov/hhsa/index.html

Behavioral Health Services Division: The Behavioral Health Services Division provides a continuum of mental health and alcohol and other drug services for children, youth, families, adults, and older adults.

See the Provider Resource Listing via the link below for information on all County operated and contracted programs that provide mental health services and alcohol and drug services:

www.sdcounty.ca.gov/hhsa/programs/bhs/documents/BHS_Provider_Directory_with_Title_page.pdf

COUNTY WIDE RESOURCES

ALCOHOL, DRUG SERVICES & RECOVERY

(CONTINUED)

Alcohol, Drug and Mental Health Administration: This facility houses the Agency headquarters for Alcohol and Drug Services and Mental Health administration.

3255 Camino del Rio South
San Diego, CA 92120
(619) 563-2700

FAMILY HEALTH CENTERS OF SAN DIEGO: Family Health Centers of San Diego is a private nonprofit community clinic that provides high quality healthcare and supportive services to everyone, with a special commitment to uninsured, low income and medically underserved persons. Services: adults, alcohol & drug services, black infant health program, children, counseling & mental health, LGBT, pharmacy, dental, health education, hiv, homeless, specialty clinics, teens, vision care and women.

See specific regions for locations or visit the link below:

www.fhcsd.org/locations

(619) 515-2300

MENTAL HEALTH SYSTEMS (MHS): Mental Health Systems provides an integrated approach to specialized services and is uniquely qualified to offer mental health, corrections and alcohol and drug services through a network of statewide programs for people who either cannot afford privately paid services or for whom appropriate services are not otherwise available.

See website for locations: www.mhsinc.org/programs

Home Office (County Wide):

9465 Farnham Street
San Diego, CA 92123
(858) 573-2600

VOLUNTEERS OF AMERICA: Programs providing alcohol and drug detoxification and treatment, public safety, and mental health services.

www.voa-swcal.org

3530 Camino Del Rio North
Suite 300
San Diego, CA 92108
(619) 282-8211

Alcoholism and Drug Services Center:

1111 Island Avenue
San Diego CA 92101
(619) 232-5171

Sobering Center/Inebriate Reception Center:

101 16th St.
San Diego, CA 92101
(619) 232-5171

Amigos Sobrios:

741 11th Avenue
San Diego, CA 92101
(619) 232-7754

SOUTH COUNTY RESOURCES:

LEGAL ASSISTANCE

LEGAL AID SOCIETY: For more information please see the 'County Wide Resources' section of this guide.

(877) 534-2524

South County Courthouse: Domestic Violence Temporary Restraining Order Clinic - Sign up with the clerk on the 1st floor, Room 155 starting at 8:15am. Clinic operates Monday - Friday at 9:00am - 4:30pm

500 Third Avenue (next to cafeteria, 1st floor)

Chula Vista, CA 91911

Supplemental Security Income (SSI) Advocacy: Advocates provide help with SSI applications and appeals

Monday - Wednesday from 9:00am-12:00pm

HHSA South Region Center

690 Oxford Street

Chula Vista, CA 91911

MENTAL HEALTH

COUNTY OF SAN DIEGO HHSA-BEHAVIORAL HEALTH SERVICES: Adult mental health case management services. For more locations please see the 'County Wide Resources' section of this guide.

(619) 563-2700

FAMILY HEALTH CENTERS OF SAN DIEGO:

www.fhcsd.org/locations

Chula Vista Family Health Center (619) 515-2500

MENTAL HEALTH SYSTEMS (MHS): Follow the link below for South Region locations:

www.mhsinc.org/programs

(858)573-2600

PARADISE VALLEY HOSPITAL:

<http://www.paradisevalleyhospital.net/>

Behavioral Health Services

2400 East Fourth Street

National City, CA 91950

(619)470-4239

VISTA HILL: Programs include brief early intervention and preventive work with troubled young people, treatment for school age children, long-term special education and training for individuals with developmental disabilities. See the link below for a complete listing of locations.

www.vistahill.org/map/index.html

SOUTH COUNTY RESOURCES:

HOUSING

Shelters:

THE SAN DIEGO HOUSING COMMISSION (SDHC): A complete listing of shelters for the South Region is on page 29 of the linked document below:

www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf
(619) 231-9400

SOUTH BAY COMMUNITY SERVICES (SBCS):

southbaycommunityservices.org/

Casa Nueva Vida I: Program provides 54-bed short term housing and supportive services program for homeless families.

430 F Street
Chula Vista, CA 91910

(619) 420-3620 or (800)640-2933 24-hour hotline

Transitional Housing:

THE SAN DIEGO HOUSING COMMISSION (SDHC): (619)231-9400

A complete listing of Transitional housing for South Region is on pages 31 & 45 of the linked document below:

www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf

SOUTH BAY COMMUNITY SERVICES (SBCS): Contact information above

Casa Nueva Vida II: Program provides transitional housing with 12 units where families can stay for up to 18 months.

Casas de Transicion: Affordable housing developments available to families who have experienced homelessness and/or domestic violence. Services include case management and counseling.

Victorian Heights: Eight-unit transitional housing development serves homeless women struggling with substance abuse, mental health issues, and/or domestic violence victimization.

La Posada: A permanent, supportive housing for individuals and families who are affected by HIV/AIDS.

Safe House/Domestic Violence Contacts:

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): For more information please see the 'County Wide Resources' section of this guide.

www.cdph.ca.gov

CENTER FOR COMMUNITY SOLUTIONS: For more information please see the 'County Wide Resources' section of this guide.

www.ccssd.org

1-888-385-4657 24-Hour Toll Free Crisis Line

SOUTH BAY COMMUNITY SERVICES (SBCS):

southbaycommunityservices.org

(619) 420-3620

(800) 640-2933 24-Hour hotline

Casas Seguras: A confidential shelter and transitional housing program for victims of family violence and their children in South San Diego County. Program includes: Mi Escuelita therapeutic preschool, Domestic Violence Response Team (DVRT), shelter and transitional housing, children's counseling and teen relationship violence education and prevention.

COUNTY WIDE RESOURCES

CHILD WELFARE SERVICES

HEALTH & HUMAN SERVICES, CHILD WELFARE SERVICES: CWS investigates reports of suspected child abuse and neglect and intervenes with families who do not meet the minimum community standards of health and safety as required by law.

www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/index.html

CWS Main Office

6950 Levant St.
San Diego, CA 92111
(858) 694-5141

East CWS - Van Houten Complex

151 Van Houten
El Cajon, CA 92020
(619)401-3800

North Coastal CWS

1320 Union Plaza Ct.
Oceanside, CA 92054
(760)754-3456

North Inland CWS

463 North Midway Drive
Escondido, CA 92027
(760)480-3404

South CWS

303 H Street Suite 201
Chula Vista, CA 91910
(619)585-5290

EMPLOYMENT / EDUCATION

Employment Services:

COMPREHENSIVE TRAINING SYSTEMS (CTS): Services for underemployed and unemployed populations in San Diego County. For training and job placement information, please visit: www.ctsjobs.org. Different opportunities at each campus.

City Heights Campus

5348 University Ave., Suite 210
San Diego, CA 92105
(619) 582-9133

Imperial Beach Campus

497 11th Street, Suite 4
Imperial Beach, CA 91932
(619) 424-6650

SAN DIEGO WORKFORCE PARTNERSHIP (SDWP): SDWP funds job training programs enabling eligible adults to develop the skills and knowledge needed to meet the needs of regional employers. SDWP also funds programs which provide eligible youth with work experience and readiness.

<http://workforce.org/>

3910 University Avenue, Suite 400
San Diego, CA 92105
(619) 228-2900

COUNTY WIDE RESOURCES

EMPLOYMENT / EDUCATION

(CONTINUED)

SAN DIEGO CAREER CENTERS: Is funded by SDWP and provides job search and career development services. Check the regional “Employment” section of this guide for locations.

Central www.metrocareercenters.org

East www.eccc.guhdsd.net

North www.northcountycareercenters.com

South www.rescare.com

Education Services:

COMMUNITY COLLEGES/ADULT EDUCATION: Check the regional “Education” section of this guide for locations.

MAAC PROJECT: Programs include: Bridge to Employment, Driving Under the Influence Program, Energy Assistance, Head Start, Early Head Start & State Preschool and MAAC Community Charter School.

Administrative Office

1355 Third Avenue

Chula Vista, CA 91911

www.maacproject.org

(619)426-3595

FOOD

CAL-FRESH: See the “Self-Help Resources” section of this guide for Cal– Fresh information.

FEEDING AMERICA SAN DIEGO: Multiple community food distribution partnership locations in all counties. Specific distribution locations may be found within each regional section of this guide.

Main Office / Warehouse

9455 Waples Suite 135

San Diego, CA 92121

feedingamericasd.org

(858) 452-3663

THE JACOBS & CUSHMAN SAN DIEGO FOOD BANK: The Food Bank receives food from a range of sources. Volunteers inspect and sort the food. Food is then distributed directly to families and individuals in need as well as nonprofits that operate feeding programs.

9850 Distribution Avenue

San Diego, CA 92121

sandiegofoodbank.org

1(866)350-FOOD Toll Free or 1(858)527-1419 Local

SOUTH COUNTY RESOURCES:

HEALTH

(CONTINUED)

SAN YSIDRO HEALTH CENTER (SYHC): Vast network of community clinics and program sites located throughout San Diego for medical, dental, behavioral health, support and women, infants, and children (WIC) programs including child development and teen services. Accepts Medi-Cal. Sliding scale option for low income families. For a location near you visit the link below:

www.syhc.org/find-a-location/

<http://www.syhc.org/>

(619) 662-4100 Main Line

(619) 662-4137 Transportation Services

(888) 942-7942 WIC Services

SYHC School Based Health Centers:

Lincoln High School

Mon. – Fri. 8:00am to 11:30am

4777 Imperial Avenue

San Diego, CA 92113

(619) 266-6500

Palomar High School

480 Palomar Street

Chula Vista, CA 91911

(619) 407-4800

San Ysidro High School

Mon. – Fri. 8:00am to 11:30am

5353 Airway Road

San Diego, CA 92154

(619) 710-2300

Southwest High School

Mon. – Fri. 8:00am to 12:30pm

1685 Hollister Street

San Diego, CA 92154

(619) 628-3600

Dental Services: Follow the link for a list of current Denti-Cal providers in the South Region:

www.denti-cal.ca.gov/provreferral/SanDiego.pdf

SOUTH BAY FAMILY DENTAL CENTER:

2 North Euclid Ave.

National City, CA 91950

(619) 205-6363

SOUTH COUNTY RESOURCES:

HEALTH

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): For more information please see the 'County Wide Resources' section of this guide.

www.cdph.ca.gov

COUNTY OF SAN DIEGO HHS-CALIFORNIA CHILDREN SERVICES (CCS): This program helps children with physical disabilities from birth to 21 years of age.
1-(866)262-9881

Medical Therapy Program—Chula Vista:

Housed at Greg Rogers School
510 E. Naples Street
Chula Vista, CA 91911
(619) 421-6083

COUNTY OF SAN DIEGO HHS-PUBLIC HEALTH CENTER- SOUTH REGION:

This facility houses the Public Health Center for south Region.
(619) 409-3110

FAMILY HEALTH CENTERS OF SAN DIEGO: Services: adults, alcohol & drug services, black infant health program, children, counseling & mental health, LGBT, pharmacy, dental, health education, HIV, homeless, specialty clinics, teens, vision care and women's health care.

www.fhcsd.org/locations

Chula Vista Family Health Center

Hours: Mon. - Fri. 8:30am - 5:30pm (closed for lunch 12:30pm-1:30pm)
251 Landis Avenue
Chula Vista, CA 91910
(619) 515-2500

Rice Family Health Center—Housed at Rice Elementary

Hours: Mon. 8:00am-5:00pm, Wed. 8:00am-12:00pm & Fri. 8:00am-5:00pm (closed for lunch 12:00pm-1:00pm)
352 L Street
Chula Vista, CA 91911
(619) 515-2325

LA MAESTRA COMMUNITY HEALTH CENTERS (LMCHC): Provides culturally and linguistically-competent prevention, treatment, chronic disease management and essential support services to Central and East San Diego County. Medi-Cal and uninsured individuals accepted.

LMCHC - National City Health Center:

Monday - Friday 8:30am - 5:30pm
217 Highland Avenue
National City, CA 91950
Medical (619) 434-7308
Dental (619) 516-2463

OPERATION SAMAHAN: Serves low-income families and uninsured individuals in Southern San Diego County and North Central San Diego. A wide range of care includes: adolescent services, adult health, behavioral health, dental services, social services & health education, women's health and more.

Hours: Monday to Friday, 8:30am – 5:00pm (closed for lunch 12:00pm - 1:00pm)

www.operationsamahan.org/main

Community Health Center

2835 Highland Avenue, Suite A
National City CA, 91950
(619) 474-5567

Dental Services Hours: M-F 9:00am –5:00pm

National City Clinic

Hours: Monday to Saturday, 8:30am – 5:00pm (closed for lunch 12:00pm - 1:00pm)
2743 Highland Avenue
National City, CA 91950
(619) 474-2284

COUNTY WIDE RESOURCES

HEALTH

CALIFORNIA CHILDREN SERVICES (CCS): The program is open to anyone who: is under 21 years of age; has or may have a medical condition that is covered by California Children Services; is a resident of San Diego County; has a family income of less than \$40,000 reported as adjusted gross income on latest State tax return; has an eligible child who has out-of-pocket medical expenses that are expected to be more than 20 percent of the family income; has *Healthy Families* coverage for the child and/or has *Medi-Cal* coverage for the child. See the region section of this guide for specific locations.

CCS Administration

6160 Mission Gorge Road, #400
San Diego, CA 92120
(619) 528-4000

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): CDPH optimizes the health and well-being of the people in California, primarily through population-based programs, strategies, and initiatives. The website serves as an information hub on programs, services, resources, general health information and public health announcements for the state of California.

www.cdph.ca.gov

COUNTY MEDICAL SERVICES (CMS): Health care coverage offered through the County of San Diego (CMS) for persons who have limited or no income or resources. Covers office visits, hospital admissions and emergency dental services from a limited list of providers. Does not cover mental health. See link below for a complete CMS Patient handbook with locations.

CMS Website: www.sdcounty.ca.gov/hhsa/programs/ssp/county_medical_services/

CMS Handbook: [www.sdcounty.ca.gov/hhsa/programs/ssp/documents/](http://www.sdcounty.ca.gov/hhsa/programs/ssp/documents/CMSPatientHandbookJuly2013.pdf)

[CMSPatientHandbookJuly2013.pdf](http://www.sdcounty.ca.gov/hhsa/programs/ssp/documents/CMSPatientHandbookJuly2013.pdf)

(858) 492-4444

COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES ADMINISTRATION

(HHSA): HHSA provides a broad range of health and social services, promoting wellness, self-sufficiency, and a better quality of life for all individuals and families in San Diego County.

www.sdcounty.ca.gov/hhsa

Coverage Initiative (CI): Is a program that funds medical care for uninsured adult county residents; using a network of 16 community health centers along with hospitals and community physicians throughout San Diego County to provide health care services.

Criteria: Not receiving Medi-Cal benefits; 21 through 64 years of age; San Diego County resident; a US citizen or legal alien with 5 years residency (with some exceptions), meet CI financial requirements. See the link below for available sites covered by CI:

Site List: [http://www.sdcounty.ca.gov/hhsa/programs/ssp/documents/](http://www.sdcounty.ca.gov/hhsa/programs/ssp/documents/ci_participating_clinics.pdf)
[ci_participating_clinics.pdf](http://www.sdcounty.ca.gov/hhsa/programs/ssp/documents/ci_participating_clinics.pdf)

CI Website: http://www.sdcounty.ca.gov/hhsa/programs/ssp/coverage_initiative/

COUNTY WIDE RESOURCES

HEALTH (CONTINUED)

DEAF COMMUNITY SERVICES OF SAN DIEGO:

www.deafcommunityservices.org
(619) 398-2441

FAMILY HEALTH CENTERS OF SAN DIEGO: Services: adults, alcohol & drug services, black infant health program, children, counseling & mental health, LGBT, pharmacy, dental, health education, HIV, homeless, specialty clinics, teens, vision care and women's health.

See specific regions within this guide for locations or visit the link below:

www.fhcsd.org/locations
(619) 515-2300

MEDI-CAL / DENTI-CAL: for information please see the 'Self Help Resources' section of this guide.

PUBLIC HEALTH CENTERS OF SAN DIEGO: HHSa provides a broad range of health and social services, promoting wellness, self-sufficiency, and a better quality of life for all individuals and families in San Diego County. Services are available for individuals with Medi-Cal, limited insurance or without insurance. See "Alcohol/Drug Services/Recovery" and/or "Health" and/or "Mental Health", "HHSa" at specific regions for services information.

PLANNED PARENTHOOD: Abortion Services, Birth Control, General Health Care, HIV Testing, Men's Health Care, Morning-After Pill (Emergency Contraception) Pregnancy Testing & Services, STD Testing, Treatment & Vaccines and Women's Health Care. See website for locations:

www.plannedparenthood.org/pacific-southwest
(888) 743-7526

HOUSING

Shelters:

MAAC PROJECT: Affordable Housing Program. Locations in San Diego (multiple), Chula Vista, Lakeside and Spring Valley. See specific Regions within this guide for location information.

www.maacproject.org

THE SAN DIEGO HOUSING COMMISSION (SDHC): Rental assistance, affordable housing, homeless solutions and more. Get the complete Housing Resource Directory 2013-2015 at the website below:

SDHC Main Website: www.co.san-diego.ca.us/sdhcd

Housing Directory: www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf

1122 Broadway, Suite 300
San Diego, CA 92101
(619)231-9400

SOUTH COUNTY RESOURCES:

FOOD

CAL-FRESH: To apply for Cal-Fresh online, download applications or receive potential assistance in filling out applications over the phone see the 'Self-Help Resources' section of this guide for further information.

COUNTY OF SAN DIEGO HHSa-FAMILY RESOURCE CENTERS OF SAN DIEGO:

YOU can apply for Cal-Fresh in person at any of the Family Resource Center locations listed. Each Location has additional programs available; however, not all locations offer the same services.

1-(866) 262-9881

South Region Center: This facility houses both the Family Resource Center of San Diego and the Public Health Center for South Region along with administration. Apply for CalFresh, Cash Aid, Medi-Cal and CalWORKs in person. Documentation needed: proof of: identification, residency, immigration status (if applicable), earned income, other income, housing and utility costs and medical bills.

7:00am - 5:00pm Monday - Friday

690 Oxford Street
Chula Vista, CA 91911
(619) 409-3110

FEEDING AMERICA SAN DIEGO:

<http://feedingamericasd.org/>
(858) 452-3663

San Diego Fil-Am

(Every 1st Thursday at 10:00am)
242 E. 8th Street
National City, CA 91950

South Bay Community Services

(Every 2nd Tuesday, 5:00pm-7:00pm)
1124 Bay Boulevard Ste. D
Chula Vista, CA 91911

South Bay Pentecostal

(Every 1st Friday, 9:00am)
395 D St.
Chula Vista, CA 91911

SOUTH BAY COMMUNITY SERVICES (SBCS): Provides comprehensive range of services and programs for families, children and individuals in South San Diego County. SBCS offers a hot meal event for homeless and low-income individuals and families every Wednesday at 5:00pm from their warehouse "cafeteria".

<http://southbaycommunityservices.org/>
(619) 420-3620
(800) 640-2933 24hr hotline

SOUTH COUNTY RESOURCES:

EMPLOYMENT/EDUCATION

Employment Services:

COMPREHENSIVE TRAINING SYSTEMS (CTS): Training and job placement areas differ at each campus, please visit website for specifics.

Imperial Beach Campus

497 11th Street, Suite 4
Imperial Beach, CA 91932

www.ctsjobs.org
(619) 424-6650

MAAC PROJECT:

www.maacproject.org
(619) 426-3595

SAN DIEGO WORKFORCE PARTNERSHIP (SDWP): Provides job search and career development services.

www.southsdcareercenter.com

San Diego Career Centers (South):

Bonita Satellite

Bonita-Sunnyside Public Library
4375 Bonita Road
Bonita, CA 91902
(619) 472-6602

South County Career Center

1111 Bay Boulevard, Suite E
Chula Vista, CA 91911
(619) 628-0300

Education Services:

SOUTHWESTERN COMMUNITY COLLEGE:

900 Otay Lakes Road
Chula Vista CA 91910-7299
www.swccd.edu
(619) 421-6700

SWEETWATER UNION SCHOOL DISTRICT: Offers adult education at four locations in South County.

<http://adulteducation.sweetwaterschools.org>

Adult Education:

Main Office

461 Moss Street
Chula Vista, CA 91911
(619) 796-7200

Chula Vista Adult School (619) 796-7000

Montgomery Adult School (619) 600-3800

National City Adult School (619) 336-9400

San Ysidro Adult School (619) 428-7200

COUNTY WIDE RESOURCES

HOUSING

(CONTINUED)

Transitional Living Programs:

DREAMS FOR CHANGE – SAFE PARKING PROGRAM: Provides a safe parking environment and supportive services for transitional homeless living in their vehicles for overnight stays. Operates 7 nights a week, 365 days a year starting at 6:00 pm. PLEASE CALL (619) 497-0236 before arriving.

www.dreamsforchange.org

Locations:

Chula Vista Lot

345 5th Ave.
Chula Vista, 91910

San Diego Lot

766 28th St.
San Diego, CA 92102

Vista Lot

1010 Crestview Rd.
Vista, 92081

No East County Location

THE SAN DIEGO HOUSING COMMISSION (SDHC) (619) 231-9400

Complete Listing of Transitional housing may be found at the website below (pages 30-31 & 37-45):

http://www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf

Safe House/Domestic Violence:

CENTER FOR COMMUNITY SOLUTIONS (CCS): Domestic violence victim advocacy, sexual assault victim advocacy, shelter & transitional services, legal help and elder abuse legal & advocacy services. Provides free, confidential Domestic Violence Victim Advocacy (DVVA) services to any individual who is a victim of domestic violence in East and Central San Diego County.

www.ccssd.org

4508 Mission Bay Drive
San Diego, CA 92109

Hotline Crisis Intervention Services: 1-888-385-4657

Locations:

Coastal: (858) 272-5777

East County: (619) 697-7477

North County: (760) 747-6282

Domestic Violence Victim Advocacy: (619) 697-7477

Shelter & Transitional Services:

Project Safehouse: (619) 631-6442

Hidden Valley House: (760) 480-0055

COUNTY WIDE RESOURCES

LEGAL ASSISTANCE

LEGAL AID SOCIETY: Assistance with: consumer law, welfare law, health law, family law, housing law, individual rights, immigration law with pro bono volunteer assistance and free clinics.

www.lassd.org

1-877-LEGAL AID (1-877-534-2524)

Main Office

110 S. Euclid Avenue
San Diego, CA 92114

Mid Town Office

1764 San Diego Avenue, Suite 200
San Diego, CA 92110

MENTAL HEALTH

COUNTY OF SAN DIEGO HHSA- BEHAVIORAL HEALTH SERVICES: See the Provider Resource Listing via the link below for information on all County operated and contracted programs that provide mental health services:

www.sdcounty.ca.gov/hhsa/programs/bhs/documents/BHS_Provider_Directory_with_Title_page.pdf

(619) 563-2700

FAMILY HEALTH CENTERS OF SAN DIEGO: Services: adults, alcohol & drug services, black infant health program, children, counseling & mental health, LGBT, pharmacy, dental, health education, HIV, homeless, specialty clinics, teens, vision care and women's health. See specific regions for location information or visit this website: www.fhcsd.org/locations/
(619) 515-2300

MENTAL HEALTH SYSTEMS (MHS): Services: mental health, corrections and alcohol and drugs services through a network of cost-effective services at county wide locations. For people who either cannot afford privately paid services or for whom appropriate services are not otherwise available. See website for locations: www.mhsinc.org/programs
(858) 573-2600

NATIONAL ALLIANCE ON MENTAL ILLNESS SAN DIEGO (NAMI): Services include: family to family classes, peer to peer classes, support group, NAMI basics for children and teens, senior mental health programs, speakers bureau, emergency financial assistance & representative payee.

www.namisaniego.org

1(800) 523-5933 or (619) 543-1434 Monday-Friday: 10am to 6pm

Call Rita Navarro at (619)398-9850 to set up an appointment. Walk-ins are NOT accepted.

PSYCHOLOGICAL EVALUATION RESPONSE TEAM (PERT): Rapid response for mental health emergencies, PERT consists of a licensed mental health clinician and a dedicated police officer that work together to assess a mentally ill individual.

Carlsbad PD: (760) 931-2197

Chula Vista PD: (619) 691-5151

Coronado PD: (619) 522-7350

El Cajon PD: (619) 579-3311

Escondido PD: (760) 839-4722

La Mesa PD: (619) 667-1400

National City PD: (619) 336-4411

Oceanside PD: (760) 435-4911

San Diego PD: (619) 531-2000 or
(858)484-3154

SD County Sheriff's: (858)565-5200

Vista PD: (760) 643-3766

SOUTH COUNTY RESOURCES:

ALCOHOL, DRUG SERVICES & RECOVERY

ALCOHOLICS ANONYMOUS:

www.aasandiego.org

Oficina Central Hispana (se habla espanol)

1177 3rd Ave, Suite 3

Chula Vista, CA 91911

(619) 476-0288

COUNTY OF SAN DIEGO HHSA-BEHAVIORAL HEALTH SERVICES:

See ; 'County Wide' section of this guide for more information on this program.
(619) 563-2700

FAMILY HEALTH CENTERS OF SAN DIEGO: See 'County Wide' section of this guide for more information on this program.

www.fhcsd.org/locations

(619) 515-2300

MCALISTER INSTITUTE:

themcalisterinstitute.com

South Bay Regional Recovery Center:

1180 Third Avenue, Suite C-3

Chula Vista, CA 91911

(619) 691-8164

South Bay Women's Recovery Center: Specifically designed for women. Offers on-site, co-op childcare and parenting classes.

2414 Hoover Avenue, Suite C

National City, CA 91950

(619) 336-1226

MENTAL HEALTH SYSTEMS (MHS): Provides: mental health, corrections and alcohol and drugs services through a network of cost-effective services at county-wide locations for people who either cannot afford privately paid services or for whom appropriate services are not otherwise available. See website for locations.

www.mhsinc.org/programs

(858) 573-2600

VOLUNTEERS OF AMERICA: Programs providing alcohol and drug detoxification and treatment, public safety, and mental health services.

www.voa-swcal.org

Renaissance Center

2300 East 7th Street

National City, CA 91950

(619) 791-2730

NORTH COUNTY RESOURCES:

MENTAL HEALTH ASSISTANCE

(CONTINUED)

TRAUMA INTERVENTION PROGRAM (TIP): 24 hour/7 days a week crisis response team in conjunction with law enforcement agencies, fire departments, and hospitals. Provides information and support to victims of tragedies.

www.tipsandiego.org

2560 Orion Way
Carlsbad, CA 92008
(760) 931-2104

VISTA HILL: Programs include brief early intervention and preventive work with troubled youth, treatment of school age children, long-term special education and training for individuals with developmental disabilities. See the link below for a complete listing of locations.

www.vistahill.org/map/index.html

TRANSPORTATION

511: One-stop transportation resource for all of San Diego County.

www.511sd.com

511 or 1-855-GO-SD-511 (1-855-467-3511)

FACT, INC.: Please see the 'County Wide Resources' section of this guide for more information.

www.factsd.org

(888) 924-3228

METROPOLITAN TRANSIT SYSTEM (MTS) SAN DIEGO: Provides countywide bus and rail services.

www.sdmts.com

(619) 238-0100

NORTH COUNTY TRANSIT DISTRICT (NCTD): North County Transit District's mission is to deliver safe, convenient, reliable and user-friendly public transportation services. Includes: the BREEZE bus system, the COASTER commuter rail service, the SPRINTER light rail line and more.

www.gonctd.com

Mailing Address
810 Mission Avenue
Oceanside, CA 92054
(760) 966-6500

COUNTY WIDE RESOURCES

MENTAL HEALTH

(CONTINUED)

VISTA HILL: Programs range from brief early intervention and preventive work with troubled young people, to treatment with school age kids, to long-term special education and training for individuals with developmental disabilities. See specific regions for some locations; see the link below for a complete listing of locations

Website: vistahill.org

Locations: www.vistahill.org/map/index.html

8910 Clairemont Mesa Blvd.

San Diego, CA 92123

Main office (858) 514-5100

Bridges Program Juvenile Court Clinic: Education & treatment services for teens & adults, includes drug testing, juvenile court clinic assists uninsured/underinsured youth with serious emotional challenges; facilitates re-entry into communities.

2851 Meadow Lark Drive

San Diego, CA 92123

(858) 514-5101 or (858) 571-1964

Sam & Rose Stein Education Center: Special Education and training programs for students with autism, developmental disabilities and emotional disturbances.

6145 Decena Drive

San Diego, CA 92120

(619) 281-5511

TRANSPORTATION

511: One-stop Transportation resource for all of San Diego County

www.511sd.com

511 or 1-855-GO-SD-511 (1-855-467-3511)

FACT, INC.: General purpose trips for seniors (60+) 7 days a week 7am – 8pm. FACT expanded the RideFACT service area to all cities in San Diego County as well as Ramona and Spring Valley.

600 Mission Ave

Oceanside, CA 92054

www.factsd.org

(888) 924-3228

METROPOLITAN TRANSIT SYSTEM (MTS) SAN DIEGO: Provides bus and rail services to San Diego County and East County.

www.sdmts.com

(619) 238-0100

CENTRAL REGION RESOURCES:

ALCOHOL/DRUG SERVICES/RECOVERY

COUNTY OF SAN DIEGO HHS-BEHAVIORAL HEALTH SERVICES: See “County Wide” section of this guide for more information on this program.
(619) 563-2700

FAMILY HEALTH CENTERS OF SAN DIEGO: See “County Wide” section of this guide for more information on this program.

www.fhcsd.org/locations
(619) 515-2300

MENTAL HEALTH SYSTEMS (MHS): Provides: mental health, corrections and alcohol and drugs services through a network of cost-effective services at county-wide locations for people who either cannot afford privately paid services or for whom appropriate services are not otherwise available. See website for locations.

www.mhsinc.org/programs
(858) 573-2600

VOLUNTEERS OF AMERICA: See “County Wide” section of this guide for more information on this program.
(619) 282-8211

EMPLOYMENT/EDUCATION

Employment Services:

COMPREHENSIVE TRAINING SYSTEMS (CTS): Training and job placement areas different at each campus, please visit website for specifics.

CITY HEIGHTS CAMPUS

5348 University Ave., Suite 210
San Diego, CA 92105

www.ctsjobs.org
(619)582-9133

LA MAESTRA WORKS: Micro-enterprise, job development and placement center. Housed at the LMCHC main medical clinic, see “Health” – “La Maestra Community Health Centers (LMCHC)” for address.
(619)501-5706

SAN DIEGO WORKFORCE PARTNERSHIP (SDWP): Provides subsidized job training programs via a network of career centers and community partners.

SAN DIEGO CAREER CENTERS (METRO):

Grant Hill Satellite

4153 Market Street, Suite C
San Diego, CA 92102
(619) 233-6829

Metro Career Center

3910 University Ave
San Diego, CA 92105
(619) 516-2200

Serra Mesa-Kearny Mesa Satellite

Serra Mesa-Kearny Mesa Public Library
9005 Aero Drive
San Diego, CA 92123
(858) 715-0442

South Metro Career Center

4389 Imperial Avenue
San Diego, CA 92113
(619) 266-4200

NORTH COUNTY RESOURCES:

MENTAL HEALTH ASSISTANCE

COMMUNITY RESOURCES CENTER (CRC): CRC Provides quality food, shelter, and self-sufficiency programs for North County individuals in need.

www.communityresourcecenter.org

Direct Line: (760) 753-2919

Social Services Program: (760)753-8300 ext. 1380

COUNTY OF SAN DIEGO HHS-BEHAVIORAL HEALTH SERVICES: Adult mental health case management services. For more locations please see the ‘County Wide Resources’ section of this guide.

(619) 563-2700

HOSPICE OF THE NORTH COAST: Community-based, non-profit agency assisting people in the North County Area with bereavement.

Bereavement Department:

2525 Pio Pico Drive, Suite 301
Carlsbad, CA 92008-1568

www.hospicenorthcoast.org
(760) 431-4100

INTERFAITH COMMUNITY SERVICES (ICS): Permanent shared housing and supported part-time employment for mentally ill adults in San Marcos and Escondido.

www.interfaithservices.org/our-programs/family-social-services

Fairweather Lodge: (760) 489-6380

MENTAL HEALTH SYSTEMS (MHS): See website for more locations

www.mhsinc.org/programs
(858) 573-2600

Family Treatment Center

1010 East Vista Way
Vista, CA 92084

North County Center for Change

504 West Vista Way, Vista, CA 92083

NEIGHBORHOOD HEALTHCARE: Behavioral health/counseling/psychiatry services. See “Health” – “Neighborhood Healthcare” for location details.

<http://nhcare.org/>

Grand Avenue: (760) 520-8200

Pediatrics & Prenatal: (760) 690-5900

Ray M. Dickinson Wellness Center: (760) 520-8340

NORTH COUNTY HEALTH SERVICES: Offers medical, dental and mental health services. Accepts Medi-Cal, Healthy Families, sliding scale for uninsured.

www.nchs-health.org
(760) 736-6767

Homeless Program Coordinator and Case Manager: (760)736-8601

NORTH COUNTY LIFELINE: Provides free support services to families including assessment, case management, and parent education that enhance the parents ability to promote healthy child development in a stable and Nurturing Home Environment.

Community Services for Families:

Coastal: (760) 842-6238

Inland: (760) 842-6239

NORTH COUNTY RESOURCES:

HOUSING (CONTINUED)

CENTER FOR COMMUNITY SOLUTIONS: For more information please see the 'County Wide Resources' section of this guide.

www.ccssd.org

1-888-385-4657 24-Hour Toll Free Crisis Line

COMMUNITY RESOURCES CENTER (CRC):

www.communityresourcecenter.org

Domestic Violence Program: (760) 753-8300, ext. 1317

Hot line: 1-877-633-1112

Carol's House: 24-Bed No Rental Fee 60-90 Day Stay Emergency Shelter

HIDDEN VALLEY SHELTER:

(760) 480-0055 Hotline for battered women

NORTH COUNTY LIFELINE: Safe parenting intervention program. A 52-week TERM court-approved child abuse treatment program.

www.nclifeline.org

(760) 842-6218

WOMEN'S RESOURCE CENTER: Offers counseling for rape and domestic violence victims and provides emergency shelter and transitional living assistance.

1963 Apple St.

Oceanside, CA 92054

www.womensresourcecenter-wrc.org

(760) 757-3500 24hr. hotline

LEGAL ASSISTANCE

CENTER FOR COMMUNITY SOLUTIONS LEGAL CLINIC: Domestic violence, sexual assault & stalking (walk-in only). Tuesday 1:00-4:30pm | Thursday-Friday 8:30am-4:30pm

250 E. Main St.

El Cajon, CA 92020

(858) 272-1574

LEGAL AID SOCIETY: For more information please see the 'County Wide Resources' section of this guide.

North County Office

216 S. Tremont Street

Oceanside, CA 92054

(760) 722-1935

NORTH COUNTY LAWYER REFERRAL SERVICE: The Lawyer Referral Service (LRS) of the North County Bar Association provides the North County community with free referrals to experienced attorneys licensed to practice law by the State Bar of California.

www.lawreferral.org

(760) 758-4755

CENTRAL REGION RESOURCES:

EMPLOYMENT/EDUCATION (CONTINUED)

Education Services:

SAN DIEGO COMMUNITY COLLEGE DISTRICT: Offers associate degrees and certificates in occupational programs that prepare students for entry-level jobs, and arts and sciences programs that transfer to four-year colleges and universities. Continuing Education's Educational Cultural Complex (ECC) also offers classes leading to associate degrees and certificates.

Main/Evaluations Office

3375 Camino Del Rio South

San Diego CA 92108-3883

www.sdccd.edu

(619) 388-6500

San Diego City College

1313 Park Boulevard

San Diego, CA 92101

www.sdcity.edu

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San Diego Mesa College

7250 Mesa College Drive

San Diego, CA 92111

www.sdmesa.edu

(619) 388-2682

San Diego Miramar College

10440 Black Mountain Road

San Diego, CA 92126-2999

www.sdmiramar.edu

(619) 388-7800 or (858) 536-7800

SAN DIEGO CONTINUING EDUCATION:

www.sdce.edu

Centre City Campus

1400 Park Blvd.

San Diego, CA 92101

(619) 388-4600

César E. Chávez Campus

1960 National Ave.

San Diego, CA 92113

(619) 230-2895

CENTRAL REGION RESOURCES:

FOOD

CAL-FRESH: To apply for Cal-Fresh online, download applications or receive potential assistance in filling out applications over the phone see the “Self-Help Resources” section of this guide for further information.

COUNTY OF SAN DIEGO HHSA-FAMILY RESOURCE CENTERS OF SAN DIEGO: You can apply for Cal-Fresh in person at any of the Family Resource Center locations listed. Each Location has additional programs available; however, not all locations offer the same services.
1-(866)262-9881

Center City
(7:00am-5:00pm Monday-Friday)
1255 Imperial Avenue
San Diego, CA 92101

Metro
(7:15am-5:00pm Monday-Friday)
1130 10th Avenue
San Diego, CA 92101

Central/Southeast
(7:00am-5:00pm Monday-Friday)
4588 Market Street
San Diego, CA 92102

Central/Northeast
(7:00am-5:00 pm Monday-Friday)
5001 73rd Street
San Diego, CA 92115

North Central
(7:00am-5:00pm Monday-Friday)
5055 Ruffin Road,
San Diego, CA 92123

FEEDING AMERICA SAN DIEGO: Multiple community food distribution partnership Locations for Central Region.

feedingamericasd.org
(858) 452-3663

Bay View Charities
(Every 3rd Friday at 9am)
6134 Benson Ave.
San Diego, CA 92114

Bridge of Hope
(Every 1st Friday at 4pm)
3735 38th Street
San Diego CA, 92105

Church of the Nazarene
(Every Tuesday 3pm, Thursday & Saturday 9am)
4101 University Ave.
San Diego, CA 92105

City of Refuge
(Various locations Monday-Saturday)
Please call (619)236-1775

Helping Hand Church
(Every 4th Friday, 12pm)
6493 Imperial Ave.
San Diego, CA 92114

Ladle Fellowship
(Every 2nd and 4th Saturday 8:30am)
320 Date St.
San Diego, CA 92101

New Hope Seventh Day Adventist Church
(Every 1st Friday 9am)
2420 52nd St.
San Diego, CA 92105

Salvation Army – Center City
(Every first Wednesday 11am)
730 F St.
San Diego, CA 92101

Special Delivery
(Every 4th Tuesday 12pm)
4070 Jackdaw
San Diego, CA 92103

St. Mark's Episcopal Church
(Every 3rd Sunday 12pm)
4283 El Cajon Blvd.
San Diego, CA 92105

NORTH COUNTY RESOURCES:

HOUSING

Shelters:

THE SAN DIEGO HOUSING COMMISSION (SDHC): A complete listing of shelters for North County is on pages 26-27 & page 36 of the linked document below:

www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf

JEWISH FAMILY SERVICES: Open to all denominations

285 North El Camino Real #218

Encinitas, CA 92024

(760) 944-7855

www.jfssd.org

Transitional Living Programs:

INTERFAITH COMMUNITY SERVICES (ICS):

See link for complete listing of programs:

www.interfaithservices.org/our-programs/housing/

El Nido Transitional Housing:

Seasonal October-May

Monday-Friday 8:30am - 5:00pm

(619) 563-9878

North Coastal Center: Food & shelter referral

Monday-Friday 10:00am-11:45am Saturday

1:00pm-4:00pm

2195 Oceanside Blvd.

Oceanside, CA 92054

(760) 721-2117

North County Council: Food & Clothing

Monday – Friday: 8:00am - 10:30am (walk-ins only) |

1:00pm – 5:00pm (by appointment only)

550 W. Washington

Escondido, CA 92025

(760) 489-6380

OFFICE OF SOCIAL CONCERNS: Food, clothing, and referral to shelter

Monday-Friday 9:00am - 4:00pm

4070 Mission Avenue

San Luis Rey (Oceanside), CA 92068

(760) 757-547-0708

SALVATION ARMY: Food and referral to shelter

Monday - Friday 8:00am - 12:00pm Saturday 1:00pm-3:30pm

1301 Las Villas Way

Escondido, CA 92026

(760) 745-8685

THE SAN DIEGO HOUSING COMMISSION (SDHC): A complete listing of Transitional

housing for North County is on pages 30 & pages 38-40 of the linked document below:

www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf

(619) 231-9400

Safe House/Domestic Violence:

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): For more information please see the “County Wide Resources” section of this guide.

www.cdph.ca.gov

NORTH COUNTY RESOURCES:

HEALTH (CONTINUED)

Dental Health Services: Restorative and preventive dentistry, pediatric dentistry
Monday & Wednesday 8:00am-7:00pm | Tuesday, Thursday & Friday 8:00am-5:00pm | Saturday 8:00am-2:00pm

(closed from 1:00-2:00pm)

(760) 520-8330

Behavioral Health/Counseling/ Psychiatry Services: Individual counseling, medication management

Monday-Friday 8:00am-5:00pm

(760) 520-8340

Women's Center: Women's health, family planning and teen clinic

Monday-Friday 8:00am-5:00pm

728 E. Valley Parkway

Escondido, CA 92025

(760) 737-6900

NORTH COUNTY HEALTH SERVICES: Offers medical, dental and mental health services. Accepts Medi-Cal, Healthy Families, sliding scale for uninsured and provides health services to uninsured people experiencing homelessness.

www.nchs-health.org

For complete clinic location information with services available logon to: www.nchs-health.org/?q=node/185

(760) 736-6767

Medical/Dental/ObGyn and Corporate Offices:

150 Valpreda Road

San Marcos, CA 92069

CLINIC LOCATIONS:

Carlsbad Family Medicine: (760) 720-7766

Encinitas Health Center: (760) 789-1223

Oceanside:

Health Center (760) 757-4566

Mission-Mesa Dental (760) 400-0277

Mission-Mesa Pediatrics (760) 966-3306

Mission-Mesa Women's Health Center

(760) 757-5841

Ramona Health Center: (760) 789-1223

CENTRAL REGION RESOURCES:

HEALTH

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): For more information please see the 'County Wide Resources' section of this guide.

www.cdph.ca.gov

COUNTY OF SAN DIEGO HHS-CALIFORNIA CHILDREN SERVICES (CCS): This program helps children with physical disabilities from birth to 21 years of age.

Medical Therapy Unit – North Central

Housed at Lindbergh Schweitzer Elementary

6991 Balboa Avenue

San Diego, CA 92111

(858) 496-8232

Medical Therapy Unit – South Central

Housed at Kimbrough Elementary

321 Hoitt Street

San Diego, CA 92102

(619) 262-7342

COUNTY OF SAN DIEGO HHS-PUBLIC HEALTH CENTER:

www.sdcounty.ca.gov/hhsa/facilities/index.html

Central Region

Monday and Thursday 8:00 am to 11:00 am and 1:00 pm – 4:00 pm

Wednesday 8:00 am to 11:00 am and 1:00 pm to 4:00 pm (flu vaccines only)

5202 University Avenue

San Diego, CA 92105

(619) 229-5400

MEDI-CAL / DENTI-CAL: For information please see the 'Self Help Resources' section of this guide.

FAMILY HEALTH CENTERS OF SAN DIEGO: For more information please see the 'County Wide Resources' section of this guide.

www.fhcsd.org/locations

(619) 515-2300

LA MAESTRA COMMUNITY HEALTH CENTERS (LMCHC): Provides culturally and linguistically-competent prevention, treatment, chronic disease management and essential support services to Central and East San Diego County. Main clinic has: Medical Unit, Health Education Unit, Pediatric Unit, Women's Clinic, Community Pharmacy and Optometry. Medi-Cal and uninsured individuals accepted.

Main Medical Clinic

(Monday - Friday 8:30AM - 6:00PM & Saturday

9:00AM - 2:00PM)

4060 Fairmount Ave.

San Diego, CA 92105

(619) 280-4213

LMCHC - University Dental Clinic #1 Ste. 150

(Monday - Friday 8:00AM - 5:00PM & Saturday

9:00AM - 2:00PM)

(619) 501-1235

LMCHC - University Dental Clinic #2Ste. 120

(Monday - Friday 8:00AM - 5:00PM)

4305 University Ave Ste. 150/120

San Diego, CA 92105

(619) 285-8135

CENTRAL REGION RESOURCES:

HEALTH (CONTINUED)

OPERATION SAMAHAN: Serves low-income families and uninsured individuals in North Central San Diego and Southern San Diego County. A wide range of care includes: adolescent services, adult health, behavioral health, dental services, social services & health education, women's health and more.

www.operationsamahan.org

Mira Mesa Clinic
(Patients are not seen at this facility during lunch 12-1pm)

Medical Services Hours:
Monday to Saturday, 8:30AM – 5:00PM
10737 Camino Ruiz Suite 235
San Diego, CA 92126
(858) 578-4220

Dental Services Hours:
Monday to Friday, 8:30AM – 5:00PM

Rancho Penasquitos
Monday to Friday, 9:00AM – 1:00PM
9955 Carmel Mountain Rd., Suite F2
San Diego, CA 92129
(858) 312-6700

SAN DIEGO FAMILY CARE: Offers high quality medical care, mental health care, and multi-cultural health promotion, with a primary focus on central San Diego.

www.lvhcc.com

Linda Vista Health Care Center: Services include: adult medicine, pediatrics, preventive medicine, reproductive health care, teen clinic services, mental health services, diabetes education (and other health education programs), prenatal care, urgent care, and an adolescent health promotion program. Languages currently include English, Spanish, Vietnamese, Lao, Hmong, and French. The clinic has a lab and a pharmacy on-site.

6973 Linda Vista Road
San Diego, CA 92111
(858) 279-0925

Linda Vista Health Care Center – Adults: Services include: adult medicine, prenatal care, women's health care, men's health care, mental health services, preventive medicine, reproductive health care, diabetes care programs, and urgent care. Languages spoken include: English, Spanish, Vietnamese, Lao, Hmong, and French. The clinic has a lab and a pharmacy on-site.

4290 Polk Avenue
San Diego, CA 92105
(619) 563-0250

Mid-City Community Clinic – Pediatrics: Offers: well child care, pediatric and adolescent medicine, urgent care, literacy education, asthma care, health education, developmental and behavioral pediatrics, immunizations, County eligibility services, dental care on our campus (by La Maestra Family Health Center) and Radiology services (by Children's Hospital). Languages spoken include: English, Spanish, Vietnamese, Laotian, Hmong, French, Farsi, and others.

4305 University Avenue
San Diego, CA. 92105
(619) 280-2058

Dental: Follow the link below for a list of current Denti-Cal providers in your area:

www.denti-cal.ca.gov/provreferral/SanDiego.pdf

NORTH COUNTY RESOURCES:

HEALTH

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): For more information please see the 'County Wide Resources' section of this guide.

www.cdph.ca.gov.

COUNTY OF SAN DIEGO HHSA-CALIFORNIA CHILDREN SERVICES (CCS): This program helps children with physical disabilities from birth to 21 years of age.

1-(866)262-9881

Medical Therapy Program – Vista

Housed at California Avenue Elementary
215 W. California Avenue
Vista, CA 92083
(760) 630-4870 ext. 8479

Medical Therapy Program – Escondido

Housed at the Nicolaysen Center
420 N. Falconer Street
Escondido, CA 92027

COUNTY OF SAN DIEGO HHSA-PUBLIC HEALTH CENTERS:

North Coastal: Monday, Tuesday, Friday
8:00am–11:00am & 1:00pm–4:00pm | Thursday
8:00am–11:00am
(No services provided 8:00am–11:00am the
third Thursday of every month)
104 S. Barnes
Oceanside, CA 92054
(760) 967-4401

North Inland

606 East Valley Parkway
Escondido, CA 92025
(760) 740-4000

FAMILY RESOURCE CENTERS OF SAN DIEGO:

(Apply for Medi-Cal)
1-(866) 262-9881

NEIGHBORHOOD HEALTHCARE:

<http://nhcare.org>

Escondido: All ages, pediatrics, primary, preventive and urgent health care.

Monday-Wednesday 8:00am-8:00pm, Thursday-Friday 8:00am-5:00pm, Saturday 8:00am-2:00pm
460 N. Elm St,
Escondido, CA 92025
(760) 520-8100

Grand Avenue: Adult medicine, primary, preventive and chronic health care, free HIV testing, behavioral health/counseling/psychiatry
Monday-Friday 8:15am-5pm, closed every day from 12:00pm to 1:15pm
(except Wednesday closed from 12:00-1:30pm)
1001 E. Grand Ave.
Escondido, CA 92025
(760) 520-8200

Pauma Valley: All ages, primary and preventive health care, pediatrics, women's health, prenatal, family planning and healthy families/Medi-Cal application assistance
Monday-Friday 8:30am-4:30pm
(closed from 12-1pm)
16650 Highway 76, P.O. Box 655
Pauma Valley, CA 92061
(760) 742-9919

Dental Health Services: Restorative and preventive dentistry

Monday-Friday 8:00am-5:00pm
(760) 742-0672

Pediatrics & Prenatal: Pediatrics, prenatal, behavioral health and healthy families/Medi-Cal application assistance

Monday-Friday 8:00am-5:00pm
426 N. Date St.
Escondido, CA 92025
(760) 690-5900

Ray M. Dickinson Wellness Center: Healthy Families/Medi-Cal application assistance, CMS, dental, community health, behavioral health, HIV testing/counseling and administration
Monday-Friday 8:00am-6:30pm & Saturday 8:00am-2:00pm
425 N. Date St.
Escondido, CA 92025
(760) 520-8300

NORTH COUNTY RESOURCES:

FOOD (CONTINUED)

BROTHER BENNO'S FOOD KITCHEN: Breakfast served Monday-Friday. Bag lunches available 6:30am–10:00am.
Saturday lunch only 10:00am–11:30am. Laundry & showers available.
3260 Production Avenue
Oceanside, CA 92054
(760) 439-1244

COMMUNITY RESOURCE CENTER: Food, limited bus tickets, counseling & mediation program
Hours: Monday-Friday 9:00am–12:00pm & 1:00pm–4:00pm | Saturday 12:00pm–5:00pm
650 2nd Street
Encinitas, CA 92024
(760) 942-5485

FALLBROOK COMMUNITY MISSION PROJECT: Food & clothing available, call first.
Hours: Monday-Friday 9:30am–12:30pm
1042 S. Mission
Fallbrook, CA 92028
(760) 728-7608

FEEDING AMERICA SAN DIEGO:
feedingamericasd.org
(858) 452-3663

North County Locations:

Bread of Life
(1st & 3rd Tuesday, 4pm-6pm call first)
1919 Apple St. Suites I-M
Oceanside, CA 92054
(760) 722-0800

St. Richards Catholic Church
(1st Monday @ 2pm)
611 Church Lane
Borrego Springs, CA 92004

Faith Harbor Church
(4th Wednesday @ 10pm)
444 S. Escondido Blvd.
Escondido CA, 92025

INTERFAITH COMMUNITY SERVICES (ICS): Donated food items provided to individuals and families on an emergency basis, up to a three-day supply.
www.interfaithservices.org/our-programs/food/

Coastal Service Center
2195 Oceanside Boulevard
Oceanside, CA 92054
(760) 721-2117

Inland Service Center:
This location offers a hot breakfast each morning from 6:30am–7:30am in addition to the food pantry.
550 West Washington Avenue
Escondido, CA 92025
(760) 489-6380

MAAC PROJECT:
www.maacproject.org
North County: Food, clothing & shelter referrals
Monday-Friday 8:00am-5:00pm
800 Vallecitos
San Marcos, CA 92069
(760) 471-4210

NORTH COUNTY COMMUNITY SERVICES:
North County HUNGER-FREE Resource Guide is available for download at:
www.sdnccs.org/#!/north-countys-food-bank/c13di

North County's Food Bank
680 Rancheros Drive, Suite 100
San Marcos, CA 92069
(760) 761-1140

CENTRAL REGION RESOURCES:

HOUSING

Shelters:

THE SAN DIEGO HOUSING COMMISSION (SDHC): A complete list of Central Region shelters is listed at the website below, on pages on pages 28-29 & page 36:
Housing Directory: www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf

Transitional Housing Programs:

MAAC PROJECT- MERCADO APARTMENTS: Affordable housing
2001 Newton Ave
San Diego, CA 92113
(619) 233-7990

THE SAN DIEGO HOUSING COMMISSION (SDHC): A complete list of Central Region Transitional housing is listed at the website below, on pages on pages 41-44:
Housing Directory: www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf
(619) 231-9400

Safe House/Domestic Violence:

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): For more information please see the 'County Wide Resources' section of this guide.

www.cdph.ca.gov

CENTER FOR COMMUNITY SOLUTIONS: For more information please see the 'County Wide Resources' section of this guide.

www.ccssd.org

1-888-385-4657 (24-Hour Toll Free Crisis Line)

LEGAL ASSISTANCE

LA MAESTRA LEGAL ADVOCACY SERVICES (LMLAS): Housed at the LMCHC Main Medical Clinic.
4060 Fairmount Avenue, 2nd Floor
San Diego, CA 92105
(619)584-1612 ext3094

LEGAL AID SOCIETY: For more locations please see the 'County Wide Resources' section of this guide.

1-(877)-LEGAL AID (1-877-534-2524)

SAN DIEGO SUPERIOR COURT: Legal Aid services available inside Hall of Justice.
Civil Business Filing Office
300 W. Broadway, 2nd Floor
San Diego, CA 92101

CENTRAL REGION RESOURCES:

MENTAL HEALTH

COUNTY OF SAN DIEGO HHSA-BEHAVIORAL HEALTH SERVICES:

Southeast Mental Health Center (Central): Services at sight: Domestic Violence Safety Plan, San Diego County Domestic Violence Hotline, Emergency and Crisis Mental Health Services (CMHS), Mental Health Administration and Outpatient Mental Health Centers.

Hours: M-F 8am-5pm
3177 Oceanview Blvd
San Diego, CA 92113
1-(866) 262-9881

FAMILY HEALTH CENTERS OF SAN DIEGO:

Logan Heights Family Counseling Center: Psychological testing for children
Hours: Mon. 8:00am - 5:00pm | Tue. & Wed. 8:00am - 8:00pm | Thu. & Fri. 8:00am - 5:00pm
2204 National Avenue
San Diego, CA 92113
www.fhcsd.org
(619) 515-2355

LA MAESTRA COMMUNITY HEALTH CENTER (LMCHC) BEHAVIORAL HEALTH

SERVICES:

Family Wellness Unit
Hours: M-F 8:00AM - 6:00PM,
Housed at the LMCHC Main Medical Clinic
4060 Fairmount Avenue
San Diego, CA 92105
(619) 564-8765

MENTAL HEALTH SYSTEMS (MHS): Offers mental health, corrections, alcohol and drug services for people who either cannot afford privately paid services or for whom appropriate services are not otherwise available. See website for locations

www.mhsinc.org/programs
(858) 573-2600

VISTA HILL: Services for women with substance abuse problems who are either pregnant or are parenting (a child under 18 years of age may be eligible for programs provided by Parent-Care). Fees are sliding scale. Medi-Cal and other insurance plans accepted. See the link below for a complete listing of locations:

www.vistahill.org/map/index.html

Don Allen ParentCare Family Recovery Center:

Central (619) 266-0166
4165 Alpha Street, Ste. E
San Diego, CA 92113
www.vistahill.org

NORTH COUNTY RESOURCES:

EMPLOYMENT/EDUCATION

(CONTINUED)

Grupo Familiar: Weekly Spanish speaking support group for parents of CAT clients
(760) 842-6214

Parenting Classes/STEP Curriculum: Classes designed to help parents understand child development and behavior as well as learn effective discipline techniques (available in English and Spanish, for parents with children ages 0-17).

Parenting the Difficult Teen: An eight week group that teaches parents ways to communicate, discipline, and understand teens (for parents with children ages 12-17).
(760) 842-6214

Adult Anger Management Group: A 12-week anger management class teaching conflict resolution strategies.
(760) 842-6216

PALOMAR COMMUNITY COLLEGE:

1140 West Mission Road
San Marcos CA 92069
(760) 744-1150

POWAY ADULT SCHOOL:

13626 Twin Peaks Road
Poway, CA 92064
www.powayusd.com/pusdctae
(858) 668-4024

SAN DIEGUITO ADULT EDUCATION:

800 Santa Fe Drive
Encinitas, California 92024
(760) 753-7073

VISTA ADULT EDUCATION – ROP:

<http://vasweb.vusd.k12.ca.us/>
(760) 758-7122

Main Campus
510 Sunset Drive
Vista, CA 92081

Vista Adult School Learning Academy (VASLA)
836 Olive Avenue
Vista, CA 92083

FOOD

CAL-FRESH: To apply for Cal-Fresh online, download applications or receive potential assistance in filling out applications over the phone see the “**Self-Help Resources**” section of this guide for further information.

COUNTY OF SAN DIEGO HHSA-FAMILY RESOURCE CENTERS OF SAN DIEGO: You can apply for Cal-Fresh in person at any of the Family Resource Center locations listed. Each Location has additional programs available; however, not all locations offer the same services.
1-(866) 262-9881

North Coastal:
1315 Union Plaza Court
Oceanside, CA 92054
(7:00 am - 5:00 pm Monday-Friday)

North Inland
620 East Valley Parkway
Escondido, CA 92025
(7:00 am - 5:00 pm Monday-Friday)

NORTH COUNTY RESOURCES:

EMPLOYMENT/EDUCATION

Employment Services:

INTERFAITH COMMUNITY SERVICES (ICS):

www.interfaithservices.org/our-programs/employment-services

North County Labor Connection: Assists clients in their pursuit of self-sufficiency by helping them prepare for, search for, and retain stable employment
(760) 489-6380 ext. 228

NORTH COUNTY LIFELINE:

www.nclifeline.org

Life Achievement Center: (760) 842-6268

Employment, Financial, and Income Supports Services: Program provides employment services, employment skill building, career exploration, and navigation of educational systems and financial services assistance with budget development, credit repair, and smart spending strategies.

Five Day Pathway, Employment Workshop Series: Program offered to participants who are members of the Life Achievement Center. Participants who complete the workshop leave with the tools to gain employment.

Bridges to Employment: This program focuses on those interested in obtaining a career in the healthcare industry. Case management services are provided to identify interests, abilities, strengths, and to navigate through individualized employment plans that include: education, internships, on-the-job training and job search services.

SAN DIEGO WORKFORCE PARTNERSHIP (SDWP):

San Diego Career Centers (North): Provides job search and career development services.

www.northcountycareercenters.com

Escondido Library Satellite

239 Kalmia Ave.
Escondido, CA 92025
(760) 839-4280

North County Coastal Career Center

1949 Avenida del Oro, Suite 106
Oceanside, CA 92056
(760) 631-6150

North County Inland Career Center

463 North Midway Drive
Escondido, CA 92027
(760) 871-1962

Vista Townsite Satellite

201 Washington Street
Vista, CA 92084
(760) 724-1907

Education Services:

ESCONDIDO ADULT SCHOOL/ROP:

www.escondidoadultschool-rop.org

220 W. Crest
Escondido, CA 92025
(760) 739-7300

MIRACOSTA COMMUNITY COLLEGE:

1 Barnard Drive
Oceanside, CA 92056
(760) 757-2121

NORTH COUNTY LIFELINE:

Administrative Office
3142 Vista Way, Suite 400
Oceanside, CA 92056

www.nclifeline.org

(760) 842-6201

CENTRAL REGION RESOURCES:

TRANSLATION SERVICES

ALLIANCE FOR AFRICAN ASSISTANCE: Multiple languages spoken. Provides shelter referrals, furnishings, food, clothing and some emergency expenses for foreign refugees.
5952 El Cajon Boulevard
San Diego, CA 92115
www.alliance-for-africa.org
(619) 286-9052

TRANSPORTATION

511: One-stop transportation resource for all of San Diego County

www.511sd.com

511 or 1-855-GO-SD-511 (1-855-467-3511)

FACT, INC.: Please see the 'County Wide Resources' section of this guide for more information.

www.factsd.org

(888) 924-3228

METROPOLITAN TRANSIT SYSTEM (MTS) SAN DIEGO: Provides bus and rail services throughout San Diego County

www.sdmts.com

(619)238-0100

EAST REGION RESOURCES:

ALCOHOL, DRUG SERVICES & RECOVERY

COUNTY OF SAN DIEGO HHSA-BEHAVIORAL HEALTH SERVICES:

Please see the 'County Wide Resources' section of this guide for more information.

(619) 563-2700

East County Regional Recovery Center

1365 N. Johnson Ave., Suite 111

El Cajon, CA 92020

(619) 440-4801

FAMILY HEALTH CENTERS OF SAN DIEGO: Please see the 'County Wide Resources' section of this guide for more information.

www.fhcsd.org/locations

(619) 515-2300

MCALISTER INSTITUTE: Regional recovery centers are outpatient programs for adults struggling with substance abuse and other drug-related problems, including co-occurring mental health issues. A sliding fee scale is utilized to ensure no one is denied services due to inability to pay.

themcalisterinstitute.com

East County Adult Residential Detox: Provides short-term, non-medical residential detoxification for men and women experiencing problems with alcohol and other drugs over the course of 5 to 14 days.

(619) 442-0277

MENTAL HEALTH SYSTEMS (MHS): Offers mental health, corrections and alcohol and drug services through a network of cost-effective services at county wide locations. For people who either cannot afford privately paid services or for whom appropriate services are not otherwise available. See website for locations:

www.mhsinc.org/programs

(858) 573-2600

VOLUNTEERS OF AMERICA- SUBSTANCE ABUSING MENTALLY ILL

(SAMI): Two year program, with a minimum six month commitment, dual-diagnosis treatment program for homeless, adult men and women with co-occurring substance abuse and mental illness.

9980 Hawley Rd.

El Cajon, CA 92021

www.voa-swcal.org

(619)282-8211

NORTH COUNTY RESOURCES:

ALCOHOL, DRUG SERVICES & RECOVERY

ALCOHOLICS ANONYMOUS:

www.aasandiego.org

North County

604 East Vista Way

Vista, CA 92084

(760) 758-2514

www.nosdco-aa.org

Oficina Central Hispana

(se habla español)

830 E. Vista Way #116

Vista, CA 92083

www.aasandiego.org

CHOICES IN RECOVERY CENTER: Outpatient (OP) substance abuse treatment services for both men and women with residential short term (RS) and residential long term (RL) services.
(760) 945-5290

Main Office

733 South Santa Fe Avenue

Vista, CA 92083

www.choicesinrecovery.org

COUNTY OF SAN DIEGO HHSA-BEHAVIORAL HEALTH SERVICES:

See "County Wide" section of this guide for more information on this program.

(619) 563-2700

DRUG TESTING NETWORK, INC: Insurance NOT accepted

958 Postal Way, Suite 6B

Vista, CA 92081

www.drugtestingnetwork.com

(760) 940-2015

FAMILY HEALTH CENTERS OF SAN DIEGO: See "County Wide" section of this guide for more information on this program.

www.fhcsd.org/locations

(619) 515-2300

INTERFAITH COMMUNITY SERVICES (ICS):

www.interfaithservices.org/our-programs/addiction-recovery/

Inland Service Center (760) 489-6380

Coastal Service Center (760) 721-2117

MCALISTER INSTITUTE:

North Coastal Regional Recovery Center

2821 Oceanside Boulevard

Oceanside, CA 92054

themcalisterinstitute.com

(760) 721-2781

MENTAL HEALTH SYSTEMS (MHS): Provides: mental health, corrections and alcohol and drugs services through a network of cost-effective services at county-wide locations for people who either cannot afford privately paid services or for whom appropriate services are not otherwise available. See website for locations.

www.mhsinc.org/programs

(858) 573-2600

Options for Recovery-Vista

1010 East Vista Way

Vista, CA 92084

EAST REGION RESOURCES:

TRANSPORTATION

511: One-stop transportation resource for all of San Diego County

www.511sd.com

511 or 1-855-GO-SD-511 (1-855-467-3511)

FACT, INC: Please see the 'County Wide Resources' section of this guide for more information.

www.factsd.org

(888) 924-3228

METROPOLITAN TRANSIT SYSTEM (MTS) SAN DIEGO: Provides bus and rail services throughout San Diego County

www.sdmts.com

(619) 238-0100

EAST REGION RESOURCES:

EMPLOYMENT/EDUCATION

Employment Services:

HOME START-FAMILY SELF-SUFFICIENCY PROGRAM EAST: This program stabilizes families by allowing them to benefit from employment and other opportunities. Must be living in Central San Diego or East San Diego County and either be low income, receiving public assistance or receiving SSI.

131 Avocado Avenue (Little House)

El Cajon, CA 92020

www.home-start.org/family_self-sufficiency_services

(619) 401-8375 ext. 103 or 104

SAN DIEGO WORKFORCE PARTNERSHIP-SAN DIEGO CAREER CENTERS (EAST):

Employment programs available for adults, youth and veterans.

<http://eccc.guhsd.net/>

East County Career Center (619)590-3900

924 East Main Street

El Cajon, CA 92021

Spring Valley Satellite (619) 667-0133

Spring Valley Public Library

836 Kempton Street

Spring Valley, CA 91977

Education Services:

CUYAMACA COMMUNITY COLLEGE:

www.cuyamaca.edu

900 Rancho San Diego Parkway

El Cajon, CA 92019

(619) 660-4000

GROSSMONT ADULT SCHOOL: Classes are open to adults who are 18 years of age or older. Additional locations are in El Cajon as well as a location in Santee and Spring Valley. Courses offered dependent on specific locations.

Main Site

Foothills Adult Center

1550 Melody Lane

El Cajon, CA 92019

sites.google.com/a/guhsd.net/grossmont-adult-school/home

(619) 588-3500

GROSSMONT COMMUNITY COLLEGE:

www.grossmont.edu

8800 Grossmont College Drive

El Cajon, CA 92020

(619) 644-7000

EAST REGION RESOURCES:

FOOD

CAL-FRESH: To apply for Cal-Fresh online, download applications or receive potential assistance in filling out applications over the phone see the “Self-Help Resources” section of this guide for further information.

COUNTY OF SAN DIEGO HHS-FAMILY RESOURCE CENTERS OF SAN DIEGO: You can apply for Cal-Fresh in person at any of the Family Resource Center locations listed. Each Location has additional programs available; however, not all locations offer the same services.
1-(866) 262-9881

El Cajon
220 S. 1st Street
El Cajon, CA 92019
(7:00 am - 5:00 pm Monday-Friday)

Lemon Grove
7065 Broadway
Lemon Grove, CA 91945
(7:00 am - 5:00 pm Monday-Friday)

FEEDING AMERICA SAN DIEGO: Multiple community food distribution partnership locations for East County.
feedingamericasd.org
(858) 452-3663

Feeding America East County Locations:

Crosspointe Life Church
(Every 4th Saturday @ 9pm)
8809 La Mesa Blvd.
La Mesa, CA 91941

Jamul Community Church
(Every 4th Thursday @ 1:30pm-4pm)
14866 Lyons Valley Rd.
Jamul, CA 91935

La Mesa Seventh Day Adventist
(Every 2nd Tuesday @ 1:30-4pm)
4207 Spring Gardens Road
La Mesa, CA 91941

Lemon Grove Foursquare
(Every 3rd Thursday @ 5pm)
2115 Lemon Grove Ave
Lemon Grove, CA 91945

LJC Ministries
(Every 3rd Thursday @ 9pm)
9140 Akard St.
Spring Valley, CA 91977

New Life Church
(Every 3rd Saturday @ 10am)
402 E. Washington Ave
El Cajon, CA 92020

New Seasons Church
(Every 4th Tuesday @ 9am)
2300 Bancroft Dr.
Spring Valley, CA 91977

Stepping Higher
(Every 3rd Thursday @ 5:30pm)
2778 Sweetwater Springs Blvd. Ste. J
Spring Valley, CA 91977
(619) 840-2373

Samoa Independent
(Every Last Friday @ 8am)
2055 Skyline Dr.
Lemon Grove, CA 91945

HEAVENS WINDOWS: Food, hot meals and clothing
2300 Bancroft Drive
Spring Valley, CA 91977
(619) 463-0725 Ext. 230

CRISIS HOUSE: Clothing, food and bread
1034 North Magnolia Ave.
El Cajon, CA 92020
www.crisishouse.org
(619) 444-1194

EAST REGION RESOURCES:

MENTAL HEALTH

COUNTY OF SAN DIEGO HHS-BEHAVIORAL HEALTH SERVICES: Adult mental health case management services For more locations please see the ‘County Wide Resources’ section of this guide.

Mental Health Clinic
1000 Broadway, Suite 210
El Cajon, CA 92021
(619) 401-5500

FAMILY HEALTH CENTERS OF SAN DIEGO:

Community Circle East: This location offers mental health and healthy development services.
Hours: Mon. & Tue. 8:30am - 5:30pm (Closed from 12:30pm - 1:00pm) | Wed. 1:00pm - 5:00pm

Healthy Development Services:
(619) 515-2463

Mental Health Services
Spring Valley Elementary School Site
3845 Spring Drive,
Spring Valley, CA 91977
(619) 515-2380

Grossmont Spring Valley Family Health Center-Family Counseling Center
Hours: Mon., Wed., Thu. & Fri. 8:30am - 5:00pm; Tues. 10:30am - 7:00pm
(619) 515-2385

www.fhcsd.org/locations

MENTAL HEALTH SYSTEMS (MHS): Offers mental health, corrections and alcohol & drug services for people who either cannot afford privately paid services or for whom appropriate services are not otherwise available. See website for locations:

www.mhsinc.org/programs
(858) 573-2600

VISTA HILL: Women with substance abuse problems who are either pregnant or are parenting (a child under 18 years of age may be eligible to participate in the “Helpful, Healing Programs” provided by ParentCare). Fees are sliding scale and Medi-Cal and other insurance plans are accepted.

Don Allen ParentCare Family Recovery Center – East
4990 Williams Ave.
La Mesa, CA 91942
www.vistahill.org
(619) 668-4250

VOLUNTEERS OF AMERICA: See the website below for more information. www.voa-swcal.org

Carlton G. Luhman Center for Supportive Living
290 S. Magnolia Ave.
El Cajon, CA 92020
(619) 447-2428

Troy Center for Supportive Living
8627 Troy St.
Spring Valley, CA 91977
(619)465-8792

EAST REGION RESOURCES:

HOUSING (CONTINUED)

STEPPING HIGHER INC.: Housing for single women and their children.
Contact: Mira Jones
2782 Sweetwater Springs Blvd. Suite C
Spring Valley, CA 91977
www.steppinghigher.com
(619) 660-9771

Safe House/Domestic Violence:

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): For more information please see the 'County Wide Resources' section of this guide.

www.cdph.ca.gov

CENTER FOR COMMUNITY SOLUTIONS: For more information please see the 'County Wide Resources' section of this guide.

www.ccssd.org

1-888-385-4657 (24-Hour Toll Free Crisis Line)

East County:

7339 El Cajon Blvd., Suite J
La Mesa, CA 91941
(619) 697-7477

LEGAL ASSISTANCE

CRISIS HOUSE: Crisis House provides emergency rental assistance to families and single adults. Clients are screened by 211 and appointments are made for eligible clients.

1034 N Magnolia Ave
El Cajon, CA 92020
www.crisishouse.org
(619) 444-1194

LEGAL AID SOCIETY: Pro-bono volunteers assist participants in preparing documents for individuals involved in harassment, stalking and violence issues. Eligible clients receive legal consultation and/or representation. For more locations please see the 'County Wide Resources' section of this guide.

San Diego Superior Court – East:

Monday, Wednesday, and Friday 8:30am - 12:00pm.
250 E. Main Street
(Next to Department 1)
El Cajon, CA 92020
1-(877)-LEGAL AID (1-877-534-2524)

EAST REGION RESOURCES:

FOOD (CONTINUED)

EL CAJON SEVENTH DAY ADVENTIST COMMUNITY SERVICES: Community food distribution site every Tuesday 4-5:30pm
1640 E. Madison Ave.
El Cajon, CA 92019
(619) 444-0763

JOURNEY COMMUNITY CHURCH: Community Food Bank distribution site.
Every 1st Thursday 6:30am, 2nd Friday 9:00am and 3rd Saturday 8:30am
8363 Center Drive
La Mesa, CA 91942
(619) 464-4544

ST. VINCENT DE PAUL FOOD PANTRY: Pantry Clients must have a Spring Valley zip code with proof of ID and address, and complete a short form. Hours: Tuesday and Thursday: 9:30am to 11:00am Saturday: 9:00am to 11:00am

Santa Sophia Church:

9800 San Juan St.
Spring Valley, CA 91977
(619) 644-3391

CHRIST TEMPLE APOSTOLIC CHURCH: Community clothing and toiletries distribution site.
309 Prescott Ave.
El Cajon, CA 92020
(619) 937-0197

HEALTH

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH): For more information please see the 'County Wide Resources' section of this guide.

www.cdph.ca.gov

COUNTY OF SAN DIEGO HHS-CALIFORNIA CHILDREN SERVICES (CCS): This program helps children with physical disabilities from birth to 21 years of age.
1-(866)262-9881

Medical Therapy Program—El Cajon

Housed at Sevvick School
1609 E. Madison Avenue
El Cajon, CA 92109
(619) 588-3166

COUNTY OF SAN DIEGO HHS-PUBLIC HEALTH CENTER—EAST REGION

Urgent Care walk-in services
460 N. Magnolia Ave., Suite 110
El Cajon, CA 92020
sandiego.networkofcare.org/mh/

MEDI-CAL / DENTI-CAL: For information please see the 'Self Help Resources' section of this guide.

EAST REGION RESOURCES:

HEALTH (CONTINUED)

FAMILY HEALTH CENTERS OF SAN DIEGO: Services: adults, alcohol & drug services, black infant health program, children, counseling & mental health, LGBT, pharmacy, dental, health education, HIV, homeless, specialty clinics, teens, vision care and women's health care.

www.fhcsd.org/locations

Grossmont Spring Valley Family Health Center:

8788 Jamacha Road
Spring Valley, CA 91977

Primary Care Clinic: Hours: Mon., Wed., Thu. & Fri. 8:30am - 5:30pm; Tues. 8:30am - 7:00pm
(619) 515-2555

Dental Clinic: Hours: Mon. - Fri. 8:15am - 5:00pm, Every 2nd Friday 9:30am - 5:00pm; Closed for lunch 1:00pm - 2:00pm
(619) 515-2330

Lemon Grove:

7592 Broadway
Lemon Grove, CA 91945
(619) 515-2550

El Cajon:

1111 W Chase Avenue
El Cajon, CA 92020
(619) 515-2499

Healthy Development Services - E. Region:

1234 Broadway
El Cajon, CA 92021
(619) 515-2463

LA MAESTRA COMMUNITY HEALTH CENTERS (LMCHC): Provides culturally and linguistically-competent prevention, treatment, chronic disease management and essential support services to Central and East San Diego County. Medi-Cal and uninsured individuals accepted.

LMCHC - El Cajon City Medical Clinic:

Monday - Friday 8:30AM - 5:30PM & Saturday 9:00AM - 2:00PM
165 South First Street
El Cajon, CA 92019
(619) 312-0347

LMCHC - El Cajon City Dental Clinic: Monday - Friday 8:30AM - 5:30PM & Saturday 9:00AM - 2:00PM

183 S. First Street
El Cajon, CA 92019
(619) 328-1335

LMCHC - Lemon Grove Medical & Dental

Clinic: Monday - Friday 8:30 AM - 5:30 PM
Medical
(619) 741-7423

Dental

7967 Broadway Ave.
San Diego, CA 91945
(619) 741-3045

NEIGHBORHOOD HEALTHCARE:

nhcare.org

El Cajon: Mon, Wed, Thurs & Fri 8 am to 5 pm, Tues 8 am to 8 pm, Sat 8 am to 12 pm
Serving all ages, primary and preventive health care, pediatrics, women's health, prenatal, family planning, HIV testing/counseling and healthy families/Medi-Cal application assistance. The San Diego Healthcare for the Homeless program provides primary medical care to homeless people whose need is acute, must be homeless. Arabic spoken.

855 East Madison Ave
El Cajon, CA 92020
(619) 440-2751

EAST REGION RESOURCES:

HEALTH (CONTINUED)

Lakeside: Mon - Fri 8 am to 5 pm, Sat 8 am to 2 pm, closed from 12 to 1 M-F
Provides primary and preventive health care, pediatrics, women's health, prenatal, family planning, HIV Testing/ counseling and healthy families/Medi-Cal application assistance.

10039 Vine St.
Lakeside, CA 92040
(619) 390-9975

Dental: Provides restorative and preventive dentistry as well as pediatric dentistry for children and adults. Adult dental services are provided only to clients on County Medical Services (CMS) or through the Health Care for the Homeless program.
(619) 390-9135

Follow the link below for a list of current Denti-Cal providers in your area:

www.denti-cal.ca.gov/provreferral/SanDiego.pdf

HOUSING

Shelters:

THE SAN DIEGO HOUSING COMMISSION (SDHC): A complete list of Central Region shelters is listed at the website below, on page 25 for East County:

Housing Directory: www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf

Transitional Housing Programs:

CRISIS HOUSE (CH):

Bridges to Independence: Limited to homeless disabled adult men and women to include those recovering from past drug or alcohol addictions and/or mild mental health issues. Referrals & appointment made through community referral agencies and homeless shelters.

1034 North Magnolia Ave.

El Cajon, CA 92020

<http://www.crisishouse.org/>

(619) 444-1194 Ext 310

Family Opportunity Consortium of San Diego County (FOCUS): Program provides transitional housing and comprehensive support services to homeless families with children. Limited to homeless families with no other housing options. Referrals & appointments made through community agencies and homeless shelters.

(619) 444-1194 Ext 306

New Journey Program: Program provides transitional housing and comprehensive social services to homeless women with children who have been displaced by a domestic violence situation. Referrals made through the Domestic Violence Shelter Network.

(619) 444-1194 Ext 313

THE SAN DIEGO HOUSING COMMISSION (SDHC): A complete listing of transitional housing for East Region is on page 30 & 37 of the linked document below:

www.co.san-diego.ca.us/sdhcd/docs/housing_resource.pdf

(619)231-9400