

Resource Guide



We're here for you!

The CDA Family Resources Team is committed to support families with access to community resources, services, and learning opportunities that meet your family's needs and goals. If you need individualized assistance with resources or referrals, please contact us at familyresources@cdasd.org.

We create positive change

Supporting your child's healthy development

Alternative Payment Program

We help families pay for child care so parents can get a job, keep a job, or go to school.



Nutrition Program

We help child care providers cover the costs of serving healthy meals and snacks to the children in their care.



cdasd.org



What's inside...

Bereavement	1
Birth Certificates / California Identification	2
Car Seats	3
Child Care Services	4
Child Support	6
Clothing	7
Counseling	8
Digital Access	9
Domestic Violence	10
Education/Training	11
Employment	13
Family Resource Centers	14
Food	15
Foster Care/Adoption/Post-Adoption	17
Free and Low-Cost Activities	18
Health	19
Housing/Shelters	21
Immunization Services	23
Legal Services	24
Libraries	26
Mental Health	27
Nutrition	29
Parenting	30
Pregnancy	31
Special Needs	33
Tax Assistance	35
Transportation	36
Utilities	37
24-Hour Hotlines	38

Bereavement

Department of Medical Examiner

Helps by supporting those that have experienced a sudden and traumatic death in the family and provides free services such as licensed counseling, financial and credit counseling and credit services. They also refer services for Crime Victims Compensation, various survivor support programs for homicide, sudden infant death, suicide and general bereavement.

- Call: (858) 694-2895
- 5570 Overland Ave., San Diego, CA 92123
- sandiegocounty.gov/me/families/bereavement.html

The Elizabeth Hospice

The Elizabeth Hospice provides care to adults and children of all ages throughout San Diego County and Southwest Riverside County.

- Main Line / Hospice Care: (800) 797-2050
- Palliative Care - Call: (833) 349-2052
- Grief Support - Call: (833) 349-2054

To make a referral:

- Call 833.349.2050 or fax 760.796.3781
- Email: info@ehospice.org
- elizabethhospice.org

Corporate Office

- 500 La Terraza Blvd., Ste.130, Escondido, CA 92025

Carlsbad

- 2038 Corte Del Nogal. Ste.110, Carlsbad, CA 92011

Escondido

- 930 Canterbury Pl., Escondido, CA 92025

San Diego:

- 8989 Rio San Diego, Ste. 190, San Diego, CA 92108

Temecula

- 27720 Jefferson Ave., Ste. 200, Temecula, CA 92590

The Elizabeth Hospice Children's Bereavement Program

Highly trained, compassionate professionals and volunteers support children ages, 3 to 17 through their grief and loss. Services are free of charge and open to everyone in San Diego County and Southwest Riverside.

- Call: (760) 223-7337
- Email: childrensbereavement@ehospice.org
- elizabethhospice.org/grief-support/children

Survivors of Violent Loss Program

Violent Loss Resources is an online website that provides information, resources and opportunities to families who have lost a loved one to a violent death and training for those who work with them.

- Call: (619) 685-0005
- svlp.org

Grief Share

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

- Call: (800) 395-5755
- Email: info@griefshare.org
- griefshare.org

Center for the Loss

An organization dedicated to helping people who are grieving and those who care for them. This organization help mourners, by walking with them in their unique life journeys, and both professional and lay caregivers, by serving as an educational resource and professional forum.

- Call: (970) 226-6050
- Hours: Monday – Friday 8am to 4:30pm (Mountain Time)
- centerforloss.com

Helpguide: Coping with Grief & Loss

Online helpguide for understanding grief and bereavement. This online article offers resources for how to deal with the grieving process, overview of the stages of grief, and reviews different causes of loss that can cause grief.

- helpguide.org/articles/grief/coping-with-grief-and-loss.htm

DUNAMAI Ministries

Provides support to those that have experienced a sudden and traumatic death in the family and provides free services such as licensed counseling, financial and credit counseling and credit services. We also refer services for Crime Victims Compensation, various survivor support programs for homicide, sudden infant death, suicide and general bereavement. Please know that our thoughts and prayers are with you and yours. Please feel free to contact us if we can assist you in any way.

- Call: (619) 449-4532
- dunamainministries.org

Birth Certificates / California Identification

Assessor/Recorder/County Clerk

Issuance of birth and death records in person, by mail, and credit card requests.

- sdarcc.gov/content/arcc/home/divisions/recorder-clerk/birth-death-marriage-certificate.html

Health and Human Services Agency

Issuance of birth certificates in person, by mail, or online.

- Call: (619) 692-5733
- Office of Vital Records
5560 Overland Ave., Ste.130
- To request and purchase a birth certificate online, please visit the VitalChek website: vitalchek.com/v/vital-records/california/san-diego-phc
- sandiegocounty.gov/hhsa/programs/phs/office_of_vital_records_and_statistics/birth_certificates.html

Community Christian Service Agency

This agency provides limited transportation assistance in the form of day passes for transportation to medical appointments and job interviews. This assists our clients toward self-reliance.

- Call: (858) 274-2271

Clairemont Service Center

- 4167 Rappahannock Ave., San Diego, CA 92117

Pacific Beach Center:

- 1675 Garnet Ave., San Diego, CA 92109

Betty And Melvin Cohn Center:

- 550 W. Washington Ave., Escondido, CA 92025
- Phone: Call: (760) 489-6380

Coastal Service Center:

- 4700 North River Rd., Oceanside, CA 92057
- Phone: Call: (760) 721-2117

Veterans Service Center:

- 1617 Mission Ave., Oceanside, CA 92058
- Phone: Call: (760) 529-9979

Carlsbad Service Center:

- 5731 Palmer Way, Ste. A, Carlsbad, CA 92010
- Phone: Call: (760) 448-5696

New Day Urban Ministries San Diego

Provide free and reduced-fee one-time service vouchers for a California ID or replacement birth certificates for those who are looking to obtain employment or other services.

- Call: (619) 232-2753
- 2459 Market St., San Diego, CA 92102
- newdayurbanministries.org

Car Seats

Child Passenger Safety

Current child car seat safety laws.

- ots.ca.gov/child-passenger-safety

California Highway Patrol Child Safety Seats

The CHP offers programs and services that include child safety seat videos, current California law, assistance with the installation of your child passenger restraint system, check-up events, traffic safety presentations, and disposal of child safety seats.

- chp.ca.gov/Programs-Services/Programs/Child-Safety-Seats

San Diego

- Call: (858) 293-6000
- 5902 Kearny Villa Rd., San Diego, CA 92123

El Cajon

- Call: (619) 401-2000
- 1722 E. Main St., El Cajon, CA 92021

Border Division

- Call: (858) 650-3600
- 9330 Farnham St., San Diego, CA 92123

Baby Center Expert Advice

Find out what the law in your state requires – and what safety experts recommend.

- babycenter.com/car-seat

Pacific Safety Center

PSC has dedicated and experienced Nationally Certified Child Passenger Safety Technicians (CPST) who teach parents and caregivers how to keep their children safe by helping them choose the right seat for their child, how to install it correctly, and how to use it the right way every time.

- Call: (619) 455-8194
- 9880 Via Pasar, Ste. F, San Diego, CA 92126
- Email: cps@psc411.com
- psc411.com

Child Care Services

Childcare Resource Service (CRS)

The YMCA'S Childcare Resource Service (CRS) receives monthly updates of active licensed child care programs throughout the County of San Diego. CRS offers a free referral database that can be accessed online or by contacting the referral line and/or email.

- Referral line: (800) 481-2151
- Email: myreferral@ymca.org
- ymcasd.org/family-resources/child-care-referrals

California Department of Social Services

This video resource library is provided by the California Department of Social Services (CDSS) filled with easy to follow information about licensing topics relevant to families and child care professionals.

- cld.childcarevideos.org

Community Care Licensing Facility Search

Provides an easy way to search for a licensed facility, including licensing information.

- Email: cclwebmaster@dss.ca.gov
- cdss.ca.gov/inforesources/community-care-licensing/facility-search-welcome

Daycare.com

Provides an easy way to search for a provider by zip code.

- Email: director@daycare.com
- daycare.com

Early Head Start/Head Start Programs

Early Head Start/Head Start are federally-funded programs that provide comprehensive early childhood education, health, nutrition, and parent involvement services to children, ages 0-5 and their families. Many programs are based in centers and schools.

- Early Head Start/Head Start Center Locator: eclkc.ohs.acf.hhs.gov/center-locator

Neighborhood House Association Homework Center

The NHA Homework Center is a youth development program for students in grades 3-12. The program offers a safe after-school study environment for children and teens whose circumstances place them at-risk for academic deficiency. Use of NHA's Homework Center is free to qualifying students.

- Call: (858) 715-2642 or (858) 715-2670
- 5660 Copley Dr., San Diego, CA 92111

- Email: info@neighborhoodhouse.org
- neighborhoodhouse.org/nha-programs/community-services/homework-center/

Quality Counts San Diego

Quality Counts California helps families identify early learning and care providers who demonstrate a commitment to quality and provide quality early learning experiences to meet the diverse needs of families. You can use child care and licensing search tools and resources to support your child care search.

- qualitycountscs.net/ca_county/sandiego/?audience=families

San Diego County Centralized Eligibility List

Our local San Diego County CEL is here to support families in need of help paying for child care. The San Diego County CEL allows subsidized child development agencies to find children that are eligible for their programs.

- Call: (800) 521-0560
- 3601 Arey Dr., San Diego, 92154
- childcaresandiego.com

San Diego Quality Preschool Initiative (SDQPI)

SDQPI helps connect parents and families to high quality early learning and care programs, and ensures that infants, toddlers, and preschool-age children have quality early learning experiences in their local communities.

- sdqpi.org

Care About Quality

This is a resource guide by the California Department of Education (CDE) to help you find quality child care. The CDE hopes that the vital information it includes will help you ask the right questions, locate the right resources, and ultimately, find the best possible care for your child.

- cde.ca.gov/sp/cd/re/caqcontents.asp

Child Care Aware of America

Searching for child care can feel overwhelming. Our tools and information will guide you through your search and help you to take the process one step at a time.

- childcareaware.org/families

Child Care Services (cont.)

TrustLine

TrustLine is a database of nannies and baby-sitters that have cleared criminal background checks in California.

- To check if a provider is registered on TrustLine or to register, call 1-800-822-8490
- trustline.org

Together We Grow

Together We Grow is the recognized leader in pediatric care. It is a place where medically fragile and typical children grow together in an inclusive environment. In a developmentally appropriate setting, these children play and learn together, focusing on fun and learning activities.

- togetherwegrow.org

San Diego

- Call: (858) 751-0506
- 5055 Viewridge Ave., San Diego, CA 92123

North County

- Call: (760) 757-6031
- 2120 Thibodo Rd., Vista, CA 92081

YMCA-Special Needs Care Provider

Provides assistance to parents and providers seeking resources on disabilities and other special needs, training, parent support, inclusive child care, ADA regulations, and referrals to community programs and resources throughout San Diego County.

- <https://www.ymcasd.org/community-support/childcare-resource-service/family-resources/special-needs-care>

Children's Home Society of California (CHS)

CHS has three Child Care Payment Programs that provide subsidized child care services to eligible families: Alternative Payment, CalWORKs, and Family Child Care Home Education Network programs.

- <https://www.chs-ca.org/child-care-payment-program/overview>

Alexa's PLAYC/School Program

Alexa's PLAYC (Playful Learning Academy for Young Children) is an early education program offered through Rady Children's Hospital's Autism Discovery Institute in San Diego and Murrieta. Alexa's PLAYC welcomes children ages 18 months to 5 years old. Our unique inclusion program is designed to integrate early education for typically developing children and children with autism spectrum disorder, providing young children with enriched learning experiences in the context of a safe, nurturing, and stimulating environment. The program operates year round. Small class size and low child-to-teacher ratios ensure individual attention for all children.

- Call: (858) 966-8555
- 3685 Kearny Villa Rd., San Diego, CA 92123
- Email: alexasplayc@rchsd.org
- chs-ca.org/child-care-payment-program/overview

Child Support

Apply for Child Support

To apply for child support, receive payment, make a payment, or see payment history you can either visit the Department of Child Support Services website or visit their office.

- Call: (866) 901-3212
- 3666 Kearny Villa Rd., San Diego, CA 92123
- sandiegocounty.gov/content/sdc/dcss/ContactUs_HOME.html

How to Calculate Child Support

Online tool provided by the California Child Support Services. The Payment Estimator applies the statewide uniform guideline calculation to the information you enter to provide you an estimated child support amount:

- Call: (866) 901-3212
- Calculator: childsupport.ca.gov/guideline-calculator

Check Child Support Account or Make Payment Online

Click the link to check your child support account and/or to see information regarding making and receiving payments.

- childsupport.ca.gov/payment-options

Paternity/DNA

Establishing Legal Parentage

Through the California Child Support Services, this is a voluntary program for eligible parents to establish legal parentage free of charge.

- Call: (866) 901-3212
- 3666 Kearny Villa Rd., San Diego, CA 92123
- To voluntarily complete a paternity declaration or any other information regarding filing for paternity, visit: <https://childsupport.ca.gov/establishing-legal-parentage>

Parents can also request a parental declaration be mailed to them and sign the forms later in front of a notary. To have the declaration mailed to you, please contact or visit the main office. DNA test may be requested by court to prove paternity.

Clothing

Sharia's Closet

A non-profit organization focused on providing free, emergency clothing to individuals and families who are experiencing financial hardship or crisis.

- Call: (619) 808-4979
- 6244 El Cajon Blvd., Ste.#5, San Diego, CA 92115
- Email: info@shariascloset.org
- <https://www.shariascloset.org>

Ramona Food and Clothes Closet, Inc.

Provides emergency food, clothing, and other resources to aid individuals and low-income families in Ramona, Santa Ysabel, Julian, Ranchita, Borrego Springs, Warner Springs and outlying rural areas.

- Call: (760) 789-4458
- 773 Main St., Ramona, CA 92056
- <http://www.foodandclothescloset.org>

Father Joe's Village Donation and Store Center

Sells gently used but donated clothing, furniture, household goods, and appliances.

- Call: (619) 465-5840
- 2325 Fletcher Pkwy., El Cajon, CA 92020
- <https://my.neighbor.org/take-action/retail-shop>

Diaper Bank Program

The San Diego Food Bank partners with nonprofit organizations to distribute diapers throughout San Diego County. Click on the link for distribution sites and eligibility criteria to receive diapers.

- <https://sandiegofoodbank.org/programs/diaper-bank-program>

Counseling

Family Health Centers of San Diego

Family Health Centers of San Diego provides low-cost comprehensive counseling and mental health services to children and adults.

- Call: (619) 515-2338
- 823 Gateway Center Way, San Diego, CA 92102
- fhcsd.org/mental-health-services

Mobile Counseling Center

Conveniently traveling to a location near you, the Mobile Counseling Center (MCC) is a fully licensed mental health center on wheels. The MCC provides:

- Intake and assessment for mental health issues
- Ongoing individual therapy services with a licensed mental health provider
- Referrals to psychiatry, psychological testing and Substance Use Disorder Services
- Call: (619) 515-2338
- 823 Gateway Center Way, San Diego, CA 92102
- fhcsd.org/mobile-counseling-center

YMCA and Family Services

YMCA Counseling Services offers low-cost therapeutic counseling to children, adults, families, and couples.

- Call: (619) 281-8313
- 4394 30th St., San Diego, CA 92104
- Email: counselingservices@ymcasd.org
- ymcasd.org/behavioral-and-mental-health-services

Center for Community Solutions

Center for Community Solutions provides counseling to individuals and/or families who are victims of crime. They work with individuals of all ages, genders and sexual orientations. Services are available in Spanish and at different locations.

- Toll Free Hotline: (888) 724-7240
- ccssd.org/counseling

Pacific Beach

- Call: (858) 272-5777

El Cajon

- Call: (619) 697-7477

Escondido

- Call: (760) 747-6282

Digital Access

San Diego Futures Foundation – Improving Lives through Technology

The San Diego Futures Foundation is a nonprofit organization that provides access to digital equipment, education, and resources to eligible individuals.

- Call: (619) 391-0050
- sdfutures.org

Computers2Kids San Diego

C2KSD responds to this digital disparity and the real-world demand for computer literacy through its Technology Assistance Program that recycles and refurbishes used computers and delivers them to families in need. C2K also provides each recipient with education, training and technical support necessary to achieve success.

- Call: (858) 200-9788
- c2k.org

Internet for All Now

The California Emerging Technology Fund can provide assistance to determine if your household qualifies for an affordable home internet offer.

- Call: (415) 744-2383
- internetforallnow.org

Everyone On

Everyone On provides various resources on low cost internet services and other digital access.

- Call: (877) 789-9889
- everyoneon.org

Human-I-T: Low Cost Internet

A non-profit organization available to help those who are not connected or unable to afford internet services. You can fill out an internet request form at the website listed below. Assistance is also available to help with affordable device access.

- Call: (888) 391-7249
- human-i-t.org/request-internet

Local Internet Service Providers

Apply for low cost internet access:

Everyone On:

- Call: (855) 387-9166
- everyoneon.org

AT&T:

- Call: (855) 220-5211
- att.com

Spectrum:

- Call: (855) 860-9068
- spectrum.com/internet-service/california/san-diego

Cox:

- Call: (800) 234-3993
- cox.com/residential/internet/connect2compete.html

Affordable Connectivity Program (ACP)

ACP is a Federal Communications Commission program that helps connect families and households struggling to afford internet service. This new benefit provides a discount of up to \$30 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. Eligible households can enroll through a participating broadband provider or directly with the Universal Service Administrative Company (USAC) using an online or mail in application.

- Call: (877) 384-2575
- fcc.gov/acp

Domestic Violence

Becky's House Domestic Violence Program

Crisis intervention, emergency shelter, and survivor resources.

- Domestic Violence Housing Programs: (619) 239-0355 ext. 288
- 24-Hour Hotline: (619) 234-3164
- ywcсандiego.org/get-help/beckys-house.html

Center for Community Solutions, North County-Advocacy Services

CCS advocates help connect survivors with the information, resources, and referral they need to further their own goals.

- Call: (858) 272-5777
- Crisis Hotline: (888) 385-4657
- 4508 Mission Bay Dr., San Diego, CA 92109
- ccssd.org/advocacy-services

Jewish Family Services- Project SARAH

Project SARAH is a support system for individuals experiencing intimate partner violence.

- Call: (858) 637-3210
- jfssd.org/our-services/adults-families/family-violence-support-services

National Domestic Violence Hotline

Provides assistance for victims and families suffering from domestic violence.

- Call: (800) 799-SAFE (7233) or (800) 787-3224 (TTY)

The North County Family Justice Center: Your Safe Place

Provide 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.

- Call: (760) 290-3690

San Diego Family Justice Center: Your Safe Place

Provides services free of charge to individuals to empower them to break free of their abusers, end the pattern of violence, and become thriving members of society. The SDFJC provides a safe environment to victims and their families and offers services which enable them to regain self-worth and find their way out of abusive relationships and into a new violence-free life.

- Call: (866) 933- HOPE (4673)
- Local: (619) 533-6000
- sandiego.gov/sandiegofamilyjusticecenter/about

Women's Resource Center

Intervention and prevention programs designed to meet the needs of victims of sexual assault or domestic violence.

- Call: (760) 547-8800
- 24-Hour Hotline: (760) 757-3500
- 1963 Apple St., Oceanside, CA 92054
- wrcsd.org/services

YWCA of San Diego County

YWCA of San Diego County empowers women, men, and children to break the cycle of domestic violence and homelessness, and achieve self-sufficiency. Through Becky's House®, Passages and Cortez Hill Family Center, their programs and services allow families to recover from trauma, improve their economic status, find permanent housing, and ultimately transform their lives.

- 24 Hour Domestic Violence Hotline: (619) 234-3164
- ywcсандiego.org

Education/Training

Goodwill Employment Center

The Goodwill Community Employment Centers provide employment and training opportunities throughout the San Diego County to people with disabilities and other barriers to employment. Job seekers can meet with our Career Advisors virtually, one-on-one, in English or Spanish, by scheduling an appointment to receive help with your online job application, résumé, and interview preparation. Job seekers can also enroll in free, online, soft skill workshops in English or Spanish.

- Community Employment Centers:
sdgoodwill.org/jobs/community-employment-centers
- Schedule an appointment with a Career Advisor
sdgoodwill.org/jobs/job-seekers/
- Find a Community Employment Center
sdgoodwill.org/jobs/community-employment-center-locations/

San Diego Workforce Partnership

San Diego Workforce Partnership funds job training programs that empower job seekers to meet the current and future workforce needs of employers in San Diego County. Programs include career centers and youth employment programs that provide work readiness training.

- Job seeker services - Call: (619) 319-WORK (9675)
- All other questions - Call: (619) 228-2900
- <https://workforce.org>

Career Centers in the county of San Diego:

Metro Career Center

- 4389 Imperial Ave., San Diego, CA 92113

Bank of America Merrill Lynch Career Center

- 330 Park Blvd., 5th Floor, Room 555, San Diego, CA 92101

East County Career Center

- 151 Van Houten Ave., El Cajon, CA 92020

South County Career Center

- 1111 Bay Blvd., Ste. E, Chula Vista, CA 91911

North County Coastal Career Center

- 1949 Avenida del Oro, Ste. 106, Oceanside, CA 92056

North County Inland Career Center

- 649 W. Mission Ave., Room 2400, Escondido, CA 92025

San Diego Continuing Education

This is the adult division of the San Diego Community College District (SDCCD). It is a noncredit education institution that offers accessible, equitable, and innovative quality education. They provide more than 20 different certificates within their career and technical education and job training programs.

- Call: (619) 388-4956
- Various locations
- sdcce.edu/#academic-areas

San Diego County Office of Education (SDCOE)

SDCOE provides a variety of services for the 42 school districts, 124 charter schools, and five community college districts in the county. They support 780 schools and more than 500,000 students, including the nearly 10,000 they educate each year through their Juvenile Court and Community Schools. Services provided to school districts range from district and school improvement to budget approval and monitoring.

- Call: (858) 292-3500
- 6401 Linda Vista Rd., San Diego, CA 92111
- sdcoe.net/Pages/Home.aspx

San Diego Center for Children - Successful Transitions Resource Center

Education - GED/High School Diploma, Work Readiness, Substance Abuse Classes, Anger Management Classes, Heart for the Arts Music Classes, Anti-Graffiti Classes, Anti-Theft Classes, and Leadership Development Programs.

- Call: (858) 277-9550
- centerforchildren.org/successful-transitions-resource-center/

San Diego Unified School District (Adult School)

San Diego Unified School District Adult School offers a comprehensive High School Diploma Program (HSDP) that is responsive to the educational needs of the young adult learner.

- Call: (858) 536-0341
- Various locations
- sites.google.com/sandi.net/sandiegoadultschools/home

Education/Training (cont.)

San Diego Public Library – Career Online High School

San Diego Public Library offers adults the opportunity to earn an accredited high school diploma and career certificate online. The program prepares students for careers whether they are entering the workplace for the first time or want to advance in their current place of employment. Various Certificate programs available.

- Call: (619) 238-6693
- sandiego.gov/public-library/services/adulteducation/cohs

Sweetwater Union High School District- Adult Education

Adult education provides a variety of course such as academic, English as a second Language and Career and Technical Education. Free Career and Technical Education course for the 2022-2023 school year.

- adulthoodeducation.sweetwaterschools.org

Chula Vista Adult School

- Call: (619) 796-7000
- Fax: (619) 425-5447
- 1034 Fourth Ave., Chula Vista, CA 91911

Montgomery Adult School

- Call: (619) 600-3800
- Fax: (619) 423-7876
- 3240 Palm Ave., San Diego, CA 92154

National City Adult School

- Call: (619) 336-9400
- Fax: (619) 336-0641
- 517 Mile of Cars Way, National City, CA 91950

San Ysidro Adult School

- Call: (619) 428-7200
- Fax: (619) 428-0295
- 4220 Otay Mesa Rd., San Ysidro, CA 92173

Division of Adult Education

- Call: (619) 796-7200
- Fax: (619) 422-8687
- 461 Moss St., Chula Vista, CA 91911

Second Chance

Second Chance offers workforce readiness training and job placement programs to youth and adults. Participants build their self-confidence and acquire critical. The program provides job readiness training, job placement assistance and post-placement services to permanent employment and self-sufficiency.

- Call: (619) 234-8888
- 6145 Imperial Ave., San Diego, CA 92114
- secondchanceprogram.org

Equus Workforce Solutions

Equus Workforce Solutions is the nation's most comprehensive provider of services solutions designed to help put people to work. The program helps participants prepare for self-sustaining employment opportunities, supports businesses in their efforts to secure qualifying employees, and function as a trusted community partner in every market they operate.

- equusworks.com

Chula Vista

- Call: (619) 628-0312
- 1111 Bay Blvd, Ste. A-H, Chula Vista, CA 91911

Escondido

- Call: (760) 414-3530
- 463 N. Midway St., Ste. 100 A&B, Escondido, CA 92027
- Call: (760) 871-1900
- 613 W Valley Pkwy, Ste. 200, Escondido, CA 92025

Oceanside

- Call: (760) 696-9066
- 1310 Union Plaza Ct., Ste. 200, Oceanside, CA 92054
- Call: (760) 634-6150
- 1949 Avenida del Oro, Ste. 106, Oceanside, CA 92056

San Diego

- Call: (619) 516-1500
- 3910 University Ave., Ste. 300, San Diego, CA 92105
- Call: (619) 321-1800
- 1750 5th Ave., 2nd & 3rd Floor, San Diego, CA 92101

Employment

San Diego Public Library + Workforce Partnership

The San Diego Workforce Partnership and San Diego Public Libraries believe in offering San Diegans the resources they need to succeed. Branches throughout the City provide computers and wireless internet access. There are many resources available to support job seekers, including books on career guidance, job search, internships, apprenticeships, jobs abRd., resumes, interviews, cover letters, exam preparation, workplace rights, and much more.

- workforce.org/library

Dress for Success

These websites will give you some tips on how to dress for a job interview. It is important to make a good first impression.

- coursera.org/articles/what-to-wear-to-an-interview
- wikihow.com/Dress-for-an-Interview

Resume Building

These websites will give you some tips on how to improve your resume. It is important to make sure that your future employer understands and is aware of your previous work experiences and how you can contribute to their company. There is nothing better than a well-rounded candidate.

- jobsearch.about.com/od/sampleresumes
- jobstar.org
- caljobs.ca.gov
- jobsearch.about.com

Interview Skills

These websites will show you some tips on how to prepare yourself and what to expect from a job interview. What type of questions they might ask you and how to better answer them. There is nothing better than a well prepare candidate.

- fromdev.com/2016/02/best-interview-preparation-sites.html
- ung.edu/career-services/online-career-resources/interview-well/tips-for-a-successful-interview.php
- theladders.com/career-advice/10-online-resources-that-help-you-prepare-for-the-hardest-interview-questions
- linkedin.com/learning/topics/hiring-and-interviewing

Job Fairs

These websites will show you some of the job fairs in San Diego County. Make sure you check them regularly as they change every month. Job fairs are great events to learn about different job positions in San Diego.

- workforcesandiego.com/
- jobstar.org/sd/resource/fairs/jobfairs.php
- edd.ca.gov/en/jobs_and_training/
- eventbrite.com/d/ca--san-diego/job-fairs
- besthirecareerfairs.com/job-fairs/san-diego-job-fairs

CPR and Typing Certificate

These websites will show you some of the requirements, locations, times and dates for you to get a CPR and or Typing certificates.

- cprsandiego.net
- getstarcpr.com
- sandiego.gov

eCPR Certificate

Provides training and online certification in CPR and First Aid.

- ecprcertification.com

Family Resource Centers

Chula Vista Community Collaborative Family Resource Centers

- Call: (619) 427-2119
- 540 G St., Chula Vista, CA 91910
- chulavistacc.org

El Cajon Family Resources

- Call: (619) 447-4380
- Little House: 131 Avocado Ave., El Cajon, CA 92020
- elcajonresources.org

HHSA List of Family Resource Centers

- Call: (866) 262-9881
- sandiegocounty.gov/hhsa/programs/ssp/food_stamps/family_resource_centers.html

Ray & Joan Kroc Family Resource Center

- Call: (619) 287-5762
- 6845 University Ave., San Diego, CA 92115 (Building A)
- sd.kroccenter.org/kroc-san-diego/

CARE Community Center

- Call: (619) 356-4489
- 12 N. Euclid Ave., National City, CA 91950
- sdcca.org/office/care/index.html

Community Resource Center – North County

- Call: (760) 753-1156
- 650 Second St., Encinitas, CA 92024
- crcncc.org

Friendships for Hope, Inc.

Offers services and support to empower immigrants and refugees to become assimilated into the society, become self-sufficient contributing member of the community

- Call: (619) 395-5088
- 2711 Burden Way, National City, CA 91950
- friendshipsforhope.org

Food

Brother Benno's

Provides supplementary foods, baby foods and monthly food boxes to individuals with disabilities, families, and senior citizens. Documentation may be required such as, proof of children's age, seniors' age, or government recognized disability.

- Call: (760) 439-1244
- 3260 Production Ave., Oceanside, CA 92058
- brotherbenno.org

Community Christian Service Agency

The Clairemont Service Center has two food programs. Families and individuals who need emergency food may receive a supply of food for 2-3 days for their family. This service is available to all residents of San Diego County, and they may request food up to 6 times a year. In addition, they will receive referrals to other services and sources of food for their family. In addition, the Clairemont Service Center distributes government commodities on the fourth Thursday of the month to families in a specific geographic area near the agency.

- ccsasandiego.org/services/food

Clairemont Service Center

- Call: (858) 274-2271
- 4167 Rappahannock Ave., San Diego, CA 92117

Pacific Beach Center

- Call: (858) 272-0163
- 1675 Garnet Ave., San Diego, CA 92109

Feeding San Diego

Feeding San Diego works with hundreds of distribution partners to provide food and resources to the community. The Mobile Pantry travels throughout San Diego County to reach areas with limited access to transportation.

- Call: (858) 452-3663
- Text "food" or "comida" to 877-877 to find the nearest site.
- feedingsandiego.org/find-food

Lunch Bag Distribution- All About Love

Offers a weekly lunch bag food distribution of pre-packaged food to low income and individuals experiencing homelessness in Oceanside on Saturday mornings.

- Call: (760) 723-2705
- divinewillfoundation.com/usa-projects/

The Rock Church: Magnolia Project

A monthly food distribution to hand out food to those in need while providing prayer and encouragement. Distributes food every 4th Thursday of every month at the Otay Ranch Town Center parking lot (west of AMC theaters).

- Hours: 10am-12pm
- 2015 Birch Rd., Chula Vista, CA 91915
- Text "CV" TO 52525 for more details.

Monthly Emergency Food Assistance-Community Resource Center (Encinitas)

Monthly emergency food assistance consisting of a 2 to 3-day supply of food for individuals and families in need. USDA food commodities program available during business hours until that month's allotment is gone. A Registered Dietitian is also available for a one-on-one nutrition consultation. If assistance is needed outside of these hours, please email or call the intake desk.

- Call: (760) 753-8300
- Email: intake@crcncc.org
- crcncc.org

My Benefits CalWIN

The website allows you to check eligibility for public assistance programs such as Medi-Cal, Cash Aid, and Food Assistance, apply or renew benefits, and report changes.

- mybenefitscalwin.org

Project Hand - St., Mark's Lutheran Church

Project Hand at St., Mark's Lutheran Church provides Emergency Food for low income and homeless families in Chula Vista.

- Call: (619) 425-4061
- 580 Hilltop Dr., Chula Vista, CA 91910
- stmarkschulavista.org/community/project-hand

The Salvation Army

Food programs and services vary with local needs. For information on specific programs and locations, contact your local Salvation Army Corps Community Center by using the location search on this page.

- salvationarmyusa.org/usn/cure-hunger/

Food (cont.)

San Diego Food Bank

The San Diego Food Bank provides a variety of hunger-relief and food resource programs.

- Call: (866) 350-FOOD (3663) or local Call: (858) 527-1419
- sandiegofoodbank.org/programs

San Diego Food Bank: The Neighborhood Distribution Program

The San Diego Food Bank provides a variety of hunger-relief and food resource programs.

- sandiegofoodbank.org/programs/neighborhood-distribution-program/

San Diego Rescue Mission/Life Ministries

- Call: (619) 687-3720
- sdrescue.org

San Marcos Food Pantries

Current list of available food pantries in the area of San Marcos, CA.

- foodpantries.org/ci/ca-san_marcos

St., Vincent de Paul Villages

- 1501 Imperial Ave., San Diego, CA 92101
- my.neighbor.org

Supplemental Nutrition Assistance Program (SNAP)

SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.

- fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap

Women, Infants, and Children (WIC)

The WIC program provides eligible families with healthy food, nutrition tips, breastfeeding support, health care referrals and community resources.

- sdsuwic.org

Foster Care/Adoption/Post-Adoption

San Diego Center for Children

San Diego Center for Children FEAST Program is the sole provider contracted with the County of San Diego to provide therapy and other services to foster youth, ages 0 to 21, who live in Foster Family Agency (FFA) homes in San Diego County.

- Call: (858) 633-4115
- After hours Crisis Line: (858) 569-2190
- 2655 Camino del Rio North, Ste. 450, San Diego, CA 92108
- centerforchildren.org/our-services/foster-youth/ffast/

San Diego County's Foster Care, Adoption, and Post-Adoption Programs

Agencies may vary based on specific ages or populations they serve, services they provide, or locations served.

Angels Foster Family Network:

- Call: (619) 283-8100
- 9295 Farnham St., #200, San Diego, CA 92123
- angelsfoster.org

Casey Family Programs:

- Call: (619) 543-0774
- 3878 Old Town Ave., Ste. 100, San Diego, CA 92110
- casey.org/who-we-are/locations/san-diego-field-office/

Kamali's FFA:

- Call: (760) 761-4300
- 145 Vallecitos De Oro #210, San Marcos, CA 92069
- kamalii.org

Koinonia Family Services:

- Call: (619) 326-4222 or (877) CHILDSHOPE
- 3914 Murphy Canyon Rd., Ste. A224, San Diego, CA 92123
- kfh.org

New Alternative, Inc.:

- Call: (888) 599-4663
- County-wide offices
- sandiegofosterfamilyagencies.com/new-alternatives

Olive Crest:

- Call: (619) 291-9347
- 7220 Trade Street St., 102, San Diego, CA 92121
- olivecrest.org

San Diego Youth Services:

- Call: (619) 241-0608
- Hours: Monday-Friday 10am-6pm
- 3255 Wing St., San Diego, CA 92110
- sdyouthservices.org

Toward Maximum Independence:

- Call: (800) 877-5452
- 4740 Murphy Canyon Rd. Ste. 300, San Diego, CA 92123
- tmi-inc.org

Escondido Location

- Call: (760) 839-5255
- Address: 1900 Sunset Dr., Ste. E, Escondido, CA 92025

Walden Family Services

- 8525 Gibbs Dr. Ste. 100, San Diego, CA 92123
- Call: (619) 584-5777
- waldenfamily.org/what-we-do/foster-care-adoption/

San Diego Foster Youth Mentor Program

San Diego Health and Human Services Agency connects foster youth with mentors.

- Call: (866) 457-4636
- 7947 Mission Center Court, San Diego, CA 92108
- fosteringchange.org/mentor-program

Free and Low-Cost Activities

San Diego Summer Movies in the Park

Offering a free family movie night at the park all over San Diego County from May-Sept. Website has schedules and locations of events.

- summermoviesinthepark.com

Chula Vista Elite Athlete Training Center

Offer free guided or self-guided tours of the history, facts, and purpose of the center. General public tours are given on a walk-in basis or can be reserved in advance by telephone or email.

- Call: (619) 482-6220
- trainatchulavista.com/tours-olympic-athlete-site

The New Children's Museum

The New Children's Museum offers opportunities for children of all ages to experience the arts in ways that are meaningful to them. The museum has multiple programs designed to reach deeply into local communities and stimulate, cultivate, and nurture creativity for children and families. Visit the website for program information, including event schedule, admission, and discount information.

- Call: (619) 233-8792
- 200 W. Island Ave., San Diego, CA 92101
- thinkplaycreate.org/visit/

Balboa Park Museums

Balboa Park offers free admission on a rotating basis throughout each month to residents of the City and County of San Diego, and to active military personnel and their dependents. Some museums may offer complimentary admission to their permanent collections only and charge admission to special exhibitions, attractions, films, showings and events.

- balboapark.org/resident-free-days

Summer Movie Express

Regal Movie Theater: Family fun movies playing on Tuesdays & Wednesdays for the summertime! Admission to the Summer Movie Express is only \$1.

- regmovies.com/movies/summer-movie-express

Free Things to Do in San Diego

Having fun in San Diego doesn't require a lot of money; in fact., many things to see and do are absolutely free.

- sandiego.org/articles/25-fun-free-things-to-do-in-san-diego.aspx

California Center for the Arts, Escondido

With a mission of bringing people together to discover, create and celebrate both the visual and performing arts, the California Center for the Arts, Escondido is the cultural center of North San Diego County.

- Tickets: (800) 988-4253
- Call: (760) 839-4138
- 340 N. Escondido Blvd., Escondido, CA 92025
- artcenter.org

Health

My Benefits CalWIN

The website allows you to check eligibility for public assistance programs such as Medi-Cal, Cash Aid, and Food Assistance, apply or renew benefits, and report changes.

- mybenefitscalwin.org

Covered California

Provides health care coverage for families, individuals, and for small business.

- Call: (800) 300-1506
- coveredca.com

The Council of Community Clinics

Allows an individual to find a local clinic in San Diego County that provides free or low-cost medical care.

- ccc-sd.org

California Department of Health Care Services

The Department of Health Care Services provides the following access to affordable health care, dental care, mental health care, substance abuse, disorder services, and long-term services and support.

- dhcs.ca.gov/services

Family Health Centers of San Diego

A nonprofit network of health centers founded in 1970, FHCS is the largest community clinic provider of health care to the uninsured in the county.

- Find a Clinic: fhcsd.org

Dental Care

Denti-Cal

Denti-Cal provides dental benefits under the Medi-Cal program. Dental-Cal will provide you access to search for dentists in your local area that currently accept the Denti-Cal program.

- denti-cal.ca.gov

UCSD Pre-Dental Society

The UCSD Pre-Dental Society (PDS) and Student-Run Free Dental Clinic ProjeCt., in partnership with the community, provide accessible, quality healthcare for the under-served in a respectful environment in which students, health professionals, patients, and community members learn from one another.

Clinic Sites (SD County):

- ucsdpds.org/low-income-clinics-in-san-diego

HIV / AIDS

The Center – The San Diego LGBT Community Center

The Center provides targeted programs and services to the full diversity of the San Diego LGBT community, including men, women, youth, seniors, transgender and non-binary individuals, families, LGBT Latino community members and their families, and those living with HIV.

- Call: (619) 692-2077
- 3909 Centre St., San Diego, CA 92103
- thecentersd.org

Neighborhood House Association - HIV/AIDS Services

Offers case management services and peer support services to individuals with HIV/AIDS. Including medical and dental care. Applications for low income housing. Referrals to treatment centers on an inpatient and outpatient basis. Referrals for support groups. Assistance with food, utilities and clothing.

- Call: (619) 280-0470
- 5660 Copley Dr., San Diego, CA 92111
- neighborhoodhouse.org/nha-programs/hivaids-services

UC San Diego Health – Owen Clinic HIV/AIDS Treatment

Provides inclusive whole-person care from professionals who respect your beliefs, preferences and values. Offer you a range of key services, including mental health, nutrition, drug & alcohol counseling, and case management.

- Call: (619) 543-3995
- 4168 Front St., San Diego, CA 92103
- health.ucsd.edu/specialties/hiv/Pages/default.aspx

Truecare – HIV & AIDS Case Management San Diego (North County)

Healthy community provide ongoing support to people living with HIV/AIDS.

- truecare.org/wellness-services/hiv-aids-case-management

Health (cont.)

TrueCare San Marcos

- Call: (760) 736-6767
- 150 Valpreda Rd., San Marcos, CA 92069

TrueCare Oceanside

- Call: (760) 736-6767
- 605 Crouch St., Building C, Oceanside, CA 92054

SIDS

Sharp Healthcare System

The Sharp Healthcare system and its network of hospitals in San Diego County offer a variety of Baby Care classes that incorporate SIDS prevention and education.

- Call: (800)82-SHARP
- Email: info@sharp.com
- sharp.com/health-classes/baby-care-basics-webinar-2735

San Diego County Health and Human Services Agency

The San Diego County Health and Human Services Agency operates the “Safe4Baby” program which is an educational outreach campaign to raise awareness about issues that are crucial to the health and safety of babies and small children. Safe4Baby focuses on educating parents and caregivers about four primary areas: Sudden Infant Death Syndrome (SIDS), Safe Sleeping, Shaken Baby Syndrome and the Safely Surrendered Baby Law.

- Call: (619) 542-4053
- sandiegocounty.gov/content/sdc/hhsa/programs/cs/safe4baby/sudden_infant_death_syndrome.html
- www.safe4baby.org

SIDS Network

Information & Support Website.

- Call: (858) 694-5413
- sids-network.org

American SIDS Institute

A national nonprofit health care organization, is dedicated to the prevention of sudden infant death and the promotion of infant health.

- sids.org

Safe to Sleep

The Safe to Sleep campaign, formerly known as the Back to Sleep campaign, focuses on actions you and others can take to help your baby sleep safely and reduce your baby’s risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.

- Call: (800) 505-CRIB (2742)
- Email: NICHDInformationResourceCenter@mail.nih.gov
- nichd.nih.gov/sts/Pages/default.aspx

Housing/Shelters

Community Resource Center (CRC)

CRC assists individuals and families experiencing homelessness, and those at risk of experiencing homelessness, with housing resources, rental assistance, financial education and individualized support.

- Call: (760) 300-3238
- 650 2nd St., Encinitas, CA 92024
- crcncc.org/get-help/housing-supportive-services/

Crisis House

Crisis House is an emergency resource center serving the homeless in East San Diego County. The agency is a hub for information, referrals, and services that address abuse, food insecurity, healthcare, and homelessness. The men, women, and children they support, struggle daily to overcome complex and challenging circumstances, including domestic violence, addiction, health conditions, and lack of access to food and housing.

- Call: (619) 444-1194
- 9550 Cuyamaca Street, Ste. 101-102 and 201-202, Santee, CA 92071
- crishouse.org

North County Lifeline

Life Spring House provides transitional housing for young adults ages 18-24 who are former foster youth experiencing homelessness. The program strives to assist the young adults towards self-reliance through the provision of housing and supportive services.

- Call: (760) 842-4900
- nclifeline.org/lifespring-transitional-youth-housing

San Diego Housing Commission

The San Diego Housing Commission provides a variety of affordable housing programs, rental assistance, first-time buyers programs, and homelessness prevention.

- Call: (619) 231-9400
- Hours: 9am-4pm
- 1122 Broadway, Ste. 300, San Diego, CA 92101
- sdhc.org

Homelessness Programs

- sdhc.org/homelessness-solutions/city-homeless-shelters-services/#shelters

San Diego Rescue Mission

San Diego Rescue Mission is a faith based non-profit program that provides shelter, a recovery center, and food for men, women and children in San Diego County.

- Call: (619) 687-3720
- 120 Elm St., San Diego, CA 92101

Bread of Life (North County)

- northcoastcommunityservice.org/organization/bread-of-life/

Safe Parking Programs

Safe Parking Programs are available throughout San Diego County to offer individuals and families living in their car a safe parking environment as well as onsite supportive services and resource assistance, including access to permanent housing solutions and other vital services.

Dreams for Change

- Call: (619) 497-0236
- dreamsforchange.org

Jewish Family Services

- Call: (858) 637-3210
- jfssd.org/safeparking

Section 8 (County of San Diego Housing Authority) Rental Assistance Program

Apply for rental assistance programs or update your application.

- While you are on the waiting list, you need to update your application any time there are changes to your address, family or income Waitlist Portal: sandiegocounty.gov/content/sdc/sdhcd/rental-assistance.html

St., Vincent de Paul Village San Diego

Also known as Father Joe's Villages, this nonprofit agency is the largest homeless service provider in San Diego. St., Vincent's provides housing, healthcare, food, clothing, education, job training, mental health and addiction treatment.

- Call: (619) 233-8500 or Call: (619) HOMELESS (466-3537)
- 1501 Imperial Ave., San Diego, CA 92101
- my.neighbor.org

Housing/Shelters (cont.)

SBCS

SBCS offers emergency shelters, transitional housing, supportive housing and more than 400 units of affordable housing opportunities for seniors and families. More than just shelter, residents are also offered services and resources such as financial literacy, counseling, job readiness workshops, tax services and more.

- Call: (619) 420-3620
- Hotline: (800) 640-2933
- 430 F St., Chula Vista, CA 91910
- sbcssandiego.org

The Salvation Army

The Salvation Army is a religious and social service organization that assist children, the elderly and families with food programs, shelter and transitional housing, senior services, and drug and alcohol rehabilitation.

San Diego Region Office

- Call: (619) 231-6000
- 6605 University Ave., San Diego, CA 92115
- sandiego.salvationarmy.org

The following Salvation Army Corps offer emergency motel voucher or rental assistance **when available**:

Downtown Center City:

- Call: (619) 699-2200
- 825 7th Ave., San Diego, CA 92101

Home Start – Maternity Housing Program

The Home Start Maternity Housing Program offers more than a roof over their heads. This is a 360° support system that provides evidence-based parent education, child development specialists, counseling, financial literacy training, higher education and employment resources, and much more. Our goal is to provide affordable and supportive housing and the services necessary to build safe, loving, and self-sufficient families.

For more information about the Maternity Housing Program, contact:

- Intake Line: Call: (619) 430-0032
- 333 East Main St., El Cajon, CA 92020
- Email: housing@home-start.org
- home-start.org/maternity-shelter-program

Birthline of San Diego- Step Forward Program

This Birthline program provides assistance for each family to take a step forward towards independence and self-sufficiency. Every step forward matters. Every step forward counts. Case managers serve as client advocates

and are trained to provide compassionate and informative assistance in a confidential setting to help you move your life forward.

- Call: (858) 270-2491
- Hours by Appointment Only: Mon., Tues., Wed. 10am-2pm
- 3360 Clairemont Dr., #4, San Diego, CA 92117

CalWORKS Housing Support Program

The CalWORKs Housing Support Program (HSP) was established by Senate Bill (SB) 855 (Chapter 29, Statutes of 2014) to foster housing stability for families experiencing homelessness in the CalWORKs program.

- cdss.ca.gov/inforesources/cdss-programs/housing-programs/calworks-housing-support-program

Solutions for Change - North County

With community-focused solutions, this organizations fights back against The Churn of poverty and homelessness. They offer 3 programs that work together to holistically solve the root cause of the challenges families are facing.

Main Campus

- Call: (760) 941-6545
- Hours: Monday-Friday 8:30am-5pm
- 722 W. California Ave., Vista, CA 92083
- <https://solutionsforchange.org>

California Emergency Solutions and Housing (CESH)

The California Emergency Solutions and Housing (CESH) Program provides funds for a variety of activities to assist persons experiencing or at risk of homelessness as authorized by SB 850 (Chapter 48, Statutes of 2018). HCD grants CESH Program funds in the form of five-year grants to eligible applicants.

- hcd.ca.gov/grants-and-funding/programs-archived/california-emergency-solutions-and-housing

Immunization Services

San Diego Immunization Services

The SDIP website provides timely immunization information and links to resources and services to the residents of San Diego.

- Call: (866) 358-2966
- 3851 Rosecrans St., Ste. 704, San Diego, CA 92110
- sdiz.org/index.html

San Diego County Health & Human Services Agency (HHS) – Immunization Program

The San Diego County Immunization program provides immunizations at County Public Health Centers to eligible children and adults with no health insurance or health insurance that does not include vaccines. The program also provides persons 6 months and older in need of influenza (flu) vaccine regardless of health coverage.

- sandiegocounty.gov/hhsa/programs/phs/immunization_branch

Central Region Public Health Center:

- Call: (619) 229-5400
- 5202 University Ave., City Heights, CA 92105

North Central Public Health Center:

- Call: (858) 573-7300
- 5055 Ruffin Rd., Kearny Mesa, CA 92123

South Region Public Health Center:

- Call: (619) 409-3110
- 690 Oxford St., Ste. H, Chula Vista, CA 91911

East Region Public Health Center:

- Call: (619) 441-3995
- 367 N. Magnolia Ave., Ste. 101, El Cajon, CA 92020

North Inland Public Health Center:

- Call: (760) 740-3000
- 649 W. Mission Ave., Ste. 2, Escondido, CA 92025

North Coastal Public Health Center:

- Call: (760) 967-4401
- 3609 Ocean Ranch Blvd., Ste. 104, CA 92056

For information regarding TB skin testing, please call: (619) 692-5565

California Immunization Coalition

Provides information on adult immunizations.

- <http://www.immunizeca.org/vaccine-info/adults>

Shots for School

Provides a guide for immunization requirements for school entry.

- <http://www.shotsforschool.org>

Centers for Disease Control and Prevention (CDC)

Find out which vaccines your child needs from birth through the teen years for protection against serious diseases.

- <https://www.cdc.gov/vaccines/parents/index.html>

Vaccines- Coronavirus COVID-19 Response

Find out which vaccines your child needs from birth through the teen years for protection against serious diseases.

- <https://covid19.ca.gov/vaccines>

Legal Services

Family Law (Child Support)

The Department of Child Support Services (DCSS) provides the following services: Establish paternity, establish child and medical support orders, enforce/modify child and medical support orders, collect and distribute child and spousal support payments.

- Call: (619) 450-7275
- 330 W. Broadway, San Diego, CA 92101 (Downtown Courthouse)
- sandiegocounty.gov/dcsc

Office Locations:

Central Region Kearny Mesa

- 3666 Kearny Villa Rd., San Diego, CA 92123

North Inland Live Well Center

- 649 W. Mission Ave., Escondido, CA 92025

South Region Live Well Center

- 401 Mile of Cars Way, National City, CA 91950

Legal Aid Society of San Diego, Inc.

Legal Aid is available to low income individuals & disadvantaged communities for a variety of legal problems, including consumer, family disputes, welfare and health benefits, immigration and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments. Federal Poverty Income Guidelines determine eligibility for free legal services.

- Call: (877) 534-2524
- lassd.org

Office Locations:

Southeast San Diego Office

- 110 S. Euclid Ave., San Diego, CA 92114

Midtown San Diego Office

- 1764 San Diego Ave., Ste. 100, San Diego, CA 92110

North County Office

- 100 E. San Marcos Blvd., Ste.308, San Marcos, CA 92069

Tenants Legal Center of San Diego – Renters Law Line

Community Law Office located and practicing in San Diego, CA providing important and effective legal assistance, by an Attorney, to residential and commercial renters. They assist occupants with issues surrounding their occupancy including eviction and other disputes between tenants, occupants and owners. Important

assistance is also provided to all occupants (owners, tenants, guests etc.) during and following a foreclosure of the property. Assistance is also provided to Mobile Home, Recreational Vehicle and Floating Home owners.

- Call: (858) 571-7100
- 5252 Balboa Ave., Ste. 408, San Diego CA
- tenantslegalcenter.com

California Department of Industrial Relations (DIR)

The mission of the DIR is to improve working conditions for California's wage earners and to advance opportunities for profitable employment in California.

- Call: (844) 522-6734
- Email: DIRInfo@dir.ca.gov
- dir.ca.gov

Fair Housing

If you believe you have been denied housing or the opportunity to apply for housing in the City because of a protected characteristic, you may contact the City's Fair Housing Hotline.

- Call: (844) 449-3500
- sandiego.gov/cdbg/fairhousing

CSA San Diego County- Fair Housing

CSA San Diego County is a HUD Approved Housing Counseling nonprofit agency whose mission is the promotion of social justice and public welfare through programs, services, and advocacy against all forms of discrimination.

- Call: (619) 444-5700
- 327 Van Houten Ave., El Cajon, CA 92020
- Email: outreach@c4sa.org
- c4sa.org/fair-housing

Housing Opportunities Collaborative

Housing Opportunities Collaborative (HOC) works to educate the public on all aspects of owning or renting a home. We are a free resource here to assist you with all housing and related issues like credit, debt and financial wellbeing.

- Call: (619) 283-2200
- 1100 Broadway, San Diego, CA 92101
- Email: info@housingcollaborative.org
- sandiego.housingcollaborative.org/about-us

Legal Services (cont.)

University of San Diego School of Law – Free Legal Assistance

USD Legal Clinics are funded by the University of San Diego and, in part, by grants from the State Bar of California and the U.S. Department of Treasury. Services are available to lower income individuals.

- Call: (619) 260-7470
- 5998 Alcalá Park, San Diego, CA 92110
- sandiego.edu/law/free-legal-assistance

National Conflict Resolution Center

Whether you're struggling with a divorce, have a business contract dispute or simply want to learn how to better manage organizational friction through mediation, we have a conflict resolution service designed to reveal the common ground among the controversy.

- ncrconline.com

North County Office

- Call: (619) 238-2400
- 2055 Montiel Rd., Ste. 107, San Marcos, CA 92069

City Heights Office

- Call: (619) 398-0494
- 4305 University Ave., Ste. 110, San Diego, CA 92105

Southeast San Diego Office

- Call: (619) 642-2055
- 220 Euclid Ave., Ste. 110, San Diego, CA 92114

San Diego Volunteer Lawyer Program (SDVLP)

SDVLP provides free civil legal services to low income and disadvantaged San Diegans. Their Vision for Justice Collaborative (VJC) offers free legal help for immigrant and refugee Victims of Crime.

- sdvlp.org

YWCA of San Diego County | Domestic Violence Legal Services

Integrated services to assist individuals and families currently in the housing and shelter programs.

- Call: (619) 239-0355 x288
- 24-Hour Domestic Violence Hotline: Call: (619) 234-3164 (Crisis intervention, emergency shelter, and survivor resources)
- Administrative Office: 1012 C St., San Diego, CA 92101
- ywcasandiego.org/help/services/#advocacy-support

Libraries

San Diego County Library

Information on the 33 branches in San Diego County.

- Call: (858) 694-2415
- 5560 Overland Ave., Ste. 110, San Diego, CA 92123
- <http://www.sdcl.org>

San Diego Public Libraries

Links to public libraries in the San Diego area.

- <https://www.sandiego.gov/public-library/locations>

Chula Vista Public Libraries

Library branches in the city of Chula Vista.

- <http://www.chulavistaca.gov/departments/library/locations-hours>

Escondido Public Library

- Call: (760) 839-4683
- 239 S. Kalmia St., Escondido, CA 92025
- <https://library.escondido.org>

Mental Health

Courage to Call

This program is a Veteran-run, peer-to-peer support program in San Diego County, providing free and confidential services to active and former military members, reservists, National Guardsmen, their families and loved ones. The program connects callers with referrals to resources and support to reduce stress and improve overall mental health. These services are provided off-base in a safe and private atmosphere.

- courage2call.org

San Diego Access and Crisis Line

The SD Access and Crisis Line provides free assistance 7 days a week/ 24 hours a day. Services include confidential support in all languages, crisis intervention and suicide prevention, referrals for mental health and/or alcohol and drug needs, and referrals to other related resources.

- Helpline: (888) 724-7240
- optumsandiego.com

It's Up to Us

It's Up to Us is a campaign designed to empower San Diegans to talk openly about mental illness, recognize signs of challenges, find local resources and seek help.

- Helpline: (888) 724-7240
- up2sd.org

Mental Health America of San Diego County

Mental Health America of San Diego County is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illnesses through advocacy, education, research and service. The website offers information about local resources, events and trainings, as well as information and treatment options about various mental health disorders organized by audience and issue.

- Helpline: Call: (619) 543-0412
- 4069 30th St., San Diego, CA 92104
- mhasd.org

Mental Health Systems

Mental Health Systems is a nonprofit agency founded in 1978 to improve the lives of individuals, families and communities facing substance abuse and behavioral health challenges.

- Call: (858) 573-2600
- 9465 Farnham St., San Diego, CA 92123
- turnbhs.org

National Alliance on Mental Illness (NAMI)

Offers a help line, support groups, educational meetings, and other services on mental illness at various locations throughout San Diego County.

- Helpline: (619) 295-1055
- Call: (619) 543-1434
- NAMI North Coastal: Call: (760) 722-3754
- namisandiego.org

988 - National Suicide Prevention Lifeline

Starting on July 16, 2022, anyone facing a mental health crisis can call 988 and get connected to the National Suicide Prevention Lifeline (also called the Lifeline). In the meantime, if you or someone you know is in crisis, please contact the National Suicide Prevention Lifeline at (800) 273-8255 or the Crisis Text Line by texting MHA to 741741.

- Call: 9-8-8

2-1-1 San Diego

This hotline connects people with community, health and disaster services through a free, 24/7 stigma-free phone service and searchable online database.

- Call: 2-1-1
- 211sandiego.org

SAMHSA- Substance Abuse and Mental Health Service

The Substance Abuse and Mental Health Services Administration is a branch of the U.S. Department of Health and Human Services. Mission is to reduce the impact of substance abuse and mental illness on the America's communities.

- samhsa.gov

The San Diego Postpartum Alliance

The San Diego Postpartum Health Alliance offers moms in crisis and their concerned friends or relatives support, information and referrals. The website also features a blog and information about upcoming events.

- Call: (619) 254-0023
- postpartumhealthalliance.org

Mental Health (cont.)

San Diego Family Care

The Behavioral Health Departments at SDFC consists of psychiatrists, psychologists, and other mental health professionals. They provide therapeutic and psychiatric services to both children and adults. Services are available in English, Spanish, Vietnamese Laotian and Hmong, with other translators available.

- Call: (858) 279-0925
- sdfamilycare.org

San Diego Family Care Campus:

- 6973, 6979, 6985, 7011 Linda Vista Rd., San Diego, CA 92111

Mid-City Community Clinic (Adults)

- Call: (619) 563-0250
- 4290 Polk Ave., San Diego, CA 92105

Mid-City Community Clinic (Pediatrics)

- Call: (619) 280-2058
- 4305 University Ave., Ste.150, San Diego, CA 92105

Nutrition

San Diego Hunger Coalition

SDHC helps connect thousands of children, students, people with disabilities, military households, veterans, and families facing hunger to vital food assistance. Food assistance resources include: CalFresh (SNAP), School Meals & P-EBT, WIC (Women, Infants, & Children), Food Distributions, and Meals for Older Adults.

- sandiegohungercoalition.org/resources

USDA MyPlate U.S. Department of Agriculture

USDA MyPlate provides information, tips and tools to help you build a healthier diet.

- myplate.gov

eatFresh.org

eatFresh.org is an online recipe and nutrition program for anyone who wants to improve their health. The website provides healthy recipes, meal plans, shopping & budgeting, and other healthy living tips.

- eatfresh.org

Action for Healthy Kids

Provides resources for overweight children. Helps families make sustainable changes in their health and nutrition.

- actionforhealthykids.org/resources-for-schools

Rady Children's Hospital | Center for Healthier Communities

Provides physical activity and nutrition information & referral resource in partnership with 211 San Diego.

- rchsd.org/programs-services/center-for-healthier-communities

Ellyn Satter Institute

Helping adults and children be joyful and confident with eating.

- ellynsatterinstitute.org

Health Start Foundation

Provides free educational resources to assist in teaching kids about nutrition. Provide educational videos, recipes, and other online resources for families and communities.

- healthstartfoundation.org

CDC | Changes made to the Nutrition Facts Labels

The Nutrition Facts label on packaged foods is based on updated science and dietary recommendations for Americans. Staying up to date on the changes and using the label can help you choose foods for a healthy diet.

- cdc.gov/healthyschools/bam/nutrition/nutrition-facts-label.htm

Understanding Food Nutrition Labels

Tips on learning how to understand and use the Nutrition Facts label can help you make healthier eating choices and identify nutrient-dense foods for a healthy diet.

- heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels

Women, Infants, and Children (WIC)

The WIC program provides eligible families with healthy food, nutrition tips, breastfeeding support, health care referrals and community resources.

- sdsuwic.org/p/nutrition-education-2/

Parenting

First 5 San Diego

First 5 San Diego promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age. First 5 San Diego ensures that every child in San Diego County enters school ready to succeed, providing children with healthy development screenings, dental care, high-quality preschool, and parenting workshops.

- Call: (888) 534-7785
- first5sandiego.org

Jewish Family Services of San Diego

The JFSSD Positive Parenting Program helps parents find positive solutions to common childhood behavior issues, reducing parent-child conflict and preparing children for school success. Workshops are offered in English, Spanish, Vietnamese, and Arabic at sites across San Diego. The program is free to parents, and onsite childcare can be provided at no-cost.

- Call: (858) 637-3021
- jfssd.org/our-services/adults-families/positive-parenting-program

North County Lifeline

Lifeline's Parent Education program is a free eight-week court approved class for parents who are working with Child Welfare Services, are single parents, feel overwhelmed, discouraged or alone, or just want to improve their parenting skills. Parent Education classes utilize the intensive, evidence-based parenting education curriculum, Systematic Training for Effective Parenting (STEP), which focuses on health, home safety, and parent-child interaction.

- Call: (760) 842-6243
- lifelinecs.org/parent-education

SBCS – Parenting Classes

Group parenting classes are available for parents with children ages 0 to 18. Group classes offer parents the ability to learn about their child's development, new parenting techniques and skills, and to receive support from other parents. Educators utilize the STEP Curriculum to teach classes in both English & Spanish. Classes are free and meet Welfare & Institutions Code requirements.

- Call: (619) 585-5133
- Email: CSFSouthIntakeCoord@csbcs.org
- sbcssandiego.org

Text4baby

Offers free health and safety tips via text message to pregnant women and new mothers three times per week. The messages are timed to the due date or the baby's birth date, through pregnancy and up until the baby's first birthday. Topics include nutrition tips, safe sleep tips, baby milestones, signs and symptoms of labor, appointment reminders, breastfeeding advice, car seat safety, health insurance information, urgent health alerts, resource hotlines and websites.

- Text: 511411
- text4baby.org

Pregnancy

Agnus Dei Foundation – Lamb of God Maternity Home

The program provides 24/7 care to pregnant women in crisis through housing, education, and support in the San Diego area.

- Call or text: (760) 294-7969
- agnusdeifoundation.org

Adoption Center of San Diego

Adoption Center of San Diego works with those facing an unplanned pregnancy through the adoption process. The program offers counseling, local community referrals and support groups to birth parents at no charge.

- Call: (858) 535-3033 or (800) 298-9111
- sdadopt.org

American Pregnancy Helpline

This program provides 24/7 care to pregnant women considering open adoption. Offers housing, education, and support within the San Diego area.

- Call: (866) 942-6466

Birth Choice

Birth Choice offers free services, support and education regarding pregnancy, reproductive and sexual health, parenting and reproductive loss in a caring and confidential environment.

- Call: (760) 744-1313
- birthchoice.net

San Marcos

- 365 S Rancho Santa Fe Rd., Ste. 201, San Marcos, CA 92078

Oceanside

- 215 North Freeman, Oceanside, CA 92056

Birthline of San Diego

Birthline provides assistance for each family to take a step forward towards independent and self-sufficiency. The program provides free supplies and referrals and resources for medical insurance and care, county services, housing and job resources, immigration, legal, domestic violence and more.

- birthlineofsandiego.org

Clairemont Office

- Call: (858) 270-2491
- 3660 Clairemont Dr. Ste.4, San Diego, CA 92117

Chula Vista Office

- Call: (619) 425-5012
- 1220 Third Ave., Ste.1, Chula Vista, CA 91911

Episcopal Community Services Head Start Perinatal Program

Services to pregnant women. Includes home visits, weekly prenatal classes, referrals to WIC, and other services. Also helps with transition to Early Head Start (if family is eligible).

- Call: (619) 228-2800
- 401 Mile of Cars Way, Ste. 350, National City, CA 91950
- ecscalifornia.org

Home Start

Home Start offers a variety of programs designed to strengthen families and protect children, including: Maternity Housing Program (MHP) provides pregnant or parenting homeless women ages 18-24 and their children with housing and wrap around supportive services. First 5 First Steps (F5FS) provides in-home parent education to pregnant women and their families.

- Call: (619) 692-0727
- 5005 Texan Street Ste.203, San Diego, CA 92102
- home-start.org

Pathway Health Clinic

Provides counseling, limited medical care, information, and resources for pregnant women and their families. Services include free pregnancy tests, ultrasounds, parenting class, post-abortive support, options counseling, prenatal and baby care education, life skills class, and abstinence education. Also offers material goods including formula and diapers.

- Call: (760) 350-3634
- 1830 Hacienda Dr Ste.8, Vista, CA 92081
- pathway-healthclinic.com

Planned Parenthood

Provides confidential, comprehensive medical services to the community of San Diego, Riverside, and Imperial counties. They provide a full range of reproductive health care services, education, and advocacy programs.

- To make appointment and get in touch with your nearest location, call: (888) 743-7526

Pregnancy (cont.)

Pregnancy Care Clinic

Pregnancy Care Clinic offers support and education for women facing an unplanned pregnancy. Services include pregnancy testing and verification, limited obstetric ultrasound, advocacy and support services, abortion information and education, adoption referrals, maternity clothing, childbirth and parenting classes, Moms Helping Moms Support Group, after abortion support and education.

- 24 Hour Support Line: (800) 395-4357
- supportpcc.com

San Diego Clinic

- Call: (619) 326-8595
- 4130 Alpha St., San Diego, CA 92113

Turning Point Pregnancy Resource Center

Offers pregnancy tests, ultrasounds (limited), and support and community referrals to pregnant women. (Does not offer abortion services.)

- Call: (858) 397-1970
- 7340 Miramar Rd Ste.204, San Diego, CA 92126
- <https://hcai.ca.gov/facility/turning-point-pregnancy-resource-center/>

San Diego Adolescent Pregnancy and Parenting Program (SANDAPP)

Provides case management services to pregnant and parenting female and male youth throughout San Diego County. The program goals are to improve health outcomes, increase high school graduation, enhance parenting skills, prevent child abuse, neglect, and family violence, promote development, and assist to prevent second unplanned pregnancies.

- Call: (619) 344-6430
- Main Office: 5465 El Cajon Blvd., B2, San Diego, CA 92115

San Diego Women, Infants & Children (WIC)

WIC can help you have a healthy pregnancy and birth by providing healthy foods, prenatal nutrition information, and access to vital resources.

- Call: (800) 500-6411
- Check the website for locations throughout San Diego County.
- <http://sandiegowic.org/locations>

Special Needs

Autism Comprehensive Educational Services (ACES)

Provides comprehensive autism therapy and intervention services, including Applied Behavior Analysis (ABA), group parent workshops, IEP and school behavior training and individualized supports, and other services. ACES provides services to all ages from infant to adult and accepts most insurance providers.

- Call: (855) 223-7123
- acesaba.com

The Arc of San Diego

The Arc of San Diego provides an extensive array of services to people with disabilities in San Diego County. The Arc assists with early child development, advocacy, residential options, recreation and leisure, parenting skills, job training, employment placement, independent living, accessing community resources, respite care, and daily living skills.

- Call: (619) 685-1175
- 3030 Market St., San Diego, CA 92102
- arc-sd.com

YMCA Childcare Resource Services

Offers a variety of programs and services to help families care for children with disabilities and special needs. Through their enhanced referral service, consultants will help you find the appropriate care to meet the specific needs of your child and family.

- Call: (858) 292-YMCA (9622)
- Child care referral line: (800) 481-2151
- Email: myreferral@ymcasd.org
- ymcasd.org/community-support/childcare-resource-service/family-resources/special-needs-care

Deaf Community Services of San Diego

DCS provides a wide array of services to the Deaf and Hard of Hearing community including but not limited to: adult literacy services, employment services, advocacy, and case management services, comprehensive outpatient substance abuse services, behavioral health services, sign language interpreting services, information and referral services, community outreach and education, independent living skills training and recreational and social activities and ASL classes.

DCS Headquarters

- Call: (619) 550-3436
- 1545 Hotel Circle South, Ste. 300, San Diego, CA 92108
- <https://deafcommunityservices.org>

North County Office

- Call: (760) 208-2971
- 410 South Melrose Dr., Ste. 216, Vista, CA 92083

DCS Clubhouse

- Call: (619) 618-0501
- 205 National City Blvd., National City, CA 91950

Exceptional Family Resource Center

The Exceptional Family Resource Center (EFRC) is a community-based collaborative agency, staffed by parents and professionals. EFRC offers family centered services, emphasizing parent choice, confidentiality and collaboration. Family Support Liaisons (FSLs) are peer mentors who have children with disabilities or special needs. They will assist you with identifying appropriate services to address the individual needs of your child and family. Services are at no cost to families.

- Call: (619) 594-7416
- efrconline.org

First 5 San Diego

First 5 San Diego promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age.

- Call: (888) 534-7785
- <http://first5sandiego.org>

Healthy Development Services (HDS)

HDS is a no coSt., high-quality developmental and behavioral service program, funded by First 5 San Diego for children ages 0-5 who have not yet entered kindergarten in San Diego County. Services include assessment and treatment for developmental (including speech and language) and behavioral concerns, parent education, and care coordination to all families receiving HDS.

- first5sandiego.org/programs/health/hds/

Central (Family Health Centers of San Diego)

- Call: (619) 515-2406

North Coastal (Rady Children's Hospital of San Diego)

- Call: (858) 966-8235

Special Needs (cont.)

North Central (Rady Children's Hospital of San Diego)

- Call: (858) 966-7510

North Inland (Palomar Health)

- Call: (877) 504-2299

South (SBCS)

- Call: (619) 495-8248

San Diego Regional Center (SDRC)

SDRC is a focal point in the community for persons with developmental disabilities (intellectual disabilities, cerebral palsy, epilepsy, autism, or other disabling conditions similar to intellectual disabilities) living in San Diego and Imperial Counties.

- sdrc.org

Main Office

- Call: (858) 576-2996
- 4355 Ruffin Rd., Ste. 200, San Diego, CA 92123

North County

- Call: (760) 736-1200
- 5931 Priestly Dr. Ste.100, Carlsbad, CA 92008

East County

- Call: (619) 596-1000
- 8760 Cuyamaca St., Ste.100, Santee, CA 92071

South Bay

- Call: (619) 336-6600
- 2727 Hoover Ave. Ste. 100, National City, CA 91950

Imperial County

- Call: (760) 355-8383
- 3095 N. Imperial Ave. El Centro, CA 92243

North Island

- Call: (858) 924-8700
- 15015 Avenue of Science, Ste.250, San Diego, CA 92128

South Island

- Call: (619) 489-3200
- 2300 Boswell Rd., Ste.200, Chula Vista, CA 91914

San Diego County Special Education Local Plan Area (SELPA)

All school districts and county offices of education have geographical regions to provide for all of the special education service needs of children residing within

the region boundaries. Each region developed a local plan describing how it would provide special education services. There are six SELPAs in San Diego County:

- Parent Helpline: (619) 725-7650
- sandiegounified.org/academics/special_education/s_e_l_p_a

North Coastal Consortium for Special Education SELPA

- Call: (760) 307-1657
- 255 Pico Ave. Ste. 220, San Marcos, CA 92069

North Inland SELPA

- Call: (760) 307-1658
- 1710 Montecito Rd., Ramona, CA 92065

East County SELPA

- Call: (858) 298-2214
- 924 E. Main St., El Cajon, CA 92021

South County SELPA

- Call: (619) 470-522 2
- 680 L. St., Ste. E, Chula Vista, CA 91911

Poway Unified School District SELPA

- Call: (858) 521-2800
- 15250 Avenue of Science, San Diego, CA 92128

San Diego Unified School District SELPA

- Call: (619) 725- 8000
- 4100 Normal St., San Diego, CA 92103

SBCS (South Bay Community Services)

SBCS provides a holistic and comprehensive array of programs and services for children, youth and families to help them overcome challenges and succeed.

- Call: (619) 420-3620
- Hotline: (800) 640-2933
- sbcssandiego.org

Working Together for Inclusion & Belonging

Working Together for Inclusion & Belonging provides current information and resources addressing inclusive practice, promotion of healthy social-emotional development, and prevention of challenging behavior in early childhood, after-school, and other education settings.

- Call: (760) 682-0200
- cainclusion.org

Tax Assistance

CalEITC 4 me

California Earned Income Tax Credit (EITC) is a cash back tax credit that puts money back into the pockets of eligible working California families and individuals and offers free tax preparation.

- caleitc4me.org

IRS Volunteer Income Tax Assistance (VITA) Program

The IRS VITA Program offers free tax preparation to low- to moderate- income individuals and families.

- Call: (800) 906-9887
- Call: 2-1-1
- VITA Locator Tool: irs.treasury.gov/freetaxprep/
- irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers

United Way of San Diego County – MyFreeTaxes

Free tax preparation is available in multiple languages throughout San Diego County for most low and moderate income households. To see if you qualify and to get started online, virtually, or in-person:

- Call: (858) 492-2000
- Call: 2-1-1
- myfreetaxes.org

Transportation

Brother Benno's

Bus passes may be provided on a case-by-case basis for such purposes that include: medical appointments, visits to government offices to apply for financial or medical aid, job interviews, and relocation of persons back to their families.

- Call: (760) 439-1244
- 3260 Production Ave., Oceanside, CA 92058
- brotherbenno.org/services

Community Christian Service Agency (CCSA)

CCSA provides limited transportation assistance in the form of day passes for transportation to medical appointments and job interviews

- ccsasandiego.org/services/day-passes-id-cards

Clairemont Service Center

- Call: (858) 274-2273
- 4167 Rappahannock Ave., San Diego, CA 92117

Pacific Beach Center

- Call: (858) 272-0163
- 1675 Garnet Ave., San Diego, CA 92109

Community Resource Center

Eligible participants are provided with support through the means of gas cards and/or bus and coaster passes, enabling them to get the vital transportation necessary to gain employment and access other critical services, as well as financial support to address past-due and current utilities bills to avoid shut-off.

- Call: (760) 300-3238
- 650 2nd St., Encinitas, CA 92024
- crcncc.org/get-help/housing-supportive-services/

Metropolitan Transit System (MTS)

MTS offers reduced fares and passes to those eligible. See website for details and application process:

- <https://www.sdmts.com/fares-passes/reduced-fares-and-passes>

New Day Urban Ministries

Provides a one-time, 2-week bus pass with proof of employment; day passes with written verification of doctor, court appointment, or job interview.

- Call: (619) 232-2753
- <https://newdayurbanministries.org>

Travelers Aid Society of San Diego

If you are stranded, fleeing an abusive situation, or without any resources, Travelers Aid may be able to help.

- Call: (619) 295-8393
- 2615 Camino del Rio S., Ste. 103, San Diego, CA 92108
- travelersaidsandiego.org/

Women Driving Women- San Diego

Provide a personal transportation to women, children, and seniors. This is no an on-demand services. All rides are arranged with a driver upon calling. This is a safe alternative transportation option to other companies such as Uber or Lyft. Everyone must pass a background check. Serves all of San Diego County.

- Call: (619) 343-9185

Free Ride Everywhere Downtown (FRED) - San Diego

Offer on-demand rides around Downtown San Diego 7 days a week. Catch a ride to/from Petco Park, the Gaslamp Quarter, Seaport Village, Waterfront Park, and more! Download the free Circuit app to catch a shuttle.

- Hours:
 - Monday - Thursday: 7am - 9pm
 - Friday: 7am - 10pm
 - Saturday: 8am - 10pm
 - Sunday: 9am - 9pm
- <https://www.ridecircuit.com/fred>

Youth Opportunity Pass Program

All riders 18 & under will be able to ride MTS and North County Transit District (NCTD) services for FREE with a Youth PRONTO app account, or a Youth PRONTO card. The Youth Opportunity Pass is a pilot program, sponsored by the San Diego Association of Governments (SANDAG) and County of San Diego, through June 30, 2024.

- Call: (619) 595-4960
- Text: (619) 318-1338
- <https://www.sdmts.com/fares/youth-opportunity-pass-program>

Utilities

Community Resource Center (CRC)

Eligible participants are provided with support through the means of gas cards and/or bus and coaster passes, enabling them to get the vital transportation necessary to gain employment and access other critical services, as well as financial support to address past-due and current utilities bills to avoid shut-off.

- Call: (760) 300-3238
- 650 2nd St., Encinitas, CA 92024
- crcncc.org/get-help/housing-supportive-services

San Diego Gas and Electric (SDG&E)

San Diego Gas and Electric operates and administers a variety of utility assistance programs that can assist customers with bill discounts, payment assistance options, debt forgiveness to help reduce outstanding account balances, or even free energy-efficient home improvements. These programs include the CARE, FERA, Neighbor-to-Neighbor fund, LIHEAP, Medical Baseline, and more. To find out about these programs and how to apply visit their website.

- Call: (800) 411-7343
- sdge.com/residential/pay-bill/get-payment-bill-assistance

San Diego “Cool Zones”

San Diego County Health and Human Services Agency has designated “Cool Zone” sites throughout the county that offer refreshing relief to older adults or others during the hot summer months. These air-conditioned settings are free and open to anyone needing to escape the heat. This program is operated by the County’s Aging and Independent Services division.

- Call: (800) 339-4661
- sandiegocounty.gov/content/sdc/hhsa/programs/ais/cool_zones.html

San Diego County Water Authority

Offers a variety of services and rebates to assist residents in its San Diego County service area reduce water use for their home, business, or farm.

- Call: (858) 522-6600
- sdcwa.org/your-water/conservation/residential-rebates-programs

California Lifeline

California Lifeline provides discounted basic telephone (landline) services to eligible California households. You can qualify through program and/or income-based eligibility criteria. This program is administered by the State of California in collaboration with local phone companies.

- Call: (866) 272-0357
- californialifeline.com/en

24-Hour Hotlines

Adult and Elder Abuse

- (800) 510-2020

Child Abuse

- (800) 344-6000

Computer Fraud & Identity Theft

- Call: (858) 737-7171

Consumer Fraud

- Call: (619) 531-3507

Crime Stoppers

- (888) 580-8477

Internet Crimes Against Children

- Call: (858) 715-7100

General Resource Help and Information

- 2-1-1

Narcotics Anonymous

- (619) 584-1007 (English)
- (619) 546-0774 (Spanish)

National Alliance on Mental Health

- (800)950-NAMI (6264)

National Center for Missing & Exploited Children

- (800) 843-5678

National Sexual Assault Hotline

- (800) 656-4673

National Suicide and Crisis Lifeline

- 9-8-8

National Domestic Violence Hotline

- (800) 799.SAFE (7233)
- TTY (800) 787-3224

Parent Stress Line - Free & Confidential 24/7

- (800) 632-8188

Poison Control

- (800) 222-1222

Safely Surrender Baby

- (877) BABYSAF (222-9723)

SAMHSA (Substance Abuse and Mental Health Services Administration

- (800) 662-HELP (4357)

Trevor Lifeline (Crisis and suicide prevention services for LGBTQ youth and young adults)

- (866) 488-7386

Veterans Crisis Line

- (800) 273-TALK (8255)

Victim Services

- Call: (619) 531-4041



Monthly Workshops

CDA supports the community by offering monthly online workshops that are free to attend and designed to provide you with valuable tools to help you succeed in managing your family's needs. Our workshops include webinars, Q&A sessions, and access to exclusive resources. Learn from experts over a range of topics. Sign up for the latest workshops at cdasd.org/workshops



For more resources, follow us on social media! [@cdasandiego](https://cdasd.org)



Our Mission

To encourage and support the success and well-being of children, families, and the child care community.

Bonita Office

180 Otay Lakes Rd., Ste. 300
Bonita, CA 91902
(619) 427-4411

Kearny Mesa Office

5473 Kearny Villa Rd., Ste. 350
San Diego, CA 92123
(619) 427-4411

