Resource Guide

July 2026

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Our Mission

To empower and promote the well-being of families, child care providers, and the greater community through financial and support services.

Child Care Payment Program

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

Nutrition Program

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

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**.

Workshops

CDA supports the community by offering free online workshops 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.

cdasd.org/workshops

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For additional resources, contact 211 San Diego: **2-1-1** or **211sandiego.org**

Bereavement

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, 8:00am–4:30pm
- Email: **info@centerforloss.com**
- **centerforloss.com**

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., Ste. 101, San Diego, CA 92123
- **sandiegocounty.gov/me/families/bereavement.html**

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
- **dunamaiministries.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**

Helpguide: Coping with Grief & Loss

Online help guide 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/mental-health/grief**

The Elizabeth Hospice

The Elizabeth Hospice provides care to adults and children of all ages throughout San Diego County and Southwest Riverside County. Access is limited at this time. Prior to visiting, please call the appropriate phone number to confirm your appointment

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

To make a referral:

- Call: (833) 349-2050
- Fax: (760) 796-3781
- Email: **info@ehospice.org**
- **elizabethhospice.org**

Corporate Office

- 800 W Valley Pkwy., Ste. 100, 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

Bereavement Program

Highly trained, compassionate professionals and volunteers support children ages, 3 to17 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**

Birth Certificates/California Identification

Assessor/Recorder/County Clerk

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

- Call: (619) 237-0502
- Email: **ARCCRecorderCountyClerk.FGG@sdcounty.ca.gov**
- Birth Certificates: **sdarcc.gov/content/arcc/home/divisions/recorder-clerk/birth-death-marriage-certificate/birth-certificate.html**
- Death Records: **sdarcc.gov/content/arcc/home/divisions/recorder-clerk/birth-death-marriage-certificate/death-certificate.html**

Community Christian Service Agency

This agency provides emergency and transitional support on a walk-in basis to people in need of assistance. Services include emergency food and clothing and transportation assistance in the form of day passes for medical appointments. They facilitate clients in obtaining their birth certificate or other emergency needs as evaluated by the agency. They provide layettes to low-income new mothers. Information and resource counseling are available along with limited case management and referrals to shelter and other agencies or sources of help.

- **ccsasandiego.org**

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

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 basic needs such groceries, clothing, snacks and hygiene kits.

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

School House Connection

Offers assistance in obtaining birth certificate and California ID by completing application and submitting proper documentation required.

- **schoolhouseconnection.org/article/how-to-obtain-a-free-birth-certificate-or-id-in-california-instructions-and-the-law**

Travelers Aid Society - Homeless Outreach

No-Fee ID Vouchers for unhoused individuals, Certification of Homelessness, San Diego County Birth Certificate Voucher, and Day Passes for Medical or Housing appointments for immunocompromised adults

- Call: (619) 295-8393 ext.306
- Hours: Mondays, 8:30am–10:00am, Wednesdays, 8:00am–10:00am, Thursdays, 8:00am–3:00pm
- Email: **lorena@travelersaidsandiego.org**

VitalCheck

This agency is an authorized online vital record ordering service for San Diego Office of Vital Records. That means we can process your request fast, affordably, and securely. The only thing faster is doing it in person – but that's not always possible or convenient.

- Call: (800) 610-2260
- 5560 Overland Ave., Ste.130, San Diego, CA 92153
- **linktr.ee/vitalrecordsexpert?utm_campaign=birth_competitors&msclkid=2ed5a85f105d16b38e2ec0556bf39ab1**

Car Seats

Baby Center Expert Advice

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

- **babycenter.com/car-seat**

California Highway Patrol (CHP) 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 disposable 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) 219-6900
- 1722 E. Main St., El Cajon, CA 92021

Border Division

- Call: (858) 944-6300
- 9330 Farnham St., San Diego, CA 92123

Child Passenger Safety

Current child car seat safety laws.

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

Family Health Centers of San Diego (FHCSD) - Prenatal Car Seat Program

Individuals enrolled in FHCSD's Prenatal Program may be able to earn a free car seat. Call to schedule an appointment.

- Call: (619) 515-2428.

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**

Keep 'Em Safe

The Keep 'Em Safe (KES) Car Seat Program helps families across San Diego County keep their children safe on the road. We provide no-cost car seats, hands-on education, and support from certified Child Passenger Safety Technicians

- Call: (858) 621-2313
- Apply online: **psc411.com/keep-em-safe**

Child Care Services

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**
- **rchsd.org/programs-services/alexas-playc**

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.

- **ccld.childcarevideos.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 San Diego

Child Care San Diego is a centralized hub designed to make it easier for families to find and enroll in child care programs across San Diego County. The platform brings together child care providers, families, and employers in one place—helping families explore care options, identify financial assistance opportunities, and connect directly with local providers

- Call: (800) 521-0560
- 1055 Tierra Del Rey, Ste. H, Chula Vista, CA 91910
- Email: **celmaster@childcaresandiego.com**
- **childcaresandiego.com**

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@ymcasd.org**
- **ymcasd.org/family-resources/child-care-referrals**

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.

- **chs-ca.org/programs-services/find-a-child-care-provider/**

Community Care Licensing Facility Search

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

- Email: **letusno@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.

- **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**

Episcopal Community Services (ECS) –Early Head Start & Head Start

ECS Head Start, Early Head Start, and State Preschool are federally funded programs that offer high-quality early childhood and family education at no cost.

- **ecscalifornia.org**

Child Care Services (cont.)

Neighborhood House Association (NHA) 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.

- **qualitycountsca.net/ca_county/sandiego/?audience=families**

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**

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

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: (800) 822-8490
- Email: **trustline@rrnetwork.org**
- **trustline.org**

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.

- **ymcasd.org/community-support/childcare-resource-service/family-resources/special-needs-care**

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
- **sandiegocounty.gov/content/sdc/dcss**

Escondido

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

National City

- 401 Mile of Cars Way, Ste. 310, National City, CA 91950

Kearny Mesa

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

Check Child Support Account or Make Payment Online

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

- **childsupport.ca.gov/payment-options**

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**

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: **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

Bridge of Hope

Community clothing closet store. Clothing closet offers items at bargain prices for purchase. Open every second and fourth Saturday from 9:00am to 11:00am.

- Call: (858) 380-7993
- 3406 Fairmount Ave., San Diego, 92105

Diaper Bank Program

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

- **sandiegofoodbank.org/programs/diaper-bank-program**

Father Joe's Village Donation and Store Center

Sells gently used but donated clothing, furniture, household goods, and appliances. You can also shop online from the comfort of your home. Various locations throughout SD county.

- **my.neighbor.org/take-action/retail-shop/thrift-store-locations**

Chula Vista

- Call: (619) 600-3778
- 405 Broadway, Chula Vista, CA 91910

El Cajon

- Call: (619) 465-5840
- 2325 Fletcher Pkwy., El Cajon, CA 92020

Hillcrest

- Call: (619) 255-1255
- 1457 University Ave., San Diego, CA 92103

Imperial Beach

- Call: (619) 651-8004
- 1555 Palm Ave., Ste. F, San Diego, CA 92154

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 92065
- **foodandclothescloset.org**

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**
- **shariascloset.org**

SWC Cares Closet

The SWC Cares Closet is a mini-clothing boutique where students can get free clothing free of charge. The Cares Closet is part of SWC Cares safety net of programs and offers everyday, seasonal, and special occasion/interview clothing items to students all year long.

- Eligibility:
  - SWC Students with a valid SWC ID Numbers.
  - No eligibility forms or proof of income is required.
- 900 Otay Lakes Rd., Room 67-177, Chula Vista, CA 91910
- See website for hours: **swccd.edu/swc-community/swc-foundation/donate/cares-closet/index.aspx**

Women's Resource Center (WRC) Thrift Store

Offers clothing, home décor, books, and baby items at bargain prices. Those who are receiving case management services from Women's Resource Center may get a voucher to shop.

- Call: (760) 757-3500 ext. 8823
- 3385 Mission Ave., Oceanside, 92054
- Hours: Tuesday–Friday, 10:00am–5:00pm; Saturday, 10:00am–4:00pm

Counseling

Center for Community Solutions

Center for Community Solutions provides counseling to survivors of recent intimate partner violence and/or assault (in the last 12 months) using trauma-informed approaches. Services are available in Spanish and at different locations.

- Counseling offered via Telehealth and in person
- 24/7 Crisis Hotline: (888) 385-4657
- **ccssd.org/counseling**

Coastal

- Call: (858) 272-5777

East County

- Call: (619) 697-7477

North County

- Call: (760) 747-6282

Home Start- Behavioral Health Services

Behavioral Health Services at Home Start provides individual and family therapy services to children under 18 years of age across San Diego County. Services may be provided in the child's home, school, or via telehealth video as well as at one of our two Home Start locations (Mission Valley or El Cajon). These services are free of charge to child survivors of abuse, crime, or other traumatic events. Services in English and Spanish are available. Home Start therapists are trained in providing Parent-Child Interaction Therapy, Trauma-Focused Cognitive Behavior Therapy, and Play Therapy.

- Call: (619) 692-0727 ext. 118

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. No provider referral is needed!

- Call: (619) 515-2338
- Services offered at various clinic locations
- **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
- Mobile services
- **fhcsd.org/mobile-counseling-center**

YMCA and Family Services

YMCA Counseling Services offers mental health services and online counseling to individuals, couples, families, children, teens, covering a wide variety of topics. Fees are based on a sliding scale, and free services may be available for those who qualify.

- Call: (866) 937-9276
- Services offered at various locations
- Email: **ymcaintake@ymcasd.org**
- **ymcasd.org/behavioral-and-mental-health-services**

Digital Access

All Cox – Connect2Compete

Reduced-cost, reliable, fiber-powered internet priced at $9.95 per month for families with children K-12. To qualify you must have BOTH:

- One child (or more) in grades K-12, AND
- Be enrolled in a qualifying government assistance program such as:
  - National School Lunch Program (NSLP)
  - Supplemental Nutrition Assistance Program (SNAP)
  - Federal public housing assistance
- **cox.com/residential/internet/low-cost-internet-plans.html**

Computers2Kids (C2K) San Diego

C2K responds to 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
- Email: **info@c2k.org**
- **c2k.org**

Cox – Connected Assist

Reduced-cost, reliable, fiber-powered internet priced at $30 per month for individuals who need support.

- Must meet ONE of the following criteria:
  - At least one government assistance program such as SNAP, Medicaid or Veterans Pension
  - Meet current Federal Household Income Guidelines
- **cox.com/residential/internet/low-cost-internet-plans.html**

Everyone On

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

- **everyoneon.org/find-offers**
- **everyoneon.org**

Human-I-T: Low Cost Internet

It is a social enterprise that creates equitable access to opportunity by providing devices, internet access, digital skills training, and tech support.

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

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: (833) 938-3298
- **internetforallnow.org**

Local Internet Service Providers

Apply for low cost internet access:

AT&T

- Call: (855) 220-5211
- **att.com/intern et/access**

Cox

- Call North: (760) 599-6060
- Call South: (619) 262-1122
- **cox.com/residential/internet/connect2compete.html**

Spectrum

- Call: (855) 219-5842
- **spectrum.com/internet-service/california/san-diego**

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. Join our free technology lectures and Q&A sessions to get immediate answers and start your journey.

- Call: (619) 500-9330
- **sdfutures.org**

SD Access 4 All

Through the SD Access 4 All program, the City of San Diego now offers open public Wi-Fi, mobile hotspot / laptop lending and access to free classes to improve computer and internet skills.

- Open public Wi-Fi at over 300 locations
- Check out laptops and mobile hotspots at select libraries
- Low-cost computers for qualified applicants
- Mobile hotspot
  - **sandiego.gov/sdaccess**

Domestic Violence

Becky's House Domestic Violence Program

Crisis intervention, emergency shelter, and survivor resources. Domestic violence housing eligibility.

- Call: (619) 239-0355
- 24-Hour Hotline: (619) 234-3164
- ywcasandiego.org/help/services/

Center for Community Solutions (CCS) 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 ext. 7150
- 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. Services offered includes Legal Assistance, Navigation, Empowerment Groups and more. Project SARAH serves individuals and families who reside in San Diego.

- 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)
- Text: "START" to 88788
- Live chat: thehotline.org

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. Services include Legal Aid, Safe Housing Assistance, Trauma Treatment and more.

- Call: (888) 440-HOPE (4673)
- 1050 Los Vallecitos Blvd., San Marcos, CA 92069
- onesafeplacenorth.org

San Diego Family Justice Center (CDFJC): 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.

San Diego Housing Commission Building

- Call: (619) 533-6000
- 1122 Broadway, 2nd Floor, San Diego, CA 92101
- Hours: Monday–Friday, 8:00am–5:00pm
- Walk-In Hours: Monday–Friday, 8:00am–3:30pm
- sandiego.gov/yoursafeplace

SBCS - 24/7 Domestic Violence Response

Emergency Response unit that works closely with law enforcement to provide crisis intervention to victims and their children to immediate and long-term safety. Services also include case management, individual and group counseling.

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

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.

- Call: (619) 239-0355
- 24-Hour Domestic Violence Hotline: (619) 234-3164 (Housing eligibility and supportive services)
- ywcasandiego.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 Career Advisors virtually, one-on-one, in English or Spanish, by scheduling an appointment to receive help with an 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 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
- 3002 Armstrong St., San Diego, CA 92111
- **centerforchildren.org/successful-transitions-resource-center**

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. For application help, visit the Virtual Welcome Center or any Welcome Center at a campus near you:

- Call: (619) 388-SDCE (7323)
- **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**

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
- Email: **diploma@sandiego.gov**
- **sandiego.gov/public-library/services/adulteducation/cohs**

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
- 4777 Imperial Ave, San Diego, CA 92113
- **sites.google.com/sandi.net/sandiegoadultschools/home**

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.

- Call: (619) 319-WORK (9675)
- Email: **hello@workforce.org**
- **workforce.org**

Metro Career Center

- 4389 Imperial Ave., San Diego, CA 92113

East County Career Center

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

South County Career Center

- 333 H Street, Suite #1055, Chula Vista, CA 91910

North County Coastal Career Center

- 3708 Ocean Ranch Blvd., Oceanside, CA 92056

Education/Training (cont.)

Second Chance

Second Chance offers workforce readiness training and job placement programs to youth and adults. Participants build their self-confidence and acquire critical skills. 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**

Sweetwater Union High School District- Adult Education

Adult education provides a variety of courses such as academic, English as a second Language and Career and Technical Education.

- **adulteducation.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

Veteran Education Program

- Call: (619) 796-7015
- Fax: (619) 425-5447
- 1034 Fourth Avenue, Chula Vista, CA 91911

Employment

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**
- **ecprcertification.com**

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.

- **indeed.com/career-advice/interviewing/how-to-dress-for-a-job-interview**
- **wikihow.com/Dress-for-an-Interview**

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/**
- **edd.ca.gov/en/jobs_and_training/**
- **besthirecareerfairs.com/job-fairs/san-diego-job-fairs**

Logan Heights

The Career Financial Advancement Center (CFAC) is a career and personal financial service center that focuses on career readiness programs, resume assistance, financial literacy programs, and job fairs.

- Call: (619) 858-0563
- Fax: (619) 858-0564
- 3040 Imperial Ave., San Diego, CA 92102
- Email: **info@loganheightscdc.org**
- **loganheightscdc.org/non-profit-organization-what-we-do**

MAAC – Next Level Workforce Development and Career Training Program

Offers free training and job placement.

- Call: (619) 426-3595
- **maacproject.org**

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**
- **caljobs.ca.gov**
- **jobsearch.about.com**

San Diego Housing Commission (SDHC) Achievement Academy

The San Diego Housing Commission's (SDHC) Achievement Academy is a learning and resource center available at no cost for individuals and families with low income in the City of San Diego. SDHC Achievement Academy programs emphasize career planning, job skills, and personal financial education to help individuals and families become more financially self-reliant.

- Call: (619) 578-7451
- 1045 11th Avenue, San Diego, CA 92101
- Email: **achievementacademy@sdhc.org**
- **sdhc.org/achievement-academy**

Somali Family Services Economic Development

Economic development programs are created to address the economic needs of our community. These programs aim to remove barriers to employment and create economic opportunity by providing emergency help with bills, job preparedness trainings and assistance with establishing businesses.

- Call: (619) 265-5821
- 5348 University Ave Ste. #203, San Diego, CA 92105
- Intake Form: **somalifamilyservice.org**
- **somalifamilyservice.org/economic-development/**

Family Resource Centers

Community Christian Service Agency - Resource Counseling Centers

Clairemont Service Center
Primarily serves low-income individuals and families
- 4167 Rappahannock Ave., San Diego, CA 92117
- Hours: Monday–Friday, 9:30am–4:00pm

Pacific Beach Center
The Pacific Beach Service Center has general client services where homeless individuals may receive resources, emergency food, clothing, assistance with transportation to doctors or job interviews, and referrals to other agencies
- 1675 Garnet Ave., San Diego, CA 92109
- Hours: Monday–Friday, 10:00am–3:45pm
- ccsasandiego.org/about-ccsa/resource-counseling/joyce-snyder-center

General
- Call: (858) 274-2271
- ccsasandiego.org/about-ccsa/resource-counseling

Community Resource Center – North County
- Call: (760) 753-1156
- 650 Second St., Encinitas, CA 92024
- crcncc.org

El Cajon Community Resources & Services
- Call: (619) 447-4380
- 131 Avocado Ave., El Cajon, CA 92020
- elcajonresources.org

Family Resource Centers (FRC)

Beacon FRC
- Vista Square Elementary School
- Call: (619) 422-9208
- Fax: (619)-422-9209
- 540 G St., Chula Vista, CA 91910

New Directions FRC
- Rice Elementary School
- Call: (619) 691-5301
- Fax: (619) 425-7416
- 348 L St., Chula Vista, CA 91911
- Hours: Monday–Friday, 8:00am–4:00pm (Closed from noon to 1:00pm)

Open Door FRC
- Palomar High School
- Call: (619) 407-4840
- Fax: (619) 4074841
- 348 L St., Chula Vista, CA 91911
- Hours: Monday–Friday, 8:00am–5:00pm (Closed from noon to 1:00pm)

Fair Winds FRC
- Loma Verde Elementary School
- Call: (619) 420-0468
- Fax: (619) 420-5669
- 1424 Loma Ln., Chula Vista, CA 91911
- Hours: Monday–Friday, 8:00am–4:00pm (Closed from noon to 1:00pm)

Rayo de Esperanza FRC
- Otay Elementary School
- Call: (619) 425-4458
- Fax: (619) 425-0017
- 1653 Albany Ave., Chula Vista, CA 91911
- Hours: Monday–Friday, 8:00am–4:00pm (Closed from noon to 1:00pm)

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) 395-5087
- 2711 Burden Way, National City, CA 91950
- friendshipsforhope.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., Building A, San Diego, CA 92115
- sd.kroccenter.org/kroc-san-diego

SDCDA CARE Community Center
- Call: (619) 356-4489
- 12 N. Euclid Ave., National City, CA 91950
- Hours: Monday–Thursday, 9:00am–6:00pm; Friday, 9:00am–1:00pm
- sdcda.org/office/care/#gsc.tab=0

Food

BenefitsCal

The website allows you to check eligibility for public assistance programs such as Medi-Cal, Cash Aid, and CalFresh (Food Assistance). Useful for submitting documents, viewing Notice of Actions, submitting paperwork for eligibility, applying for or renewing benefits, and reporting changes.

- benefitscal.com

Brother Benno's

Food Distribution (Indoor Market)

Families with children, senior citizens, and the disabled are eligible to visit the Indoor Market. The food available is intended to supplement the nutritional needs of low-income families. Homeless individuals may also visit the Indoor Market. Some restrictions apply.

- Call: (760) 439-1244
- Hours: Monday–Friday, 6:30am–10:00am; Saturday, 9:00am–11:00am
- 3260 Production Ave., Oceanside, CA 92058
- brotherbenno.org/services/food-distribution

Meals (Sack Lunch Distribution)

Monday thru Saturday, guests can get a hot breakfast, sack lunch* and assorted grocery items from our dining room. We also have a daily Produce, Meat & Dairy distribution which is complemented by our non-perishable food boxes and EFAP (Emergency Food Assistance Program) Bags provided by North County Food Bank.

*Sack lunches are not available on Saturdays

- brotherbenno.org/services/meals

Community Christian Service Agency

The Clairemont Service Center has two food programs. Families and individuals who need emergency food may receive an approximate 1-week supply of food. This service is available to all residents of San Diego County. In addition, they will receive referrals to other services and sources of food for their family.

- ccsasandiego.org/services/food

Clairemont Service Center

Clairemont Service Center distributes government commodities to families in a specific geographic area near the agency.

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

Pacific Beach Center

The Pacific Beach Center provides food to homeless individuals. Referrals are available for other sources of food, including churches and other agencies.

- 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
- feedingsandiego.org/find-food

Get CalFresh

Alternate application process for CalFresh (aka SNAP, EBT, Food Stamps).

- The application process takes about 10 minutes
- Can also be used to submit documents requested by your county worker with the "Send Document" feature
- getcalfresh.org

Jewish Family Service (JFS)

Hand Up Food Pantry

JFS is proud to partner with the San Diego Food Bank to deliver this program which works to improve the health of low-income families by supplementing their diets with nutritious foods. The monthly menu includes a variety of canned foods, dry grains, canned proteins, and other nutritious items. Participants must be residents of San Diego County and meet the federal income guidelines provided by the USDA. No income documentation is required.

- Call: (858) 637-3055
- Hours: Monday–Thursday, 10:00am–5:00pm; Friday, 10:00am–4:00pm
- Email: handup@jfssd.org

Lieber's Corner Market

Lieber's Corner Market is a community food distribution program that resembles a small grocery store where shoppers self-select nutritious foods free of charge based on family size and need. It offers a wide selection of grocery items and produce, including fresh fruits and

Food (cont.)

vegetables, meats and dairy, prepared meals, hygiene, baby items, and even pet food when available.

- Call: (858) 637-3055
- Interest form: **jfssd.jotform.com/252317073185152**
- Start your order: **smartchoice.life/cgi-bin/landing.cgi?cid=MzrjjA**

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**

Monthly Emergency Food Assistance- Community Resource Center (CRC)

CRC serves as one of the only client choice pantries in north county. Their Food and Nutrition Center uses a ticketing system to streamline the shopping experience. Once you are enrolled, CRC staff will provide you with a numbered ticket; when your number is called, it's your turn to shop! A Registered Dietitian is also available for a one-on-one nutrition consultation. If assistance is needed, please email or call the intake desk.

- Call: (760) 753-8300
- 650 2nd St., Encinitas, CA 92024
- Email: **intake@crcncc.org**
- **crcncc.org**

Project 1:1 : Magnolia Project

A monthly food distribution to hand out food to those in need. Clients are invited to come in and shop for nutritious healthy foods free of charge. Magnolia carries pet food, cleaning and hygiene products, and other items that can't be purchased with EBT cards. There is also an alternative and international food section for those with cultural sensitivities and dietary restrictions.

- Call: (619) 777-6723
- 633 9th St., Imperial Beach, CA 91932
- Hours: Monday, Wednesday, Friday, and Saturday, 12:00pm–4:00pm by appointment only.
- **projectoneone.org/magnolia-project**

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**

San Diego Food Bank

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

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

The Neighborhood Distribution Program

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

San Diego Rescue Mission/Life Ministries

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

San Marcos Food Pantries

Shows current list of available food pantries in the area of San Marcos, CA, providing detailed information on their locations, hours of operation, eligibility requirements, and the range of services they offer.

- **foodpantries.org/ci/ca-san_marcos**

St., Vincent de Paul Villages

The Franklin Antonio Public Lunch Program offers free warm, nutritious meals to the public 365 days a year. To get a meal the first time you just need to pick-up a "badge" at the San Diego Day Center or the Joan Kroc Center front desk.

- Call: (619) 233-8500
- 1501 Imperial Ave., San Diego, CA 92101
- **my.neighbor.org/get-help/#mealgethelp**

Drive-thru Food Pantry

Every Friday from 12:00 pm to 2:00 pm, the drive-thru pantry offers non-perishable foods. It also offers occasional fresh produce, milk and bread.

- Call: (619) 233-8500
- 3350 E St., San Diego, CA 92102

Food (cont.)

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.

- Call: (877) 847-3663
- **fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap**

Tangelo

Program that delivers nutritious food directly to your doorstep completely free for those who qualify. If you're covered by a participating Medicaid or Medi-Cal health plan, you may be eligible for Tangelo's medically tailored food delivery. Eligibility is determined by your health plan and may depend on factors such as having a chronic illness, recent hospitalization, or needing additional nutrition support.

- **jointangelo.com/individuals**

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 the following website.

- **salvationarmyusa.org/hunger**

Women, Infants, and Children (WIC)

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

- Call: (888) 999-6897
- Find an Office: (800) 852-5770
- **sdsuwic.org**
- **myfamily.wic.ca.gov/Home/HowCanIGetWIC**

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.

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

Koinonia Family Services

- Call: (877)244-5374
- Call: (619) 326-4222
- Emergency: (866) 223-1983
- 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 St., 102, San Diego, CA 92121
- olivecrest.org

San Diego Youth Services

- Call: (619) 221-8600
- 3255 Wing St., San Diego, CA 92110
- Hours: Monday–Friday, 10:00am–6:00pm
- 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/locations/foster-care-adoption

Just in Time for Foster Youth

Just in Time builds a community of support for foster youth to become capable, confident, and connected and to break the cycle of foster care after they leave the foster care system. That lasting network of caring adults and peers helps empower them to reach their full potential and achieve their goals and dreams.

- Call: (619) 770-1850
- Email: jit@jitfosteryouth.org
- jitfosteryouth.org

Voices for Children – Court Appointed Special Advocates

The role of a Court Appointed Special Advocate (CASA) is to find a way for the court to obtain better information about the needs of children in foster care. This individualized advocacy helps judges make the most informed decisions for children's futures.

- Call: (858) 569-2019
- speakupnow.org/why-casas/the-casa-model

Free and Low-Cost Activities

7 Awesome San Diego Viewpoints

Mountains, beaches, bays, sky-scraping buildings—you better believe San Diego has some jaw-dropping scenery. Even for such a picturesque place, some spots are downright postcard-pretty. Some of these views are right off the road. Others require some work to attain. Either way, they pack in about as much of the beauty of California's Beach City as is possible in one dramatic shot.

- **sandiego.org/campaigns/sunny-7/awesome-san-diego-viewpoints.aspx**

Balboa Park December Nights

City of San Diego's largest free holiday festival in beautiful Balboa Park. The family friendly event brings San Diegans together to enjoy the lights, the sounds, the attractions and of course, the amazing food. Dates are TBA but typically fall on the first Friday and Saturday of December

- **sandiego.gov/december-nights**

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**

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**

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
- 2800 Olympic Parkway, Chula Vista, CA 91915
- **trainatchulavista.com/tours-olympic-athlete-site**

Fleet Science Center

The Fleet Science Center connects people of all ages to the possibilities and power of science to create a better future. Our mission is to realize a San Diego where everyone is connected to the power of science.

- 1875 El Prado, San Diego, CA 92101
- **fleetscience.org/deals-discounts**

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**

Kid-Approved Parks

Whether you are looking for a larger area to roam or swings to push while you watch the ocean waves, here are a list of family-friendly parks that are sure to please.

- **sandiego.org/articles/family/family-friendly-parks.aspx**

Museums For All

Through Museums for All, those receiving food assistance (SNAP benefits) can gain free or reduced admission to more than 1,400 museums throughout the United States simply by presenting their EBT card and a photo ID. Search on the website by museum name or state to find a participating museum near you!

- Must show your EBT card at entry.
- **museums4all.org**

San Diego Bay Parade of Lights

The annual San Diego Bay Parade of Lights promises to dazzle and entertain bayfront crowds during 2 evenings on December. The procession of approximately 80 lavishly decorated boats has become one of the most iconic events in the region. There is no cost to view the parade Passes through all of San Diego Bay. Times and locations are available on the following link.

- **sdparadeoflights.org**

San Diego Summer Movies in the Park

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

- **summermoviesinthepark.com**

Free and Low-Cost Activities (cont.)

Spreckels Organ Pavilion – Balboa Park

Free, public organ concerts by the Civic Organist or guest artists are presented at 2:00pm every Sunday. Access to the interior building (green room) is permitted for an additional fee. Parking available by the Fleet Science Center

- 2125 Pan American E Rd, San Diego, CA 92101
- **sandiego.gov/park-and-recreation/parks/regional/balboa/spreckelsorgan#:~:text=Note%3A%20Free%2C%20public%20organ%20concerts,side%20is%20currently%20not%20available**

Summer Movie Express

Regal Movie Theater: Family fun movies playing on Tuesdays & Wednesdays for the summertime! Admission to the Summer Movie Express is only $2.

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

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**

USS Midway Museum

From immersive exhibits to exciting events, there are countless ways to explore America's Living Symbol of Freedom – the USS Midway. This legendary aircraft carrier is hugely popular and has something for all ages. Come Aboard!

- 910 N Harbor Dr., San Diego, CA 92101
- **midway.org/visit/know-before-you-go**

Health

BenefitsCal

The website allows you to check eligibility, apply or renew benefits, and report changes for public assistance programs such as Medical, Cash Aid, and CalFresh (food assistance).

- **benefitscal.com**

California Department of Health Care Services (DHCS)

Find out about the different programs and services offered through DHCS for individuals and stakeholders. Find out how a physician can enroll you in Medi-Cal, how to receive free health screenings, and family planning services. Get help for children in foster care, children with special medical conditions and seniors needing personal care

- **dhcs.ca.gov/services**

Covered California

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

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

Family Health Centers of San Diego (FHCSD)

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

- Find a Clinic: **fhcsd.org/clinic-location-list**
- **fhcsd.org**

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.

- Call: (619) 542-4300
- Email: **info@hcpsocal.org**
- **hcpsocal.org/find-a-health-center/**

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.

- **dental.dhcs.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 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**

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**

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

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/care/hiv**

Health (cont.)

Sudden Infant Death Syndrome (SIDS)

24 Hour Home Care

Provides personalized services to individuals with developmental disabilities in their home. Whether it's a few days a week or daily support, you can get help every step of the way. They can even work with you on choosing your own provider.

- Call: (866) 522-1516
- **24hrcares.com**

American SIDS Institute

A national nonprofit health care organization, is dedicated to the prevention of sudden infant death and the promotion of infant health through an aggressive, comprehensive nationwide program of research, education and family support.

- **sids.org**

In-Home Supportive Services (IHSS)

The In-Home Supportive Services (IHSS) program provides in-home assistance and enables recipients to remain safely in their own homes.

Available for children and adults

  - Adults: **cdss.ca.gov/in-home-supportive-services**
  - Children: **cdss.ca.gov/ihss-for-children**
- Must meet criteria specified on website and submit an application

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

- Email: **SafetoSleep@mail.nih.gov**
- **safetosleep.nichd.nih.gov**

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: (858) 616-5810
- **sandiegocounty.gov/hhsa/programs/cs/safe4baby**

SIDS Network

Information & Support Website.

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

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/search/events?category=Pregnancy+and+parenting&v=1**

Housing/Shelters

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
- 9915 Businesspark Ave., Ste. C, San Diego, CA 92131
- Hours by Appointment Only: Monday–Thursday, 9:00am–3:00pm

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.

- Call: (916) 651-5155
- Email: **housing@dss.ca.gov**
- **cdss.ca.gov/inforesources/cdss-programs/cdss.ca.gov/inforesources/cdss-programs/housing-programs/calworks-housing-support-program**

Community Housing Works – Affordable Housing

Affordable housing developer that maintains a list of low-income properties.

- **chworks.org/property-category/property-all/?_categories=property-all**

ConAM Property Management- Affordable Housing

Offers listing for Affordable housing units and new builds visit the website to join the interest list for housing.

- **conam.com/properties**

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 St., Ste. 101-102 and 201-202, Santee, CA 92071
- **crisishouse.org**

Home Start – Maternity Housing Program

Home Start, Inc. Housing Programs provide safe and secure transitional and permanent supportive housing for single Transitional Age Youth, ages 18-24 (TAY), pregnant/parenting Transitional Age Youth, and Transitional Age Youth aging out of the foster care system. Home Start also provides outreach services, housing navigation, domestic violence services, rapid rehousing, and other support services for individuals experiencing homelessness or who are at-risk of homelessness. Home Start's programs provide holistic wraparound services and offer intensive case management to promote independence to aid safe and stable housing.

- Intake Line: (619) 692-0727
- 5005 Texas St., Ste. 203, San Diego CA 92108
- Email: **housing@home-start.org**
- **home-start.org/maternity-shelter-program**

Lifeline - LifeSpring: Transitional Youth Housing

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) 509-3415
- **lifelinecs.org/lifespring-transitional-youth-housing**

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/program/safe-parking**

Jewish Family Services

- Call: (858) 637-3373
- **jfssd.org/our-services/adults-families/safe-parking-program**

Housing/Shelters (cont.)

San Diego Housing Commission

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

- Call: (619) 231-9400
- 1122 Broadway, Ste. 300, San Diego, CA 92101
- Hours: 9:00am–4:00pm
- **sdhc.org**

Homelessness Programs

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

San Diego Interfaith Housing Foundation-Affordable Housing

Their mission is to enrich the lives of low and moderate-income families, seniors and persons with disabilities through the provision of affordable housing.

- **sdihf.org**

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. Admission to the South County Lighthouse is by referral only.

- Call: (619) 687-3720
- **sdrescue.org/what-we-do/southcounty**

SBCS

SBCS provides emergency shelters, transitional housing, affordable housing and rental assistance, and rapid rehousing programs 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**

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

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**

Solutions for Change

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
- 722 W. California Ave., Vista, CA 92083
- Hours: Monday–Friday, 8:30am–5:00pm
- **solutionsforchange.org**

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.

Adults with Children

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

Single Adults (18+) with No Children

- Call: (619) 230-7390
- 299 17th St., San Diego, CA 92101
- **my.neighbor.org**

Housing/Shelters (cont.)

Temporary Housing for Youth Experiencing Homelessness - TAY Housing

TAY Housing provides housing to youth experiencing homelessness and former foster/probation youth experiencing homelessness. We provide services to each youth to support their individual goals and their overall goal of becoming stable and independent. Ages 18-25

- Call: (619) 232-8126
- For questions call: (619) 987-3021
- **sdyouthservices.org/services/homeless-housing-and-support**

The Hub

The City of San Diego Homelessness Response Center provides a broad range of services to help individuals and families experiencing homelessness on their path to permanent or longer-term housing. On site they offer system navigation services and support services.

- Call 2-1-1 for information and referral to The Hub
- The Downtown Central Library (5th floor)
  - 330 Park Blvd, San Diego, CA 92101
- Hours: Monday–Saturday, 1:00pm–3:00pm
- Email: **thehub@improvedtsd.org**
- **sdhc.org/homelessness-solutions/thehub**

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, counseling and vocational services to help individuals develop vital life skills and independence for healing and self-sufficiency.

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

Immunization Services

California's Department of Public Health - My Turn

My Turn makes it easier to stay safe and protect your health year-round. Learn about the vaccinations they support, make an appointment, find walk-in clinics, access your digital vaccine record and more.

- Call: (833) 422-4255
- myturn.ca.gov/en_US.html

California Immunization Coalition

Provides information on adult immunizations.

- immunizeca.org/vaccine-info/adults

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.

- dc.gov/vaccines/parents/index.html

Champions for Health

Champions for Health administers the following vaccines at no-cost: COVID-19, flu, Hepatitis A, MPox, TDap, pneumovax, and many children's vaccines need for school.

- Call: (858) 300-2777
- championsforhealth.org/programs/free-immunization-program

San Diego County Health & Human Services Agency (HHSA) – 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
- 5101 Market St., Ste. 200, San Diego, CA 92114

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) 441-6500
- 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.

San Diego Immunization Unit - SDIU

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

- Call: (866) 358-2966
- sdiz.org/index.html

Shots for School

Provides a guide for immunization requirements for school entry.

- shotsforschool.org

Legal Services

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**

CSA San Diego County- Fair Housing

CSA is a nonprofit agency that works to prevent and eliminate fair housing discrimination by enforcing fair housing laws, promoting fair housing outreach and education, and ensuring equal housing opportunities for protected classes.

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

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**

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. The staff of the Family Law Facilitator's (FLF) Office can help unrepresented parents and parties who have questions about family law issues.

- Call: (619) 844-2777
- 1100 Union Street, 4th floor, San Diego, CA 92101 (Central Courthouse)
- **sdcourt.ca.gov/sdcourt/familyandchildren2/familysupportdivision**

East County Courthouse FLF

- 250 E. Main St., 1st Floor, El Cajon, CA 92020

North County Courthouse FLF

- 325 South Melrose Dr., 1st Floor, Vista, CA. 92081

South County Courthouse FLF

- 500 Third Ave., 3rd Floor, Chula Vista, CA. 91910

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**

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

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.

- Call: (619) 238-2400
- 401 B Street, Suite 1400, San Diego, CA 92101
- Email: **info@ncrconline.com**
- **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

UC San Diego: Park & Market Office

- Call: (619) 238-2400
- 1100 Market St., San Diego, CA 92101

Legal Services (cont.)

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.

- Call: (619) 235-5656
- 110 West A Street, Suite 1100, San Diego, CA 92101
- Email: **info@sdvlp.org**
- **sdvlp.org**

Self Help Centers

Self-Help Centers can provide legal information and resources to people without a lawyer. Help can be in person, over the phone, or online.

South County San Diego Office

- Call: (619) 746-6200
- 500 3rd Avenue, Chula Vista, CA 91910

Hall of Justice San Diego Office

- Call: (858) 634-1919
- 330 West Broadway, San Diego, CA 92101

East County San Diego Office

- Call: (619) 456-4100
- 250 East Main Street, El Cajon, CA 92020

North County San Diego Office

- Call: (760) 201–8600
- 325 South Melrose Dr., Vista, CA 92081

Central Courthouse San Diego Office

- Call: (619) 844-2700
- 1100 Union Street, San Diego, CA 92101

Superior Courts Self Help Guide

Resources and information to help you navigate your court case, including step-by-step guides for following procedures and help with understanding your options.

- **selfhelp.courts.ca.gov**

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
- Email: **usdlegalclinics@sandiego.edu**
- **sandiego.edu/law/clinics**

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
- 24-Hour Domestic Violence Hotline: (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

4S Ranch Library
- Call: (858) 673-4697
- 10433 Reserve Dr., San Diego CA 92127

Alpine
- Call: (619) 445-4221
- 1752 Alpine Blvd., Alpine CA 91901

Bonita-Sunnyside
- Call: (619) 475-4642
- 4375 Bonita Rd., Bonita CA 91902

Borrego Springs
- Call: (760) 767-5761
- 2580 Country Club Rd., Borrego Springs, CA 92004

Campo-Morena Village
- Call: (619) 478-5945
- 31356 Highway 94, Campo, CA 91906

Cardiff-by-the-Sea
- Call: (760) 753-4027
- 2081 Newcastle Ave., Cardiff-by-the-Sea, CA 92007

Casa de Oro
- Call: (619) 463-3236
- 9805 Campo Rd., Spring Valley, CA 91977

City Heights/ Weingart Branch
- Call: (619) 641-6100
- 3795 Fairmount Ave, San Diego, CA 92105

Crest
- Call: (619) 442-7083
- 105 Juanita Ln., El Cajon, CA 92021

Del Mar
- Call: (858) 755-1666
- 1309 Camino Del Mar, Del Mar, CA 92014

Descanso
- Call: (619) 445-5279
- 9545 River Dr., Descanso, CA 91916

El Cajon
- Call: (619) 588-3718
- 201 E. Douglas, El Cajon, CA 92020

Encinitas
- Call: (760) 753-7376
- 540 Cornish Dr., Encinitas, CA 92024

Fallbrook
- Call: (760) 731-4650
- 124 S. Mission Rd., Fallbrook, CA 92028

Fletcher Hills
- Call: (619) 466-1132
- 576 Garfield Ave., El Cajon, CA 92020

Imperial Beach
- Call: (619) 424-6981
- 810 Imperial Beach Blvd., Imperial Beach, CA 91932

Jacumba
- Call: (619) 766-4608
- 44605 Old Highway 80, Jacumba, CA 91934

Julian
- Call: (760) 765-0370
- 1850 Highway 78, Julian, CA 92036

La Mesa
- Call: (619) 469-2151
- 8074 Allison Ave., La Mesa, CA 91942

Lakeside
- Call: (619) 443-1811
- 12428 Woodside Ave., Lakeside, CA 92040

Lemon Grove
- Call: (619) 463-9819
- 3001 School Ln., Lemon Grove, CA 91945

Lincoln Acres
- Call: (619) 475-9880
- 2725 Granger Ave., National City, CA 91950

Libraries (cont.)

Logan Heights
- Call: (619) 533-3968
- 567 S 28th St, San Diego, CA 92113

North Park Branch
- Call: (619) 533-3972
- 3795 31st St, San Diego, CA 92104

Pine Valley
- Call: (619) 473-8022
- 28804 Old Highway 80, Pine Valley, CA 91962

Potrero
- Call: (619) 478-5978
- 24883 Potrero Valley Rd., Potrero, CA 91963

Poway
- Call: (858) 513-2900
- 13137 Poway Rd., Poway, CA 92064

Ramona
- Call: (760) 788-5270
- 1275 Main St., Ramona, CA 92065

Rancho San Diego
- Call: (619) 660-5370
- 11555 Via Rancho San Diego, El Cajon, CA 92019

Rancho Santa Fe
- Call: (858) 756-2512
- 17040 Avenida de Acacias, Rancho Santa Fe, CA 92067

San Marcos
- Call: (760) 891-3000
- 2 Civic Center Dr., San Marcos, CA 92069

Santee
- Call: (619) 448-1863
- 9225 Carlton Hills Blvd., Ste. #17, Santee, CA 92071

Solana Beach
- Call: (858) 755-1404
- 157 Stevens Ave., Solana Beach, CA 92075

Spring Valley
- Call: (619) 463-3006
- 836 Kempton St., Spring Valley, CA 91977

Valley Center
- Call: (760) 749-1305
- 29200 Cole Grade Rd., Valley Center, CA 92082

Vista
- Call: (760) 643-5100
- 700 Eucalyptus Ave., Vista, CA 92084

MySDCL Kiosk Locations:
(Self-service kiosk is open 24 hours a day, 7 days a week)

MySDCL Kiosk: Bonsall
- Call: (858) 694-2415
- 31505 Old River Rd., Bonsall, CA 92003

MySDCL Kiosk: Boulevard
- Call: (858) 694-2415
- 39923 Ribbonwood Rd., Blvd., CA 91905

MySDCL Kiosk: County Operations Center
- Call: (858) 694-2415
- 5500 Overland Ave., San Diego, CA 92123

MySDCL Kiosk: Encinitas
- Call: (858) 694-2415
- 501 N. El Camino Real, Encinitas, CA 92024

MySDCL Kiosk: South Region
- Call: (858) 694-2415
- 690 Oxford St., Chula Vista, CA 91911

Mental Health

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
- Email: **211help@211sandiego.org**
- **211sandiego.org**

988 - National Suicide Prevention Lifeline

If you or someone you know is facing a mental health crisis, please contact 988 and get connected to the National Suicide Prevention Lifeline (also called the Lifeline). Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you judgment-free care. Talking with someone can help save your life.

- Call/Text: 9-8-8
- **988lifeline.org**

BrightLife Kids

Personalized support for California families. Kids ages 0–12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more. No cost. No insurance needed. All right from home.

- Call: (888) 275-5357
- Email: **info@hellobrightline.com**
- **brightlife.kids**

Courage to Call

Courage to Call is dedicated to improving mental wellness for Veterans, Active Duty, Reservists, National Guardsmen, and their families via countywide outreach and education, an 8:00am–8:00pm peer line, as well as individual short-term, solution focused prevention-oriented plans. This program is led by veterans and their family members.

- Helpline: (877) 698-7838
- After-Hours Crisis Support: Dial 9-8-8 Option 1 or text 838255
- 9465 Farnham St., San Diego, CA 92123
- Email: **couragetocall@turnbhs.org**
- **courage2call.org**

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**

Lifeline's Behavioral Health

Lifeline's Behavioral Health programs work with youth and adults who are struggling with mental health issues, emotional trauma, substance abuse, and thoughts of suicide. Individuals who come to Lifeline for help are often diagnosed with anxiety, depression, attention-deficit/hyperactivity disorder, oppositional disorder, eating disorders, and autism

- Call: (760) 726-4900
- 200 Michigan Ave, Vista, CA 92084
- **lifelinecs.org/behavioral-health**

Mental Health Systems / Turn

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
- Email: **contact@turnbhs.org**
- **turnbhs.org**

Mental Health & Substance Abuse Disorder Provider Directories

The Mental Health Plan and Drug Medi-Cal Organized Delivery System (DMC-ODS) services are committed to providing quality mental health and DMC-ODS services to eligible adults, older adults, and children experiencing serious and persistent mental health problems and or substance use disorder issues. Mental health services and DMC-ODS are confidential and are based on the belief that people can, and do, recover from mental illness and substance use disorders. Even though asking for help with mental health problems or substance use issues may be a challenge, help is just a phone call away.

- **sdcountybhs.com/ProviderDirectory**

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.

- Call: (619) 543-1434
- Helpline: (619) 295-1055
- **namisandiego.org**

C2C Clubhouse

- Call: (619) 776-8605
- 308 G. St., San Diego, CA 92108

Mental Health (cont.)

Casa del Centro Clubhouse
- Call: (619) 951-9007
- 2754 Imperial Ave., San Diego, CA 92102

Hey! Cafe Clubhouse
- Call: (760) 259-8934
- 1950 S 4th Street, Suite 4B, El Centro, CA 92243
- For 14-25 year olds

East Corner Clubhouse
- Call: (619) 631-0441
- 1060 Estes Street, Suite #104, El Cajon, CA

The Plaza Clubhouse
- Call: (619) 605-9706
- 465 C St., Chula Vista, CA. 91910

Optum 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/content/SanDiego/sandiego/en/access---crisis-line.html**

San Diego Family Care (SDFC)

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
- Call: (858) 279-0925
- 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

Substance Abuse and Mental Health Service (SAMHSA)

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.
- Helpline: (800) 662-4357
- **samhsa.gov**

SAMHSA's National Helpline

SAMHSA's National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
- Call: (800) 487-4889
- **findtreatment.gov**

Soluna App

A groundbreaking new program providing free, safe, and confidential mental health support for young people andfamilies across the state. App includes Mental health coaching and resources for teens and young adults ages 13-25.
- **solunaapp.com**

Teen Line

Teen Line is an anonymous, nonjudgmental space for youth. Through our hotline, teens can access personal peer-to-peer support from highly trained teens supervised by adult mental health professionals. Talk about anything — a rough day, school, relationships, friendships, family issues, or a mental health crisis. Our work extends to providing outreach and support to schools and other youth organizations.
- Call: (800) 852-8336
- Hours: 6:00pm–10:00pm, After hours, you'll be redirected to 9-8-8
- Text: TEEN to 839863 (6:00pm –9:00pm)
- **teenline.org**

Mental Health (cont.)

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
- Email: **info@postpartumhealthalliance.org**
- **postpartumhealthalliance.org**

The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people 24/7, all year round.

- Call: (866) 488-7386
- Text: START to 678-678
- Chat: **chat.trvr.org**
- **thetrevorproject.org**

Trans Lifeline

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

- Call or text: (877) 565-8860
- Hours: Monday–Friday, 10:00am–6:00pm
- **translifeline.org**

Nutrition

Action for Healthy Kids

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

- actionforhealthykids.org/resources-for-schools

American Heart Association

The American Heart Association provides a series of healthy recipes to better one's health. They provide additional resources for healthy diets, weight loss and easy to follow cooking videos.

- recipes.heart.org

CDC - Nutrition

The CDC provides tips and resources for parents to help experience the benefits of good nutrition.

- cdc.gov/nutrition/features/index.html

EatFresh

EatFresh 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

Ellyn Satter Institute

Helping adults and children be joyful and confident with eating.

- ellynsatterinstitute.org

PBS Learning Media

Resources in Physical Development encourage the growth of gross and fine motor skills, as well as healthy living habits. Additional resources encourage good mental, oral, visual, and auditory health in Physical Development.

- ca.pbslearningmedia.org/subjects/preschool/physical-development/health-and-wellness/food-nutrition-and-diet/?rank_by=recency

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/nutrition-healthy-lifestyles

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 & SUN Bucks, WIC (Women, Infants, & Children), Food Distributions, and Meals for Older Adults.

- Call: (619) 501-7917
- Email: info@sdhunger.org
- sdhunger.org/get-food

USDA MyPlate U.S. Department of Agriculture

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

- myplate.gov
- realfood.gov

Women, Infants, and Children (WIC)

WIC offers nutrition education and information to help families navigate through pregnancy, postpartum, infancy, and early childhood. We can provide you and your family practical nutrition information and everyday healthy living tips.

- Call: (888) 999-6897
- sdsuwic.org/p/nutrition-education-2

Parenting

Alternatives – Parenting Education and Resources

Provides evidence-based parenting classes on pregnancy/birth, breastfeeding, parenting, fatherhood, life skills, sexual health, and many other topics. Completion of course material results in earning points that may be redeemed towards helpful resources including diapers, wipes, and clothing as available.

- Call: (760) 273-3878
- 257 East 2nd Avenue, Escondido, CA 92025
- Email: **info@amc-ca.com**
- **amc-ca.com/resource-program**

Centers for Disease Control and Prevention (CDC) Developmental Milestones

Learn the signs. Act Early. The CDC offers extensive resources that covers all aspects of a child's development from the moment they are born up until they turn 5 years old. By using this checklist, parents and caregivers can easily monitor their child's progress and identify any potential issues early on. This helps to ensure that children receive the necessary support and intervention to address any developmental concerns and reach their full potential.

- **cdc.gov/act-early/milestones**

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
- 9655 Granite Ridge Dr., #120, San Diego, CA 92123
- **first5sandiego.org**

First 5 California Parent Guide

What you need to know to help your child grow up healthy and thrive.

- **parentguide.first5california.com/en-US**

First 5 San Diego- New Parent Kit

Provides a free, comprehensive resource from First 5 California for new and expectant parents emphasizing the importance of a child's early years. Kits are distributed countywide and are available in English, Spanish, Chinese, Vietnamese, and Korean.

The new parent kit includes:

- A guidebook
- Easy-to-read book- *What to Do When Your Child Gets Sick*
- *"Numbers"* (Baby's First Book)
- **first5sandiego.org/parent-portal/kit-for-new-parents**

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
- 24/7 Hotline: (800) 640-2933
- 430 F St., Chula Vista, CA 91910
- Email: **CSFSouthIntakeCoord@csbcs.org**
- **sbcssandiego.org**

Pregnancy

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
- 2552 Fletcher Parkway, El Cajon, CA 92020
- **fnadopt.org**

Agnus Dei Foundation – Lamb of God Maternity Home

Do you need a safe place to call home during your pregnancy? Our maternity homes offer 24/7 support and adoption information as well as community resources along the way.

- Call: (760) 294-7969
- Helpline: (760) 715-6463
- **lambofgodmaternityhome.org**

American Pregnancy Helpline

The American Pregnancy Association is a national health organization committed to promoting reproductive and pregnancy wellness through education, support, advocacy, and community awareness. Have questions about Getting Pregnant, how to have a Healthy Pregnancy, Giving Birth, or how to explore options for an Unplanned Pregnancy? They will help guide you through every pregnancy possibility.

- Helpline: (800) 672-2296
- **americanpregnancy.org**

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) 374-8786
- **birthchoice.net**

San Marcos

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

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.

- Call: (858) 270-2491
- Español: (858) 302-7784
- Hotline: (800) 712-4357
- 9915 Businesspark Ave., San Diego, CA 92131
- Email: **info@birthlineofsd.org**
- **birthlineofsandiego.org**

California School-Age Families Education (Cal-SAFE) Program

The California School-Age Families Education (Cal-SAFE) Program serves expectant and parenting teens within San Diego Unified School District. Cal-SAFE provides expectant and parenting teens with support services while completing their education. They also provide resources to assist expectant and parenting teens plan for their future and provide care and early education for their infants and toddlers.

- Call: (619) 362-4500
- 1255 16th St., Room 408, San Diego, CA 92101
- **sandiegounified.org/departments/sexual_health_education/studentsupport/sexual_health_clinics_and_services/california_school-_age_families_education_program**

CAPS Pregnancy Clinic

CAPS Pregnancy Clinic is a pregnancy care clinic for women and men that provides early pregnancy medical help, a variety of pregnancy options such as education and resources for abortion options, parenting options, adoption options, peer consultations for those facing unexpected pregnancies, sexual health education, and post abortion support. All pregnancy services are FREE and provide low to no cost STI/STD testing.

- Call: (619) 759-5843
- Email: **options@capspregnancyclinics.org**
- **capspregnancyclinics.org**

Downtown Area Clinic (Park West)

- 2918 Fifth Ave., #209, San Diego, CA 92103

Mesa Area Clinic (Kearny Mesa)

- 3750 Convoy St., Ste. 118, San Diego, CA 92111

La Jolla Area Clinic (UCSD)

- 8950 Villa La Jolla Dr., #C134, La Jolla, CA 92037

College Area Clinic (SDSU)

- 6663 El Cajon Blvd., Ste. L, San Diego, CA 92115

Beach Area Clinic (Pacific Beach)

- 1856 Garnet Ave., San Diego, CA 92109

Pregnancy (cont.)

Global Communities- Healthy Start

Global Communities offer a range of services, including prenatal and childbirth education, postpartum support, and breastfeeding assistance. Their experienced team guides families through every stage of pregnancy and the postpartum period, providing information, resources, and steady support, so parents feel confident and prepared.

- Call: 858-227-7317 or (858) 279-9690
- 5151 Murphy Canyon Rd, Suite 320, San Diego, CA 92123
- **globalcommunities.org/programs/healthy-start-san-diego-riverside**

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 Texas St., Ste. 203, San Diego, CA 92102
- **home-start.org**

Jewish Family Services- Adolescent Family Life Program (AFLP)

The Adolescent Family Life Program (AFLP) addresses the social, health, educational, and economic challenges of adolescent pregnancy by providing comprehensive case management services to expectant and parenting youth. AFLP supports expectant and parenting youth in building their strengths and skills and linking them with services and resources. AFLP promotes healthy pregnancies, positive birth outcomes, improved health, and increased knowledge and skills related to positive parenting.

- Call: (858) 336-3710
- 8804 Balboa Ave., San Diego, CA 92123
- Email: **aflp@jfssd.org**
- **jfssd.org/our-services/adults-families/adolescent-family-life-program**

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) 350-3767
- Text 24/7: (760) 208-8811
- 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.

- Call: (888) 743-7526
- **plannedparenthood.org**

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
- Email: **ecpcc@supportpcc.com**
- **supportpcc.com**

San Diego Clinic

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

East County

- Call: (619) 442-4357
- 10201 Mission Gorge Rd., Ste. K1, Santee, CA 92071

Pregnancy (cont.)

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
- **sandiegowic.org/ips**

College Area Office

- 5821 University Ave., San Diego, CA 92115

Jackie Robinson Family YMCA

- 151 YMCA Way, San Diego, CA 92102
- (Open Wednesdays Only)

El Cajon Office

- 564 North 2nd St. El Cajon, CA 92021

Oceanside Office

- 1906 Oceanside Blvd. Oceanside, CA 92054

SHARP Health Care

SHARP Health Care offers classes and support groups on topics for pregnant women, postpartum women, and parents including but not limited to childbirth preparation, baby care basics, infant massage, child development, childbirth and pregnancy education, breastfeeding, and fitness classes such as prenatal yoga.

- Call: (800) 827-4277
- **sharp.com/campaign/pregnancy-webinars**

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
- **hcai.ca.gov/facility/turning-point-pregnancy-resource-center**

Vista Hill - ADAPT Program

The Accessible Depression and Anxiety Peripartum Treatment (ADAPT) program is an outpatient, mental health program serving pregnant and postpartum women throughout San Diego County. ADAPT provides accessible mental health services to individuals who screen positive for perinatal mood and anxiety disorders. Services are evidence based, culturally competent, person centered, individualized, outcome driven, trauma informed, holistic, and recovery oriented.

- Call: (619) 333-4250
- Email: **adaptreferrals@vistahill.org**
- **vistahill.org/programs-services/adapt**

Special Needs

Autism Comprehensive Educational Services (ACES)

Provides comprehensive therapy and intervention services, including Applied Behavior Analysis (ABA), group parent workshops, IEP and school behavior training and individualized supports, and other services. Services are offered in-center, in-home or within the community. ACES provides services to all ages from infant to adult and accepts most insurance providers.

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

Carlsbad
- Call: (442) 287-0567

Chula Vista
- Call: (619) 614-2563

El Cajon
- Call: (619) 333-1785

Escondido
- Call: (855) 223-7123

Mission Valley
- Call: (858) 321-6286

Otay Ranch
- Call: (619) 345-0574

Rancho Bernardo
- Call: (855) 223-7123

San Diego Academy
- Call: (619) 317-0384

Deaf Community Services of San Diego (DCS)

DCS provides a wide array of services to the Deaf and Hard of Hearing community including but not limited to adult literacy services, ASL classes, sign language interpreting services, employment services, advocacy, and case management services. As well as comprehensive outpatient behavioral and substance abuse services, independent living skills training, community outreach and education, recreational and social activities and much more. Walk-ins welcome.

DCS Headquarters
- Call: (619) 550-3436
- 2240 Cleveland Ave., National City, CA 91950
- Email: **info@dcsofsd.org**
- **deafcommunityservices.org**

DCS Clubhouse
- Call: (619) 618-0501
- 2240 Cleveland Ave., National City, CA 91950
- Email: **clubhouse@dcsofsd.org**

Exceptional Family Resource Center (EFRC)

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. Assist children and adults with disabilities across their lifespan by providing free support, guidance, and resources to help families navigate disability services, understand their rights, and access the tools they need to thrive. 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
- Email: **efrc@sdsu.edu**
- **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. First 5 San Diego supports families by providing parents and caregivers with programs to promote children's optimal development and school readiness.

- Call: (888) 5 First 5 (534-7785)
- **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

East (Family Health Centers of San Diego)
- Call: (619) 515-2463

Special Needs (cont.)

North Coastal (Rady Children's Hospital of San Diego)
- Call: (858) 966-8235

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

Home of Guiding Hands (HGH)

HGH offers a comprehensive range of services for individuals with disabilities across San Diego and Imperial Counties. The program includes residential services, infant development assessments, early childhood development, respite care, independent living skills, counseling, transportation assistance and life planning.
- Call: (619) 938-2850
- 1908 Friendship Dr., El Cajon, CA 92020
- Email: **info@guidinghands.org**
- **guidinghands.org/about-us-disability-services-in-san-diego**

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
- **sdcoe.net/special-populations/selpas**

East County SELPA
- Call: (858) 298-2214
- 924 E. Main St., El Cajon, CA 92021
- Email: **eastcoselpa@sdcoe.net**

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
- Email: **NIselpa@sdcoe.net**

South County SELPA
- Call: (619) 470-5252
- Email: **SCselpa@sdcoe.net**

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) 725-7700
- 4100 Normal St., San Diego, CA 92103

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.
- Email: **info@sdrc.org**
- **sdrc.org**

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

North County
- Call: (760) 736-1200
- 300 Rancheros Dr., 4th Floor, Ste. 400, San Marcos, CA 92069

East County
- Call: (619) 596-1000
- 7787 Alvarado Rd., La Mesa, CA 91942

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

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

Special Needs (cont.)

SBCS

SBCS provides a holistic and comprehensive array of programs and services for children, youth and families to help them overcome challenges and succeed. Services include child well-being, youth development and education, family wellness, and community engagement.

- Call: (619) 420-3620
- Hotline: (800) 640-2933
- 318 Fourth Ave., Chula Vista, CA 91910
- **sbcssandiego.org**

Special Needs Resource Foundation of San Diego

Comprehensive guide for families and caregivers of children and adults with special needs. Including information on service providers, programs, support connections across San Diego and Imperial Counties. This guide is available printed and online. A newsletter is also offered as a way to stay connected.

- Call: (619) 685-6970
- 1475 Sixth Ave, Suite 511, San Diego, CA 92101
- Email: **specialneeds@sandiegofamily.com**
- **specialneedsresourcefoundationofsandiego.com/**
- **specialneedsresourcefoundationofsandiego.com/flourishing-families-the-ultimate-special-needs-resource-guide-2025**

The Arc of San Diego

The Arc of San Diego provides an extensive array of services to people with disabilities in San Diego County. These include early intervention, advocacy, support for post-secondary education, job training, and placement. They also offer day programs, residential and independent living, health and wellness enrichment, recreational and leisure activities, community inclusion services, respite care, and assistance with daily living skills.

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

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.

- Email: **workingtogether@wested.org**
- **Cainclusion.org**

YMCA Childcare Resource Services

Offers a variety of programs and services to help families care for children with or without disabilities and special needs. Through their enhanced referral service, consultants will help you search for quality, affordable and convenient childcare options 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**

Tax Assistance

211 San Diego

Many individuals and families in the San Diego region face financial obstacles that prevent them from a healthy and quality life. We can help people access financial assistance and public benefits to help them get back on their feet. If you make $67,000 or less in San Diego County, you may qualify for free tax filing assistance!

- Call: 2-1-1

CalEITC 4 me

California Earned Income Tax Credit (CalEITC) and the Young Child Tax Credit 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**

Casa Familiar

Free income tax preparation assistance, housing referrals and services, passport applications, basic immigration benefit applications assistance by DOJ-certified team, public benefits, enrollment, translation services and emergency services.

- Call: (619) 428-1115
- 268 W Park Ave., San Ysidro, CA 92173
- Email: **info@casafamiliar.org**
- **casafamiliar.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 or 2-1-1
- VITA Locator Tool: **freetaxassistance.for.irs.gov/s/sitelocator**
- **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 or 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
- Email: **info@brotherbenno.org**
- **brotherbenno.org/services**

Clean Cars 4 All Program

Clean Cars 4 All provides incentives to help lower-income consumers living in priority populations to replace their old higher-polluting vehicles with newer and cleaner transportation.

- Call: (800) 242-4450
- Email: **CC4ASupport@arb.ca.gov**
- **ww2.arb.ca.gov/our-work/programs/clean-cars-4-all**

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) 274-2271
- 4167 Rappahannock Ave., San Diego, CA 92117

Pacific Beach Service 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**

Free Ride Everywhere Downtown (FRED) - San Diego

Offer on-demand rides around Downtown San Diego on Fridays, Saturdays and Sundays. Catch a ride to/from Petco Park, the Gaslamp Quarter, Seaport Village, Waterfront Park, and more! Circuit is your local electric shuttle, connecting you to your community while reducing emissions and improving access. Download the free Circuit app to catch a shuttle.

- Hours: Monday–Thursday, CLOSED, Friday–Saturday, 5:30 pm–9:00pm, Sunday, 5:00pm–9:00pm
- **ridecircuit.com/fred**

MAAC Electric Vehicle Access Program

Offering assistance with owning or financing an Electric Vehicle.

- Call: (619) 799-0232
- Email: **EVAccess@MAACproject.org**
- Interest Form: **formstack.io/0183A**
- **maacproject.org/ev-access**

Metropolitan Transit System (MTS)

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

- Call: (619) 557-4555
- **sdmts.com/fares-passes/reduced-fares-and-passes**

Metropolitan Transit System (MTS) - Paratransit Services

Offers curb-to-curb transportation for individuals with disabilities who are unable to use regular MTS bus or trolley services.

- Call: (888) 517-9627 for eligibility and reservations
- **sdmts.com/transit-services/mts-access-paratransit**

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
- **newdayurbanministries.org**

Transportation (cont.)

On the Go with Jewish Family Services

Offers volunteer-driven rides for adults 60+ to medical appointments, social activities, and errands. Also provides shuttle services for groups and on-demand rides using car-sharing services like Uber and Lyft.

- Call: (858) 637-3210
- **jfssd.org/our-services/older-adults/on-the-go-transportation-solutions-for-older-adults/**

RideFACT Transportation

The RideFACT now serves all cities in San Diego County as well as Ramona and Spring Valley. The new service provides general purpose trips for seniors (60+) 7 days a week 7:00am–8:00pm. Reservations may be requested by calling FACT at (888) 924-3228 between 9:00am–4:00pm. Trips may be requested up to 7 days ahead.

- Call: (888) 924-3228
- Email: **FACTSD@factsd.org**
- **factsd.org**

Traveler's Aid San Diego - Journey to Safety

Survivors of domestic violence are provided with private, discreet, and caring options for local or far transportation to places of safety and support.

- Call: (619) 295-8393
- 3160 Camino del Rio S, Ste. 309, San Diego, CA 92108
- **travelersaidsandiego.org**

VIA San Diego

With the program, residents can affordably and conveniently reach local destinations like work, shopping, education, appointments, regional transit hubs, and more without needing a private car.

- Call: (619) 413-9986
- **ridewithvia.com**

Women Driving Women- San Diego

Provide a personal transportation to women, children, and seniors. This is not an on-demand service. 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

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.

- Call: (619) 595-5636
- **sdmts.com/fares/youth-opportunity-pass-program**

Utilities

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**

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**

MAAC – Energy Assistance

Provides a one time payment for families who have had their power disconnected or are pending disconnection. Payment of up to $1000 towards an energy bill based on household size, gross total monthly income and zip code. Available once per year (every 365 days). Assists low-income households that received a 24-48 hour disconnect notice or service termination by their utility company. Payment can cover a household's current or past due energy bill (electricity, gas, etc.).

- **maacproject.org/energy-assistance/?gad-source=1&gclid=EAIaIQobChMI2NPTyZDbjAMVytjCBB0EtgOqEAAYASAAEgJJ__D_BwE**

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. 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 Independence Services division.

- Call: (800) 339-4661 or 2-1-1
- **sandiegocounty.gov/content/sdc/hhsa/programs/phs/PublicHealthPreparednesandResponse/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. Residents can take advantage of savings on a variety of water-saving technologies such as high-efficiency clothes washers and toilets, rain barrels and irrigation nozzles.

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

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**

Utilities (cont.)

SDGE – Neighbor-to-Neighbor

If you're experiencing temporary financial hardship, have received a final notice before disconnection letter and do not qualify for other state and federal assistance, the Neighbor-to-Neighbor (NTN) Program can provide up to $600 toward your past-due balances. Funds will be distributed on a first-come, first serve basis until program funds are no longer available. Must meet eligibility requirements. Have received a final notice before disconnection letter from SDG&E. Have an open SDG&E account or be listed on their SDG&E account. Reside in SDG&E territory. (This applies to the applicant's primary address only.). Not have received a Neighbor-to-Neighbor pledge in the past 12 months. Be experiencing financial hardship.

Typical qualifying reasons include but are not limited to:

- Medical/serious illness, chronic condition(s), disability
- Reduction in pay/temporary unemployment
- Personal or family difficulties, death in the family, home disaster
- Unusual hardship, military deployment
- CARE customers must apply for LIHEAP assistance before applying for NTN
- **sdge.com/residential/pay-bill/get-payment-bill-assistance/bill-payment-options-temporary-financial-help/one-time-assistance-bill-assistance**

24-Hour Hotlines

988 Lifeline
- 9-8-8

Adult and Elder Abuse
- (800) 339-4661

Child Abuse
- 24/7 for San Diego: (858) 560-2191
- (800) 344-6000

Computer Fraud & Identity Theft
- (858) 737-7171

Consumer Fraud
- (619) 531-3507

Crime Stoppers
- (888) 580-8477
- (619) 235-8477

Crisis Text Line (For free, confidential support at any time)
- Text: HOME to 741741

General Resource Help and Information
- 2-1-1

Internet Crimes Against Children
- (858) 715-7100

Narcotics Anonymous
- (619) 584-1007 (English)
- (619) 546-0774 (Spanish)
- (442) 456-1168 (Imperial County)

National Center for Missing & Exploited Children
- (800) 843-5678

National Domestic Violence Hotline
- (800) 799-SAFE (7233)
- Text BEGIN to 88788
- Deaf Hotline Video Phone: (855) 812-1001
- Native Americans and Alaska Natives: (844) 762-8483

National Sexual Assault Hotline
- (800) 656-4673

National Suicide and Crisis Lifeline
- 9-8-8

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)

San Diego Access and Crisis Line (24/7 for mental health or substance use crises)
- (888) 724-7240

Trevor Lifeline (Crisis and suicide prevention services for LGBTQ youth and young adults)
- (866) 488-7386
- Text: 678678

Veterans Crisis Line
- (800) 273-TALK (8255)
- 9-8-8 then Press 1
- Text: 838255

Victim Services
- (619) 531-4041

Your Safe Place
- (619) 533-6000

Notes

Bonita Client Services Center
180 Otay Lakes Rd., Ste. 100
Bonita, CA 91902

Kearny Mesa Client Services Center
5473 Kearny Villa Rd., Ste. 350
San Diego, CA 92123

National City Client Services Center
401 Mile of Cars Way, Ste. 325
National City, CA 91950

(619) 427-4411 | cdasd.org | @cdasandiego