



RESOURCE BOOK 2022

Grossmont College CalWORKs

A CULTURE OF *Caring*

CalWORKs Student Resource Book 2022



G R O S S M O N T
C O L L E G E



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INTRODUCTION

Dear Resource Book User,

The initial development of this book is to help Grossmont College CalWORKs student parents who are walking through our doors daily, struggling to meet basic needs. According to the Hungry and Homeless in College 2017 study published by the Association of Community College Trustees, 70 community colleges within 24 states nationwide reported that 67% of students and 63% of student parents experience food insecurity and 14% of students are experiencing homelessness. In addition, less than half received any food-related public assistance, and just 18% got any support from housing-related public assistance.

The National Center for Education Statistics found that traditional students (those who attend four-year colleges and live on campus) make up about 15% of the undergraduate population. The remaining 85% of students are now considered “non-traditional” and are a diverse group of adult learners, full-time employees, low-income students, students who commute to school, and working parents. Thus, the non-traditional student has become much of the student population.

As time goes on, we see that our resources could be of great value to all faculty and staff that help the students who do not come to our office. Based on CalWORKs Staff experience in helping students in crisis and the after mentioned studies, we came together to compile the resources in this book. We hope this CalWORKs Resource Book helps you, the user, serve Grossmont College students and supports equal opportunity for all who wish to pursue their education.

Warmly,

Gabrielle Gosselin

CalWORKs, Program Coordinator/Counselor



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HOW TO USE THIS RESOURCE BOOK

This resource book enables the user to take a holistic approach when referring services to the Grossmont College student parent population. Below are three scenarios with recommended resources for you to get an idea of how to use this resource book. There are many resources here at Grossmont and in the community as well; spend some time with this resource book to familiarize yourself with those resources to best support our students.

SCENARIO 1

Zoe Wintecott is a married woman with three young children. She grew up as the eldest child in a large Native American family on an isolated reservation. She was the first to attend college in her family. She is hoping that by getting an education she can lift her family to the middle-class. Her tribe provided her with a modest scholarship, which she initially used to enroll in a medical assistant program at a for-profit college. She completed that certificate but still could not find a job. Meanwhile her husband was injured in a car accident, rendering him unable to work. Shortly thereafter she returned to school, this time to Grossmont College.

The financial aid and scholarship that Zoe received through the college quickly proved insufficient support for the family of five. They turned to a local church for free food and struggled to make ends meet. Under economic duress, Zoe and her husband split up; she was left on her own. Without a parent with whom to share childcare, and no affordable options nearby, it became difficult for Zoe to attend classes. She switched to online courses, but she found she could not afford the bills for the internet and computer access at home. Even as she continued trying to work towards a degree, the late payments for both rent and utilities left herself and her children vulnerable to homelessness in addition to being behind on courses and dropping out.

How can you help Zoe?

- ***Suggested Resources Off-Campus:*** Family Resource Centers (Cash Aid), Cal Fresh, MacProject for utilities, food banks, tribal services.
- ***Suggested Solutions On Campus:*** CalWORKs/New Horizons, EOPS/CARE, financial aid / scholarships, food pantry and mental health services.

SCENARIO 2

Amelie came to the United States from Haiti when she was two years old. She attended a public school in Los Angeles and often figured that college would not be in her future because neither she nor her family members had documentation. After finishing high school, she moved to San Diego along with her mother and aunt in search of better work opportunities. They rented a small apartment and shared a car to help them work at irregular, menial, low-paying jobs.

Online coursework at Grossmont College was working for Amelie, because she was working full-time as she sought opportunities to do more with her life. She decided she wanted to come to campus for classes but she could not obtain regular transportation or sufficient time to regularly attend classes in person. Paying out-of-state tuition meant she could only afford one class at a time until her second year of college when she secured DACA status. Now she could pay in state tuition and pursue her degree faster by taking two courses at a time. More than that was impossible, however, as the family was barely able to pay the rent and was often at risk of missing payments. She states she gets help from churches and legal services off campus.

How can you help Amelie?

- ***Suggested Solutions on Campus:*** CalGrant Fee Waiver (Need to be AB540), Work Study, Dream Center, Scholarship, OSER, EOPS (DACA students qualify), food pantry.

SCENARIO 3

Raised by a single mother who lost custody, Giovanni found himself spending ten years in foster care. When Giovanni left foster care and returned to his mother, he had a new baby brother and he tried to reconnect with his family. Giovanni graduated high school and he found it difficult to leave his mother and younger brother to attend university. He enrolled in Grossmont College and remained in the family home. During his initial year at Grossmont, his mother lost her job making the bills difficult to pay for the family of three. His financial aid was insufficient, so he worked at a retail store, laid pavement, sold plasma, cut lawns, and did some contracting work on the side—all while taking a full course load. That did not work, and soon his brother and mother moved out of the state to live with relatives. Giovanni stayed in school, determined to make it. He moved in with a distant aunt and uncle, who charged him \$600 per month to live in their basement. He was never given keys to the home, was often locked out, and would end up sleeping in his car. He also ran short of food, relying on the local pantry. These conditions left him exhausted, sometimes causing him to fall asleep in class.

How can you help Giovanni?

- ***Suggested Resources Off-Campus:*** MacProject for utilities, food banks, CalFresh (food stamps).
- ***Suggested Solutions On Campus:*** CalWORKs/New Horizons, EOPS/CARE, financial aid / scholarships, scholarships, mental health services.



HOUSING RESOURCES

RENTAL AND UTILITY ASSISTANCE

TEMPORARY HOUSING

TRANSITIONAL HOUSING

HOMELESS ASSISTANCE

DOMESTIC VIOLENCE - EMERGENCY SHELTER

SECTION 8

LOW INCOME HOUSING

MEDIATION

Resource	Contact Information	Additional Information
RENTAL & UTILITY ASSISTANCE DURING COVID-19		
Affordable Connectivity Program Online Source	877.384.2575 https://www.affordableconnectivity.gov/	The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low-income households pay for broadband service and internet connected devices.
San Diego Rental Assistance	858.694-3900 https://www.sandiegocounty.gov/sdhcd/	For Section-8 Rental Assistance and other Programs for the Housing Authority of the County of San Diego.
The Chicano Federation 3180 University Ave. Suite 110 San Diego, CA. 92104	619.285.5600 https://www.chicanofederation.org/	Creating impactful changes in the day-to-day lives of San Diego families who want to create a safe, stable life for themselves and opportunities for their children. We are positively impacting our communities through action, caring, and providing resources for those in need.
Home Start 333 East Main Street El Cajon, CA. 92020	619.430.0032 https://home-start.org/	For every child in San Diego to have a safe, stable, and nurturing home. Guided by our mission to assure the safety and resiliency of children by strengthening families and their communities, Home Start, Inc., a non-profit child abuse prevention and treatment agency, has strengthened and developed San Diego's families.
Liscense to Freedom 131 Avocado Avenue El Cajon, CA. 92020	619.813.7415 https://licensetofreedom.org/	Rental and Utility Assistance during COVID-19 in Arabic, Farsi, Pashto, Dari, and English. Call for an appointment in advance.
2-1-1	2-1-1 https://211sandiego.org/	They provide a free, 24-hour, confidential phone service in 200+ languages and a searchable online database. We work closely with our County and other local resources to connect you, your family, and other residents to community-wide service organizations that focus on health, food, housing, disaster, veterans, and other specialized needs.

TEMPORARY HOUSING

Becky's House Shelter 1012 C Street San Diego, CA. 92101	619.239.0355 https://www.ywcсандiego.org/get-help/beckys-house	A 30-day emergency shelter that offers services to women, men, and children in need of immediate protection from their abusers in a secure, confidential facility. Clients live in private rooms and focus on safety planning, case management, legal services, therapeutic counseling, and housing stability as they begin to recover from trauma.
Door of Hope 2799 Health Center Drive San Diego, CA. 92123	858.279.1100 https://doorofhope.salvationarmy.org/  megan.dowell@usw.salvationarmy.org	12 month women and children's shelter. 8:00 am - 4:00 pm. Monday - Friday.
Harvey's Motel 7166 El Cajon Boulevard San Diego, CA. 92115	619.462.5700 https://www.sandiego.com/hotels/harveys-motel/	Rates from \$95 per night on weekdays to \$150 per night on the weekend, they not accept hotel voucher programs.
Home Start 333 East Main Street El Cajon, CA 92020	619.430.0032 https://www.home-start.org/	For every child in San Diego to have a safe, stable, and nurturing home. Guided by our mission to assure the safety and resiliency of children by strengthening families and their communities, Home Start, Inc., a non-profit child abuse prevention and treatment agency, has strengthened and developed San Diego's families.

Resource	Contact Information	Additional Information
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TRANSITIONAL HOUSING

Becky’s House Shelter 1012 C Street San Diego, CA. 92101	619.239.0355 https://www.ywcasandiego.org/get-help/beckys-house	A 30-day emergency shelter that offers services to women, men, and children in need of immediate protection from their abusers in a secure, confidential facility. Clients live in private rooms and focus on safety planning, case management, legal services, therapeutic counseling, and housing stability as they begin to recover from trauma.
San Diego Rescue Mission	619.687.3720 https://www.sdrescue.org	At the San Diego Rescue Mission, our goal is to get people off the streets permanently. We cannot do this without the support of the community. Volunteers, corporations, churches, and private donors make it possible to transform the lives of those who are experiencing homelessness.
2-1-1	2-1-1 https://211sandiego.org/	They provide a free, 24-hour, confidential phone service in 200+ languages and a searchable online database. We work closely with our County and other local resources to connect you, your family, and other residents to community-wide service organizations that focus on health, food, housing, disaster, veterans, and other specialized needs.
East County Transitional Living Center 1537 East Main Street El Cajon, CA. 92020	619.442.0457 https://ectic.org	Faith-based emergency shelter for singles and families with transitional living and social services including transportation to healthcare appointments. The shelter is a 90-day program. The transitional living is a 200 sq./ft. room for a nominal program fee, where a family can reside with beds, bathroom, refrigerator, & TV, and all utilities paid.
Interfaith Shelter Network 3530 Camino del Rio N., Suite 301 San Diego, CA. 92108	619.702-5399 https://interfaithshelter.org/index.html	Interfaith Shelter Network (ISN) helps San Diego’s homeless and those at-risk of homelessness to overcome barriers to permanent housing by providing case managed, basic services. Our clients have a greater opportunity to achieve more permanent housing through ISN’s successful strategies

HOMELESS ASSISTANCE

2-1-1	2-1-1 https://211sandiego.org/	They provide a free, 24-hour, confidential phone service in 200+ languages and a searchable online database. We work closely with our County and other local resources to connect you, your family, and other residents to community-wide service organizations that focus on health, food, housing, disaster, veterans, and other specialized needs.
Becky’s House Shelter 1012 C Street San Diego, CA. 92101	619.239.0355 https://www.ywcasandiego.org/get-help/beckys-house	A 30-day emergency shelter that offers services to women, men, and children in need of immediate protection from their abusers in a secure, confidential facility. Clients live in private rooms and focus on safety planning, case management, legal services, therapeutic counseling, and housing stability as they begin to recover from trauma.
Home Start 333 East Main Street El Cajon, CA. 92020	619.430.0032 https://home-start.org/	For every child in San Diego to have a safe, stable, and nurturing home. Guided by our mission to assure the safety and resiliency of children by strengthening families and their communities, Home Start, Inc., a non-profit child abuse prevention and treatment agency, has strengthened and developed San Diego’s families.
Interfaith Shelter Network 3530 Camino del Rio N., Suite 301 San Diego, CA. 92108	619.702-5399 https://interfaithshelter.org/index.html	Interfaith Shelter Network (ISN) helps San Diego’s homeless and those at-risk of homelessness to overcome barriers to permanent housing by providing case managed, basic services. Our clients have a greater opportunity to achieve more permanent housing through ISN’s successful strategies.
Salvation Army 1101 E Main Street San Diego, CA. 92101	619.440.4683 https://elcajon.salvationarmy.org/	Homeless Services: Tuesday 10:00 am - 12:00 pm.

Resource	Contact Information	Additional Information
HOMELESS ASSISTANCE		
Niel Good Day Center 299 17th Street San Diego, CA. 92101	619.239.0355 https://www.my.neighbor.org	San Diego County homeless shelter starting point. Monday through Friday, 8:30am-2:45pm, Saturday and Sunday, 6:30 am - 12:45pm
Jewish Family Services / 8804 Balboa Avenue San Diego, CA 92123	858.637.3210 https://www.jfssd.org/our-services/adults-families/safe-parking-program/	The Safe Parking Program provides a safe and welcoming environment for unsheltered families and individuals living in their cars, many of whom have recently found themselves homeless for the first time.
EMERGENCY DV SHELTER		
Becky’s House Shelter 1012 C Street San Diego, CA. 92101	619.239.0355 24/7 HOTLINE: 1.888.385.4657 https://www.ywcasandiego.org/get-help/beckys-house	A 30-day emergency shelter that offers services to women, men, and children in need of immediate protection from their abusers in a secure, confidential facility. Clients live in private rooms and focus on safety planning, case management, legal services, therapeutic counseling, and housing stability as they begin to recover from trauma.
Center for Community Solutions	24/7 HOTLINE: 1.888.385.4657 https://www.ccssd.org/	The nonprofit agency provides emergency domestic violence shelters, hospital and court accompaniment, as well as legal and counseling services for those affected by domestic violence, sexual assault and stalking. Providing emergency shelter services such as the Hidden Vallley House and Project Safe House. As well as long term transitional housing.
Hidden Valley House North County	760.480.0055 24/7 HOTLINE: 1.888.385.4657 https://www.ccssd.org/get-help/emergency-and-long-term-shelter.html	A 35-bed capacity for survivors and children of all genders for up to 28 days. Must call shelter directly for screening process.
Project Safe House East County	619.631.6442 24/7 HOTLINE: 1.888.385.4657 https://www.ccssd.org/get-help/emergency-and-long-term-shelter.html	A 35-bed capacity for survivors and children of all genders for up to 28 days. Must call shelter directly for screening process.
Transitional Housing Next Step North Next Step East	24/7 HOTLINE: 1.888.385.4657 https://www.ccssd.org/get-help/emergency-and-long-term-shelter.html	Two bedrooms, furnished units (singles or small families may share) for up to 1 year. The survivor pays 30% of the income and is responsible for their own basic needs. Complete a transitional housing referral form at a shelter and a case manager will complete the assessment and recommendation. Must have income through employment or public assistance. Must be working towards self-sufficiency goals. <div><div>• Next Step North<ul style="list-style-type: none">- Transitional Housing- 5 units- Some guests allowed with restrictions- No staff on site</div><div>• Next Step East<ul style="list-style-type: none">- 1 unit- No guests- Co-located with emergency shelter- On-site staff 24/7</div></div>
Interfaith Shelter Network 3530 Camino del Rio N., Suite 301 San Diego, CA. 92108	619.702-5399 https://interfaithshelter.org/index.html	Interfaith Shelter Network (ISN) helps San Diego’s homeless and those at-risk of homelessness to overcome barriers to permanent housing by providing case managed, basic services. Our clients have a greater opportunity to achieve more permanent housing through ISN’s successful strategies

Resource	Contact Information	Additional Information
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SECTION 8

SD Housing Authority 3989 Ruffin Road San Diego, CA. 92123	858.694.4801 https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance/section-8-hcv-overview.html	Servicing East County
SD Housing Commision 1122 Broadway Suite 300 San Diego, CA. 92101	619.231.9400 https://www.sdhc.org/	Servicing San Diego County

LOW INCOME HOUSING

Anchor Down Mobile Estates 260 East Bradley Avenue San Diego, CA. 92021	916.965.8964 ✉ kdaniele.davila@omnicommunicities.com	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required. Single Room Occupancy (SRO) now a 55 plus.
Bella Vista Apartments 545 North Mollison Avenue San Diego, CA. 92101	619.442.8306	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.
Bradley Arms Apartments 310 East Bradley Avenue San Diego, CA. 92101	619.562.3792	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required. Multifamily 1 and 2-bedroom apartments
Broadway Apartments I 1562 East Main Street El Cajon, CA. 92021	619.442.9467	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.
Broadway Apartments II 849 N. Third Street El Cajon, CA. 92021	619.442.9467	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.
Carlton Country Club Villa Apartments 9345 Carlton Oaks Drive Santee, CA. 92071	619.449.7343	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.
Key Largo Apartments 380 North Mollison Ave. El Cajon, CA. 92021	619.444.6654 https://www.keylargo-apartments.com/ ✉ keylargo@awimc.com	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.
Laurel Park Apartments 10122 Buena Vista Avenue Santee, CA. 92071	619.448.8282 ✉ klaurelpark@conam.net	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required. Multifamily 1-2 bedrooms.

Resource	Contact Information	Additional Information
LOW INCOME HOUSING		
Lexington Green Apartments 1415 E. Lexington Avenue El Cajon, CA. 92019	619.442.8849 https://www.lexingtongreen-aps.com	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.
Pecan Park Mobile Home Estates 14215 Pecan Park Lane El Cajon, CA. 92021	629.443.2622	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required. 1 Bedroom availability.
Pinewood Apartments 273 Wisconsin Avenue El Cajon, CA. 92020	619.440.5258	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.
Royal Heights 12135 Royal Road El Cajon, CA. 92021	619.938.1856	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.
Shadow Hill Apartments 11085 Woodside Avenue Santee, CA. 92071	909.294.6153	Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required. Multifamily, 2-3 bedrooms.
HOUSING MEDIATION		
Center for Social Advocacy 131 Avocado Avenue El Cajon, CA. 92020	800.954.0441 https://www.c4sa.org/ ✉ info@c4sa.org	Help with tenant rights and discrimination. Fair housing, rental disputes, discrimination, and infestations.
Apartments.com	https://www.apartments.com	
Craigslist	https://sandiego.craigslist.org/search/apa?query=el+cajon+ca	
LGBT / North Park Senior Housing	619.282.6647	
Recovery Residences	858.609.7984	Private-owned home that provides housing for adults with substance use.



FOOD SERVICES

DISTRIBUTION

LOW INCOME PROGRAMS

HOW TO APPLY

ELDERLY DELIVERY

WIC

SUMMER PROGRAMS (SCHOOL)

Resource	Contact Information	Additional Information
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DISTRIBUTION SITES

Feeding San Diego Food Assistance Resource San Diego County	858.452.3663 https://www.feedingsandiego.org/find-food/	<ul style="list-style-type: none">• By clicking on the link or typing this URL into your browser, you should arrive to a page on the Feeding San Diego website, when you scroll down you should view a map of our partner organizations across the county.• Just above the map, there is an option to provide your address/zip code to specifically find locations nearest to you.• Each location is marked by a colorful pin, each color indicates a different category, by clicking on each location, you will see the listing’s name, address, phone number, and distribution hours. The information for each location will also be in list format below the map.• We HIGHLY recommend that you call your selected locations to confirm that the hours and location of their distribution have not been changed due to the COVID outbreak, as well as to inquire if they have a drive-through system in place to distribute food.• Some of these partners may offer delivery or the opportunity for someone to pick up food on your behalf. Please call to confirm.
Foothills Christian Fellowship 350 Cypress Lane El Cajon, CA. 92020	619.442.7728 https://www.foothilchurch.org/	Provide emergency food bags, depending on availability.
Good Shepherd Ministry Center – Bethlehem Food Pantry 772 S. Johnson Avenue El Cajon, CA. 92020	619.442.7728 https://www.foothilchurch.org/	Food Distribution Saturdays 8:00 am -10:00 am / Diaper Distribution - 2nd & 4th Saturdays only
Heaven’s Windows Resource Network Center: Food Pantry 8848 Troy Street Spring Valley, CA 91977	619.444.9425 https://www.holytrinityelcajon.org/	Must be a resident of East County with show picture ID. 10:00 am-11:00 am, Monday-Friday.
Journey Community Church 8363 Center Drive, Suite 6C La Mesa, CA. 91941	619.464.4544 https://www.journeycommunitychurch.com/	1 st Thursday 6:00 pm / 2 nd Friday 9:00 am (Produce) / 3 rd Saturday 8:30 am / 4 th Thursday 6:00 pm
Meridian Baptist Church 660 3rd Street El Cajon, CA. 92020	619.444.3171 https://www.meridianbaptist.com/	Every 2 nd and 4 th Thursday at 5:00 pm register and line-up no earlier than 3:00 pm. If you have a special need, please call.
Our Lady of Grace 2466 Navajo Road El Cajon, CA. 92020	619.469.0133 https://www.olg-church.org/	At the Ministry Center (use Medford entrance). Must be a resident of East County, show picture ID and a birth certificate or immunization card for each child. Arrive early on the first visit to fill out paperwork. 9:30 am - 11:00 am, Monday-Friday. Doors close at 11:00 am.

Resource	Contact Information	Additional Information
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DISTRIBUTION SITES

Salvation Army 1011 E. Main Street El Cajon, CA. 92020	619.440.4683 x 207 https://www.elcajon.salvationarmy.org/	Monday 1:00 pm - 4:00 pm / 1 st , 2 nd , and 4 th Wednesdays 2:30 pm - 4:00 pm / 3 rd Wednesday Commodities Only- Call to reserve / Friday 1:00 pm - 6:00 pm. • Services Available: <ul style="list-style-type: none">- Food Assistance- Hygiene Items- Clothing Assistance- Diapers & Formula- Summer Camps for Children- Referrals and Case Management- Recovery Meetings- A Way Back Home • You Will Need: <ul style="list-style-type: none">- I.D. for each member receiving assistance- Proof of income or proof of emergency- Proof of address or proof of emergency
Stepping Higher Inc. 2778 Sweetwater Springs Boulevard #J Spring Valley, CA. 91977	619.825.3930 http://www.steppinghigher.org/	Bring bags to carry food. Tuesday 9:00 am - 11:00 am and Thursday 5:00 pm - 7:00 pm. Emergency food is available Tuesday, Wednesday, Thursday at 1:00 pm - 3:00 pm.
Crosspointe Life Church 8809 La Mesa Boulevard La Mesa, CA. 91941	619.464.3077 http://www.crosspointelife.org/ ✉ info@crosspointelife.org	Food pantry on Tuesday and Thursday 10:00 am - 11:00 am and 4 th Saturday at 9:00am.
Journey Community Church 8363 Center Drive La Mesa, CA. 91941	619.464.4544 http://www.journeycommunitychurch.com/foodbank/	Food pantry on 1 st Thursday at 6:00 pm / 2 nd Friday at 9:00 am (produce only), 3 rd Saturday at 8:30 am, 4 th Thursday at 6:00 pm (produce only), 2 nd Friday at 9:00 am Diaper distribution 2 nd Friday and 3 rd Saturdays at 8:00 am - 10:00 am, Seniors only. Pantry closes when the line ends so arrive on time.
La Mesa First Methodist Church 4690 Palm Ave. La Mesa, CA. 91941	619.466.4163 https://www.lamesaumc.com/	Hot meals are served the last Saturday 9:00 am - 12:00 pm.
La Mesa Seventh Day Adventist Church 4207 Spring Gardens Drive La Mesa, CA. 91941	619.461.5703 http://www.lamesaca.adventistchurch.org/	Food pantry on Monday, Tuesday, and Thursday 9:00am - 12:00pm.

Resource	Contact Information	Additional Information
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LOW INCOME PROGRAMS

Porchlight Community Services 8888 Clairemont Mesa Boulevard #B San Diego, CA. 92123	858.737.4320 https://www.porchlightcommunity.org/foodshare/	Helping the working families bridge the gap. We welcome everyone regardless of income or location; especially single moms, senior citizens, foster homes, and the unemployed who need nourishment for their families.
Jewish Family Service – Meal Delivery 6299 Capri Drive San Diego, CA. 92120	858.637.3230 https://www.jfssd.org/our-services/food-meals/home-delivered-meals-foodmobile/	Meal service information (pick up times, zip codes serviced, etc.). Call for more information.

ADDITIONAL FOOD SERVICES

CalFresh Distribution Site San Diego Food Bank	866.350.3663 https://www.GetCalFresh.org	California’s Food Stamp/SNAP program.
WIC – Women, Infants, and Children 3078 El Cajon Boulevard San Diego, CA. 92104	800.500.6411 https://sandiegowic.org/i-want-wic-2/	The Women, Infants, and Children Program provides healthy foods, nutrition tips, breastfeeding support, health care referrals and community information. WIC has 11 clinics conveniently located throughout San Diego County to serve you.
Cajon Valley Summer Lunch Program 225 Roanoke Road El Cajon, CA. 92020	619.588.3111 https://www.cajonvalley.net	Check for updates on the website and call for the 2022 - 23 year.
Summer Lunch Program	https://www.cde.ca.gov/ds/sh/sn/ap/summersites.asp?year=2022&countyname=San_Diego	Input the city you are interested in , eg: Santee.



FINANCIAL ASSISTANCE

- PUBLIC ASSISTANCE
- MEDICAL ASSISTANCE
- TAX PREPARATION
- COMPUTERS
- HOUSING MEDIATION
- MISCELLANEOUS

Resource	Contact Information	Additional Information
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PUBLIC ASSISTANCE

Family Resource Center – El Cajon 220 South 1 st Street El Cajon, CA. 92019	866.262.9881 http://www.sandiegocounty.gov/hhsa/facilities/east/family_resource_center_el_cajon.html	7:00 am - 5:00 pm Monday through Friday. Apply for CalWORKs, Cal Fresh, Medical and General Relief.
Family Resource Center – Lemon Grove 7065 Broadway Lemon Grove, CA. 91945	866.262.9881 http://www.sandiegocounty.gov/hhsa/facilities/east/family_resource_center_lemon_grove.html	7:00 am - 5:00 pm Monday through Friday. Apply for CalWORKs, Cal Fresh and Medical.
Family Resource Center • San Diego 1130 Tenth Avenue San Diego CA. 92101	858.694.3900 http://www.sandiegocounty.gov/content/sdc/hhsa/facilities/central/family_resource_center_metro.html	7:15 am - 5:00 pm Monday-Friday.
Apply for CalWORKs 3078 El Cajon Boulevard San Diego, CA. 92104	866.262.9881 https://www.sandiegocounty.gov/content/sdc/hhsa/program/sssp/calworks/how_to_apply.html	You still are required to attend a face-to-face interview at your nearest Family Resource Center to complete the application process. If you are requesting Immediate Need (emergency benefits), is recommended that you apply in person at the nearest Family Resource Center.
CalFresh Assistance San Diego Food Bank	866.350.3663 https://www.GetCalFresh.org	California’s Food Stamp/SNAP program.
Section 8 Rental Assistance	https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance/section-8-hcv-overview.html	Eligible families are selected from the waiting list. A qualified family may choose to rent a unit in any area we serve if the owner is willing to participate in the program. Please go to the website to see which areas are served.
Social Security Administration 7961 University Avenue La Mesa, CA. 91942	800.772.1213 https://ssofficelocation.com/offices/california/la-mesa/la-mesa-social-security-office-91942/	Office to apply for SSA/SSI benefits. Social Security cards

Resource	Contact Information	Additional Information
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MEDICAL ASSISTANCE

Consumer Center for Health Education 110 South Euclid Avenue San Diego, CA. 92114	877.734.3258 https://www.lassd.org/about/what-cchea	Provides support with reconciling medical bills, advocacy, and access to medical coverage.
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TAX PREPARATION

Alliance for African Assistance 5952 El Cajon Boulevard San Diego, CA. 92115	619.286.9052 https://www.alliance-for-africa.org/volunteer-income-tax-preparation	Provides support with reconciling medical bills, advocacy, and access to medical coverage.
Family Self Sufficiency Services (Central SD) 4305 University Ave, Suite 410 San Diego, CA. 92105	619.229.3660 x 221 https://home-start.org/family-self-sufficiency-services/	Free tax preparation yearly. Call to set up an appointment.
Family Self Sufficiency Services (East County) 131 Avocado Avenue El Cajon, CA. 92020	Jose 619.229.3660 x 221 Lupita 619.229.3660 x 235 https://www./home-start.org/family-self-sufficiency-services/	Free tax preparation yearly. Call to set up an appointment.
IRC Volunteer Income Tax Assistance (VITA) Program	https://www.rescue.org/vita	To participate in the VITA program, taxpayers must meet the following conditions: <ul style="list-style-type: none">• Must have gross income of less than \$57,000.• Cannot be filing a “Married Filing Separate” tax returns in some states.• Must have proof of identification, and social security or ITIN cards.
My Free Taxes	https://www.myfreetaxes.org/	VITA Program administered through the United Way

COMPUTERS

Computer To Kids	858.200.9788 https://www.c2sdk.org/	Provides computers in the homes of all deserving families who want to enrich their education through technology.
San Diego Futures Foundation	619.391.0050 https://www.sdfutures.org/computers-sdff/	Offering a wide range of refurbished hardware, from desktops and laptops to monitors and printers.


Resource

Contact Information

Additional Information

HOUSING MEDIATION

Center for Social Advocacy
131 Avocado Avenue
El Cajon, CA. 92020

619.444.5700
<https://www.c4sa.org/>
 info@c4sa.org

Help with tenant rights and discrimination. Fair housing, rental disputes, discrimination, and infestations.

MISCELLANEOUS

Child Support Services
220 West Broadway
San Diego, CA. 92101

866.901.3212
<http://www.sdcourt.ca.gov/portal/page>

Call number or visit website to sign up for child support services.

**Employment Development
Department (EDD)**
9246 Lightwave Avenue
San Diego, CA. 92123

800.480.3287
<http://www.edd.ca.gov/disability/>

Call or click to apply for unemployment benefits



HEALTHCARE

- COMMUNITY HEALTH CLINICS
- MENTAL HEALTH
- LGBTQ+
- ADDICTION PROGRAMS
- DOMESTIC VIOLENCE
- ADDITIONAL HEALTHCARE SERVICES

Resource

Contact Information

Additional Information

COMMUNITY HEALTH CLINICS

Community Research Foundation	619.275.0822 https://www.comresearch.org/	Community Research Foundation uses a wraparound approach for children and a psychosocial rehabilitation and recovery approach for adults. Individuals with co-occurring mental health and substance use problems are welcomed, and an integrated approach is utilized to address both the psychiatric and substance conditions. The strengths, needs, abilities, and preferences of clients and families/significant others are considered primary in carrying out this mission.
Family Health Centers of San Diego	619.515.2300 https://www.fhcsd.org/clinic-location-list/	
Family Health Center (El Cajon) 525 East Main Street El Cajon, CA. 92020	619.515.2498 https://www.fhcsd.org/el-cajon-family-health-center/	
Family Health Center (Spring Valley) 8788 Jamacha Road Spring Valley, CA. 91977	619.515.2555 http://www.fhcsd.org/grossmont-spring-valley/	
Family Health Centers (Lemon Grove) 7592 Broadway Lemon Grove, CA. 91945	619.515.2550 https://www.fhcsd.org/lemon-grove/	
Neighborhood Healthcare (El Cajon) 855 East Madison Avenue El Cajon, CA. 92020	619.440.2751 https://www.nhcare.org/locations	

DENTAL

Medical Dental Services	800.322.6384 https://www.smilecalifornia.org/	Medi-Cal dental program representatives are available 8:00 a.m. to 5:00 p.m., Monday through Friday to assist you.
Medical Dental Provider Directory	800.322.6384 https://www.dental.dhcs.ca.gov/find-a-dentist/	If you cannot find a dentist in your area who is accepting new patients, please contact the Medi-Cal Telephone Service Center for additional help.

VISION

Family Health Centers of San Diego	619.515.2300 https://www.fhcsd.org/clinic-location-list/	
The Vision of Children Foundation Values	858.314.7915 https://www.visionofchildren.org/our-values	We believe that all children should have the opportunity to see clearly.

Resource	Contact Information	Additional Information
CRISIS RESOURCES		
San Diego Mental Health Access & Crisis Hotline	24/7 HOTLINE: 888.724.7240	The Access and Crisis Line provides suicide and crisis intervention services for children, adults, and older adults; referrals and/or authorizations for mental health services for the Medi-Cal and uninsured populations; and general mental health information and referrals for the community of San Diego.
National Suicide Prevention Hotline	24/7 HOTLINE: 800.273.8255	No matter what problems you are dealing with, we want to help you find a reason to keep living. The Access and Crisis Line provides suicide and crisis intervention services for children, adults, and older adults; referrals and/or authorizations for mental health services for the Medi-Cal and uninsured populations.
CalHOPE	https://www.calhope.org/Pages/default.aspx	Individuals in need of emotional and/or crisis support can receive “visits” by phone, video conference, smart device, or computer chat. Depending upon needs and situation, family and/or group support sessions are also available. Individuals also may be connected to county-based services. CalHOPE connect offers culturally sensitive emotional support session for: All Californians, African American / Black, Asian and Pacific Islanders, Latino / Latinx, LGBTQ+ Community, Parents / Caregivers, Veterans, and Young Adults.
Indian Health Council	800.322.6384 https://www.indianhealth.com/services	Continually nurture a balance of physical, mental, emotional, and spiritual well-being.
Step Forward East 900 N. Cuyamaca Street, Suite 110 El Cajon, CA. 92020	619.448.0420	<p>The Step Forward Programs are CalWORKs Behavioral Health Centers and are funded by the County of San Diego to provide outpatient behavioral health services to participants in the CalWORKs 19 Welfare-to-Work program. There are six regionally based Step Forward programs located throughout San Diego County.</p> <p>Services: The widely diverse mobile staff provides the following:</p> <ul style="list-style-type: none">• Individual, Family & Group Counseling• Psychiatric Medication Services• Healthy Coping & Recovery from Trauma• Family Engagement Activities• Recovery Strategies for Substance Abuse• Employment Readiness• Case Management/ Advocacy for Disability Services• Home and community-based support
Crossroads Family Center 700 N. Johnson Avenue, Suite P El Cajon, CA. 92020	619.441.1907 http://www.comresearch.org/serviceDetails.php?id=OQ==	<p>Crossroads Family Center (CFC) is a community-based outpatient mental health program providing a full range of culturally and linguistically competent, strength-based, comprehensive integrated mental health services to children, youth and their families living in the East Region of San Diego County including the rural communities--also known as the backcountry.</p> <ul style="list-style-type: none">• Individual/family/group counseling. Crisis intervention, school and home-based services, medication management with therapy.• Sliding scale, Medi-cal, funding through Mental Health Service act ID not insured.• English/Spanish <p>Referrals may be initiated by the legal guardian (or community provider in conjunction with the legal guardian) by calling or faxing the program directly.</p>
Access And Crisis Hotline	919.213.4525 or 877.235.4525 https://www.hopeline-nc.org/	Call for help in time of crisis.

Resource	Contact Information	Additional Information
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CRISIS RESOURCES

Chadwick Center for Children and Families	858.966.5803 https://www.chadwickcenter.org/	Trauma counseling, Crisis intervention, referrals, medication assessments, psychological eval, family advocacy and safety planning.
Child Abuse Hotline County of San Diego	858.560.2191 http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services/child_abuse_hotline.html	The Hotline is contacted when a member of the community has a concern regarding potential abuse or neglect of a child. Upon notification of the concern (via phone or fax), the Hotline Social Worker does an immediate assessment of the referral. If the child is determined to be at risk, a social worker is assigned to investigate. Hotline staff are available 24 hours per day.
Crisis House 1034 North Magnolia El Cajon, CA. 92020	619.444.1194 https://www.crisishouse.com ✉ info@crishouse.org	Karina Hernandez, Supervisor
County Mental Health	https://www.sandiegocounty.gov/hhsa/programs/bhs/	Domestic violence services and support for refugee communities, particularly Middle Eastern Communities.
East County Behavioral Health Services (Adults)	619.692.8200 https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_adult_older_adult_adult_emergency_and_crisis.html	Walk-in emergency mental health services are available for adults and older adults who are experiencing a mental health emergency or crisis.
24 Hour LGBTQ+ Crisis Hotline	Text ‘oSTEM’ to +1 313.662.8209 https://www.ostem.org/contact	Text based crisis hotline brings together experienced suicide interveners partnered with oSTEM to help keep you safe during times of acute mental health crises.
Home Start Varies by location	619.692.0727 x 118 https://www.home-start.org/mental-health-services/	Parent-Child Interaction Therapy (PCIT), Child Abuse Treatment Program (CHAT), Home Start, Inc. Counseling center with sensitivity to the needs of each individual and family we serve, our professional Counselors offer therapeutic services to promote healing, personal growth, healthy interpersonal relationships, and positive life transitions.
Rady Children’s Hospital San Diego 3020 Children’s Way San Diego, CA. 92123	800.788.9029 https://www.rchsd.org ✉ refsvc@rchsd.org	
Rape Abuse, Incest, National Network (RAINN)	800.656.4673 https://www.rainn.org/	The Hotline is contacted when a member of the community has a concern regarding potential abuse or neglect of a child. Upon notification of the concern (via phone or fax), the Hotline Social Worker does an immediate assessment of the referral. If the child is determined to be at risk, a social worker is assigned to investigate. Hotline staff are available 24 hours per day.
San Diego LGBT Community Center 3909 Centre Street San Diego, CA. 92103	619.692.2077 x208 or x121 https://www.thecentersd.org	Up to eight appointments every 12 months, price of appointments scale to income.

Resource	Contact Information	Additional Information
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VICTIMS OF CRIME – THERAPISTS

Survivors of Torture International PO BOX 151240 San Diego, CA 92175	619.278.2400 https://notorture.org/ ✉ survivors@notorture.org	Mental Health counseling and case management.
YMCA Youth and Family Services	https://www.ymcasd.org/behavioral-and-mental-health-services/contact-counseling-services	Child / adolescent and family therapy, as well as school based counseling. Low cost/Sliding scale and Victims of Crime approved.
Casa de Kids Residential Services	760.566.3573 https://www.casadeamparo.org/programs/residential-services/	Casa Kids, prenatal through 18 years old, who have been traumatized by severe child abuse or neglect, stay at the Casa Kids Campus, a safe and nurturing setting on 11.4 acres of land in San Marcos, California. Each Casa Kid receives comprehensive trauma-informed care tailored to their individual physical, social, emotional, developmental, and educational needs, while also ensuring they have as many healthy childhood experiences as possible.
Union of Pan Asian Communities (UPAC)	619.229.2999 https://www.upacsd.com/programs/ctc/	Individual, DV, depression, social isolation, PTSD, group, family, evals. Ethnic populations: API, Latinx, Middle Eastern, East African & Other. Languages: English, Vietnamese, Korean, Mandarin, Tagalog. Medi-Cal, and Medicare are approved.
Dr. Steven R. Tess, CP, Ph.D. 500 Fesler Street, Suite 205 El Cajon, CA. 92020	619.579.9346 https://www.healthcare6.com/physician/el-cajon-ca/steven-r-tess-1206417.html	Dr. Steven R. Tess, CP, PHD is a clinical Psychologist specialist in El Cajon, California with 40 years of diverse experience. Open 8:00 am - 5:00 pm, Monday-Friday.
Jennifer Tichard, MFT	619.961.5058 https://jenniferrickardmft.com/	Therapist in Central San Diego who does individual and family therapy for children, teens, and adults.
Sue Boyd, LCSW Personal Evolution Psychotherapy	619.787.6676 http://www.personalevolutionpsychotherapy.com/sue-boyd.html ✉ PEP@PEPSanDiego.com	Central San Diego-located. All therapists under the guidance of Sue Boyed are gender trained. PEP offers individual psychotherapy, group therapy, family therapy as well as DBT therapy.

VICTIMS OF CRIME – THERAPISTS

William Bradford Graff, MFCC 4215 Spring Street, Suite 123 La Mesa, CA. 91941	619.589.8971	Specialty: Child Molest, Domestic Violence, Homicide, Sexual Assault, PTSD. Accepts VCB.
Carter Gardner, Ph.D. 4700 Spring Street, Suite 204 La Mesa, CA. 91941	619.627.7701	Specialty: Self-Care, Trauma. Accepts VCB.

Resource	Contact Information	Additional Information
VICTIMS OF CRIME – THERAPISTS		
Catherine “Cate” Bennett, MFCC 5480 Baltimore Drive, Suite 201 La Mesa, CA. 91941	619.823.0204	Specialty: Domestic Violence, Physical Abuse, Sexual Abuse. Accepts VCB.
Eric Buckenmeyer, LCSW 4700 Spring Street, Suite 306 La Mesa, CA. 91941	619.507.1322	Specialty: Physical Abuse, Sexual Abuse, Neglect. Additional Languages: Spanish. Accepts VCB.
Lindsey Alper, LCSW 8318 University Avenue, Suite A La Mesa, CA. 91941	619.462.7744	Specialty: All Crime Types. Only taking adults. Accepts VCB.
Lisa Wyneken, LCSW 4700 Spring Street, Suite 204 La Mesa, CA. 91941	619.823.0204	Specialty: Trauma, Crisis Intervention. Accepts VCB.
Lorena Avitea, LCSW 8318 University Avenue, Suite A La Mesa, CA. 91941	619.884.8468	Specialty: Domestic Violence, Sexual Abuse, Physical Abuse / Neglect, Trauma. Additional Languages: Spanish. Accepts VCB.
Nubia Peña-Offerdahl, LCSW 7777 Alvarado Road, Suite 315 La Mesa, CA. 91941	619.818.4351	Specialty: Domestic Violence, Hit/Run, Sexual Assault, PTSD. Additional Languages: Spanish. Accepts VCB.
Sandra Doron, LCSW 5575 Lake Park Way Suite 100 La Mesa, CA. 91941	619.985.7545	All Crime Types. Additional Languages: Hebrew. Accepts VCB
Shirley Lanyi, Ph.D. 4700 Spring Street, Suite 204 La Mesa, CA. 91941	619.908.6445	Specialty: Domestic Violence, Physical Abuse, Sexual Abuse. Accepts VCB.
Aliya Fonseca, Ph.D., MFT 237 Avocado Avenue, Suite 105 El Cajon, CA. 92020	619.447.0910	Specialty: Child Molest, Domestic Violence, Sexual Assault/ Abuse, Trauma Additional. Languages: Spanish. Accepts VCB
Claudia Franzosi, MA, MFT 615 E. Lexington Avenue El Cajon, CA. 92020	619.246.6700	Specialty: All Crime Types. Additional Languages: Spanish, Italian. Accepts VCB.

Resource	Contact Information	Additional Information
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VICTIMS OF CRIME – THERAPISTS

Cynthia Jaregui, MFT 127 E. Lexington Avenue El Cajon, CA. 92020	619.261.6481	Specialty: Domestic Violence, Sexual Abuse, Child Molest, Assault Additional. Languages: Spanish. Accepts VCB.
Lynda Ariella, Ph.D 127 E. Lexington Avenue El Cajon, CA. 92020	619.550.9931	Specialty: Domestic Violence, Sexual Assault, PTSD. Accepts VCB.
Ruth Gillis, LMFT 127 E. Lexington Avenue El Cajon, CA. 92020	619.341.4737	Specialty: All Crime Types, Home Visit. Accepts VCB.
Samuel Bruno, MFT 140 W. Park Avenue, Suite 219 El Cajon, CA. 92020	619.593.6072	Specialty: PTSD, Trauma. Accepts VCB.
Vanessa Rodriguez, Psy.D. 127 E. Lexington Avenue El Cajon, CA. 92020	619.636.0909	Specialty: Domestic Violence, Stalking, Sexual Assault, Child Abuse, Hate Crimes, Assault, Law Enforcement Treatment. Accepts VCB.
Christiana Silva, Psy.D. 12064 Woodside Avenue, Suite 105 Lakeside, CA.. 92040	619.448.1216	Specialty: Child Abuse, Human Trafficking, Sexual Abuse, Trauma, Domestic Violence, Rape, Physical Abuse, PTSD Note: Human Trafficking not eligible for VCB accepted (free sessions). Accepts VCB.

LGBTQ+

San Diego LGBT Community Center 3909 Centre Street San Diego, CA. 92103	619.692.2077 x208 or x121 https://www.thecentersd.org	Up to eight appointments every 12 months, price of appointments scale to income.
24 Hour LGBTQ+ Crisis Hotline	Text ‘oSTEM’ to +1 313.662.8209 https://www.ostem.org/contact	Text based crisis hotline brings together experienced suicide interveners partnered with oSTEM to help keep you safe during times of acute mental health crises.
La Mesa Pediatrics 127 E. Lexington Avenue El Cajon, CA. 92020	619.464.6434 https://lamesapeds.com/	Rachel Gianfortune, MD. Gender trained pediatrician. Serves all youths up to age 21, can also be a primary care physician. Accepts most insurances.

Resource	Contact Information	Additional Information	
LGBTQ+			
Diana Bresiter-Ghosh Ph.D. 2275 Rio Bonito Way San Diego, CA. 92108	619.822.1667 https://plasticsurgeryforsandiego.com/	Plastic Surgery - Top Surgery. Has been working with the trans community for almost 2 years. Accepts most insurances. No age restrictions.	
Gil Kryger Ph.D. 947 East Thousand Oaks Boulevard Thousand Oaks, CA. 91360	805.242.5742 https://www.drkryger.com/	Plastic Surgery - Top Surgery. Has been working with the trans community for many years. Comes highly recommended. Accepts most insurances. No age restrictions.	
Manish Champaneria Ph.D. Scripps Hospital	858.554.995 https://drmanishchampaneria.com/?utm_source=google&utm_medium=localsearch&utm_campaign=gmb	Plastic Surgery - Top Surgery.	
Morti Rizvi Ph.D. 11645 Wilshire Boulevard Brentwood, CA. 90025	424.293.886 https://westempireplasticsurgery.com/our-team/	Has several years of experience. Comes highly recommended by Dr. Jo Olson-Kennedy. Takes all PPO, some HMO and some Medi-Cal.	
Scott Mosser Ph.D. 450 Sutter Street, Suite 1000 San Francisco, CA. 94108	415.398.7778 https://www.genderconfirmation.com/	Has been working with the trans community for almost 10 years. Accepts most insurances. No age restrictions.	
Jennifer Tichard, MFT 2729 4th Avenue, Suite 3 San Diego, CA. 92103	619.961.5058 https://jenniferrickardmft.com/	Gender Therapist in Central San Diego who does individual and family therapy for children, teens and adults.	
National Queer & Trans Therapists of Color Network	✉ info@nqttcn.com https://nqttcn.com/en/	Advancing healing justice by transforming mental health for queer and trans poc.	
National Center for Transgender Equality	202.642.4542 https://transequality.org/		
Trans/Gender Queer Patient Advocate Program	619.876.4462 https://www.fhcsd.org/transgender-health-services/	<ul style="list-style-type: none">• Case Management• Monitored Hormone Therapy• Support for Those At-Risk for HIV & STDs	<ul style="list-style-type: none">• Support for Transition-Related Issues• Transgender Patient Advocate Program• Informed Consent Model
Transgender Law Center	510.587.9696 https://transgenderlawcenter.org/	Transgender Law Center is the largest national trans-led organization advocating self-determination for all people. Grounded in legal expertise and committed to racial justice, we employ a variety of community-driven strategies to keep transgender and gender nonconforming people alive, thriving, and fighting for liberation.	
Family Health Centers of San Diego 823 Gateway Center Way San Diego, CA. 92102	619.255.7743 https://www.fhcsd.org/	Health Services including PrEP and PEP.	

Resource	Contact Information	Additional Information
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LGBTQ+

HIV Online Information Centers	https://www.helpstopthevirus.com/hiv-education https://www.cdc.gov/violenceprevention/pdf/ipv/ https://www.thewellproject.org/hiv-information/hiv-basics https://aidsinfo.nih.gov/understanding-hiv-aids https://www.futureswithoutviolence.org	Websites with information about HIV and IPV (Intimate Partner Violence).
UCSD Research Study	619.543.8080 https://www.prepstudy.org/	PrEP at no cost. Participants may receive cash and check compensations for study participation.

12 STEP RECOVERY PROGRAMS

Alcoholics Anonymous 7075 Mission Gorge Road, Suite B San Diego, CA. 92120	24/7 HOTLINE: 619.265.8762 https://www.aa.org/	Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. 9:00 am - 5:00 pm, Monday -Friday; Saturday 9:00 am - 1:00 pm.
Narcotics Anonymous	24/7 HOTLINE: 619.584.1007 https://www.sandiegona.org/	We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.
Al-Anon	24/7 HOTLINE: 619.296.2666 https://www.al-anon.org/	Helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Similarly, Alateen is our recovery program for young people. Alateen groups are sponsored by Al-Anon members.
Smart Recovery	440.951.5357 https://www.smartrecovery.org/	We offer self-empowering, non-12-step mutual help groups for addictive problems. These meetings are free and open to anyone.

ADDICTION PROGRAMS

Substance Use Disorder Services 2136 El Cajon Boulevard San Diego, CA. 92104	619.515.2586 https://www.fhcsd.org/substance-use-disorder-services	LGBTQ+ specialization.
ECS - Central East Regional Recovery Center 4660 El Cajon Boulevard San Diego, CA. 92115	619.597.7335 https://www.ecscalifornia.org/central-east-regional-recovery-center	Adult and Transition Age Youth (TAY) services.

Resource	Contact Information	Additional Information
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ADDICTION PROGRAMS

Substance Use Disorder Services 2136 El Cajon Boulevard San Diego, CA. 92104	619.515.2586 https://www.fhcsd.org/substance-use-disorder-services	LGBTQ+ specialization.
ECS - Central East Regional Recovery Center 4660 El Cajon Boulevard San Diego, CA. 92115	619.597.7335 https://www.ecscalifornia.org/central-east-regional-recovery-center	Adult and Transition Age Youth (TAY) services.
Union of Pan Asian Communities (UPAC) Outpatient Treatment Program 3288 El Cajon Boulevard San Diego, CA. 92104	619.521.5720 https://www.upacsd.com/	Providing the support and encouragement you need to find recovery. We offer outpatient alcohol and drug treatment and recovery programs, as well as services for gambling addiction.
Vista Hill - Bridges North Central Bridges North Central Regional Recovery Center 3148 Midway Drive, Suite 113 San Diego, CA. 92110	619.363.0853 https://www.vistahill.org/	Providing an array of mental / behavioral health, educational and social services in a fiscally responsible manner.
McAlister Institute for Treatment & Education (MITE) – East County Regional Recovery Center 1365 N Johnson Ave, Suite 1111 El Cajon, CA. 92020	619.440.4801 https://www.mcalisterinc.org/programs	Providing the support and encouragement you need to find recovery. We offer outpatient alcohol and drug treatment and recovery programs, as well as services for gambling addiction.

DOMESTIC VIOLENCE SERVICES

Palomar Health Forensic Health Services 15615 Pomerado Road Poway, CA. 92064	24/7 HOTLINE: 619.265.8762 https://www.palomarhealth.org/forensic-health-services/forensic-health-services-home	Confidential advocate, forensic nurse, emergency call made to law enforcement.
Chadwick Center at Rady Children’s	858.966.4011 https://www.chadwickcenter.org/ ✉ chadwickcenter@rchsd.org	<ul style="list-style-type: none">• Child abuse forensic exams.• Trauma counseling.
Restraining Order Clinic – El Cajon Court House 250 East Main Street El Cajon, CA. 92020	858.966.5803 https://www.chadwickcenter.org/	Domestic Violence and Elder Abuse Intake: Monday & Tuesday 8:30 am - 3:30 pm; Wednesday 8:30 am - 11:00 am.

Resource	Contact Information	Additional Information
DOMESTIC VIOLENCE SERVICES		
Center for Community Solutions	858.272.5777	
Carmen De Llano, Ph.D.	619.584.6299	Family/marital issues, Childhood trauma, Domestic Violence / Sexual Assault, Medi-Cal, sliding scale, private insurance. Languages: English / Spanish.
First Ave Counseling Centre	619.685.0041	Individual, family/couples counseling, Anger/DV groups, Sliding scale, Languages: English/Spanish, and Saturday appointments.
Logan Heights Family Counseling Center	619.515.2355	Individual, couples/family, Insurance, Medi-Cal (can help with enrollment), Medicare, sliding scale. Languages: English/Spanish. Saturday appointments available.
Patricia Deignan, LCSW	619.723.9244	Individual and family, Medi-Cal, Medicare, Tri-Care, and victim of crime fund.
Project SARAH	858.637.3210 24/7 HOTLINE: 888.724.7240	Individual, family therapy, Support groups, Couples, DV/SA, Appointment only ,Sliding scale, Medi-Care (very low fees if any).
Safe Solutions – Vanessa Rodriguez, MFT	619.401.4026	DV individual therapy, Support group, Appointment only, Medi-Cal, sliding scale, CWS approved.
License to Freedom 131 Avocado Avenue El Cajon, CA 92020	619.401.2800 Arabic/Kurdish Help Line: 616.813.7415 ✉ dikhwaz@licensetofreedom.org	Counseling for children, adults, couples/families, at office/home, DV perp groups, refugee/immigrant only, Free for low income, sliding scale. Languages: Arabic, Farsi, Kurdish.
SAY (Social Advocates for Youth)	858.565.4148	
Alexa’s PLAYC (Playful learning Academy for Young Children)	858.966.8555	Preschool for 18 months - 6 years with or at-risk for autism spectrum disorder.
Hannah’s House	858.300.2730	CPS approved visitation site, child / parent therapy, Languages: English / Spanish.
YMCA Childcare Resource Center	619.521.3055 https://www.childcaresandiego.com	Childcare info/referral of licensed providers, eligibility based on income.

Resource	Contact Information	Additional Information
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ADDITIONAL HEALTHCARE RESOURCES

Apple – Safety Feature iOS 16	https://www.apple.com/ios/ios-16-preview/	Apple announced a new Safety Check feature for iOS 16 aimed at people in abusive relationships. The feature lets users review and reset who has access to location information as well as passwords, messages, and other apps on an iPhone.
Mark Cuban – Cost Plus Drugs	https://www.costplusdrugs.com/medications/	Every American should have access to safe, affordable medicines. With or without insurance.
Planned Parenthood	858.300.2730	English; Spanish; Interpretation by telephone available for other languages. With or without insurance.
San Diego Mental Health Access & Crisis Hotline	24/7 HOTLINE: 888.724.7240	The Access and Crisis Line provides suicide and crisis intervention services for children, adults, and older adults; referrals and/or authorizations for mental health services for the Medi-Cal and uninsured populations; and general mental health information and referrals for the community of San Diego.
National Suicide Prevention Hotline	24/7 HOTLINE: 800.273.8255	No matter what problems you are dealing with, we want to help you find a reason to keep living. The Access and Crisis Line provides suicide and crisis intervention services for children, adults, and older adults; referrals and/or authorizations for mental health services for the Medi-Cal and uninsured populations.



CHILD SERVICES

CHILDCARE ASSISTANCE
PEDIATRICIANS
HEADSTART
CHILDCARE ACTIVITIES

Resource

Contact Information

Additional Information

CHILDCARE ASSISTANCE

SAY (Social Advocates for Youth)	858.565.4148	
Alexa’s PLAYC (Playful learning Academy for Young Children)	858.966.8555	Preschool for 18 months - 6 years with or at-risk for Austism Spectrum Disorder.
YMCA Childcare Resource Center	619.521.3055 https://www.childcaresandiego.com	Childcare info/referral of licensed providers, eligibility based on income.
The Chicano Federation 3180 University Avenue, Suite 110 San Diego, CA. 92104	619.285.5600 https://www.chicanofederation.org/	Home Based Program: weekly home visits for children 0-5 for parents to learn about their child’s learning and development. Infant and Toddler Program
Child Development Associates (CDA) 180 Otay Lakes Road, Suite 310 Bonita, CA. 91902	619.427.4411 https://www.cdasd.org/families/ap-program/	Anyone who has received cash aid in the last 12 months for free. Also provide low income childcare providor assistance.

DIAPERS

Sharia’s Closet 6244 El Cajon Boulevard, Suite 5 San Diego, CA. 92115	619.442.9491	Every Saturday from 8:00 am - 10:00 am. Call for diaper size availability. No appointment required, diapers provided to children under 4 years.
Good Shepherd Ministry Center/ Little Lambs Diaper Program 772 S. Johnson Avenue El Cajon, CA. 92020	619.442.9491	Every Saturday from 8:00 am - 10:00 am. Call for diaper size availability. No appointment required, diapers provided to children under 4 years.
San Diego Military Outreach Ministries 4426 Harbinson Avenue La Mesa, CA. 91942	619.461.4164 ✉ Office@SanDiegoMom.org	Sizes and quantities are limited to availability.
Journey Community Church 8363 Center Drive La Mesa, CA. 91942	619.464.4544	3rd Saturday of the month from 8:00 am - 10:00 am. No Appointment required.
Ministerio Tiempo Nuevo 8179 Broadway Lemon Grove, CA. 91945	619.765.9454	Monday - Friday, 8:00 am - 11:45 am.
Salvation Army East County 1011 East Main St. El Cajon, CA. 92021	619.593.1077	Monday 1:00 pm - 4:00 pm Wednesday: 2:30 pm - 4:00 pm Closed every 3 rd Wednesday. Friday: 1:00 pm - 6:00 pm <ul style="list-style-type: none">• Please provide IDs for adults & birth certificates or medical cards for all family members in the household for enrollment in our emergency food program. Provided once a month.• Diapers are provided for all children under the age of 3 years old, once a month.

Resource	Contact Information	Additional Information
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PARENT EDUCATION CLASSES

SAY (Social Advocates for Youth)	858.565.4148	
Alexa’s PLAYC (Playful learning Academy for Young Children)	858.966.8555	Preschool for 18 months - 6 years with or at-risk for autism spectrum disorder.
YMCA Childcare Resource Center	619.521.3055 https://www.childcaresandiego.com	Childcare info/referral of licensed providers, eligibility based on income.
The Chicano Federation 3180 University Avenue, Suite 110 San Diego, CA. 92104	619.285.5600 https://www.chicanofederation.org/	Home Based Program: weekly home visits for children ages 0-5 for parents to learn about their child’s learning and development. Infant and Toddler Program
Child Development Associates (CDA) 180 Otay Lakes Road, Suite 310 Bonita, CA. 91902	619.427.4411 https://www.cdasd.org/families/ap-program/	Anyone who has received cash aid in the last 12 months for free. Also provide low income childcare providor assistance.

PEDIATRICIANS

Rady Children’s Hospital San Diego 3020 Children’s Way San Diego, CA. 92123	800.788.9029 https://www.rchsd.org	
La Mesa Pediatrics 8881 Fletcher Parkway, Suite 200 La Mesa, CA. 91942	619.464.6434 https://lamesapeds.com/	Rachel Gianfortune, MD. Serves all youths up to age 21, can also be a primary care physician. Accepts most insurances.
Indian Health Council	800.322.6384 https://www.indianhealth.com/services	Continually nurture a balance of physical, mental, emotional, and spiritual well-being.

Resource	Contact Information	Additional Information
HEADSTART		
Neighborhood House Association 5660 Copley Drive San Diego, CA. 92111	858.715.2642 ✉ info@neighborhoodhouse.org https://www.neighborhoodhouse.org/nha-programs/head-start/	
San Diego County Centralized Eligibility List for Childcare 3601 Arey Drive San Diego, CA. 92154	800.521.0560 ✉ celmaster@childcaresandiego.com https://www.childcaresandiego.com/	Connecting families to agencies with subsidized child care assistance.
YMCA Childcare Referral	800.481.2151 ✉ myreferral@ymcasd.org https://www.ymcasd.org/childcare-resource-service	Child care info/referral of licensed providers, eligibility based on income.
Children’s Home Society of California 2650 Camino Del Rio North, Suite 104 San Diego, CA. 92108	619.293.3411 https://www.chs-ca.org/	CHS San Diego offers the Family Child Care Home Education Network (FCCHEN) to eligible families throughout San Diego County.
AKA Head Start Program 620 West Madison Avenue El Cajon, CA. 92020	619.270.7009 https://www.akaheadstart.org/	Call to get on waiting list. Ask for family service technician.
Cajon Valley Union School District 750 E. Main Street El Cajon, CA. 92020	619.588.3000 https://www.cajonvalley.net/	<ul style="list-style-type: none">• The Cajon Valley Union School District (CVUSD) has a long history of providing developmentally appropriate and academically rich preschool services to children and families. The district has operated state funded preschools (SFPP), special education preschools/Early Start programs and other early childhood programs for over 20 years with the goal of providing young children with experiences needed to become successful learners in kindergarten and support parents in their efforts to get children ready for school.• Currently offers free and fee-based preschool programs for families who meet income or other eligibility criteria. These include JumpStart!, State Funded Preschool and Special Education preschool programs.
Jumpstart 740 E. Main Street El Cajon, CA. 92022	619.590.2789 https://www.cajonvalley.net/Page/138	Office Hours: Monday - Friday 7:30 am - 4:00 pm.
California State Funded Preschool Program 750 East Main Street El Cajon, CA. 92019	619.588.3142 https://www.ccrcca.org/headstart/programs/california-state-preschool-program-ages-3-5/	Office Hours: Monday - Friday 8:00 am - 3:15 pm.

Resource	Contact Information	Additional Information
CHILDCARE ACTIVITIES		
Museum Pass	https://museums4all.org/about/	For CalWORKs Students.
National Park Pass 3601 Arey Drive San Diego, CA. 92154	https://www.parks.ca.gov/	Connecting families to agencies with subsidized child care assistance.
Learning Resources for Kids Home from School	https://www.kiro7.com/new/trending/coronavirus	
Bedtime Stories Streaming Series	https://www.facebook.com/groups/242434062962431/?fref=mentions	Every Sunday at 8:00pm hear a princess read a bedtime story. Free to use. To gain access simply request to join the group- The Storybook Character Company VIP Group- Specials, and events. Available on Sundays.
PBS	https://www.pbs.org/about/about-pbs/blogs/news/pbs-responds-to-coronavirus-pandemic-with-programming-and-online-content-to-keep-americans-informed-and-support-families-and-educators/	Programming and Online Content to Keep Americans Informed and Support Families and Educator
Activities for Children and Adolescents	https://www.nctsn.org/resources/simple-activities-children-and-adolescents	Offers activity ideas to parents and caregivers whose families are sheltering in place, social distancing, and homeschooling due to school closures amidst the COVID-19 outbreak.
MISCELLANEOUS		
Pronto Pass – MTS Transit	https://www.sdmts.com/fares/youth-opportunity-pass-program#:~:text=%20Starting%20May%20%20%2C%202022%2C%20all,%20or%20a%20Youth%20PRONTO%20card	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.
Summer Lunch Program Cajon Valley School District	619.588.3111 https://www.cajonvalley.net	Continue to visit online for updates on family services and support.
Salvation Army East County 1011 East Main Street El Cajon, CA. 92021	619.440.4683 x 207 https://elcajon.salvationarmy.org/	Summer Camps for children available.



YOUTH SERVICES

TEEN SHELTERS

FOSTOR YOUTH SERVICES

TEEN TREATMENT CENTERS

- IN-PATIENT AND OUT-PATIENT
TRANSPORTATION

Resource	Contact Information	Additional Information
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TEEN SHELTERS

The Princess Project	https://www.princessproject.org/	Provides free prom dresses and accessories to high school teens.
Somali Family Services 5348 University Avenue, Suite 203 San Diego, CA. 92106	619.265.5821 x 206 http://www.somalifamilyservice.org/	A community-based social service organization that provides culturally and linguistically appropriate programs and services to refugee and immigrant communities of San Diego.
San Diego Youth Services-Teen Shelters & Resources	24/7 HOTLINES: 866.752-2327 or 619.325.3527 https://www.sdyouthservices.org/	Providing a safe places to live and long-term solutions through shelter, foster homes, community centers and housing.
The Youth Emergency Shelter and Night Shelter 3255 Wing Street San Diego, CA. 92110	619.241.0608 https://www.sdyouthservices.org/services/homeless-housing-and-support/	<ul style="list-style-type: none">• San Diego’s only emergency shelter program for homeless, runaway, and “street” youth. Youth can access the shelter with or without referral and will be assured a safe place to stay until their lives have been stabilized with the help of professional and caring staff and volunteers.• Comprehensive Youth Emergency Shelter services are available daily and include food, clothing, showers, laundry facilities, education, recreation, independent living skills and job training, counseling, and case management.• This program provides street kids with a safe place with supervision and support from Monday - Friday, 8:00 am - 6:00 pm. <p>Night Shelter: The Youth Emergency Night Shelter is a 20-bed emergency shelter--the only one in San Diego specifically designed for homeless and runaway youth. The goal of the Youth Emergency Shelter is to stabilize the lives of vulnerable youth.</p>

FOSTOR YOUTH SERVICES

Just in Time	760.505.6647 https://www.jitfosteryouth.org/ ✉ youthservices@jitfosteryouth.org	JIT’s mission is to engage a caring community to help transition age foster youth achieve self-sufficiency and well-being.
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Resource	Contact Information	Additional Information
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TEEN TREATMENT CENTERS – INPATIENT AND OUTPATIENT

McAlister institute – Out-Patient Center East Teen Recovery Center (ETRC) 550 Fesler Street, Suite G1 El Cajon, CA. 92020	619.588.5361	McAlister Institute Teen Recovery Centers (TRCs) provide substance abuse treatment, recovery, and education for adolescents who are using, misusing, or abusing alcohol and/or other drugs. Each program accommodates teens’ school schedules, offering after-school treatment, individual and group counseling, and structured recovery activities to help teens develop the tools they need to stay alcohol- and drug-free. Programs are conveniently located for easy access and now offer locations at schools throughout the County.
McAlister Center - In-Patient Center Adolescent Group Homes 550 Fesler Street, Suite G1 El Cajon, CA. 92020	619.442.0277 x 2202	McAlister Institute offers two gender-specific homes where substance abusing teens can seek up to 30 days of residential treatment. While in the program, adolescents participate in assessments, individual counseling, structured recovery activities, group education, and self-help groups.

TRANSPORTATION

Pronto Pass – MTS Transit	https://www.sdmts.com/fares/youth-opportunity-pass-program#:~:text=Starting%20May%20%20I%20%2C%202022%2C%20all,%20or%20a%20Youth%20PRONT0%20card	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.
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ELDER CARE

ELDERLY SERVICES
TRANSPORTATION
ADDITIONAL RESOURCES

Resource	Contact Information	Additional Information
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ELDERLY SERVICES

Aging and Independence Health and Human Services Agency 1600 Pacific Highway San Diego, CA. 92101	800.339.4661 https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Services/In-Home-Supportive-Services.html	Offering assistance, information, and referrals to older adults, those with disabilities, and their family members. Our services and programs help people stay safe, healthy, and as independent as possible.
In-Home Supportive Services Health and Human Services Agency 1600 Pacific Highway San Diego, CA. 92101	800.339.4661 https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Services/In-Home-Supportive-Services.html	This program can provide homemaker and personal care assistance to eligible individuals who are receiving Supplemental Security Income or who have a low income and need help in the home to remain independent.
Families and Caregivers Health and Human Services Agency 1600 Pacific Highway San Diego, CA. 92101	800.339.4661 https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Families-Caregivers/Family-Caregiver-Support-Program.html	Programs that are specifically to support families and caregivers: Family Caregiver Support Program, Caregiver Coalition, Dementia Care and Support, and Respite care.
Home and Community Services California Department of Aging	800.677.1116 • https://www.aging.ca.gov/Programs_and_Services/ • https://www.aging.ca.gov/Programs_and_Services/Home_and_Community_Services/	Programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State. These services are provided locally by the Area Agencies on Aging (AAA), Medi-Cal Community Based Adult Services (CBAS) centers, or other contracted agencies. They are available to provide: Caregiver assistance and help at home, Adult Day Health Care / Adult Day Care / Respite care, Transportation, and Legal assistance.
Meals and Senior Dining California Department of Aging	800.339.4661 https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Older-Adults/Meals-Senior-Dining.html	The County's Aging & Independence Services (AIS) department (with funding from the Older Americans Act) contracts with several nutrition centers to provide hot, nutritious lunches during the week, for adults age 60 and older.
Report Elderly Abuse California Department of Aging	800.339.4661 https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Families-Caregivers.html	Programs that are specifically to support families and caregivers: Family Caregiver Support Program, Caregiver Coalition, Dementia Care and Support, and Respite care.
Porchlight Community Services 8888 Clairemont Mesa Boulevard San Diego, CA. 92123	858.737.4320 https://www.porchlightcommunity.org/foodshare/	Food pantry pick up. Helping the working families bridge the gap. We welcome everyone regardless of income or location; especially single moms, senior citizens, foster homes, and the unemployed who need nourishment for their families.
Jewish Family Service – Meal Delivery for Seniors 60+ 6299 Capri Drive San Diego, CA. 92120	858.637.3230 https://www.jfssd.org/our-services/food-meals/home-delivered-meals-foodmobile/	Meal service information (pick up times, zip codes serviced, etc.). Call for more information.

Resource	Contact Information	Additional Information
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ELDERLY SERVICES

Meals on Wheels 2254 San Diego Avenue, Suite 200, San Diego, CA. 92110	619.260.6110 https://www.meals-on-wheels.org/	Meal Delivery, supporting the independence and well being of seniors. Offering the choice of one or two nutritious meals for seven days a week, including holidays. Deliveries are made by caring volunteers between 10:45 am - 1:30 pm. Sunday meals are delivered on Saturday.
Aging Care Services Jewish Family Services 6299 Capri Drive San Diego, CA. 92120	858.637.3210 https://www.jfssd.org/our-services/older-adults/aging-care-services/	Personalized Support for Individuals, Families, and Care Partners.
Congregate Dining Jewish Family Services 6299 Capri Drive San Diego, CA. 92120	858.637.3230 https://www.jfssd.org/our-services/older-adults/-congregate-dining/	Call 24 hours in advance. Free hot lunch. Offering in-person congregate dining throughout San Diego for adults aged 60 years and older. For the safety of our guests, staff, and volunteers, face masks and physical distancing may be required. All lunches are served Kosher Style.
Friendly Match Program Jewish Family Services 6299 Capri Drive San Diego, CA. 92120	858.637.3210 https://www.jfssd.org/our-services/older-adults/-jfs-friendly-match/	Friendly Match Program matches older adults with caring volunteers who offer companionship and a steady connection to the community through weekly in-home visits.
Fix-it-Service Jewish Family Services 6299 Capri Drive San Diego, CA. 92120	858.637.3210 https://www.jfssd.org/our-services/older-adults/home-safety-modification/	Home and Safety Modifications. This program fixes things up around the house, to help you lead a safe and independent life at home.
On The Go Jewish Family Services 6299 Capri Drive San Diego, CA. 92120	858.637.7320 https://www.jfssd.org/our-services/older-adults/on-the-go-transportation-solutions-for-older-adults/	Call to request a ride. This program provides transportation services to older adults.
Serving Our Survivors (SOS) Jewish Family Services 6299 Capri Drive San Diego, CA. 92120	858.637.3018 https://www.jfssd.org/center-for-jewish-care/jewish-community-services/serving-older-holocaust-survivors-sos/	Serving Our Survivors (SOS) offers comprehensive support services to help Holocaust Survivors maintain their health, independence, and connection to the community throughout San Diego and Orange County. We understand the complex challenges of aging, which often are magnified for survivors dealing with trauma and loss
Social and Wellness Centers Jewish Family Services 8788 Balboa Avenue San Diego, CA. 92123	858.637.3210 ZOOM: 858.637.3270 https://www.jfssd.org/our-services/older-adults/social-wellness-centers/	Join this friendly group for lunch and a full menu of activities focused on nurturing the wellbeing of those living with early-stage Alzheimer’s and related forms of Mild Cognitive Impairment (MCI).

Resource	Contact Information	Additional Information
TRANSPORTATION		
Friends in Service to Humanity (FISH) 5940 Kelton Avenue La Mesa, CA. 91942	619.390.0399	Free Ground transportation. Must call 3 - 4 days before needing ride to assure transportation is available. Only service East County Residents. Call Monday - Sunday 7:00 am - 7:00 pm to schedule a ride or for more information.
Metropolitan Transit System Access 800 Sesler Avenue El Cajon, CA. 92113	888.517.9627	Ground transportation. Must be ADA (American Disability Act) Certified in order to ride for \$4.50 round trip. Call 2 days in advance Monday - Sunday 8:00 am - 5:00 pm to confirm ride or for details about services.
ADDITIONAL RESOURCES		
Indigent Burial Services Funeral Costs 1600 Pacific Highway, Suite 206 San Diego, CA. 92101	858.694.3500 https://searh.kinshipcareca.org/v2-detail/?idServiceAtLocation=211sandieg-aj4100001rbd3AAA&location=&user=	Pays for the disposition of bodies of deceased County residents whose estate cannot provide for a burial. Must have no estate from which to pay the cost of a funeral, have no family who can afford providing the service and is not eligible for burial assistance from the Social Security Administrative or Veterans Administration. Monday - Friday 8:00 am - 5:00 pm.
Elder Law and Advocacy 5151 Murphy Canyon Road, Suite 110 San Diego, CA. 92123	858.565.1392 http://www.seniorlaw-sd.org/about/	A caring group of experienced elder law staff and trained volunteers who serve over 8,000 seniors annually in both San Diego and Imperial Counties. We provide free and low-cost civil legal services, Medicare and Medicare related counseling and advocacy, referrals to community senior service providers and community education.





DISABILITY SERVICES

DISABILITY ASSISTANCE
ADDITIONAL RESOURCES

Resource	Contact Information	Additional Information
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DISABILITY ASSISTANCE

Persons Living with Disabilities Health and Human Services Agency 1600 Pacific Highway San Diego, CA. 92101	800.339.4661 https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Persons-Living-with-Disabilities.html	The AIS call center is a gateway for up-to-date information about resources and assistance for older adults, people with disabilities, and their family members. Answering the phones are specialists trained and authorized to assess your needs and help you find the right services.
California Relay Services 1600 Pacific Highway San Diego, CA. 92101	Hearing Person to call Deaf Person: 800.735.2922 Deaf Person to call Hearing Person: 800.735.2929 Spanish-to-Spanish: 800.854.7784 https://www.ddtp.cpuc.ca.gov/defaultl.aspx?id=1482	If you have limitations hearing or speaking a specially-trained Communications Assistant (CA) can relay telephone conversations for all your calls.
Deaf Community Services 1545 Hotel Circle Drive South, Suite 300 San Diego, CA. 92108	619.398.2441 x 100 619.550.3436 https://www.deafcommunityservices.org/  info@dcsofsd.org	Available for Mental health services. As well as, communication devices for persons who are deaf/hard of hearing: smoke detectors, house alarms, alarm clocks, baby signalers that flash or vibrate, machines that decode phone messages, ADA kits, captioned videos, sign language books/videos, books on deaf culture, and pagers.
San Diego Center for the Blind 5922 El Cajon Boulevard San Diego, CA. 92115	619.583.1542 https://www.sdcdb.org/ https://www.sdcdb.org/counseling-and-support-groups https://www.sdcdb.org/rehabilitation-training https://www.sdcdb.org/education-outreach-advocacy https://www.sdcdb.org/education-outreach-advocacy	The mission of the San Diego Center for the Blind (SDCB) is to help any adult with blindness or vision impairment to reach their highest level of independence. We assist individuals with vision loss to overcome challenges by focusing on capabilities, emphasizing personal strengths, encouraging participation in family life and community activities, and by providing quality comprehensive vision rehabilitation services, which includes: Adjustment to vision loss counseling, Training and skill development, Community education, and Outreach programs
Library Services for Disabled 330 Park Boulevard San Diego, CA. 92101	619.236.5815 619.233.4361 https://www.sandiego.gov/public-library/central-library/i-can-center  mwnye@sandiego.gov	I CAN Center at Central library offers: <ul style="list-style-type: none">• Large print books / magazines• Braille and Braille / Print books• Resource guides• Catalogs from companies offering assistive devices.• Magazines and newsletters fro, technology devices and computers with assistive technology.• Can help arrange help with research for those needing physical assistance.• Home delivery of materials from any branch may be provided, with restrictions, for homebound persons.

ADDITIONAL RESOURCES

Disability Rights Advocates	800.776.5746 https://www.disabilityrightsca.org/	The agency designated under federal law to protect and advocate for the rights of Californians with disabilities. Working in litigation, legal representation, advocacy services, investigations, public policy, and provide information, advice, referral, and community outreach. Services for education, employment, emergency planning, health care, access to public/private facilities & services, technology, telecommunications, transportatio, and veteran benefits.
Therapeutic Recreation Services (TRS) 3901 Landis Street San Diego, CA. 92105	619.525.8247 https://www.sandiego.gov/park-and-recreation/activities/trs	TRS provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists (CTRS) work with participants on social and recreational skill development, leisure education, appropriate behavior, and recreation participation in inclusive environments.



INDIGENOUS SERVICES

INDIGENOUS ASSISTANCE
ADDITIONAL RESOURCES

Resource

Contact Information

Additional Information

INDIGENOUS ASSISTANCE

Affordable Connectivity Program
Online Source

877.384.2575
<https://www.affordableconnectivity.gov/do-i-qualify/enhanced-tribal-benefit/>

Offering help with utilities. The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low-income households pay for broadband service and internet connected devices. You qualify for the Enhanced Tribal Benefit if: your household is located on qualifying Tribal lands, your household income is at or below 200% of the federal poverty guidelines, or any member of your household: Participates in the Lifeline program, participates in the Supplemental Nutrition Assistance Program (SNAP), Medicaid, Supplemental Security Income, Federal Public Housing Assistance, Veterans and Survivors Pension Benefit, or Participates in one of several Tribal specific programs.

Indian Health Council
50100 Golsh Road
Valley Center, CA. 92082

760.751.6019
<https://www.indianhealth.com/services>

Continually nurture a balance of physical, mental, emotional, and spiritual well-being.

San Diego American Indian
Health Center
2630 1st Avenue
San Diego, CA. 92103

619.234.2158
<https://www.sdaihc.org/>

Medical Behavioural and Dental Care.

Southern California American
Indian Resource Center
239 E. Main Street
El Cajon, CA. 92020

888.217.2247
<https://www.scairinc.org/>

Provide career, educational, cultural, mental health and supportive services to Native Americans, Alaska Natives, Hawaiian Natives and their families, throughout San Diego County.

California Indian Legal Services

800.743.8941
<https://www.calindian.org/>

CILS is one of the oldest not-for-profit law firms in the country that is devoted exclusively to the cause of Native American rights in California. Governed by a Board of Trustees and endorsed by California tribes and tribal organizations, CILS has provided free and low-cost legal services to California tribes, tribal organizations, and Native American individuals throughout the State since 1967.

Southern California Tribal
Chairman’s Association

<https://www.sctca.net/>
<https://www.sctca.net/tribal-tanf/>
<https://www.sctca.net/food-distribution/>
<https://www.sctca.net/rincon-community-child-development-center/>
<https://www.sctca.net/nativehire/>
<https://sctca.net/southern-california-tribal-digital-village/>

The Southern California Tribal Chairmen’s Association (SCTCA) The primary mission of SCTCA is to serve the health, welfare, safety, education, cultural, economic and employment needs of its tribal members and descendants in the San Diego County urban areas. A board of directors comprised of tribal chairpersons from each of its members Tribes govern SCTCA. SCTCA coordinates and administers numerous grant programs for its members and the southern California Indian community, including:

- Tribal Temporary Assistance to Needy Families (TANF) Tribal TANF
- Pandemic Emergency Assistance Funding
- Food Distribution
- Rincon Community Child Development Center
- Adult Vocational Training and Career Development Center
- Southern California Tribal Digital Village

Resource	Contact Information	Additional Information
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INDIGENOUS ASSISTANCE

San Diego County Member Tribes
Online Source

<https://www.sctca.net/member-tribes/>

Southern California Bureau of
Indian Affairs
1451 Research Park Drive, Suite 100
Riverside, CA. 92507


951.276.6624 x 222
<https://www.bia.gov/regional-offices/pacific/southern-california-agency>
✉ javin.moore@bia.gov

The Southern California Agency is the primary operating level that provides and coordinates the delivery of Bureau of Indian Affairs programs services within a 4 county area of Southern California. The Agency provides services in the following programs: Real Estate Services, Natural Resources/Agriculture, Forestry/Wildland Fire Management, Environmental, Transportation, Housing, Self-Determination, and Tribal Operations.

Southern Indian Health Council
4058 Willows Road
Alpine, CA. 91901

619.445.1188 x 1
<https://www.sihc.org/>

A Native American organization committed to protecting and improving the physical, mental, and spiritual health of our American Indian community. Providing a comprehensive range of wellness, professional health care, dental, and social services.

A photograph of two women, one wearing a white headscarf and the other in a light pink shirt, both smiling and looking down at papers on a table. A large red diagonal graphic is on the left side of the image.

IMMIGRANT / REFUGEE RESOURCES

IMMIGRANT / REFUGEE ASSISTANCE
ADDITIONAL RESOURCES

Resource

Contact Information

Additional Information

IMMIGRANT / REFUGEE ASSISTANCE		
Alliance for African Assistance	619.286.9052 https://www.alliance-for-africa.org/	Serving refugees, immigrants, and the most vulnerable among us to become self-sufficient, productive members of the community.
Catholic Charities 4575-A Mission Gorge Place San Diego, CA. 92120	619.286.9052 Refugee Services: https://ccdsd.org/refugee-services/ 619.287.1270 Immigrant Services https://ccdsd.org/immigrant-services/ Languages for Both: Arabic, Spanish, Russian, Tagalog & Ukrainian	Facilitating an effective and memorable transition experience for refugees through an integrated provision of services: Resettlement, Employment, Acculturation, Case Management, and Health.
Center for Social Advocacy 327 Van Houten Avenue El Cajon, CA. 92020	619.444.5700 https://www.c4sa.org/	Help with tenant rights and discrimination based on immigration status. First time home buying counseling and advice.
Chaldean-Middle Eastern Social Services 436 South Magnolia Avenue El Cajon, CA. 92020	619.401.7410 http://www.syhc.org/cmss-medical-services/	9:00 am - 5:00 pm, Monday-Friday.
The Chicano Federation 3180 University Avenue, Suite 110 San Diego, CA. 92104	619.285.5600 https://www.chicanofederation.org/	Home Based Program: weekly home visits for children 0-5 for parents to learn about their child’s learning and development. Infant and Toddler Program
Episcopal Refugee Network 4265 Fairmount Avenue, Suite 130 San Diego, CA. 92105	619.283.1337 https://www.refugee-net.org	9:00 am - 5:00 pm, Monday-Friday.
Haitian Bridge Alliance 3180 University Avenue, Suite 110 San Diego, CA. 92104	619.228.9908 https://www.facebook.com/haitianbridge/  info@haitianbridge.org	We are a collective of organizations & community activists who have come together to help build a solid infrastructure for a Haitian community and assist all Black Immigrants.
Horn Of Africa 5296 University Avenue, Suite F San Diego, CA. 92105	619.583.0532 http://www.hornafrica.org	Refugee services. For online contact, fill out the website contact form.
International Rescue Committee (IRC) 5348 University Avenue, Suite 205 San Diego, CA. 92105	619.641.7510 https://www.rescue.org/united-states/san-diego-ca	Provides opportunities for refugees, asylees, victims of human trafficking, survivors of torture.

Resource

Contact Information

Additional Information

IMMIGRANT / REFUGEE ASSISTANCE

Islamic Speakers Bureau P.O. Box 12551 La Jolla, CA. 92039	858.752.8788 https://www.isbsandiego.com	Islamic language services.
Immigration Center for Women & Children 427 C Street, Suite 208 San Diego, CA. 92101	619.515.2200 https://www.icwclaw.org/	The Immigration Center for Women and Children (ICWC) is a non-profit legal organization providing free and affordable immigration services to underrepresented immigrants in California and Nevada.
Respite Shelter Services Jewish Family Center P.O. Box 12551 La Jolla, CA. 92039	858.752.8788 https://www.jfssd.org/our-services/refugees-immigration/ https://www.jfssd.org/help-asylum-seekers-from-around-the-world/ https://www.jfssd.org/support-afghan-refugees/ https://www.jfssd.org/our-services/refugees-immigration/daca/ https://www.jfssd.org/our-services/refugees-immigration/higher-education-legal-services/ https://www.jfssd.org/our-services/refugees-immigration/immigration/ https://www.jfssd.org/our-services/refugees-immigration/refugee/ https://www.jfssd.org/our-services/refugees-immigration/shelter-services/	<p>A welcoming place for those in search of a safer life free from violence and persecution. Your support makes our vital humanitarian response possible—empowering refugees to rebuild their lives and welcoming immigrants with compassion. The Jewish Family Center Refugee/Immigrant Assistance:</p> <ul style="list-style-type: none">• Helping Asylum Seekers• Supporting Afghan Refugees• Deferred Action for Childhood Arrivals (DACA)• Higher Education Legal Services• Immigrant Legal Services• Refugee Resettlement• SDRNN Migrant Shelter Services

ADDITIONAL RESOURCES

License to Freedom 131 Avocado Avenue El Cajon, CA. 92020	619.813.7415 https://www.licensetofreedom.org/ http://www.elcajonresources.org	Advocacy for refugee and immigrant survivors of domestic and relationship abuse.
Mexican Consulate	https://www.gob.mx/sre	Making Mexico a country with a constructive presence in the world, through a responsible and active foreign policy that promotes the fulfillment of the National Goals from a strengthened and innovative institution.
San Diego East County Resources	https://www.ecassist.org/	Shelters, Public Assistance, Resources, Health Care Services, and Veteran Services.
San Diego Office of Immigrant and Refugee Affairs	619.338.2799 https://www.sandiegocounty.gov	Advancing equity and opportunities for immigrant and refugee communities by removing barriers to help them integrate into society and thrive.

ResourceContact InformationAdditional Information

ADDITIONAL RESOURCES

Somali Family Services 5348 University Avenue, Suite 203 San Diego, CA. 92106	619.265.5821 x206 http://www.somalifamilyservice.org/	SFS is a community-based social service organization that provides culturally and linguistically appropriate programs and services to refugee and immigrant communities of San Diego.
Southern Sudanese Community of San Diego 4077 Fairmount Avenue San Diego, CA. 92105	619.788.6511 http://www.sscsd.org	Assist Sudanese refugees in their resettlement through education, social, economic, and cultural support. For online contact, fill out the website contact form.
Survivors of Torture International PO Box 151240 San Diego, CA. 92175	619.278.2400 https://www.notorture.org/	Help for torture survivors' mental health counseling and case management. Referral link at top of web page, click "Refer a Client".
Computer Classes in Arabic El Cajon Library 201 E. Douglas El Cajon, CA. 92020	619.588.3718 https://www.sdcl.org/locations/13/?_ga=2.123479500.632383983.1652722729-1185648714.1652722729	



VETERANS SERVICES

VETERANS ASSISTANCE
ADDITIONAL RESOURCES

ResourceContact InformationAdditional Information

VETERANS ASSISTANCE

Armed Services YMCA San Diego 3293 Santo Road San Diego, CA. 92124	858.751.5755 https://www.asymca.org/sandiego	Enhancing the lives of military members and their families in spirit mind and body through programs relevant to the unique challenges of military life.
CalVet Online Source	800.952.5626 https://www.calvet.ca.gov/home https://www.calvet.ca.gov/VetServices/Pages/CA-Community-Colleges.aspx	A college education has become an absolute necessity for veterans returning to civilian life, and community colleges provide the majority of this education, as most veterans are ineligible for direct admission to the University of California or the California State University systems.
Homes For Our troops 3293 Santo Road San Diego, CA. 92124	866.787.6677 https://www.hfotusa.org/help/?_Intake@hfotusa.org	Homes For Our Troops (HFOT) builds specially adapted custom homes for severely injured post-9/11 Veterans so they may live in a safe and barrier-free environment.
Rapid Response Referral Program	855.917.2743 https://www.findhelp.org/iraq-and-afghanistan-veterans-of-america	Rapid Response Referral Program (RRRP) is IAVA’s one-on-one care management and referral service program for returning veterans and their families facing transition-related challenges or have questions. We can get you connected to the quality resources you need to get back on your feet and meet your goals.
Stand Downs	https://www.va.gov/homeless/events.asp	1-3 day events providing supplies and services to homeless veterans with items such as food, shelter, clothing, health screening, and VA Social Security, benefits counseling. New events added regularly.

ADDITIONAL RESOURCES

National Homeless Veteran Call Center	877.424.3838 https://www.hud.gov/sites/documents/doc_9178.PDF	
National Veterans Foundation (NVF)	888.777.4443 https://www.nvf.org/veteran-resources/	
U.S. Department of Veterans Affairs	https://www.va.gov/about_va/state-dva-offices.asp	
Veteran Crisis Line	800.273.8255	
Grossmont Veterans Services Student Service & Administration Building 10	619.644.7165 https://www.grossmont.edu/student-support/veterans-services/veterans-resource-center.php	Providing a central entry point for Active Duty, Reserve service members, Veterans and their families as they transition from the military to Grossmont College. Staffed by our program specialist and counselors the overall goal is to deliver tangible tools and services.



UTILITIES

UTILITY ASSISTANCE

Resource	Contact Information	Additional Information
VETERANS ASSISTANCE		
Affordable Connectivity Program	https://www.affordableconnectivity.gov/	The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low income households pay for broadband service and internet connected devices.
Alliance for African Assistance Utility Advocacy Department	619.286.9052 x 241 https://www.alliance-for-africa.org	Through the TEAM and CHANGES programs funded by the California Public Utilities Commission, the Alliance for African Assistance aims to help anyone with any problems regarding their Gas, Electric or Telecommunications company. They have assisted many people with issues ranging from finding discount and emergency assistance programs, Lifeline application, Lifeline denial, wrongful termination, early termination fees, late payment fees, equipment damaged or faulty, and many other unwarranted charges. If you have any of the above problems feel free to contact the Utility Advocacy Department at the Alliance for African Assistance and we will help you as soon as possible.
California Public Utilities Commission Bill Assistance	https://www.cpuc.ca.gov/consumersupport/late-bill-assistance	Utility Bill Explanation, Pay-off Assistance, and Service Restart.
AT&T Bundle Packages	https://www.allconnect.com/providers/att/bundles	Information on Packages available for Low-Cost internet, television and phones.
Campesinos Unidos Inc. (CUI) 885 Gateway Center Way, Suite 103 San Diego, CA. 92102	619.391.9790 http://www.campesinosunidos.org	Continue calling until you get through schedule get an appointment for bill payment credit. The Low Income Home Energy Assistance Program (LIHEAP) is a federally funded program that assists low-income households with utility assistance programs and weatherization services designed to reduce heating and cooling costs and improve the energy efficiency of a home, while safeguarding the health and safety of the household. These are one-time assistance payment programs.
MACC Project 1703 Hoover Avenue, Suite B National City, CA. 91950	619.409.1697 https://maacproject.org/main/impact/healthy-homes-health-services/energy-assistance/	If your service has been shut off, continue calling until you get through schedule get an appointment for bill payment credit.
SDGE Care Program 104 N. Johnson Avenue El Cajon, CA. 92020	800.411.7343 https://www.sdge.com/residential/care-video	California Alternate Rates for Energy (CARE)-You will receive a 30% or more discount on your bill every month. Eligibility is based on your household size and yearly income or by your household participation in certain public assistance programs.



LEGAL

LEGAL SERVICES

Resource	Contact Information	Additional Information
LEGAL SERVICES		
Legal Aid Society of San Diego 110 South Euclid Avenue San Diego, CA. 92114	https://www.lasds.org/area/free-clinics#section-0	Free legal help for low-income people (limited to some legal matters). For online contact, fill out the website contact form. Assisting in Eviction. federal taxes, DV restraining order, civil harassment/elder abuse restraining order, Medi-Cal, calfresh, CalWORKs hearing, debt collection lawsuit, bankruptcy, name and gender marker change, deportation defense, and special education rights.
Victim Assistance Program San Diego County DA 110 South Euclid Avenue San Diego, CA. 92114	619.531.4041	Available for victims of any crime who have been emotionally, physically, or financially affected.
Victim of Crime Fund	https://www.victims.ca.gov/	Financial compensation
University of San Diego – School of Law 5998 Alcala Park, Barcelona Hall, Room 305 San Diego, CA. 92110	619.260.7470 https://www.sandiego.edu/law/free-legal-assistance/	All Legal Clinic students are supervised by a practicing attorney. Appointments for qualifying individuals to meet for an intake with a law student, on a space available basis. Walk-in clients NOT accommodated. 8:30 am - 5:00 pm, Monday-Friday.
YWCA of San Diego County 1012 C Street San Diego, CA. 92101	619.234.3164 https://www.ywcasandiego.org/help/services/	Legal matters include restraining orders, divorce, child custody/visitation, child and spousal support, and immigration services for domestic violence victims. Safe at Home enrollment.
Catholic Charities – Immigration Services 4575 B Mission Gorge Place San Diego, CA. 92120	619.287.1270 Languages: Arabic, Spanish, Russian, Tagalog & Ukrainian https://www.ccdsd.org/immigrant-services/	Foster family reunification, economic empowerment, political participation, and social integration by providing low-cost, high quality immigration services that enable eligible immigrants to obtain legal immigrant or citizenship status.
California Victim Compensation Board	800.777.9229 https://www.victims.ca.gov/for-victims/	Provides compensation after all available reimbursement and recovery sources are used, including medical insurance, disability insurance, employer benefits and civil suits.
District Attorney’s Office – Child Abduction Unit 4575 B Mission Gorge Place San Diego, CA. 92120	619.531.4345 https://www.sdcda.org/helping/child-abduction	

Resource	Contact Information	Additional Information
LEGAL SERVICES		
Elder Law and Advocacy 5151 Murphy Canyon Road, Suite 110 San Diego, CA. 92123	858.565.1392 http://www.seniorlaw-sd.org/about/	Providing free and low-cost civil legal services, Medicare and Medicare related counseling and advocacy, referrals to community senior service providers and community education. The majority of services are offered at no cost to qualifying seniors.
Immigration Center for Women & Children 427 C Street, Suite 208 San Diego, CA. 92101	619.515.2200 https://www.icwclaw.org/	The Immigration Center for Women and Children (ICWC) is a non-profit legal organization providing free and affordable immigration services to underrepresented immigrants in California and Nevada.
National Center for Transgender Equality	https://www.transequality.org/	
San Diego County Bar Association	800.464.1529 https://www.sdcba.org/?pg=FindLawyerFeeArbitration	Find a lawyer that is right for you.
San Diego County Sheriff	858.565.5200 https://www.sdsheriff.gov/resources/domestic-violence	If you are a victim of domestic violence, now is the time to start protecting yourself. Take the next step and make the phone call to law enforcement, advocacy, a friend or to a shelter.
Victim Assistance Program San Diego District Attorney’s Office	619.531.4041 https://www.sdcda.org/helping/victims/victim-services	The Victim Assistance Program offers comprehensive services to victims of all types of crimes. Victim Advocates assist victims from all walks of life and experiences, regardless of age, background, and/or immigration status. All services are free of charge.
Stalking Information Line	619.515.8900 https://www.sdcda.org/preventing/stalking/	If you are a stalking victim and want to report a crime or believe you are in immediate danger, please call your local police agency first and file a report.
Transgender Law Center P. O. Box 741803 Los Angeles, CA 90074	510.587.9696 https://www.transgenderlawcenter.org/	Transgender Law Center is the largest national trans-led organization advocating self-determination for all people. Grounded in legal expertise and committed to racial justice, we employ a variety of community-driven strategies to keep transgender and gender nonconforming people alive, thriving, and fighting for liberation.

Resource	Contact Information	Additional Information
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LEGAL SERVICES

Fresh Start Program - County Office of Public Defender 450 B Street, Suite 900 San Diego, CA. 92101	 fresh.start@sdcounty.ca.gov https://www.sandiegocounty.gov/content/sdc/public_defender/fresh_start.html	From reducing felony convictions to misdemeanors to dismissing/expunging your criminal record to getting Certificates of Rehabilitation, the County of San Diego Office of the Public Defender is pleased to help you with your Fresh Start.
San Diego Clean Slate Clinic 4389 Imperial Avenue San Diego, CA. 92113	https://www.sd-csc.org/home.html	A volunteer-driven, community-based organization that provides free post-conviction legal assistance to individuals who continue to be affected by the criminal justice system. Expungements/Dismissals, Early termination of Probation, Felony reduction, Misdemeanor, Prop 47 & 64.
Homeless Court 450 B Street San Diego, CA. 92101	619.717.6101 https://www.homelesscourtprogram.org/	Allows individuals experiencing homelessness to address certain types of active cases without having to appear in a formal courtroom. It removes the barriers that prevent many from addressing outstanding issues in regards to their criminal case such as failure to appear, unpaid fines and fees, etc.
Second Chance 6145 Imperial Avenue San Diego, CA. 92114	619.234.8888 https://www.secondchanceprogram.org/	Justice-involved adults and youth are given the life-saving resources needed to break the cycle of addiction, poverty and incarceration. Your investment is essential to helping individuals achieve sobriety, secure employment and create a better life.
Paving Great Futures 2307 Fenton Parkway San Diego, CA. 92108	619.717.6101 https://www.homelesscourtprogram.org/	Primarily working with Formerly Incarcerated people & Black & Brown communities. Focuses on business entrepreneurship, culinary program, cannabis education program, Case Management, employment opportunities, and more.



AUTOMOTIVE

AUTOMOTIVE RESOURCES

Resource	Contact Information	Additional Information
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AUTOMOTIVE RESOURCES

Discount Tire Stores	https://www.discounttire.com/store-locator?utm_sourceShapeShape=bing&utm_medium=cpc&ef_id=I7ee9fff3f7dI48fbIadd867ad7dlf6:G:s	Automotive experts say you can save money on gas if we maintain our tire pressure once per month. Discount Tire Stores will check anyone’s tire pressure. Just drive up into a stall and someone will check and put air in their tires for FREE.
Consumer Assistance Program Bureau of Automotive Repair 10949 North Mather Boulevard, Rancho Cordova, CA. 95670	https://www.bar.ca.gov/consumer/consumer-assistance-program	The Consumer Assistance Program’s (CAP) repair assistance option offers eligible consumers whose vehicles fail a biennial Smog Check inspection financial assistance toward emissions-related repairs at a STAR test-and-repair station. Owners of model year 1996 or newer vehicles may receive up to \$1,200 in emissions-related repairs. Owners of model year 1976 through 1995 vehicles may receive up to \$900 in emissions-related repairs.
Discount Tire Stores	https://www.discounttire.com/store-locator?utm_source=bing&utm_medium=cpc&ef_id=I7ee9fff3f7dI48fbIacfd867ad7dIf6:G:s	Automotive experts say you can save money on gas if we maintain our tire pressure once per month. Discount Tire Stores will check anyone’s tire pressure. Just drive up into a stall and someone will check and put air in their tires for FREE.
Baja’s #1 Auto Wrecking 1218 Otay Valley Road San Diego, CA. 92154	619.661.6060 http://recycler.car-part.com/Bajas1AutoWreckin	8:00 am - 5:00 pm, Monday-Friday; Saturday 8:00 am - 2:00 pm.
Center Point Auto Wrecking 935 Heritage Road San Diego, CA. 92154	619.661.2500 http://recycler.car-part.com/CenterPointAutoWrecking/	8:00 am - 5:00 pm, Monday-Friday; Saturday 8:00 am - 2:00 pm.
Dave’s Auto Wrecking 970 Heritage Road San Diego, CA. 92154	https://davesautowreckingsd.com/	8:00 am - 5:00 pm, Monday-Friday; Saturday 8:00 am - 2:00 pm.
Jalos Auto Dismantling 1102 Heritage Road San Diego, CA. 92154	619.661.6870 http://www.jalosautodismantling.com/	8:00 am - 5:00 pm, Monday-Friday; Saturday 8:00 am - 2:30 pm.
Silverado Truck and Auto Wrecking 1232 Otay Valley Road San Diego, CA. 92154	619.661.6262	
Cuyamaca College Automotive Technology 900 Rancho San Diego Parkway El Cajon, CA. 92109	619.660.4267 http://www.cuyamaca.edu	



PETS

PET RESOURCES

Resource	Contact Information	Additional Information
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PET RESOURCES

San Diego Humane Society 5500 Gaines Street San Diego, CA. 92110	619.299.7012 https://www.sdhumane.org/	Offering San Diego a wide range of programs and services that strengthen the human-animal bond, prevent cruelty/neglect, provide medical care, educate the community on the humane treatment of animals and provide safety net services for all pet families needing assistance with keeping their pets.
San Diego Humane Society Community 1373 N. Marshall Avenue El Cajon, CA. 92020	619.299.7012 https://www.sdhumane.org/services/support-service-s/pantry-service.html	Through our Community Pet Pantry, anyone can visit our campus locations in El Cajon, Escondido, Oceanside and San Diego between 9:00 a.m. and 6:00 p.m., Tuesday through Sunday, to pick up a bag of dog or cat food as well as other supplies as available. No appointment is needed for this service. (On a regular basis, we provide supplemental dry food for low-income pet families in need, with proof of Medi-Cal, EBT/CalFresh, SSI, etc.) See the website for distribution schedule.
Helen Woodward Center	858.756.4117 https://animalcenter.org/programs-services/animeals/animeals-relief/	
Pets without Walls	858.756.4117 https://animalcenter.org/programs-services/pets-without-walls/	
Pet Friendly Housing	https://resources.sdhumane.org/Resource_Center/Community_Support_Services/Housing_Support_and_Information/Pet-Friendly_Housing_List	Apartments throughout San Diego County that are pet friendly.
Dreams for Change	619.497.0236 https://www.dreamsforchange.org	Safe parking lots that welcome pets.
Jewish Family Service	619.497.0236 https://www.dreamsforchange.org	Safe parking lots that welcome pets, apart of their ‘Safe Parking Program’.
Alpha Project	619.542.1977 https://www.alphaproject.org	An organization that offers shelter.
Father Joe’s Village	619.466.3537 https://www.my.neighbor.org	An organization that offers shelter.
Preferred Pets Cremation 6402 University Avenue San Diego, CA. 92115	619.770.1827 https://www.preferredpets.org/	San Diego Humane Animal Euthenization.
SD Humane Society Euthenasia 5500 Gaines Street San Diego, CA. 92110	619.299.7012 https://www.sdhumane.org/	San Diego Humane Animal Euthenization.



COMMUNITY ORGANIZING

COMMUNITY RESOURCES

Resource	Contact Information	Additional Information
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COMMUNITY RESOURCES

Asian Solidarity Collective	https://www.asiansolidaritycollective.org/	Asian Solidarity Collective (ASC) is a grassroots organization in San Diego whose mission is to activate Asian American social justice consciousness, condemn anti-Blackness, and build Asian intersectionally with Black, Brown and Indigenous folks, people with disabilities, queer and trans people of color, and all oppressed communities. Our work includes political education, community building, and collective action.
Anakbayan San Diego	https://www.facebook.com/AnakbayanSanDiego	Anakbayan USA is mostly made up of Filipino-born Americans, and Filipinos in the US, driving the significance of, and rooting their efforts in the Philippines is critical to the organization. It has helped many members of Anakbayan learn about how and why they and their folks migrated to America.
International People's Democratic Uhuru Movement (InPDUM)	https://www.inpdum.org/	Founded in 1991 by the African People’s Socialist Party, InPDUM is the leading organization in the struggle for Bread, Peace and Black Power in the 21st Century.
Union del Barrio (UdB)	https://www.uniondelbarrio.org/main/4-2/about-udb/	Unión del Barrio is an independent political organization operating with a volunteer membership base and entirely self-financed through membership dues, community contributions, and local fundraising.
African National Women's Organization (ANWO)	https://www.anwouhuru.org/	We exist to defend the interest of poor and working class African women all over the world.
Arrest CPS 4921 Tilden Road, Suite 334 Bladensburg, MD. 20710	240.326.3959 https://www.anwouhuru.org/arrestcps/	



ON CAMPUS RESOURCES

Resource	Contact Information	Additional Information
COMMUNITY RESOURCES		
Accessibility Resource Center (ARC) Building 60, Room 120	858.565.1392 https://www.grossmont.edu/student-support/accessibility-resource-center/	Students with either permanent or temporary disabilities are eligible. Accessibility Resource Center provides services to any enrolled Grossmont College student who has a verified disability which may affect academic and personal success.
Adult Reentry Building 60, Room 146	858.565.1392 https://www.grossmont.edu/student-support/adult-reentry/index.php	Any student that is an adult reentering college. Provides a variety of resources for the returning adult student who is seeking information about educational goals and career options acts as a bridge between the college and the community providing referral services, information relating to college and community agencies, job placement, professional and academic counseling, self-help programs, financial aid and transportation.
Basic Needs	https://www.grossmont.edu/student-support/health-and-wellness/basic-needs/index.php	Any Grossmont College student. The program was created support programs and resources that assist our students in meeting their basic needs and promoting their academic success. Services provide include: Child Care, Gizmo’s Kitchen, Health Services, Mental Health Services, Shower Facilities.
CalWORKs Department Building 38E	619.644.7552 https://www.grossmont.edu/student-support/calworks/index.php	Must be a student at Grossmont College and be receiving county benefits such as TANF/cash aid benefits for themselves and their child/children. CalWORKs staff serves as a liaison between the college and the San Diego County of Health and Human Services 55 [HHSA] (Department of Social Services).The program provides personal/academic counseling and support services such as internship, job search employment preparation opportunities and childcare assistance, for students currently receiving TANF/CASH AID benefits. CalWORKs assists students in preparing for immediate and successful employment and with any other hardships the student faces.
Cooperative Agencies Resources for Education (CARE) Griffin Center Building 60	https://www.grossmont.edu/student-support/eops-care-nextup/index.php	Student must be receiving cash aid for themselves and/or children. Have single parent status with a child 13 yrs of age or younger. Program designed to recruit and assist single parent recipients of CalWORKs. CARE provides support services and/or grant funds to assist single parents with academic support and financial assistance. All students who participate in the CARE program are both EOPS and CalWORKs participants as well.
Counseling Center Student Services & Administration Building 10	https://www.grossmont.edu/student-support/counseling/	Any student enrolled at Grossmont College. Provides academic/transfer, career, personal/crisis counseling for any student.
Dream Center Building 10 Room 109F (Inside the Financial Aid department)	https://www.grossmont.edu/student-support/dream-center/index.php	Be a current Grossmont College student. Be enrolled in at least 6 units. Be identified as an AB 540 student. Create a safe space within Grossmont College that offers a support system for undocumented students. We aim to promote awareness of the issues and challenges that affect undocumented students in our college and community to ensure respect and appreciation of diversity, while promoting equal access to education.
Ensuring College Success (Umoja) Services & Administration Building 10	619.844.3089 https://www.grossmont.edu/student-support/umoja/index.php	Our Umoja program is designed to support the persistence and retention of African/African American students toward defined educational goals: Certificates of Achievements, Associate Degree and University Transfer. Our program includes Instructional and Student Services support. We collaborate with local campuses and other state-wide programs. Must be a Grossmont College Student. Complete English and Math Assessments.

Resource	Contact Information	Additional Information
COMMUNITY RESOURCES		
Extended Opportunity Program Services (EOPS) Building 60, Room 125	858.565.1392 https://www.grossmont.edu/student-support/eops-care-nextup/index.php	Must be CA resident or eligible for California Dream Act. Have taken the Math and English assessments. Qualify for the Board of Governor’s Fee Waiver Method A or B, C with zero EFC. Program established to recruit, enroll and retain students. EOPS is designed to assist students who are identified as economically and educationally disadvantaged. Eligible students are provided with a wide range of support services to foster success at Grossmont College.
Financial Aid Building 10, Interior Room 109	https://www.grossmont.edu/financial-aid/index.php	Be a current Grossmont College student. Offers a full array of financial aid programs - grants, work, loans and scholarships to full-time and part-time students. They have financial aid available to help students with the cost of fees, books and supplies, food, housing, transportation and childcare.
Extended Opportunity Program Services (EOPS) Building 60, Room 125	858.565.1392 https://www.grossmont.edu/student-support/eops-care-nextup/index.php	Must be CA resident or eligible for California Dream Act. Have taken the Math and English assessments. Qualify for the Board of Governor’s Fee Waiver Method A or B, C with zero EFC. Program established to recruit, enroll and retain students. EOPS is designed to assist students who are identified as economically and educationally disadvantaged. Eligible students are provided with a wide range of support services to foster success at Grossmont College.
Gizmo’s Kitchen Building 60, Room 130	https://www.grossmont.edu/student-support/health-and-wellness/basic-needs/basic-needs-gizmos-kitchen.php	Any currently enrolled Grossmont College student may utilize Gizmo’s Kitchen up to one time per week while school is in session. Students must show a current Grossmont College Student ID and can be obtained in Admissions and Records (Bldg. 10-150). Gizmo’s Kitchen is a ‘grab and go’ student food pantry.
Guardian Scholars Student Services & Administration Building 10 Financial Aid Office	https://www.grossmont.edu/student-support/guardian-scholars-services-for-former-foster-youth.php	Diana Barajas, Financial Aid Advisor and Foster Youth Liaison. Document former foster youth status with their Financial Aid Office (proof of foster care placement at any point since they turned age 13 for whatever period of time and even if you they no longer in foster care today). Former foster youth support services program. Mission is to support the college transition, retention and ultimate completion of the educational goals of former foster youth.
NextUp Foster Youth Building 60, Room 125	https://www.grossmont.edu/student-support/eops-care-nextup/index.php	Students who were in foster care for as little as one day from their 16th to 18th birthdays can be eligible. Eligibility is determined through something called a dependency letter, which they can help them get. Students must be enrolled in a minimum of 9 units. Provide extra support for foster youth as you transition to independent living.
Puente Student Services & Administration Building 10 in the Counseling Center	https://www.grossmont.edu/student-support/puente/index.php	Eligible to register for ENGL 110. No previous credit in COUN 120, Must be interested in courses that integrate LatinX or multicultural literature. Commit to participating in college tours, events and activities for a minimum of one year. Submit “Student Information Form” to michele.toral@gcccd.edu A 3-part student success model and combines rigorous English instruction, intrusive academic counseling and mentorship. At Grossmont College Puente students also take a cross-cultural studies course during their first semester.
Student Health Services Building 60, Room 130	619.644.7025 https://www.grossmont.edu/student-support/health-and-wellness/health-services-grossmont-college/student-health-services-grossmont-college.php	Any student enrolled at Grossmont College. Providing quality health care and promoting the importance of health and wellness to the Grossmont College student population, Student Health Services is dedicated to supporting the students academic success.
Title IX	619.644.7572 ✉ aimée.gallagher@gcccd.edu 619.644.7600 ✉ sara.varghese@gcccd.edu	No person shall be unlawfully subjected to discrimination or denied full and equal access to District programs or activities based on ethnic group identification, race or ethnicity, color, national origin, religion, age, gender, gender identity, gender expression, physical or mental disability, medical condition, pregnancy, genetic information, ancestry, sexual orientation, marital status, or military and veteran status.



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BUILDING: 38E PHONE: 619.644.7552

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