



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



GROSSMONT COLLEGE, 8800 GROSSMONT COLLEGE DRIVE, EL CAJON, CA 92020
BUILDING: 38E PHONE: 619.644.7552

GCCCD GOVERNING BOARD MEMBERS: Elena Adams, Linda Cartwright, Debbie Justeson, Brad Monroe,
Julie Schorr **STUDENT MEMBER:** Benjamin Blevins **CHANCELLOR:** Lynn Ceresino Neault, Ed.D.
GROSSMONT COLLEGE PRESIDENT: Denise Whisenhunt, J.D.

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



ON CAMPUS RESOURCES	1
HOUSING RESOURCES	8
FOOD SERVICES	19
FINANCIAL ASSISTANCE	27
HEALTHCARE	35
CHILD SERVICES	59
YOUTH SERVICES	69
ELDER CARE	75
DISABILITY SERVICES	83
INDIGENOUS SERVICES	87
IMMIGRANT/REFUGEE RESOURCES	93
VETERANS SERVICES	101
UTILITIES	105
LEGAL	109
AUTOMOTIVE	117
PET SERVICES	121
COMMUNITY ORGANIZING	125

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.





ON CAMPUS RESOURCES

ON CAMPUS RESOURCES

Resource

Contact Information

COMMUNITY RESOURCES

Accessibility Resource Center (ARC)
Building 60, Room 120

858.565.1392
<https://www.grossmont.edu/student-support/accessibility-resource-center/>

Adult Reentry
Building 60, Room 146

858.565.1392
<https://www.grossmont.edu/student-support/adult-reentry/index.php>

Basic Needs

<https://www.grossmont.edu/student-support/health-and-wellness/basic-needs/index.php>

CalWORKs Department
Building 38E

619.644.7552
<https://www.grossmont.edu/student-support/calworks/index.php>

Cooperative Agencies Resources for Education (CARE)
Griffin Center Building 60

<https://www.grossmont.edu/student-support/eops-care-nextup/index.php>

Counseling Center Student Services & Administration Building 10

<https://www.grossmont.edu/student-support/counseling/>

Dream Center
Building 10 Room 109F
(Inside the Financial Aid department)

<https://www.grossmont.edu/student-support/dream-center/index.php>

Ensuring College Success (Umoja)
Services & Administration Building 10

619.844.3089
<https://www.grossmont.edu/student-support/umoja/index.php>

Additional Information

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.

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.

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.

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.

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.

Any student enrolled at Grossmont College. Provides academic/transfer, career, personal/crisis counseling for any student.

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.

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.

ON CAMPUS RESOURCES

Resource

Contact 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>

Financial Aid
Building 10, Interior Room 109

<https://www.grossmont.edu/financial-aid/index.php>

Gizmo's Kitchen
Building 60, Room 130

<https://www.grossmont.edu/student-support/health-and-wellness/basic-needs/basic-needs-gizmos-kitchen.php>

Guardian Scholars
Student Services & Administration Building 10
Financial Aid Office

<https://www.grossmont.edu/student-support/guardian-scholars-services-for-former-foster-youth.php>

NextUp Foster Youth
Building 60, Room 125

<https://www.grossmont.edu/student-support/eops-care-nextup/index.php>

Puente
Student Services & Administration Building 10
in the Counseling Center

<https://www.grossmont.edu/student-support/puente/index.php>

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>

Title IX

619.644.7572
✉ aimee.gallagher@gcccd.edu
619.644.7600
✉ sara.varghese@gcccd.edu

Additional Information

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.

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.

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.

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.

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.

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.

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.

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.





HOUSING RESOURCES

RENTAL AND UTILITY ASSISTANCE

TEMPORARY HOUSING

TRANSITIONAL HOUSING

HOMELESS ASSISTANCE

DOMESTIC VIOLENCE - EMERGENCY SHELTER

SECTION 8

LOW INCOME HOUSING

MEDIATION

HOUSING RESOURCES

Resource

Contact Information

RENTAL & UTILITY ASSISTANCE DURING COVID-19

Affordable Connectivity Program
Online Source

877.384.2575
<https://www.affordableconnectivity.gov/>

San Diego Rental Assistance

858.694-3900
<https://www.sandiegocounty.gov/sdhcd/>

The Chicano Federation
3180 University Ave. Suite 110
San Diego, CA. 92104

619.285.5600
<https://www.chicanofederation.org/>

Home Start
333 East Main Street
El Cajon, CA. 92020

619.430.0032
<https://home-start.org/>

Liscense to Freedom
131 Avocado Avenue
El Cajon, CA. 92020

619.813.7415
<https://licensetofreedom.org/>

2-1-1


2-1-1
<https://211sandiego.org/>

TEMPORARY HOUSING

Becky's House Shelter
1012 C Street
San Diego, CA. 92101

619.239.0355
<https://www.ywcasandiego.org/get-help/beckys-house>

Door of Hope
2799 Health Center Drive
San Diego, CA. 92123

858.279.1100
<https://doorofhope.salvationarmy.org/>
 megan.dowell@usw.salvationarmy.org

Harvey's Motel
7166 El Cajon Boulevard
San Diego, CA. 92115

619.462.5700
<https://www.sandiego.com/hotels/harveys-motel/>

Home Start
333 East Main Street
El Cajon, CA 92020

619.430.0032
<https://www.home-start.org/>

Additional Information

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.

For Section-8 Rental Assistance and other Programs for the Housing Authority of the County of San Diego.

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.

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.

Rental and Utility Assistance during COVID-19 in Arabic, Farsi, Pashto, Dari, and English.
Call for an appointment in advance.

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.

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.

12 month women and children's shelter. 8:00 am - 4:00 pm. Monday - Friday.

Rates from \$95 per night on weekdays to \$150 per night on the weekend, they not accept hotel voucher programs.

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.

HOUSING RESOURCES

Resource

Contact Information

TRANSITIONAL HOUSING

Becky's House Shelter

1012 C Street
San Diego, CA. 92101

619.239.0355

<https://www.ywcasandiego.org/get-help/beckys-house>

San Diego Rescue Mission

619.687.3720

<https://www.sdrescue.org>

2-1-1

2-1-1

<https://211sandiego.org/>

East County Transitional Living Center

1537 East Main Street
El Cajon, CA. 92020

619.442.0457

<https://ectic.org>

Interfaith Shelter Network

3530 Camino del Rio N., Suite 301
San Diego, CA. 92108

619.702-5399

<https://interfaithshelter.org/index.html>

HOMELESS ASSISTANCE

2-1-1

2-1-1

<https://211sandiego.org/>

Becky's House Shelter

1012 C Street
San Diego, CA. 92101

619.239.0355

<https://www.ywcasandiego.org/get-help/beckys-house>

Home Start

333 East Main Street
El Cajon, CA. 92020

619.430.0032

<https://home-start.org/>

Interfaith Shelter Network

3530 Camino del Rio N., Suite 301
San Diego, CA. 92108

619.702-5399

<https://interfaithshelter.org/index.html>

Salvation Army

1101 E Main Street
San Diego, CA. 92101

619.440.4683

<https://elcajon.salvationarmy.org/>

Additional Information

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.

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.

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.

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 (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

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.

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.

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 (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 Services: Tuesday 10:00 am - 12:00 pm.

HOUSING RESOURCES

Resource

Contact Information

HOMELESS ASSISTANCE

Niel Good Day Center

299 17th Street
San Diego, CA. 92101

619.239.0355
<https://www.my.neighbor.org>

Jewish Family Services /

8804 Balboa Avenue
San Diego, CA 92123

858.637.3210
<https://www.jfssd.org/our-services/adults-families/safe-parking-program/>

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>

Center for Community Solutions

24/7 HOTLINE:
1.888.385.4657
<https://www.ccssd.org/>

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>

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>

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>

Interfaith Shelter Network

3530 Camino del Rio N., Suite 301
San Diego, CA. 92108

619.702-5399
<https://interfaithshelter.org/index.html>

Additional Information

San Diego County homeless shelter starting point. Monday through Friday, 8:30am-2:45pm, Saturday and Sunday, 6:30 am - 12:45pm

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.

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.

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.

A 35-bed capacity for survivors and children of all genders for up to 28 days. Must call shelter directly for screening process.

A 35-bed capacity for survivors and children of all genders for up to 28 days. Must call shelter directly for screening process.

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.

- **Next Step North**

- Transitional Housing
- 5 units
- Some guests allowed with restrictions
- No staff on site

- **Next Step East**

- 1 unit
- No guests
- Co-located with emergency shelter
- On-site staff 24/7

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HOUSING RESOURCES

Resource

Contact Information

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>

SD Housing Commision

1122 Broadway Suite 300
San Diego, CA. 92101

619.231.9400

<https://www.sdhc.org/>

LOW INCOME HOUSING

Anchor Down Mobile Estates

260 East Bradley Avenue
San Diego, CA. 92021

916.965.8964

✉ kdaniele.davila@omnicommunities.com

Bella Vista Apartments

545 North Mollison Avenue
San Diego, CA. 92101

619.442.8306

Bradley Arms Apartments

310 East Bradley Avenue
San Diego, CA. 92101

619.562.3792

Broadway Apartments I

1562 East Main Street
El Cajon, CA. 92021

619.442.9467

Broadway Apartments II

849 N. Third Street
El Cajon, CA. 92021

619.442.9467

Carlton Country Club

Villa Apartments
9345 Carlton Oaks Drive
Santee, CA. 92071

619.449.7343

Key Largo Apartments

380 North Mollison Ave.
El Cajon, CA. 92021

619.444.6654

<https://www.keylargo-apartments.com/>

✉ keylargo@awimc.com

Laurel Park Apartments

10122 Buena Vista Avenue
Santee, CA. 92071

619.448.8282

✉ klaurelpark@conam.net

Additional Information

Servicing East County

Servicing San Diego County

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.

Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.

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

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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.

HOUSING RESOURCES

Resource

Contact Information

LOW INCOME HOUSING

Lexington Green Apartments

1415 E. Lexington Avenue
El Cajon, CA. 92019

619.442.8849

<https://www.lexingtongreen-apts.com>

Pecan Park Mobile Home Estates

14215 Pecan Park Lane
El Cajon, CA. 92021

629.443.2622

Pinewood Apartments

273 Wisconsin Avenue
El Cajon, CA. 92020

619.440.5258

Royal Heights

12135 Royal Road
El Cajon, CA. 92021

619.938.1856

Shadow Hill Apartments

11085 Woodside Avenue
Santee, CA. 92071

909.294.6153

HOUSING MEDIATION

Center for Social Advocacy

131 Avocado Avenue
El Cajon, CA. 92020

800.954.0441

<https://www.c4sa.org/>

 info@c4sa.org

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

Additional Information

Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.

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.

Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.

Call for application and waiting list openings. Each complex accepts applications at different times of the year. Credit and background checks required.

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.

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

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)

FOOD SERVICES

Resource

Contact Information

DISTRIBUTION SITES

Feeding San Diego Food Assistance Resource
San Diego County

858.452.3663
<https://www.feedingsandiego.org/find-food/>

Foothills Christian Fellowship
350 Cypress Lane
El Cajon, CA. 92020

619.442.7728
<https://www.foothilchurch.org/>

Good Shepherd Ministry Center – Bethlehem Food Pantry
772 S. Johnson Avenue
El Cajon, CA. 92020

619.442.7728
<https://www.foothilchurch.org/>

Heaven's Windows Resource Network Center: Food Pantry
8848 Troy Street
Spring Valley, CA 91977

619.444.9425
<https://www.holytrinityelcajon.org/>

Journey Community Church
8363 Center Drive, Suite 6C
La Mesa, CA. 91941

619.464.4544
<https://www.journeycommunitychurch.com/>

Meridian Baptist Church
660 3rd Street
El Cajon, CA. 92020

619.444.3171
<https://www.meridianbaptist.com/>

Our Lady of Grace
2466 Navajo Road
El Cajon, CA. 92020

619.469.0133
<https://www.olg-church.org/>

Additional Information

- 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.

Provide emergency food bags, depending on availability.

Food Distribution Saturdays 8:00 am -10:00 am / Diaper Distribution - 2nd & 4th Saturdays only

Must be a resident of East County with show picture ID. 10:00 am-11:00 am, Monday-Friday.

1st Thursday 6:00 pm / 2nd Friday 9:00 am (Produce) / 3rd Saturday 8:30 am / 4th Thursday 6:00 pm

Every 2nd and 4th Thursday at 5:00 pm register and line-up no earlier than 3:00 pm.
If you have a special need, please call.

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.

FOOD SERVICES

Resource

Contact Information

DISTRIBUTION SITES

Salvation Army

1011 E. Main Street
El Cajon, CA. 92020

619.440.4683 x 207

<https://www.elcajon.salvationarmy.org/>

Stepping Higher Inc.

2778 Sweetwater Springs Boulevard #J
Spring Valley, CA. 91977

619.825.3930


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

Crosspointe Life Church

8809 La Mesa Boulevard
La Mesa, CA. 91941

619.464.3077

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

 info@crosspointelife.org

Journey Community Church

8363 Center Drive
La Mesa, CA. 91941

619.464.4544

<http://www.journeycommunitychurch.com/foodbank/>

La Mesa First Methodist Church

4690 Palm Ave.
La Mesa, CA. 91941

619.466.4163

<https://www.lamesaumc.com/>

La Mesa Seventh Day Adventist Church

4207 Spring Gardens Drive
La Mesa, CA. 91941

619.461.5703

<http://www.lamesaca.adventistchurch.org/>

Additional Information

Monday 1:00 pm - 4:00 pm / 1st, 2nd, and 4th Wednesdays 2:30 pm - 4:00 pm / 3rd Wednesday
Commodities Only- Call to reserve / Friday 1:00 pm - 6:00 pm.

• **Services Available:**

- 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:**

- I.D. for each member receiving assistance
- Proof of income or proof of emergency
- Proof of address or proof of emergency

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.

Food pantry on Tuesday and Thursday 10:00 am - 11:00 am and 4th Saturday at 9:00am.

Food pantry on 1st Thursday at 6:00 pm / 2nd Friday at 9:00 am (produce only), 3rd Saturday at 8:30 am, 4th Thursday at 6:00 pm (produce only), 2nd Friday at 9:00 am Diaper distribution 2nd Friday and 3rd Saturdays at 8:00 am - 10:00 am, Seniors only. Pantry closes when the line ends so arrive on time.

Hot meals are served the last Saturday 9:00 am - 12:00 pm.

Food pantry on Monday, Tuesday, and Thursday 9:00am - 12:00pm.

FOOD SERVICES

Resource

Contact Information

LOW INCOME PROGRAMS

Porchlight Community Services
8888 Clairemont Mesa Boulevard #B
San Diego, CA. 92123

858.737.4320
<https://www.porchlightcommunity.org/foodshare/>

**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/>

ADDITIONAL FOOD SERVICES

CalFresh Distribution Site
San Diego Food Bank

866.350.3663
<https://www.GetCalFresh.org>

WIC – Women, Infants, and Children
3078 El Cajon Boulevard
San Diego, CA. 92104

800.500.6411
<https://sandiegowic.org/i-want-wic-2/>

**Cajon Valley Summer
Lunch Program**
225 Roanoke Road
El Cajon, CA. 92020

619.588.3111
<https://www.cajonvalley.net>

Summer Lunch Program

https://www.cde.ca.gov/ds/sh/sn/ap/summersites.asp?year=2022&countyname=San_Diego

LOW INCOME PROGRAMS, AND ADDITIONAL FOOD SERVICES

Additional Information

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.

Meal service information (pick up times, zip codes serviced, etc.). Call for more information.

California's Food Stamp/SNAP program.

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.

Check for updates on the website and call for the 2022 - 23 year.

Input the city you are interested in , eg: Santee.

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A close-up photograph of a computer keyboard on the left side of the page, with a document containing financial data visible in the background. The document has columns and rows of numbers and text, with some blue highlights. The text 'FINANCIAL ASSISTANCE' is written vertically in large, white, bold, sans-serif capital letters across the center of the image, overlapping the keyboard and the document.

FINANCIAL ASSISTANCE

PUBLIC ASSISTANCE

MEDICAL ASSISTANCE

TAX PREPARATION

COMPUTERS

HOUSING MEDIATION

MISCELLANEOUS

FINANCIAL ASSISTANCE

Resource

Contact Information

PUBLIC ASSISTANCE

Family Resource Center – El Cajon

220 South 1st Street
El Cajon, CA. 92019

866.262.9881

http://www.sandiegocounty.gov/hhsa/facilities/east/family_resource_center_el_cajon.html

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

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

Apply for CalWORKs

3078 El Cajon Boulevard
San Diego, CA. 92104

866.262.9881

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/calworks/how_to_apply.html

CalFresh Assistance

San Diego Food Bank

866.350.3663

<https://www.GetCalFresh.org>

Section 8 Rental Assistance

<https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance/section-8-hcv-overview.html>

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/>

Additional Information

7:00 am - 5:00 pm Monday through Friday. Apply for CalWORKs, Cal Fresh, Medical and General Relief.

7:00 am - 5:00 pm Monday through Friday. Apply for CalWORKs, Cal Fresh and Medical.

7:15 am - 5:00 pm Monday-Friday.

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.

California's Food Stamp/SNAP program.

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.

Office to apply for SSA/SSI benefits. Social Security cards

FINANCIAL ASSISTANCE

Resource

Contact Information

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>

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>

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/>

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/>

IRC Volunteer Income Tax Assistance (VITA) Program

<https://www.rescue.org/vita>

My Free Taxes

<https://www.myfreetaxes.org/>

COMPUTERS

Computer To Kids

858.200.9788
<https://www.c2sdk.org/>

San Diego Futures Foundation

619.391.0050
<https://www.sdfutures.org/computers-sdff/>

Additional Information

Provides support with reconciling medical bills, advocacy, and access to medical coverage.

Provides support with reconciling medical bills, advocacy, and access to medical coverage.

Free tax preparation yearly. Call to set up an appointment.

Free tax preparation yearly. Call to set up an appointment.

To participate in the VITA program, taxpayers must meet the following conditions:

- 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.

VITA Program administered through the United Way

Provides computers in the homes of all deserving families who want to enrich their education through technology.

Offering a wide range of refurbished hardware, from desktops and laptops to monitors and printers.

FINANCIAL ASSISTANCE

Resource

Contact Information

HOUSING MEDIATION

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

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

MISCELLANEOUS

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

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

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

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

Additional Information

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

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

Call or click to apply for unemployment benefits





HEALTH CARE

COMMUNITY HEALTH CLINICS

MENTAL HEALTH

LGBTQ+

ADDICTION PROGRAMS

DOMESTIC VIOLENCE

ADDITIONAL HEALTHCARE SERVICES

HEALTHCARE

Resource

Contact Information

COMMUNITY HEALTH CLINICS

Community Research Foundation	619.275.0822 https://www.comresearch.org/
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/
Medical Dental Provider Directory	800.322.6384 https://www.dental.dhcs.ca.gov/find-a-dentist/

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

Additional Information

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.

Medi-Cal dental program representatives are available 8:00 a.m. to 5:00 p.m., Monday through Friday to assist you.

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.

We believe that all children should have the opportunity to see clearly.

HEALTHCARE

Resource

Contact Information

CRISIS RESOURCES

San Diego Mental Health Access & Crisis Hotline

24/7 HOTLINE: 888.724.7240

National Suicide Prevention Hotline

24/7 HOTLINE: 800.273.8255

CalHOPE

<https://www.calhope.org/Pages/default.aspx>

Indian Health Council

800.322.6384
<https://www.indianhealth.com/services>

Step Forward East

900 N. Cuyamaca Street, Suite 110
El Cajon, CA. 92020

619.448.0420

Crossroads Family Center

700 N. Johnson Avenue, Suite P
El Cajon, CA. 92020

619.441.1907
<http://www.comresearch.org/serviceDetails.php?id=OQ==>

Access And Crisis Hotline

919.213.4525 or 877.235.4525
<https://www.hopeline-nc.org/>

Additional Information

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.

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.

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.

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

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.

Services: The widely diverse mobile staff provides the following:

- 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 (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.

- 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

Referrals may be initiated by the legal guardian (or community provider in conjunction with the legal guardian) by calling or faxing the program directly.

Call for help in time of crisis.

HEALTHCARE

Resource

Contact Information

CRISIS RESOURCES

Chadwick Center for Children and Families

858.966.5803
<https://www.chadwickcenter.org/>

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

Crisis House 1034 North Magnolia El Cajon, CA. 92020

619.444.1194
<https://www.crisishouse.com>
 info@crisishouse.org

County Mental Health

<https://www.sandiegocounty.gov/hhsa/programs/bhs/>

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


24 Hour LGBTQ+ Crisis Hotline

Text 'oSTEM' to +1 313.662.8209
<https://www.ostem.org/contact>

Home Start Varies by location

619.692.0727 x 118
<https://www.home-start.org/mental-health-services/>

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/>

San Diego LGBT Community Center 3909 Centre Street San Diego, CA. 92103

619.692.2077 x208 or x121
<https://www.thecentersd.org>

Additional Information

Trauma counseling, Crisis intervention, referrals, medication assessments, psychological eval, family advocacy and safety planning.

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.

Karina Hernandez, Supervisor

Domestic violence services and support for refugee communities, particularly Middle Eastern Communities.

Walk-in emergency mental health services are available for adults and older adults who are experiencing a mental health emergency or crisis.

Text based crisis hotline brings together experienced suicide interveners partnered with oSTEM to help keep you safe during times of acute mental health crises.

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.

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.

Up to eight appointments every 12 months, price of appointments scale to income.

HEALTHCARE

Resource

Contact Information

VICTIMS OF CRIME – THERAPISTS

Survivors of Torture International
PO BOX 151240
San Diego, CA 92175

619.278.2400
<https://notorture.org/>
✉ survivors@notorture.org

YMCA Youth and Family Services

<https://www.ymcasd.org/behavioral-and-mental-health-services/contact-counseling-services>

Casa de Kids Residential Services

760.566.3573
<https://www.casadeamparo.org/programs/residential-services/>

Union of Pan Asian Communities (UPAC)

619.229.2999
<https://www.upacsd.com/programs/ctc/>

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>

Jennifer Tichard, MFT

619.961.5058
<https://jenniferrickardmft.com/>

Sue Boyd, LCSW
Personal Evolution Psychotherapy

619.787.6676
<http://www.personalevolutionpsychotherapy.com/sue-boyd.html>
✉ PEP@PEPSanDiego.com

VICTIMS OF CRIME – THERAPISTS

William Bradford Graff, MFCC
4215 Spring Street, Suite 123
La Mesa, CA. 91941

619.589.8971

Carter Gardner, Ph.D.
4700 Spring Street, Suite 204
La Mesa, CA. 91941

619.627.7701

Additional Information

Mental Health counseling and case management.

Child / adolescent and family therapy, as well as school based counseling. Low cost/Sliding scale and Victims of Crime approved.

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.

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, 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.

Therapist in Central San Diego who does individual and family therapy for children, teens, and adults.

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.

Specialty: Child Molest, Domestic Violence, Homicide, Sexual Assault, PTSD. Accepts VCB.

Specialty: Self-Care, Trauma. Accepts VCB.

HEALTHCARE

Resource

Contact Information

VICTIMS OF CRIME – THERAPISTS

Catherine “Cate” Bennett, MFCC

5480 Baltimore Drive, Suite 201
La Mesa, CA. 91941

619.823.0204

Eric Buckenmeyer, LCSW

4700 Spring Street, Suite 306
La Mesa, CA. 91941

619.507.1322

Lindsey Alper, LCSW

8318 University Avenue, Suite A
La Mesa, CA. 91941

619.462.7744

Lisa Wyneken, LCSW

4700 Spring Street, Suite 204
La Mesa, CA. 91941

619.823.0204

Lorena Avitea, LCSW

8318 University Avenue, Suite A
La Mesa, CA. 91941

619.884.8468

Nubia Peña-Offerdahl, LCSW

7777 Alvarado Road, Suite 315
La Mesa, CA. 91941

619.818.4351

Sandra Doron, LCSW

5575 Lake Park Way Suite 100
La Mesa, CA. 91941

619.985.7545

Shirley Lanyi, Ph.D.

4700 Spring Street, Suite 204
La Mesa, CA. 91941

619.908.6445

Aliya Fonseca, Ph.D., MFT

237 Avocado Avenue, Suite 105
El Cajon, CA. 92020

619.447.0910

Claudia Franzosi, MA, MFT

615 E. Lexington Avenue
El Cajon, CA. 92020

619.246.6700

Additional Information

Specialty: Domestic Violence, Physical Abuse, Sexual Abuse. Accepts VCB.

Specialty: Physical Abuse, Sexual Abuse, Neglect. Additional Languages: Spanish. Accepts VCB.

Specialty: All Crime Types. Only taking adults. Accepts VCB.

Specialty: Trauma, Crisis Intervention. Accepts VCB.

Specialty: Domestic Violence, Sexual Abuse, Physical Abuse / Neglect, Trauma. Additional Languages: Spanish. Accepts VCB.

Specialty: Domestic Violence, Hit/Run, Sexual Assault, PTSD. Additional Languages: Spanish. Accepts VCB.

All Crime Types. Additional Languages: Hebrew. Accepts VCB

Specialty: Domestic Violence, Physical Abuse, Sexual Abuse. Accepts VCB.

Specialty: Child Molest, Domestic Violence, Sexual Assault/ Abuse, Trauma Additional. Languages: Spanish. Accepts VCB

Specialty: All Crime Types. Additional Languages: Spanish, Italian. Accepts VCB.

HEALTHCARE

Resource

Contact Information

VICTIMS OF CRIME – THERAPISTS

Cynthia Jaregui, MFT

127 E. Lexington Avenue
El Cajon, CA. 92020

619.261.6481

Lynda Ariella, Ph.D

127 E. Lexington Avenue
El Cajon, CA. 92020

619.550.9931

Ruth Gillis, LMFT

127 E. Lexington Avenue
El Cajon, CA. 92020

619.341.4737

Samuel Bruno, MFT

140 W. Park Avenue, Suite 219
El Cajon, CA. 92020

619.593.6072

Vanessa Rodriguez, Psy.D.

127 E. Lexington Avenue
El Cajon, CA. 92020

619.636.0909

Christiana Silva, Psy.D.

12064 Woodside Avenue, Suite 105
Lakeside, CA.. 92040

619.448.1216

LGBTQ+

San Diego LGBT Community Center

3909 Centre Street
San Diego, CA. 92103

619.692.2077 x208 or x121
<https://www.thecentersd.org>

**24 Hour LGBTQ+
Crisis Hotline**

Text 'oSTEM' to +1 313.662.8209
<https://www.ostem.org/contact>

La Mesa Pediatrics

127 E. Lexington Avenue
El Cajon, CA. 92020

619.464.6434
<https://lamesaped.com/>

Additional Information

Specialty: Domestic Violence, Sexual Abuse, Child Molest, Assault Additional. Languages: Spanish. Accepts VCB.

Specialty: Domestic Violence, Sexual Assault, PTSD. Accepts VCB.

Specialty: All Crime Types, Home Visit. Accepts VCB.

Specialty: PTSD, Trauma. Accepts VCB.

Specialty: Domestic Violence, Stalking, Sexual Assault, Child Abuse, Hate Crimes, Assault, Law Enforcement Treatment. Accepts VCB.

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.

Up to eight appointments every 12 months, price of appointments scale to income.

Text based crisis hotline brings together experienced suicide interveners partnered with oSTEM to help keep you safe during times of acute mental health crises.

Rachel Gianfortune, MD. Gender trained pediatrician. Serves all youths up to age 21, can also be a primary care physician. Accepts most insurances.

HEALTHCARE

Resource

Contact Information

LGBTQ+

Diana Bresiter-Ghosh Ph.D.
2275 Rio Bonito Way
San Diego, CA. 92108

619.822.1667
<https://plasticsurgeryforsandiego.com/>

Gil Kryger Ph.D.
947 East Thousand Oaks Boulevard
Thousand Oaks, CA. 91360

805.242.5742
<https://www.drkryger.com/>

Manish Champaneria Ph.D.
Scripps Hospital

858.554.995
https://drmanishchampaneria.com/?utm_source=google&utm_medium=localsearch&utm_campaign=gmb

Morti Rizvi Ph.D.
11645 Wilshire Boulevard
Brentwood, CA. 90025

424.293.886
<https://westempireplasticsurgery.com/our-team/>

Scott Mosser Ph.D.
450 Sutter Street, Suite 1000
San Francisco, CA. 94108

415.398.7778
<https://www.genderconfirmation.com/>

Jennifer Tichard, MFT
2729 4th Avenue, Suite 3
San Diego, CA. 92103

619.961.5058
<https://jenniferrickardmft.com/>

**National Queer & Trans
Therapists of Color Network**

 info@nqttcn.com
<https://nqttcn.com/en/>

**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/>

Transgender Law Center

510.587.9696
<https://transgenderlawcenter.org/>

Family Health Centers of San Diego
823 Gateway Center Way
San Diego, CA. 92102

619.255.7743
<https://www.fhcsd.org/>

Additional Information

Plastic Surgery - Top Surgery. Has been working with the trans community for almost 2 years. Accepts most insurances. No age restrictions.

Plastic Surgery - Top Surgery. Has been working with the trans community for many years. Comes highly recommended. Accepts most insurances. No age restrictions.

Plastic Surgery - Top Surgery.

Has several years of experience. Comes highly recommended by Dr. Jo Olson-Kennedy. Takes all PPO, some HMO and some Medi-Cal.

Has been working with the trans community for almost 10 years. Accepts most insurances. No age restrictions.

Gender Therapist in Central San Diego who does individual and family therapy for children, teens and adults.

Advancing healing justice by transforming mental health for queer and trans poc.

- Case Management
- Monitored Hormone Therapy
- Support for Those At-Risk for HIV & STDs
- Support for Transition-Related Issues
- Transgender Patient Advocate Program
- Informed Consent Model

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.

Health Services including PrEP and PEP.

HEALTHCARE

Resource

Contact Information

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>

UCSD Research Study

619.543.8080
<https://www.prepstudy.org/>

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/>

Narcotics Anonymous

24/7 HOTLINE: 619.584.1007
<https://www.sandiegona.org/>

Al-Anon

24/7 HOTLINE: 619.296.2666
<https://www.al-anon.org/>

Smart Recovery

440.951.5357
<https://www.smartrecovery.org/>

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>

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>

Additional Information

Websites with information about HIV and IPV (Intimate Partner Violence).

PrEP at no cost. Participants may receive cash and check compensations for study participation.

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.

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.

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.

We offer self-empowering, non-12-step mutual help groups for addictive problems. These meetings are free and open to anyone.

LGBTQ+ specialization.

Adult and Transition Age Youth (TAY) services.

HEALTHCARE

Resource

Contact Information

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>

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>

Union of Pan Asian Communities (UPAC)

Outpatient Treatment Program

3288 El Cajon Boulevard
San Diego, CA. 92104

619.521.5720

<https://www.upacsd.com/>

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/>

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>

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>

Chadwick Center at Rady Children's

858.966.4011

<https://www.chadwickcenter.org/>

 chadwickcenter@rchsd.org

Restraining Order Clinic –

El Cajon Court House

250 East Main Street
El Cajon, CA. 92020

858.966.5803

<https://www.chadwickcenter.org/>

Additional Information

LGBTQ+ specialization.

Adult and Transition Age Youth (TAY) services.

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.

Providing an array of mental / behavioral health, educational and social services in a fiscally responsible manner.

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.

Confidential advocate, forensic nurse, emergency call made to law enforcement.

- Child abuse forensic exams.
- Trauma counseling.

Domestic Violence and Elder Abuse Intake: Monday & Tuesday 8:30 am - 3:30 pm; Wednesday 8:30 am - 11:00 am.

HEALTHCARE

Resource

Contact Information

DOMESTIC VIOLENCE SERVICES

Center for Community Solutions

858.272.5777

Carmen De Llano, Ph.D.

619.584.6299

First Ave Counseling Centre

619.685.0041

Logan Heights Family
Counseling Center

619.515.2355

Patricia Deignan, LCSW

619.723.9244


Project SARAH

858.637.3210
24/7 HOTLINE: 888.724.7240

Safe Solutions –
Vanessa Rodriguez, MFT

619.401.4026

License to Freedom
131 Avocado Avenue
El Cajon, CA 92020

619.401.2800
Arabic/Kurdish Help Line: 616.813.7415
 dikhwaz@licensetofreedom.org

SAY (Social Advocates for Youth)

858.565.4148

Alexa's PLAYC
(Playful learning Academy
for Young Children)

858.966.8555

Hannah's House

858.300.2730

YMCA Childcare Resource Center

619.521.3055
<https://www.childcaresandiego.com>

Additional Information

Family/marital issues, Childhood trauma, Domestic Violence / Sexual Assault, Medi-Cal, sliding scale, private insurance. Languages: English / Spanish.

Individual, family/couples counseling, Anger/DV groups, Sliding scale, Languages: English/Spanish, and Saturday appointments.

Individual, couples/family, Insurance, Medi-Cal (can help with enrollment), Medicare, sliding scale. Languages: English/Spanish. Saturday appointments available.

Individual and family, Medi-Cal, Medicare, Tri-Care, and victim of crime fund.

Individual, family therapy, Support groups, Couples, DV/SA, Appointment only, Sliding scale, Medi-Care (very low fees if any).

DV individual therapy, Support group, Appointment only, Medi-Cal, sliding scale, CWS approved.

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.

Preschool for 18 months - 6 years with or at-risk for autism spectrum disorder.

CPS approved visitation site, child / parent therapy, Languages: English / Spanish.

Childcare info/referral of licensed providers, eligibility based on income.

HEALTHCARE

Resource

Contact Information

ADDITIONAL HEALTHCARE RESOURCES

Apple – Safety Feature iOS 16

<https://www.apple.com/ios/ios-16-preview/>

Mark Cuban – Cost Plus Drugs

<https://www.costplusdrugs.com/medications/>

Planned Parenthood

858.300.2730

San Diego Mental Health Access &
Crisis Hotline

24/7 HOTLINE: 888.724.7240

National Suicide Prevention Hotline

24/7 HOTLINE: 800.273.8255

Additional Information

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.

Every American should have access to safe, affordable medicines. With or without insurance.

English; Spanish; Interpretation by telephone available for other languages. With or without insurance.

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.

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.



A vertical decorative bar on the left side of the page, featuring a background of several large, soft-focus pink balloons. The text 'CHILD SERVICES' is written vertically in white, bold, uppercase letters across this bar.

CHILD SERVICES

CHILDCARE ASSISTANCE

PEDIATRICIANS

HEADSTART

CHILDCARE ACTIVITIES

CHILDCARE SERVICES

Resource

Contact Information

CHILDCARE ASSISTANCE

SAY (Social Advocates for Youth)

858.565.4148

**Alexa's PLAYC
(Playful learning Academy
for Young Children)**

858.966.8555

YMCA Childcare Resource Center

619.521.3055
<https://www.childcaresandiego.com>

The Chicano Federation
3180 University Avenue, Suite 110
San Diego, CA. 92104

619.285.5600
<https://www.chicanofederation.org/>

Child Development Associates (CDA)
180 Otay Lakes Road, Suite 310
Bonita, CA. 91902

619.427.4411
<https://www.cdasd.org/families/ap-program/>

DIAPERS

Sharia's Closet
6244 El Cajon Boulevard, Suite 5
San Diego, CA. 92115

619.442.9491

**Good Shepherd Ministry Center/
Little Lambs Diaper Program**
772 S. Johnson Avenue
El Cajon, CA. 92020

619.442.9491

San Diego Military Outreach Ministries
4426 Harbinson Avenue
La Mesa, CA. 91942

619.461.4164
✉ Office@SanDiegoMom.org

Journey Community Church
8363 Center Drive
La Mesa, CA. 91942

619.464.4544

Ministerio Tiempo Nuevo
8179 Broadway
Lemon Grove, CA. 91945

619.765.9454

Salvation Army East County
1011 East Main Street
El Cajon, CA. 92021

619.593.1077

Additional Information

Preschool for 18 months - 6 years with or at-risk for Autism Spectrum Disorder.

Childcare info/referral of licensed providers, eligibility based on income.

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

Anyone who has received cash aid in the last 12 months for free. Also provide low income childcare provider assistance.

Every Saturday from 8:00 am - 10:00 am. Call for diaper size availability. No appointment required, diapers provided to children under 4 years.

Every Saturday from 8:00 am - 10:00 am. Call for diaper size availability. No appointment required, diapers provided to children under 4 years.

Sizes and quantities are limited to availability.

3rd Saturday of the month from 8:00 am - 10:00 am. No Appointment required.

Monday - Friday, 8:00 am - 11:45 am.

Monday 1:00 pm - 4:00 pm Wednesday: 2:30 pm - 4:00 pm Closed every 3rd Wednesday. Friday: 1:00 pm - 6:00 pm

- 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.

CHILDCARE SERVICES

Resource

Contact Information

PARENT EDUCATION CLASSES

SAY (Social Advocates for Youth)

858.565.4148

Alexa's PLAYC
(Playful learning Academy
for Young Children)

858.966.8555

YMCA Childcare Resource Center

619.521.3055
<https://www.childcaresandiego.com>

The Chicano Federation
3180 University Avenue, Suite 110
San Diego, CA. 92104

619.285.5600
<https://www.chicanofederation.org/>

Child Development Associates (CDA)
180 Otay Lakes Road, Suite 310
Bonita, CA. 91902

619.427.4411
<https://www.cdasd.org/families/ap-program/>

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://lamesaped.com/>

Indian Health Council

800.322.6384
<https://www.indianhealth.com/services>

Additional Information

Preschool for 18 months - 6 years with or at-risk for autism spectrum disorder.

Childcare info/referral of licensed providers, eligibility based on income.

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

Anyone who has received cash aid in the last 12 months for free. Also provide low income childcare provider assistance.

Rachel Gianfortune, MD. Serves all youths up to age 21, can also be a primary care physician. Accepts most insurances.

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

CHILDCARE SERVICES

Resource

Contact 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/>

YMCA Childcare Referral

800.481.2151

✉ myreferral@ymcasd.org

<https://www.ymcasd.org/childcare-resource-service>

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/>

AKA Head Start Program

620 West Madison Avenue
El Cajon, CA. 92020

619.270.7009

<https://www.akaheadstart.org/>

Cajon Valley Union School District

750 E. Main Street
El Cajon, CA. 92020

619.588.3000

<https://www.cajonvalley.net/>

Jumpstart

740 E. Main Street
El Cajon, CA. 92022

619.590.2789

<https://www.cajonvalley.net/Page/138>

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/>

Additional Information

Connecting families to agencies with subsidized child care assistance.

Child care info/referral of licensed providers, eligibility based on income.

CHS San Diego offers the Family Child Care Home Education Network (FCCHEN) to eligible families throughout San Diego County.

Call to get on waiting list. Ask for family service technician.

- 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.

Office Hours: Monday - Friday 7:30 am - 4:00 pm.

Office Hours: Monday - Friday 8:00 am - 3:15 pm.

CHILDCARE SERVICES

Resource

Contact Information

CHILDCARE ACTIVITIES

Museum Pass

<https://museums4all.org/about/>

National Park Pass

3601 Arey Drive
San Diego, CA. 92154

<https://www.parks.ca.gov/>

**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>

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/>

Activities for Children and Adolescents

<https://www.nctsn.org/resources/simple-activities-children-and-adolescents>

MISCELLANEOUS

Pronto Pass – MTS Transit

<https://www.sdmts.com/fares/youth-opportunity-pass-program#:~:text=%20Starting%20May%20%20I%20%2C%202022%2C%20all,%20or%20a%20Youth%20PRONTO%20card>

Summer Lunch Program

Cajon Valley School District

619.588.3111

<https://www.cajonvalley.net>

Salvation Army East County

1011 East Main Street
El Cajon, CA. 92021

619.440.4683 x 207

<https://elcajon.salvationarmy.org/>

Additional Information

For CalWORKs Students.

Connecting families to agencies with subsidized child care assistance.

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.

Programming and Online Content to Keep Americans Informed and Support Families and Educator

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.

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.

Continue to visit online for updates on family services and support.

Summer Camps for children available.





YOUTH SERVICES

TEEN SHELTERS

FOSTER YOUTH SERVICES

TEEN TREATMENT CENTERS

- IN-PATIENT AND OUT-PATIENT

TRANSPORTATION

YOUTH SERVICES

Resource

Contact Information

TEEN SHELTERS

The Princess Project

<https://www.princessproject.org/>

Somali Family Services

5348 University Avenue, Suite 203
San Diego, CA. 92106

619.265.5821 x 206

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

**San Diego Youth Services-
Teen Shelters & Resources**

24/7 HOTLINES: 866.752-2327 or 619.325.3527

<https://www.sdyouthservices.org/>

**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/>

FOSTOR YOUTH SERVICES

Just in Time

760.505.6647

<https://www.jitfosteryouth.org/>

✉ youthservices@jitfosteryouth.org

Additional Information

Provides free prom dresses and accessories to high school teens.

A community-based social service organization that provides culturally and linguistically appropriate programs and services to refugee and immigrant communities of San Diego.

Providing a safe places to live and long-term solutions through shelter, foster homes, community centers and housing.

- 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.

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.

JIT's mission is to engage a caring community to help transition age foster youth achieve self-sufficiency and well-being.

YOUTH SERVICES

Resource

Contact Information

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 Center - In-Patient Center

Adolescent Group Homes

550 Fesler Street, Suite G1

El Cajon, CA. 92020

619.442.0277 x 2202

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>

Additional Information

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 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.

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.





ELDER CARE

ELDERLY SERVICES

TRANSPORTATION

ADDITIONAL RESOURCES

ELDER CARE

Resource

Contact Information

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>

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>

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>

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/

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>

Report Elderly Abuse
California Department of Aging

800.339.4661
<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Families-Caregivers.html>

Porchlight Community Services
8888 Clairemont Mesa Boulevard
San Diego, CA. 92123

858.737.4320
<https://www.porchlightcommunity.org/foodshare/>

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/>

Additional Information

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.

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.

Programs that are specifically to support families and caregivers: Family Caregiver Support Program, Caregiver Coalition, Dementia Care and Support, and Respite care.

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.

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.

Programs that are specifically to support families and caregivers: Family Caregiver Support Program, Caregiver Coalition, Dementia Care and Support, and Respite care.

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.

Meal service information (pick up times, zip codes serviced, etc.). Call for more information.

ELDER CARE

Resource

Contact Information

ELDERLY SERVICES

Meals on Wheels

2254 San Diego Avenue, Suite 200,
San Diego, CA. 92110

619.260.6110

<https://www.meals-on-wheels.org/>

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/>

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/>

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/>

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/>

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/>

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/>

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/>

Additional Information

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.

Personalized Support for Individuals, Families, and Care Partners.

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 matches older adults with caring volunteers who offer companionship and a steady connection to the community through weekly in-home visits.

Home and Safety Modifications. This program fixes things up around the house, to help you lead a safe and independent life at home.

Call to request a ride. This program provides transportation services to older adults.

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

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).

ELDER CARE

Resource

Contact Information

TRANSPORTATION

Friends in Service to Humanity (FISH)

5940 Kelton Avenue
La Mesa, CA. 91942

619.390.0399

Metropolitan Transit System Access

800 Sesler Avenue
El Cajon, CA. 92113

888.517.9627

ADDITIONAL RESOURCES

Indigent Burial Services

Funeral Costs
1600 Pacific Highway, Suite 206
San Diego, CA. 92101

858.694.3500

<https://search.kinshipcareca.org/v2-detail/?idServiceAtLocation=211sandieg-aj4100001rbd3AAA&location=&user=>

Elder Law and Advocacy

5151 Murphy Canyon Road, Suite 110
San Diego, CA. 92123

858.565.1392

<http://www.seniorlaw-sd.org/about/>

Additional Information

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.

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.

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.

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

DISABILITY SERVICES

Resource

Contact Information

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>

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/default.aspx?id=1482>


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@dcsosfsd.org

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>

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

ADDITIONAL RESOURCES

Disability Rights Advocates

800.776.5746
<https://www.disabilityrightsca.org/>

Therapeutic Recreation Services (TRS)
3901 Landis Street
San Diego, CA. 92105

619.525.8247
<https://www.sandiego.gov/park-and-recreation/activities/trs>

Additional Information

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.

If you have limitations hearing or speaking a specially-trained Communications Assistant (CA) can relay telephone conversations for all your calls.

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.

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

I CAN Center at Central library offers:

- 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.

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.

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

INDIGENOUS SERVICES

Resource

Contact Information

INDIGENOUS ASSISTANCE

Affordable Connectivity Program

Online Source

877.384.2575

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

Indian Health Council

50100 Golsh Road
Valley Center, CA. 92082

760.751.6019

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

San Diego American Indian Health Center

2630 1st Avenue
San Diego, CA. 92103

619.234.2158

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

Southern California American Indian Resource Center

239 E. Main Street
El Cajon, CA. 92020

888.217.2247

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

California Indian Legal Services

800.743.8941

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

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/>

Additional Information

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.

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

Medical Behavioural and Dental Care.

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

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.

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

INDIGENOUS SERVICES

Resource

Contact Information

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

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

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

Additional Information

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.

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.





**IMMIGRANT / REFUGEE ASSISTANCE
ADDITIONAL RESOURCES**

IMMIGRANT/REFUGEE RESOURCES

Resource

Contact Information

IMMIGRANT / REFUGEE ASSISTANCE

Alliance for African Assistance	619.286.9052 https://www.alliance-for-africa.org/
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
Center for Social Advocacy 327 Van Houten Avenue El Cajon, CA. 92020	619.444.5700 https://www.c4sa.org/
Chaldean-Middle Eastern Social Services 436 South Magnolia Avenue El Cajon, CA. 92020	619.401.7410 http://www.syhc.org/cmss-medical-services/
The Chicano Federation 3180 University Avenue, Suite 110 San Diego, CA. 92104	619.285.5600 https://www.chicanofederation.org/
Episcopal Refugee Network 4265 Fairmount Avenue, Suite 130 San Diego, CA. 92105	619.283.1337 https://www.refugee-net.org
Haitian Bridge Alliance 3180 University Avenue, Suite 110 San Diego, CA. 92104	619.228.9908 https://www.facebook.com/haitianbridge/  info@haitianbridge.org
Horn Of Africa 5296 University Avenue, Suite F San Diego, CA. 92105	619.583.0532 http://www.hornofafrica.org
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

Additional Information

Serving refugees, immigrants, and the most vulnerable among us to become self-sufficient, productive members of the community.

Facilitating an effective and memorable transition experience for refugees through an integrated provision of services: Resettlement, Employment, Acculturation, Case Management, and Health.

Help with tenant rights and discrimination based on immigration status. First time home buying counseling and advice.

9:00 am - 5:00 pm, Monday-Friday.

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

9:00 am - 5:00 pm, Monday-Friday.

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.

Refugee services. For online contact, fill out the website contact form.

Provides opportunities for refugees, asylees, victims of human trafficking, survivors of torture.

IMMIGRANT/REFUGEE RESOURCES

Resource

Contact Information

IMMIGRANT / REFUGEE ASSISTANCE

Islamic Speakers Bureau

P.O. Box 12551
La Jolla, CA. 92039

858.752.8788
<https://www.isbsandiego.com>

Immigration Center for Women & Children

427 C Street, Suite 208
San Diego, CA. 92101

619.515.2200
<https://www.icwclaw.org/>

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/>

ADDITIONAL RESOURCES

License to Freedom

131 Avocado Avenue
El Cajon, CA. 92020

619.813.7415
<https://www.licensetofreedom.org/>
<http://www.elcajonresources.org>

Mexican Consulate

<https://www.gob.mx/sre>

San Diego East County Resources

<https://www.ecassist.org/>

San Diego Office of Immigrant and Refugee Affairs

619.338.2799
<https://www.sandiegocounty.gov>

Additional Information

Islamic language services.

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.

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:

- 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

Advocacy for refugee and immigrant survivors of domestic and relationship abuse.

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.

Shelters, Public Assistance, Resources, Health Care Services, and Veteran Services.

Advancing equity and opportunities for immigrant and refugee communities by removing barriers to help them integrate into society and thrive.

IMMIGRANT/REFUGEE RESOURCES

Resource

Contact Information

ADDITIONAL RESOURCES

Somali Family Services

5348 University Avenue, Suite 203
San Diego, CA. 92106

619.265.5821 x206

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

Southern Sudanese

Community of San Diego

4077 Fairmount Avenue
San Diego, CA. 92105

619.788.6511

<http://www.sscsd.org>

Survivors of Torture International

PO Box 151240
San Diego, CA. 92175

619.278.2400

<https://www.notorture.org/>

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

Additional Information

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.

Assist Sudanese refugees in their resettlement through education, social, economic, and cultural support. For online contact, fill out the website contact form.

Help for torture survivors' mental health counseling and case management. Referral link at top of web page, click "Refer a Client".



VETERANS SERVICES

VETERANS ASSISTANCE
ADDITIONAL RESOURCES

VETERANS SERVICES

Resource

Contact Information

VETERANS ASSISTANCE

Armed Services YMCA San Diego
3293 Santo Road
San Diego, CA. 92124

858.751.5755
<https://www.asymca.org/sandiego>

CalVet
Online Source

800.952.5626
<https://www.calvet.ca.gov/home>
<https://www.calvet.ca.gov/VetServices/Pages/CA-Community-Colleges.aspx>

Homes For Our troops
3293 Santo Road
San Diego, CA. 92124

866.787.6677
https://www.hfotusa.org/help/?_intake@hfotusa.org

Rapid Response Referral Program

855.917.2743
<https://www.findhelp.org/iraq-and-afghanistan-veterans-of-america>

Stand Downs

<https://www.va.gov/homeless/events.asp>

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>

Additional Information

Enhancing the lives of military members and their families in spirit mind and body through programs relevant to the unique challenges of military life.

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 (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 (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.

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.

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

UTILITIES

Resource

Contact Information

VETERANS ASSISTANCE

Affordable Connectivity Program

<https://www.affordableconnectivity.gov/>

Alliance for African Assistance
Utility Advocacy Department

619.286.9052 x 241
<https://www.alliance-for-africa.org>

**California Public Utilities
Commission Bill Assistance**

<https://www.cpuc.ca.gov/consumersupport/late-bill-assistance>

AT&T Bundle Packages

<https://www.allconnect.com/providers/att/bundles>

Campesinos Unidos Inc. (CUI)
885 Gateway Center Way, Suite 103
San Diego, CA. 92102

619.391.9790
<http://www.campesinosunidos.org>

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/>

SDGE Care Program
104 N. Johnson Avenue
El Cajon, CA. 92020

800.411.7343
<https://www.sdge.com/residential/care-video>

Additional Information

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.

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.

Utility Bill Explanation, Pay-off Assistance, and Service Restart.

Information on Packages available for Low-Cost internet, television and phones.

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.

If your service has been shut off, continue calling until you get through schedule get an appointment for bill payment credit.

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

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>

Victim Assistance Program

San Diego County DA

110 South Euclid Avenue
San Diego, CA. 92114

619.531.4041

Victim of Crime Fund

<https://www.victims.ca.gov/>

University of San Diego –

School of Law

5998 Alcalá Park, Barcelona Hall, Room 305
San Diego, CA. 92110

619.260.7470

<https://www.sandiego.edu/law/free-legal-assistance/>

YWCA of San Diego County

1012 C Street
San Diego, CA. 92101

619.234.3164

<https://www.ywcasandiego.org/help/services/>

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/>

California Victim

Compensation Board

800.777.9229

<https://www.victims.ca.gov/for-victims/>

District Attorney's Office –

Child Abduction Unit

4575 B Mission Gorge Place
San Diego, CA. 92120

619.531.4345

<https://www.sdca.org/helping/child-abduction>

Additional Information

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.

Available for victims of any crime who have been emotionally, physically, or financially affected.

Financial compensation

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.

Legal matters include restraining orders, divorce, child custody/visitation, child and spousal support, and immigration services for domestic violence victims. Safe at Home enrollment.

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.

Provides compensation after all available reimbursement and recovery sources are used, including medical insurance, disability insurance, employer benefits and civil suits.

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/>

Immigration Center for Women & Children

427 C Street, Suite 208
San Diego, CA. 92101

619.515.2200

<https://www.icwclaw.org/>

National Center for Transgender Equality

<https://www.transequality.org/>

San Diego County Bar Association

800.464.1529

<https://www.sdcba.org/?pg=FindLawyerFeeArbitration>

San Diego County Sheriff

858.565.5200

<https://www.sdsheriff.gov/resources/domestic-violence>

Victim Assistance Program

San Diego District Attorney's Office

619.531.4041

<https://www.sdcda.org/helping/victims/victim-services>

Stalking Information Line

619.515.8900

<https://www.sdcda.org/preventing/stalking/>

Transgender Law Center

P. O. Box 741803
Los Angeles, CA 90074

510.587.9696

<https://www.transgenderlawcenter.org/>

Additional Information

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.

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.

Find a lawyer that is right for you.

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.


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.

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 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.

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

San Diego Clean Slate Clinic
4389 Imperial Avenue
San Diego, CA. 92113

<https://www.sd-csc.org/home.html>

Homeless Court
450 B Street
San Diego, CA. 92101

619.717.6101
<https://www.homelesscourtprogram.org/>

Second Chance
6145 Imperial Avenue
San Diego, CA. 92114

619.234.8888
<https://www.secondchanceprogram.org/>

Paving Great Futures
2307 Fenton Parkway
San Diego, CA. 92108

619.717.6101
<https://www.homelesscourtprogram.org/>

Additional Information

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.

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.

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.

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.

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

AUTOMOTIVE

Resource

Contact Information

AUTOMOTIVE RESOURCES

Discount Tire Stores

https://www.discounttire.com/store-locator?utm_source=ShapeShape=bing&utm_medium=cpc&ef_id=17ee9fff3f7d148fb1add867ad7dlf6:G:s

Consumer Assistance Program
Bureau of Automotive Repair
10949 North Mather Boulevard,
Rancho Cordova, CA. 95670

<https://www.bar.ca.gov/consumer/consumer-assistance-program>

Discount Tire Stores

https://www.discounttire.com/store-locator?utm_source=bing&utm_medium=cpc&ef_id=17ee9fff3f7d148fb1acfd867ad7dlf6:G:s

Baja's #1 Auto Wrecking
1218 Otay Valley Road
San Diego, CA. 92154

619.661.6060
<http://recycler.car-part.com/Bajas1AutoWreckin>

Center Point Auto Wrecking
935 Heritage Road
San Diego, CA. 92154

619.661.2500
<http://recycler.car-part.com/CenterPointAutoWrecking/>

Dave's Auto Wrecking
970 Heritage Road
San Diego, CA. 92154

<https://davesautowreckingsd.com/>

Jalos Auto Dismantling
1102 Heritage Road
San Diego, CA. 92154

619.661.6870
<http://www.jalosautodismantling.com/>

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>

Additional Information

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.

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.

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.

8:00 am - 5:00 pm, Monday-Friday; Saturday 8:00 am - 2:00 pm.

8:00 am - 5:00 pm, Monday-Friday; Saturday 8:00 am - 2:00 pm.

8:00 am - 5:00 pm, Monday-Friday; Saturday 8:00 am - 2:00 pm.

8:00 am - 5:00 pm, Monday-Friday; Saturday 8:00 am - 2:30 pm.





PETS

PET RESOURCES

PET RESOURCES

San Diego Humane Society
5500 Gaines Street
San Diego, CA. 92110

619.299.7012
<https://www.sdhumane.org/>

San Diego Humane Society Community
1373 N. Marshall Avenue
El Cajon, CA. 92020

619.299.7012
<https://www.sdhumane.org/services/support-service/pantry-service.html>

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

Dreams for Change

619.497.0236
<https://www.dreamsforchange.org>

Jewish Family Service

619.497.0236
<https://www.dreamsforchange.org>

Alpha Project

619.542.1977
<https://www.alphaproject.org>

Father Joe's Village

619.466.3537
<https://www.my.neighbor.org>

Preferred Pets Cremation
6402 University Avenue
San Diego, CA. 92115

619.770.1827
<https://www.preferredpets.org/>

SD Humane Society Euthanasia
5500 Gaines Street
San Diego, CA. 92110

619.299.7012
<https://www.sdhumane.org/>

Additional Information

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.

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.

Apartments throughout San Diego County that are pet friendly.

Safe parking lots that welcome pets.

Safe parking lots that welcome pets, apart of their 'Safe Parking Program'.

An organization that offers shelter.

An organization that offers shelter.

San Diego Humane Animal Euthenization.

San Diego Humane Animal Euthenization.





COMMUNITY ORGANIZING

COMMUNITY RESOURCES

COMMUNITY ORGANIZING

Resource

Contact Information

COMMUNITY RESOURCES

Asian Solidarity Collective

<https://www.asiansolidaritycollective.org/>

Anakbayan San Diego

<https://www.facebook.com/AnakbayanSanDiego>

**International People's Democratic
Uhuru Movement (InPDUM)**

<https://www.inpdum.org/>

Union del Barrio (UdB)

<https://www.uniondelbarrio.org/main/4-2/about-udb/>

**African National Women's
Organization (ANWO)**

<https://www.anwouhuru.org/>

Arrest CPS

4921 Tilden Road, Suite 334
Bladensburg, MD. 20710

240.326.3959

<https://www.anwouhuru.org/arrestcps/>

Additional Information

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 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.

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.

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.

We exist to defend the interest of poor and working class African women all over the world.

Grossmont College
CalWORKs
A CULTURE OF
Caring



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



GROSSMONT COLLEGE, 8800 GROSSMONT COLLEGE DRIVE, EL CAJON, CA 92020
BUILDING: 38E PHONE: 619.644.7552

GCCCD GOVERNING BOARD MEMBERS: Elena Adams, Linda Cartwright, Debbie Justeson, Brad Monroe, Julie Schorr **STUDENT MEMBER:** Benjamin Blevins **CHANCELLOR:** Lynn Ceresino Neault, Ed.D.
GROSSMONT COLLEGE PRESIDENT: Denise Whisenhunt, J.D.