

Community Resource List

Updated by San Diego Unified School District's
Office of Children and Youth in Transition.

We update this document regularly. If you know of changes that need to be made, please contact our office at (619) 725-7326.

2013/2014



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Alcohol/Drug Abuse Resources:		
Al-Anon & Alateen www.alanonsandiego.org		(619) 296-2666
Alcoholics Anonymous (AA) www.aasd.org	Meetings at various locations; call or visit website for more information.	(619) 265-8762 Central (760) 758-2514 North
Aurora Behavioral Health Care www.sandiego.aurorabehavioral.com	11878 Avenue of Industry San Diego, CA 92128	(858) 487-3200
Marijuana Anonymous www.marijuana-anonymous.org	Meetings at various locations; call or visit website for more information.	(800) 766-6779
McAllister Institute www.themcalisterinstitute.com	1365 N. Johnson Ave., Ste 111 El Cajon, CA 92020 Sliding fee scale; for all ages, outpatient.	(619) 442-0277
Narcotics Anonymous- San Diego www.sandiegona.org		(619) 584-1007 Business (619) 546-0774 Spanish (800) 479-0062 Meetings
Palavra Tree www.palavratree.org	1212 S 43 rd St. San Diego, CA 92113 For adolescents.	(619)-263-7768
Phoenix House of San Diego www.phoenixhouse.org	23981 Sheriton Valley Rd. Descanso, CA 91916	(888) 286-5027
South Bay TRC www.themcalisterinstitute.com	2429 Fenton St. Chula Vista. CA 91914	(619) 482-9300
Teen Options www.sdyouthservices.org	For teens ages 12-17 (including pregnant teens).	(619) 521-2250
Teen Recovery Program-McAllister Institute	7867 Convoy Ct. Ste 302. San Diego, CA 92111 For teens ages 12-17.	(858) 277-4633
Clothing Resources: (some services are seasonal; you can also call 211 for availability)		
Catholic Charities- Emergency Services	Short-term case management services include food, clothing, shelter referral, transportation assistance, etc.	(619) 231-2828
Cinderella's Attic www.cinderellasattic.org	Free formal wear available for high school students' prom or homecoming dances.	No phone number.
My Girlfriend's Closet www.mygirlfriendscloset.info	Attn: Sandy Silverman 600 B Street, Suite 2350 San Diego, CA 92101 Provides free clothing to teen girls. No one is turned away.	(619) 884-0844
Nice Guys Charities www.sdniceguys.com	PO Box 881456 San Diego, CA 92168 Temporary one-time assistance for utilities, clothing, auto repair, tuition, and other expenses.	(858) 509-9443
Presbyterian Urban Ministries	2459 Market St San Diego, CA 92102 Emergency clothing.	(619) 232-2753
Princess Project www.princessproject.org	Free formal wear available for high school students' prom or homecoming dances.	No phone number.

Community Centers		
Barrio Station www.barriostation.org	2175 Newton Ave. San Diego, CA 92113-2282 Community center for teens, counseling, and sports activities; ages 6-18.	(619) 238-0314
Crawford Community Connection- Mid City Resource Center www.midcitycan.org	4275 El Cajon Blvd. Ste 101 San Diego, CA 92105 Community resource center.	(619) 283-9624
Salvation Army Kroc Center	Family support, education, recreation, and cultural arts center.	(619) 287-KROC (5762)
Crisis and Information Hotlines		
211 www.211sandiego.org or www.informasandiego.org	Information and referrals for community agencies that provide health and human services.	2-1-1
Abuse Hotline	24 hour child abuse hotline, referrals for domestic violence, sexual abuse, and suicide.	1-800-422-4453
Access and Crisis Line www.up2sd.org	24 hour County suicide hotline	(888) 724-7240
AIDS Hotline (Also for STD's/vaccinations)	24 hour educational and referral service	1-800-232-4636
Alcohol & Drug Hotline	24 hour information and referral by staff	1-800-ALCOHOL (1-800-252-6465)
California Youth Crisis Hotline www.youthcrisisline.org	24 hour support	(800) 843-5200
Child Protective Services	24 hour hotline	(800) 344-6000 or (858) 560-2191
Courage to Call http://www.mhsinc.org/courage-to-call	24 hour hotline for active or former military members and their families and loved ones.	(619) 209-4682
Emergency Screening Unit	730 Medical Center Ct. Chula Vista, CA 91911 24 hour psychiatric emergency room, psychiatric hospital admission for youth only.	(619) 421-6900
GLBTQ Hotline www.trevorproject.org	24 hour support for GLBTQ youth	1-866-488-7386
Human Trafficking Hotline	24 hour hotline	(888) 373-7888
Military Onesource www.militaryonesource.com	24 hour crisis hotline for soldiers and military families.	(800) 342-9647
National Center for Missing & Exploited Children http://www.missingkids.com		1-800-THE-LOST (1-800-843-5678)
National Eating Disorders Association www.nationaleatingdisorders.org		1-800-931-2237
National Suicide Hotline www.suicidepreventionlifeline.org	24 hour national suicide hotline	(800) 273-TALK (800-273-8255)
Psychiatric Emergency Response Team (PERT)- Community Research Foundation	24 hour emergency psychiatric assistance 1094 Cudahy Pl. Suite 314 San Diego, CA 92110	Call 911, ask for PERT
RAINN (Rape, Abuse, and Incest National Network) www.rainn.org	24 hour support	1-800-656-HOPE (1-800-656-4673)

Runaways www.nrscrisisline.org	24 hour support	1-800-RUN-AWAY (1-800-786-2929)
San Diego County Domestic Violence Hotline	24 hour hotline	(888) DVLINKS (888-385-4657) (858) 565-5200
S.A.F.E. Alternatives www.selfinjury.com	Helpline for those struggling with self-injurious behavior/cutting	1-800-DONTCUT (1-800-366-8288)
Suicide Hotline (Spanish)	Suicide help in Spanish	1-800-273-TALK + 2
Text Telephone Suicide Hotline	Suicide help for hearing impaired	1-800-799-4TTY
Trevor Project www.thetrevorproject.org	24 hour suicide hotline for lesbian, gay, bisexual, transgender, and questioning youth.	(866) 4-U-TREVOR (1-866-488-7386)
Crisis Residential Programs (For mental health or drug/alcohol treatment)		
Halcyon Center- Community Research Foundation www.communityresearchfoundation.org	1664 Broadway El Cajon, CA 92021 Short term acute residential treatment (START) for any individuals suffering from a psychiatric crisis; call to make referral.	(619) 579-8685
Isis Center- Community Research Foundation www.communityresearchfoundation.org	892 27 th St. San Diego, CA 92154 Short term acute residential treatment (START) for any individuals suffering from a psychiatric crisis; call to make referral.	(619) 575-4687
Jary Barreto Crisis Center- Community Research Foundation www.communityresearchfoundation.org	2865 Logan Ave. San Diego, CA 92113 Short term acute residential treatment (START) for any individuals suffering from a psychiatric crisis; call to make referral.	(619) 232-4357
New Vistas Crisis Center www.communityresearchfoundation.org	734 10 th Ave. San Diego, CA 92101 Short term acute residential treatment (START) for any individuals suffering from a psychiatric crisis; call to make referral.	(619) 239-4663
Turning Point Crisis Center www.communityresearchfoundation.org	1738 South Tremont St. Oceanside, CA 92054	(760) 439-2800
Vista Balboa Crisis Center www.communityresearchfoundation.org	545 Laurel St. San Diego, CA 92101 Adult short-term residential treatment.	(619) 233-4399
YMCA Oz of San Diego	3304 Idlewild Way, San Diego, CA 92117	(858) 270-8213
Disabled/Developmentally Delayed Services & Resources		
ARC of San Diego www.arc-sd.com	3030 Market St. San Diego, CA 92102 Serves adults and children with disabilities.	(619) 685-1175
San Diego Regional Center www.sdrc.org	4355 Ruffin Rd. Suite 200 San Diego CA 92123	(858) 576-2996
Domestic Violence Shelters and Resources		
Center for Community Solutions- Project Safehouse www.ccssd.org	Shelter and transitional services.	(888) 385-4657 Hotline (619) 631-6442 Project Safehouse
Community Resource Center www.communityresourcecenter.org	Hotline and shelter.	(877) 633-1112
El Nido Transitional Living Program	Transitional housing; non-emergency.	(619) 563-9878

La Maestra Legal Advocacy Services www.lamaestra.org/legal-advocacy-services/default.html	Legal advocacy, assistance and support to survivors of domestic violence, sexual assault, trafficking and other crimes.	(619) 584-1612 ext. 3094
South Bay Community Services Shelter www.southbaycommunityservices.org	Emergency and transitional housing.	(619) 420-3620
YWCA www.ywcasandiego.org	Hotline and emergency and transitional housing.	(619) 234-3164 Hotline (619) 239-0355
YWCA Becky's House	30-day domestic violence emergency shelter, and transitional living programs for victims of domestic violence and their families.	(619) 523-6060
Food Resources: (some services are seasonal; you can also call 211 for availability)		
American Red Cross (WIC program)	292 Euclid Ave Suite 225 San Diego, CA 92114	(800) 500-6411
Bayside Community Center www.baysideecc.org	2202 Comstock St. San Diego, CA 92111 Emergency food services.	(858) 278-0771 ext. 3001
Catholic Charities- Food Resource Centers		(619) 231-2828- Downtown (619) 286-1100- Mid City
Crisis House Emergency Services www.crisishouse.org	1034 N Magnolia St. El Cajon, CA 92020 Serves undocumented individuals and families in need of emergency food and baby supplies.	(619) 444-1194
Crossroads Lindadig@cox.net	33 rd and Mead El Cajon, CA Food pantry (Thursdays/Fridays) ; ranges from \$.50-\$20 per bag or portion.	(619) 283-3066
County of San Diego Health and Human Services www.sdcounty.ca.gov/hhsa	Apply for CalFresh, Cash Aid, Medi-Cal, and CalWORKS.	(866) 262-9881
Feeding America San Diego www.feedingamericasd.org	Food distribution sites across the county.	(858) 452-3663
Hand up- Jewish Family Services www.jfssd.org	Food for low-income & homeless individuals and families. Also provides youth volunteer opportunities. Located at St. Paul's' Cathedral.	(858) 637-3000 or (858) 637-3088
Home Start Family Self-Sufficiency (FSS) www.home-start.org	4305 University Ave. San Diego, CA 92105 Emergency food and shelter, other services.	(619) 229-3660
Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Community Center www.thecentersd.org	3909 Centre St. San Diego, CA 92103 First Tuesday of each month 9:00-10:30 am, The Center's parking lot offers emergency fresh food, pre-screen for food stamps and sign up for a range of other services, including employment and medical as well as low-cost utility programs.	(619) 692-2077 x 116
Mama's Kitchen www.mamaskitchen.org	3960 Home Ave. San Diego, CA 92105 Free meal delivery/pantry for San Diego residents who are diagnosed with HIV/AIDS or cancer (any age).	(619) 233-6262
Presbyterian Urban Ministries	Emergency food & clothing.	(619) 232-2753

San Diego Food Bank www.sandiegofoodbank.org	Among the many programs offered, the Food 4 Kids Backpack Program provides food to chronically hungry elementary school students from low-income households who are at risk of hunger over the weekend when free school meals are unavailable.	(866) 350-FOOD (866-350-3663)
Foster Care/Adoption/Post-Adoption Services		
Clark Adolescent Treatment Program (program of San Diego Center for Children)	3003 Armstrong St. San Diego, CA 92111 Level 14 residential group home providing 24-hour treatment for teens in foster care/post-adoption ages 13 to 18 with complex behavioral and emotional needs, offers nurturing and structured home environment for up to 24 teens.	(858) 277-9550
Dependency Legal Group of San Diego	Nonprofit public benefit corporation providing legal representation to indigent families who come before the juvenile dependency court in San Diego County. Four divisions: – the Primary Parent Office, which represents the primary or offending parent, the Conflict Parent Office, which represents the second or noncustodial parent, the Minor’s Counsel Office, which represents the child, and the Conflict Counsel Office, which represents additional parents and children, and accepts all conflict-of-interest appointments.	(619) 795-1540 ext. 1542
Foster Youth Mentor Program	County of San Diego Health and Human Services Agency 7947 Mission Center Ct. San Diego, CA 92108 Connects foster youth with mentors.	(619) 767-5222
Just In Time for Foster Youth	3378 Old Town Ave. Ste. 200 San Diego, CA 92110 Programs for emancipated foster youth between 18-26 attending school, working, or both. Programs/resources include financial support in emergency situations, furnishings for first homes, essentials for starting college, and financial literacy, career, and life skills education.	(619) 505-6647 (619) 683-9340
New Alternatives	2535 Kettner Blvd. Suite 302 San Diego, CA 92101 Transitional living group homes for foster youth, assessment for wraparound services	(619) 615-0701
Polinsky Children’s Center	24-hour facility for the temporary emergency shelter of children who must be separated from their families for their own safety, or when parents cannot provide care.	(858) 514-4600
San Diego County Adoptions Program - Post-Adoption Services	Post adoption services (child and parent support groups, parent education, and other referrals as needed).	877-423-6788

San Diego Center for Children www.centerforchildren.org	3002 Armstrong St. San Diego, CA 92111 Level 12 and 14 foster group home for ages 6-14.	(858) 277-9550
San Diego County Office of Education Foster Care Liaison – Michelle Lustig	6401 Linda Vista Rd. San Diego, CA 92111	(858) 503-2628
San Diego Unified School District- Services for students in foster care www.sandi.net/fosterstudents	Our district ensures that students in foster care and their foster families know their educational rights, and provides some support/services.	(619) 725-7326
Homeless Shelters/Transitional Living Programs: (some services are seasonal; you can also call 211 for availability)		
Alpha Project for the Homeless www.alphaproject.org		(619) 542-1877: Karen Pucci, Program manager of the winter shelter
Catholic Charities- Rachel's Night Shelter www.ccdsd.org	Services for females age 18 and older.	(619) 696-6645
Door of Hope (program of the Salvation Army)	2799 Health Center Drive San Diego, CA 92123 Shelter and transitional living for women and pregnant/parenting teens.	(858) 279-1100
Dreams for Change Safe Parking Program	Provides safe parking environment and supportive services for transitional homeless living in their vehicles for overnight stays. 7 days a week, 365 days/year starting at 6:00 pm, must call before arriving. Chula Vista Lot – 345 5 th Ave Chula Vista 91910 San Diego Lot – 766 28 th St. San Diego 92102 Vista Lot – 1010 Crestview Rd. Vista 92081 No East County Location	(619) 497-0236 - call before arriving at lot
Episcopal Community Services - SAFE HAVENS Program www.ecscalifornia.org/programs/safe-havens/	Transitional housing residences serving mentally ill, chronically homeless single adults in the metro San Diego area. In addition to providing a safe home, the program also offers intensive case management.	(619) 228-2800
Home Start Family Self-Sufficiency (FSS) www.home-start.org	4305 University Ave. San Diego, CA 92105 Emergency food and shelter, other services.	(619) 229-3660
Interfaith Shelter Network www.interfaithshelter.org	3530 Camino del Rio North Suite 101 San Diego, CA 92108 Seasonal shelter services.	(619) 702-5399
New Alternatives	2535 Kettner Blvd. Suite 302 San Diego, CA 92101 Transitional living group homes for foster youth, assessment for wraparound services	(619) 615-0701
Polinsky Children's Center	24-hour facility for the temporary emergency shelter of children who must be separated from their families for their own safety, or when parents cannot provide care.	(858) 514-4600

San Diego Rescue Mission www.sdrescue.org	120 Elm Street San Diego, CA 92101 Food programs plus emergency and residential programs for men, women, and children.	(619) 687-3720
San Diego Youth Services – Take Wing program www.sdyouthservices.org	3255 Wing St. San Diego CA 92110 Transitional living program for community youth (homeless or potentially homeless youth) and former foster/probation youth including parenting youth who are 18-24 years of age for up to 24 months.	(619) 221-8600
San Diego Youth Services- The Storefront www.sdyouthservices.org	Emergency shelter for runaway, homeless, and “street” youth ages 12-17. Can access services with or without a referral.	(619) 325-3527
South Bay Community Services- Casa Nueva Vida www.southbaycommunityservices.org	430 F St. Chula Vista, CA 91910 Short term housing for homeless families and children. Long term affordable housing, financial assistance and employment assistance.	(619) 420-3620 or (619) 426-2350
St. Vincent De Paul Village www.svdpv.org	1501 Imperial Ave. San Diego, CA 92101 Short, long term and permanent housing. Some food resources (serve lunch daily).	(619) 446-2100
Toussaint Teen Academy www.toussaintacademy.org	Licensed group home with comprehensive services for homeless and runaway youth ages 14-18.	(619) 687-1080
YMCA Oz of San Diego www.yfs.ymca.org/residential-services/oz-shelter-services.html	3304 Idlewild Way, San Diego, CA 92117 Provides temporary, two-week homelike residence for teenagers experiencing personal, interpersonal, school or family difficulties. Residents participate in activities designed to help them learn basic living skills, take responsibility for their own behavior, and interact more effectively with family members.	(858) 270-8213
YMCA Turning Point Transitional Living Program www.yfs.ymca.org/residential-services/turning-point-tlp.html	4145 Swift Avenue #2 San Diego, CA 92104 18-month program for homeless young adults (male and female), ages 16-21 with and without children. Designed to facilitate the transition from homelessness to self-sufficiency.	(619) 640-9774
YWCA www.ywcasandiego.org	1012 C St. San Diego, CA 92101 Residential shelters and job assistance. Programs include Becky’s House 30-day program for women and children needing domestic violence protection, and Cortez Hill Family Shelter.	(619) 239-0355

Homelessness and Low Income Resources: (some services are seasonal; you can also call 211 for availability)		
American Red Cross (WIC program)	292 Euclid Ave Ste225 San Diego, CA 92114	(800) 500-6411
Catholic Charities- Rachel's Day Center www.ccdsd.org	For women over 18.	(619) 696-0873
Catholic Charities- Emergency Services	Short-term case management services include food, clothing, shelter referral, transportation assistance, etc.	(619) 231-2828
Catholic Charities- Food Resource Centers		(619) 231-2828- Downtown (619) 286-1100- Mid City (760) 353-6823- El Centro
Counseling Cove (Program of San Diego Youth Services)	2250 4th Avenue, Suite 301 San Diego, CA 92101 Counseling for homeless or runaway youth ages 12-20.	(619) 525-9903
County of San Diego Health and Human Services www.sdcounty.ca.gov/hhsa	Apply for CalFresh, Cash Aid, Medi-Cal, ACCESS, and CalWORKS.	(866) 262-9881
Crisis House Emergency Services www.crisishouse.org	1034 N Magnolia St. El Cajon, CA 92020 Serves undocumented individuals and families in need of emergency food and baby supplies.	(619) 444-1194
Episcopal Community Services www.ecscalifornia.org	Offers a broad range of social services addressing homelessness, mental illness, early childhood education and development, and substance abuse education.	(619) 228-2800
Hand up- Jewish Family Services www.jfssd.org	Food for low-income & homeless individuals and families. Also provides youth volunteer opportunities. Located at St. Paul's' Cathedral.	(858) 637-3000 or (858) 637-3088
Home Start-Emergency Assistance www.home-start.org	5296 University Ave. Ste F2 San Diego, CA 92115 Maternity (ages 18-24) and Family Emergency Shelter.	(619) 229-3660
Housing Opportunities Collaborative	Serves as an information clearinghouse by consolidating housing related information and making it easily accessible to the public and partners.	(619) 283-2200
LIHEAP- Dept. of Community Service and Development www.acf.hhs.gov/programs/ocs/liheap	PO Box 1947 Sacramento, CA 95812 One-time utility assistance for low income families.	(866) 675-6623
MAAC Project www.maacproject.org	1355 Third Ave. Chula Vista, CA 91911 Utility and affordable housing/recovery home assistance for low income families.	(619) 426-3595
McAllister Institute-HOPE (Homeless Outreach Program East) www.themcalisterinstitute.com		(619) 442-0277 ext.141

Nice Guys Charities www.sdniceguys.com	PO Box 881456 San Diego, CA 92168 Temporary one-time assistance for utilities, clothing, auto repair, tuition, and other expenses.	(858) 509-9443
Salvation Army www.usw.salvationarmy.org	Multiple locations.	(858) 279-1100 or (619) 269-1500
SDG&E CARE	8335 Century Park Ct. San Diego, CA 92123 20% discount on gas and electric bills for low income residents.	(800) 411-7343
San Diego Continuing Education www.sdce.edu	Free classes for childbirth, GED, education, parenting, job skills, etc.	(619) 388-4850 or (619) 388-4881 (619) 388-1873 Spanish
San Diego Job Corps www.sandiego.jobcorps.gov	Free for 16-24 year olds; do not serve undocumented individuals.	(800) 733-5627
San Diego Unified School District- Services for homeless students www.sandi.net/homeless	Our district ensures that homeless students and their families know their educational rights, and provides some support/services.	(619) 725-7326
StandUp for Kids- San Diego www.standupforkids.org	3401 Adams Avenue Ste. A PMB# 116 San Diego, CA 92116 A drop in center for homeless and runaway teens.	(619) 237-5437
Legal Assistance:		
Casa Cornelia Law Center www.casacornelia.org	Asylum and undocumented domestic violence services. No charge for legal services.	(619) 231-7788
Catholic Charities www.ccdsd.org	349 Cedar St. San Diego, CA 92101 4575 Mission Gorge Pl. Suite B San Diego, CA 92120	(619) 231-2828 (619) 231-2828 x 315 Adoption services (619) 287-9454 Refugee services (619) 287-1270 Immigration services
Center for Community Solutions-Legal Clinic www.ccssd.org	Multiple locations. For legal services related to domestic violence, sexual assault, or elder abuse. Spanish speaking.	(760) 798-2835 San Marcos (619) 697-7477 La Mesa
City Heights Community Law Project	Help finding pro bono or low fee organization/attorney. Walk-in appointments at these locations/hours: Hoover High School 4474 El Cajon Blvd. San Diego, CA 92105 Tuesdays 12:00 – 2:00 pm Monroe Clark Middle School 4388 Thorn St. San Diego, CA 92105 1 st /3 rd Thursdays, 12:30 – 2:00 pm Rosa Parks Elementary School 4510 Landis St. San Diego, CA 92105 2 nd /4 th Fridays, 8:30 - 10:30 am	No phone contact, for more information contact Pro Bono Coordinator Udoka Nwanna at unwanna@cwsf.edu

Dependency Legal Group of San Diego	Nonprofit public benefit corporation providing legal representation to indigent families who come before the juvenile dependency court in San Diego County. Four divisions: – the Primary Parent Office, which represents the primary or offending parent, the Conflict Parent Office, which represents the second or noncustodial parent, the Minor’s Counsel Office, which represents the child, and the Conflict Counsel Office, which represents additional parents and children, and accepts all conflict-of-interest appointments.	(619) 795-1540 ext. 1542
Employee Rights Center/Labor Council	4265 Fairmount Ave. Suite 210 San Diego, CA 92105 Immigration. Tenant rights, wage claims, unemployment appeals; fees vary.	(619) 521-1372
Family Justice Center www.familyjusticecenter.com	1122 Broadway St. 2 nd floor San Diego, CA 92101 Domestic violence and elder abuse; no fees.	(619) 533-6000 (866) 933-HOPE
Immigrant Lawyer Search www.aillawyer.com		
Legal Aid Society (LASSD) www.lassd.org	300 W. Broadway, 2 nd Floor San Diego 92101 Legal Aid services available inside Hall of Justice and other locations county wide. Help with landlord disputes, family disputes, health benefits, and disability support.	(877) 534-2524
National Conflict Resolution Center www.ncrconline.com	625 Broadway #1221 San Diego, CA 92101 Provide free parent/teen mediation in addition to other community mediation services. Services also available in Spanish.	(619) 238-2400
Restorative Justice Mediation Program	Provides victim/offender dialog, education and services in partnership with government, non-profit organizations and businesses to San Diego County, to reduce repeat crime and improve the lives of those affected by crime. Includes mediation/dialog training.	(619) 280-1993
San Diego County Bar Lawyer Referral Services www.sdcba.org	1333 7 th Ave. San Diego, CA 92101 Offers referrals to pro bono or reduced fee attorneys. Services also available in Spanish.	(619) 231-8585
San Diego Volunteer Lawyer’s Program www.sdvlp.org	Court appearance and retraining orders. Spanish speaking. Civil issues only- no criminal.	(619) 235-5656
State Bar of CA Lawyer Referral Service www.calbar.ca.gov		(800) 215-1190
University of San Diego –Legal Clinic www.sandiego.edu/law/free_legal_assistance	Immigration, civil, tenant, small claims. Free for income eligible. Spanish speaking.	(619) 260-7470
YWCA Counseling Center- Legal Clinic www.ywcasandiego.org	1012 C St. San Diego, CA 92101 Free- Domestic Violence Center; hours: Mondays 12-2 & Wednesday 2-5.	(619) 239-2341 or (619) 239-0355

Medical Clinics/ Health Centers & Services		
Covered California Insurance Options www.coveredca.com	Affordable insurance marketplace for the uninsured, part of federal Patient Protection and Affordable Care Act, includes private insurance and Medi-Cal options.	(888) 975-1142
Deaf Community Services of San Diego www.deafcommunityservices.org	3930 4th Ave. #300 San Diego, CA 92103 Mental health services, interpretation services, literacy services, and food bank.	(619) 398-2441 (619) 398-2440 TTY (619) 619-550-3436 VP (Video Phone)
Family Health Centers of San Diego www.fhcsd.org	Locations include: Beach Area, Chase Avenue, Chula Vista, City Heights, Community Circle East, Diamond Neighborhoods, Downtown, Grossmont Spring Valley, Lemon Grove, Logan Heights, North Park and Sherman Heights. Programs include: Black Infant Health Program, Healthy Development Services, HIV Services, Logan Heights Family Counseling Center, and Teen Health Center.	(619) 515-2333 or (619) 515-2300
Healthy Families www.healthyfamilies.ca.gov	State sponsored low-cost insurance for children, teens and pregnant mothers.	(800) 880-5305
HIV Testing/Counseling- County Health Services	3851 Rosecrans St. San Diego, CA 92110	(619) 296-2120
La Maestra Community Health Center www.lamaestra.org	4060 Fairmount Ave. San Diego, CA 92105 Primary care, dental, specialty, and behavioral providers. Many locations throughout central San Diego including eye clinic, dental clinic, and women's clinic.	(877) 338-5632
Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Community Center www.thecentersd.org	3909 Centre St. San Diego, CA 92103 HIV testing and other services	(619) 692-2077 x 101
Linda Vista Health Center www.sdfamilycare.org	6973 Linda Vista Rd. San Diego, CA 92111	(858) 279-0925
Mountain Health and Community Services, 25th Street Family Medicine www.mtnhealth.org	316 25 th St. San Diego, CA 92102 Also in Alpine, Escondido, and Campo Accepts most insurance plans; sliding scale for uninsured.	(619) 478-5254 or (619) 238-3807
Operation Samahan www.operationsamahan.org	2841 Highland Ave. National City, CA 91950 10737 Camino Ruiz Ste 235 San Diego, CA 92126 Serves low income families from the Filipino/Asian community.	(619) 477-4451
Planned Parenthood www.plannedparenthood.org	Various locations.	(888) 743-7526 or (800) 230-7526
San Diego American Indian Health Center www.sdaihc.com	2602 First Ave., Ste 100 San Diego, CA 92103 Dental, medical, and behavioral health services. Offer services for anyone; however verified American Indians may receive some services at no cost.	(619) 234-0648 or (619) 234-2158

San Diego County Health and Human Services Agency (HHS) www.sdcounty.ca.gov/hhsa	Various public health services and clinics throughout the county, all ages.	(619) 542-4170
San Diego Family Care – Mid City Community Clinic	Adult Clinic – 4290 Polk Ave. San Diego, CA 92105 Pediatric Clinic – 4305 University Ave. Suite 150 San Diego, CA 92105	(619) 563-0250 (619) 280-2058
San Diego Unified School District School-Based Health Centers	Through partnerships with community medical groups/centers, four locations, accept some insurance, Medi-Cal and uninsured: <u>Central Elementary</u> – 63 Polk Ave. San Diego, CA 92105; for Central Elementary students and their siblings under 18 <u>Hoover High School</u> – 4474 El Cajon Blvd. San Diego, CA 92115; for Hoover High School students and their siblings under 18 only ; has dental services <u>Monroe Clark Middle</u> – 4388 Thorn St. San Diego, CA 92105; for Monroe Clark Middle and their siblings under 18 <u>Rosa Parks Elementary</u> – 4510 Landis St. San Diego, CA 92105; for Rosa Parks Elementary students and their siblings under 18	(619) 344-6100 (619) 795-8433 (619) 795-8734 (619) 282-6803
SD-KHAN (Kids Health Assurance Network)	Low cost insurance for children and teens that don't currently have insurance and don't qualify for Medi-Cal.	(619) 692-8428 or (800) 675-2229
Share the Care Dental Health Initiative	Dental education and referrals for urgent or preventive dental care for children/families.	(619) 692-8858
Social Advocates for Youth (SAY) www.saysandiego.org	Free application assistance for Healthy Families, Medi-Cal, and AIM in English/Spanish.	(858) 565-4148
St. Vincent De Paul Clinic- Village Family Health Center & Mobile Health Clinic www.svdpv.org	For residents of St. Vincent's.	(619) 233-8500
STD Clinic- County of San Diego Health & Human Services	3851 Rosecrans St. Suite S San Diego, CA 92110	(619) 692-8550
UCSD Student-Run Free Clinic Project	Baker Elementary 4041 T St. San Diego, CA 92113 Serves ages 4-adults; undocumented or individuals without access to insurance.	(619) 962-4298

Mental Health/Counseling Support (Need insurance, Medi-Cal, or social security number)		
Aurora Behavioral Health Care www.sandiego.aurorabehavioral.com	11878 Avenue of Industry San Diego, CA 92128 Free assessment and referral. Inpatient, day treatment and outpatient services.	(858) 487-3200 or (888) 565-4228
Catholic Charities www.ccdsd.org	349 Cedar St. San Diego, CA 92101	(619) 231-2828
Center for Community Counseling (SDSU)	4283 El Cajon Blvd. #215 San Diego, CA 92105 Services in English & Spanish; sliding scale (\$5-\$50).	(619) 594-4918
Center for Community Solutions www.ccssd.org	Services for sexual assault, sexual abuse, domestic & relationship violence. Sliding scale.	(888) DVLINKS- Hotline (888-385-4657) (619) 697-7477 East (858) 272-5777 Coastal (760) 747-6282 North
Chadwick Center (Rady Children's Hospital) www.chadwickcenter.org	Multiple locations. For children and their families who have experienced trauma.	(858) 966-4011
Chaldean-Middle Eastern Social Services www.c-mss.org	343 E. Main St., Ste 201 El Cajon, CA 92020 Free for income eligible. Accepts medi-cal.	(619) 631-7400
Children and Adults with Attention Deficit Disorder (CHADD) www.chadd.org	Support groups offered.	(760) 736-1111 (800) 233-4050 National
Children's Outpatient Psychiatry http://www.rchsd.org/programsservices/a-z/p-r/psychiatry/	Rady Children's Plaza Building 3665 Kearny Villa Road Suite 101 San Diego, CA 92123 Escondido 625 W. Citracado Parkway, Suite 102 Escondido, CA 92025 Oceanside 3605 Vista Way, Ste. 258 Oceanside, CA 92056	858-966-5832 760-294-9270 760-758-1480
Community Assessment Team (CAT)- Social Advocates for Youth (SAY) www.saysandiego.org	Clairemont Family Resource Center 4340 Genesee Ave. San Diego, CA 92117 Mid-City Family Resource Center 4275 El Cajon Blvd. San Diego, CA 92105 Counseling and case management for youth ages 8-18 and their families. Includes specific services for at risk youth.	(858) 974-3603 (619) 582-9056 or (619) 283-9624
Community Research Foundation www.comresearch.org	Variety of wraparound programs, psychosocial rehabilitation, and recovery programs including Douglas Young, Crossroads Family Center, and Mobile Adolescent Services Team (M.A.S.T.).	(619) 275-0822

Counseling Cove (Program of San Diego Youth Services)	2250 4th Avenue, Suite 301 San Diego, CA 92101 Counseling for homeless or runaway youth ages 12-20.	(619) 525-9903
County Mental Health	East County San Diego 1000 Broadway St. Suite 210 El Cajon, CA 92021 North Central San Diego 1250 Morena Blvd. San Diego, CA 92110 North Coastal San Diego 1701 Mission Ave. Oceanside, CA 92058 Southeast County San Diego 3177 Ocean View Blvd. San Diego, CA 92113	(619) 401-5500 (619) 692-8750 (760) 967-4475 (619) 595-4400
Deaf Community Services Outpatient Mental Health Services www.deafcommunityservices.org/mental-health	Outpatient mental health services for deaf, deaf-blind, late-deafened, and hard-of-hearing adults, children, adolescents and their families regardless of age or financial status anywhere in San Diego County.	Phone (619) 398-2441 Videophone (619) 550-3436 Email: info@dcsofsd.org
Family Health Centers www.fhcsd.org	Mental Health services offered at these locations: Beach Area, City Heights, Grossmont/Spring Valley, Logan Heights, and North Park. Services are for adults.	(619) 515-2300
Fred Finch Youth Center www.fredfinch.org	6160 Mission Gorge Rd. Ste 200 San Diego, CA 92120 Wraparound services for youth with medi-cal. Primarily serves youth on probation and in foster care. Residential care also available.	(619) 281-3706
Freedom from Exploitation/Survivors of the Streets	Serving all ages who have been exploited through the sex industry as prostitutes, stripping, escorts and in Human Trafficking. Support groups and referral services.	(619) 459-4877
Harmonium, Inc. www.harmoniumsd.org	10717 Camino Ruiz, Ste 104 San Diego, CA 92126	(858) 684-3080
Heritage Clinic www.heritageclinic.org	Services for seniors, their families, and caregivers.	(619) 282-2232
Home Start, Inc www.home-start.org	5005 Texas St San Diego, CA 92108 Free or sliding scale.	(619) 692-0727
Jewish Family Services www.jfssd.org	Sliding scale.	(858) 637-3000 or (877) 537-1818
Kaiser Mental Health	For Kaiser insurance policy holders.	(877) 496-0450
Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Community Center www.thecentersd.org	3909 Centre St. San Diego, CA 92103	(619) 692-2077

Mental Health Resource Center-SDUSD http://www.sandi.net/20451072011457530/site/default.asp	2351 Cardinal Ln. Annex B San Diego, CA 92123	(858) 573-2227
Mental Health America www.mhasd.org	Information on mental health, advocacy, and self-help groups.	(619) 543-0412
Mental Health Systems, Inc. www.mhsinc.org	Multiple programs and locations	(877) 470-5463 Referral line
National Action Alliance for Suicide Prevention http://actionallianceforsuicideprevention.org		
National Alliance on Mental Illness (NAMI) San Diego www.namisandiego.org	4480 30 th St. San Diego, CA 92116 Free family and peer support classes and groups.	(619) 584-5563 Helpline (619) 543-1434 or (800) 523-5933
New Alternatives (Cabrillo Assessment Center) www.newalternatives.org	Provides in-home mental health and intensive case management services for children and their families throughout San Diego County.	(619) 591-5740
Para Las Familias Center- Episcopal Community Services www.ecscalifornia.org/programs/para-lasfamilias.html	1340 Imperial Beach Blvd. Ste 204 Imperial Beach, CA 91932 Accepts medi-cal and free for uninsured income eligible; ages 0-5. Provide screening, assessment, family therapy, etc.	(619) 565-2650
Project Enable www.neighborhoodhouse.org	286 Euclid Ave. Suite 102 San Diego, CA 92114 Outpatient and walk in clinic for youth 18 years of age and older with medi-cal or un-insured.	(619) 263-6155 or (619) 266-9400
Providence Community Services www.provcorp.com	4660 El Cajon Blvd. Ste 210 San Diego, CA 92115 Outpatient therapy; medi-cal and some openings for uninsured.	(619) 640-3266
South Bay Community Services-Community Assessment Team (CAT) www.southbaycommunityservices.org	1124 Bay Blvd. Ste D Chula Vista, CA 91911 Multiple services and locations; medi-cal.	(619) 420-3620
South East Mental Health	3177 Oceanview Blvd. San Diego, CA 92113 Youth and adult clinics; medi-cal.	(619) 595-4400
Southern Indian Health Council www.sihc.org	In Campo and Alpine.	(800) 400-1189
Survivors of Torture International www.notorture.org	P.O. Box 151240 San Diego, CA 92175 Free services for survivors of torture.	(619) 278-2400
Survivors of Suicide http://www.sossd.org	Free support groups for teens and adults.	(619) 482-0297

UCSD CARE Program http://ucsdcareprogram.com/index.htm	140 Arbor Drive, Suite 409 San Diego, CA 92103 Identifies and assesses adolescents and young adults 12-30 who are experiencing changes in their thoughts, behavior or emotions that might be associated with developing serious and/or disabling mental problems. Goal is to delay or prevent the onset and decrease the severity of a serious mental illness.	(619) 543-7745
The Union of Pan Asian Communities (UPAC) www.upacsd.com	5348 University Ave. #101 San Diego, CA 92105 For adults and youth with Asian backgrounds and cultural and/or language barriers.	(619) 229-2999 (619) 232-6454 Youth Services
Victim Assistance Program www.sdcca.org	330 W. Broadway San Diego, CA 92101	(619) 531-4041
YMCA www.ymca.org	3708 Ruffin Rd. San Diego, CA 92123 Services for uninsured but need Social Security Number.	(858) 292-9622
YWCA Counseling Center www.ywcasandiego.org	1012 C St. San Diego, CA 92101 Sliding scale.	(619) 239-0355 ext. 252
Mental Health/Counseling Support for Undocumented or Uninsured Individuals and Families		
A Helping Hand www.ahhcbiz.com	3914 Murphy Canyon Rd. Suite A-170 San Diego, CA 92123 Family and individual counseling, domestic violence and anger management groups.	(858) 279-6721
African Alliance Assistance www.alliance-for-africa.org	5952 El Cajon Blvd. San Diego, CA 92115 Immigration, housing, employment, and interpretation services.	(619) 286-9052
Anthem Blue Cross “Special Population Plan”	Healthy Families- low cost insurance for those who don’t qualify for medi-cal. Ages 0-19.	(800) 227-3238
CaliforniaKids	Call to see if they are accepting new clients. Ages 2-18. Medical, dental, pharmacy, and behavioral health services.	(818) 755-9700
Catholic Charities www.ccdsd.org	349 Cedar St. San Diego, CA 92101 Counseling and supportive services, emergency, homeless, immigration, refugee, pregnancy/adoption, senior services.	(619) 231-2828
Center for Community Counseling & Engagement (SDSU) www.coe.sdsu.edu/csp	4283 El Cajon Blvd. Ste 215 San Diego, CA 92105 Low cost individual, couples, and family counseling; sliding scale.	(619) 594-4918 ext. 2
Center for Community Solutions www.ccssd.org	Services for victims of domestic violence or sexual assault; free or sliding scale. They do not ask for a social security number.	(619) 697-7477 East (858) 272-5777 Central (760) 747-6282 North
Children and Adults with Attention Deficit Disorder (CHADD) www.chadd.org	Support groups offered.	(760) 736-1111 (800) 233-4050 National

Chaldean-Middle Eastern Social Services www.c-mss.org	343 E. Main St., Ste 201 El Cajon, CA 92020 Outpatient mental health services for youth and adults; medi-cal and unfunded youth.	(619) 631-7400
Counseling Cove (Program of San Diego Youth Services)	2250 4th Avenue, Suite 301 San Diego, CA 92101 Counseling for homeless or runaway youth ages 12-20.	(619) 525-9903
Deaf Community Services	3930 4th Ave. #300 San Diego, CA 92103 Counseling, case management, advocacy, alcohol/drug counseling for the deaf (and other services).	(619) 398-2441 (619) 398-2440 TTY (619) 619-550-3436 VP (Video Phone)
Freedom from Exploitation/Survivors of the Streets	Serving all ages who have been exploited through the sex industry as prostitutes, stripping, escorts and in Human Trafficking. Support groups and referral services.	(619) 459-4877
Home Start, Inc www.home-start.org	5005 Texas St San Diego, CA 92108 Free or sliding scale.	(619) 692-0727
Jewish Family Services www.jfssd.org	8804 Balboa Ave. San Diego, CA 92123 Offer counseling and case management services. Self-referral and sliding scale for undocumented individuals.	(858) 637-3000
La Maestra Community Health Center's Behavioral Dept.	For those with medi-cal or uninsured (sliding fee scale).	(619) 280-4213 or (619) 779-7900
Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Community Center www.thecentersd.org	3909 Centre St. San Diego, CA 92103	(619) 692-2077
Logan Heights Family Counseling Center (Central) www.fhcsd.org	2204 National Ave. San Diego , CA 92113	(619) 515-2355
National Action Alliance for Suicide Prevention http://actionallianceforsuicideprevention.org		
National Alliance on Mental Illness (NAMI) San Diego www.namisandiego.org	4480 30 th St. San Diego, CA 92116 Free classes and support groups.	(619) 584-5563 Family and Peer Support Helpline (619) 543-1434 or (800) 523-5933
Para Las Familias Center- Episcopal Community Services www.ecscalifornia.org	4305 University Ave. #400 San Diego, CA 92105 Mental health services for ages 18 months to 6 years; medi-cal & uninsured.	(619) 228-2800
Project Enable www.neighborhoodhouse.org	286 Euclid Ave. Suite 102 San Diego, CA 92114 Individual and group counseling; ages 18 & older.	(619) 263-6155 ext. 113
San Diego Deaf Mental Health Services www.ncda-usa.org	10765 Woodside Ave. Suite B Santee, CA 92071 Serve individuals with medi-cal or no insurance.	(619) 456-9609 (619) 272-4295 VP (Video Phone)

Social Advocates for Youth (SAY)- San Diego www.saysandiego.org	Counseling and case management services for uninsured youth ages 5-18 and their families. Includes specific services for at risk youth.	(858) 565-4148
The Union of Pan Asian Communities (UPAC) www.upacsd.com	1031 25 th St. San Diego, CA 92102 Child, adolescent, and adult counseling services.	(619) 232-6454
YMCA www.ymca.org	4080 Centre St. San Diego, CA 92103 Serves uninsured, but need social security number ages 5-18.	(619) 543-9850
YWCA Counseling Center www.ywcсандiego.org	1012 C St. San Diego, CA 92101	(619) 239-0355 ext. 221
Military Families		
Fleet and Family Support Center- Naval Base San Diego www.cnic.navy.mil/SanDiego/BaseSupport/index.htm	3005 Corbina Alley Suite 1 San Diego, CA 92136 Buildings 259 and 263 Support for Navy families.	(619) 556-7404
Families Overcoming Under Stress (FOCUS) www.focusproject.org	Naval Base San Diego Resiliency training to military children and families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.	(619) 556-6075
Marine Corps Community Services (MCCS) San Diego, MCAS Miramar www.mccsmiramar.com	MCCS Miramar offers a full range of programs and services to meet the physical, cultural, recreational and social needs of Miramar Marines, Sailors and their families.	(858) 577-6195 or (619) 577- 6228
Marine Corps Community Services (MCCS) San Diego, MCRD www.mccsmcrd.com	MCCS MCRD programs and services provide for basic life needs, such as food and clothing; social and recreational needs; and even prevention and intervention programs.	(619) 725-6400
MCAS Miramar Family Advocacy Program www.mccsmiramar.com/family_advocacy.html	2274 Elrod Ave. San Diego, CA 92145 Mental health and substance abuse services.	(858) 577-6585
MCRD Family Advocacy Center www.mccsmcrd.com/Marine_Family_Services/Family_Advocacy.aspx	3602 Hochmuht Ave. Bldg 6E San Diego, CA 92140-5000	(619) 524-0465
MHS Courage to Call www.vvvd.net/courage.htm	24 hour hotline and mental health services for active or former military members and their families and loved ones.	(877) MyUsVet (877-698-7838)
MHS Family Forces http://www.mhsinc.org/family-forces	Family Forces provides individual, family, group and couples counseling services to military children and families. To assure easy and convenient access, services are available at the child or youth's school, in one of our office settings, or in the client's home.	(760) 300-3313

Military Onesource www.militaryonesource.com	24 hour crisis hotline for soldiers and military families.	1-800-342-9647
Soldier's Project www.thesoldiersproject.org	Non-military, Mental Health professionals offer free, confidential treatment for soldiers, vets, and military families.	1-877-576-5343
San Diego Unified School District- Services for Military Families www.sandi.net/2045109259453747/blank/browse.asp?a=383&BMDRN=2000&BCOB=0&c=67259&2045109259453747Nav= &NodeID=5845		(619) 725-8168 or (619) 725-8165
SAY San Diego Healthy Start Military Family Resource Center www.healthystartsd.org	3487 Santo Road, San Diego, CA 92124 Variety of services including case management, special education advocacy, crisis intervention, parent workshops, groups e.g. Dads Corps, playgroups, information and referral	(858) 496-0044
Vet2Vet www.veteranscall.us	Confidential and toll free hotline targeted to helping returning armed forces and veterans from previous wars.	(877) VET2VET (838-2838)
Multi-Ethnic, Cultural, International and Refugee Resources		
Alliance for African Assistance www.alliance-for-africa.org	5952 El Cajon Blvd San Diego, CA 92115 Health clinic, translation services, financial assistance, and refugee services.	(619) 286-9052
Campesinos Unidos www.brawleycui.com	1005 C St. Brawley, CA 92227 Services include head start, child development, community social services, housing program, weatherization services and one-time non-emergency utility assistance for low income families/farm workers.	(760) 351-5100
Chaldean-Middle Eastern Social Services www.c-mss.org	343 E. Main St., Ste 201 El Cajon, CA 92020 Free for income eligible. Accepts medi-cal.	(619) 631-7400
Chicano Federation of San Diego www.chicanofederation.org	3180 University Ave. Ste 317 San Diego, CA 92104 Childcare, childcare training, HIV awareness, foster care, and housing services.	(619) 285-5600
Horn of Africa www.hornofafrica.org	5296 University Ave. Ste F San Diego, CA 92105 Services include parent support programs, health access, youth violence prevention, youth academic empowerment, economic development, etc.	(619) 583-0532
Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Community Center www.thecentersd.org	3909 Centre St. San Diego, CA 92103 Includes special services for Latino community members.	(619) 692-2077
Refugee Resettlement Services- Jewish Family Services www.jfssd.org	Turk Family Center 8804 Balboa Ave. San Diego, CA 92123	(858) 637-3030

San Diego East African Youth Organization	5348 University Ave. San Diego, CA	(619) 531-1590
Somali Family Services www.somalifamilyservice.org	6035 University Ave. San Diego, CA 92115	(619) 265-5821
The Union of Pan Asian Communities (UPAC) www.upacsd.com	5348 University Ave. #101 San Diego, CA 92105 For adults and youth with Asian backgrounds and cultural and/or language barriers.	(619) 229-2999 (619) 232-6454 Youth Services
Urban League www.sdul.org	720 Gateway Center Dr. San Diego, CA 92102	(619) 263-3115
Pregnant & Parenting Resources (including minors):		
Adoption Center of San Diego www.adoption-center.org	3665 Ruffin Rd. Ste 205 San Diego, CA 92123	(800) 298-9111
Access for Infants and Mothers- AIM www.aimsandiego.ca.gov	Low cost insurance for maternity services if don't qualify for medi-cal. Must have social security number.	(800) 433-2611
AIM (Access for Infant and Mothers) www.aim.ca.gov		(800) 433-2611
America's Pregnancy Helpline www.thehelpline.org		(866) 942-6466
Birthline www.birthlineofsandiego.org	3660 Clairemont Dr. Suite 4 San Diego CA 92117 1220 Third Ave. Chula Vista, CA 91911	(858) 270-2491 (619) 425-5012
California School Aged Families Education Program (Cal-Safe) www.cde.ca.gov/ls/cg/pp/calsafedirectory.asp	School-based program for expectant and parenting students and their children. Provides academic and support services to help students to stay in school. Child care and developmental services for children are included. Most programs are linked to the local community and its resources	(858) 496-1811
Catholic Charities www.ccdsd.org/emergency	Main Office: 349 Cedar St. San Diego, CA 92101 Emergency food assistance and baby supplies.	619-231-2828
College Area Pregnancy Services www.capsonline.org www.pregnanydecisionline.org		(800) 395-4357 24 hour hotline (619) 337-8080 SDSU Area (858) 866-0484 Pacific Beach Area
Door of Hope (program of Salvation Army)	2799 Health Center Drive San Diego, CA 92123 Shelter and transitional living for women and pregnant/parenting teens.	(858) 279-1100
Episcopal Community Services www.ecscalifornia.org	Offers a broad range of social services addressing Head Start programs/early childhood education and development.	(619) 228-2800
First 5 Health & Development Services www.first5sandiego.org	1495 Pacific Highway, Ste 201 San Diego, CA 92101	(888) 534-7785
Home Start-Emergency Assistance www.home-start.org	5296 University Ave. Ste F2 San Diego, CA 92115 Maternity (ages 18-24) and Family Emergency Shelter.	(619) 229-3660

La Leche League of San Diego www.llusa.org	Free classes in English and Spanish.	(858) 848-6455
Life Choices Pregnancy Center www.optionline.org	Online information and resources for pregnant or possibly pregnant girls/women and their friends/partners who are considering options.	(858) 486-1738 1 (800) 712-HELP (1-800-712-4357)
Pacific Safety www.pscsd.com	Free car seats for low income families (can also help undocumented families). Must attend a 2 hour class. English and Spanish classes; Somali and Arabic translators available.	(858) 621-2313 ext.110
Parent Connection www.sandiegoparent.com	Resources for parents.	(858) 626-6944
Perinatal Care Network		(800) 675-2229
Planned Parenthood www.plannedparenthood.org		(888) 743-7526 or (800) 230-7526
Primetime (formerly "6 to 6")	Before and after school academic support and enrichment activities for K-9 students.	(858) 627-7562
SANDAPP (SDUSD sponsored)		(619) 235-5000
San Diego Continuing Education www.sdce.edu	Free classes for childbirth, GED, education, parenting, job skills, etc.	(619) 388-4850 or (619) 388-4881 (619) 388-1873 Spanish
SD County Adoption		(877) 423-6788
SDSU Foundation WIC Programs www.sandiegowic.org		(888) 999-6897
Turning Point Pregnancy Resource Center	5440 Morehouse Dr. Ste 2000 San Diego, CA 92121 Hotline and support groups.	(858) 457-7800 or National Hotline (800) 395-HELP (1-800-395-4357)
Psychiatric Facilities and Emergency Psychiatric Screening		
Aurora Behavioral Health Care www.sandiego.aurorabehavioral.com	11878 Avenue of Industry San Diego, CA 92128	(858) 675-4228
Emergency Screening Unit	730 Medical Center Ct. Chula Vista, CA 91911 24 hour psychiatric emergency room, psychiatric hospital admission for youth only.	(619) 421-6900
Paradise Valley Hospital	2400 East Fourth St. National City, CA 91950	(619) 470-4321
Psychiatric Emergency Response Team (PERT)- Community Research Foundation	24 hour emergency psychiatric assistance 1094 Cudahy Pl. Suite 314 San Diego, CA 92110	Call 911, ask for PERT
San Diego County Psychiatric Hospital	3853 Rosecrans St. San Diego, CA 92110 24 hour emergency room, in-patient for adults.	(619) 692-8200
Scripps Mercy Hospital	4077 Fifth Ave. San Diego, CA 92103	(619) 294-8111
Sharp Mesa Vista Hospital	7850 Vista Hill Ave. San Diego, CA 92123	(858) 278-4110
Rady Children's Hospital - Child and Adolescent Psychiatry Service (CAPS)	3020 Children's Way San Diego, CA 92120	(858) 576-1700
Veterans Administration Hospital	3350 La Jolla Village Dr. San Diego, CA 92161	(858) 552-8585

Tutoring		
San Diego Unified School District's Supplemental Educational Services Office	Offers free tutoring to all children who qualify.	(619) 262-0316
Tutor.com www.Tutor.com	Live online homework help provides one-to-one online tutoring service. Available in English or Spanish at no cost.	