

JFS Access (858) 637-3210

Contact Us Online www.jfssd.org/contactus

Programs & Services

FAMILY & COMMUNITY SERVICES (858) 637-3210

Community Case Management — Assistance for those experiencing life challenges; services include assistance locating resources, coordination of services, and support

Counseling — Individual (adolescent/adult/older adult), couples, family, and group treatment

Mood Disorder Program — Specialized counseling and support groups for individuals who are dealing with depression, bipolar disorder, anxiety, or other mood disorders

Project SARAH — For individuals experiencing domestic violence. Services include: counseling, crisis intervention, safety planning, and resource coordination

Breast Cancer Case Management — Offers bilingual, in-home support and resource navigation for those living with a breast cancer diagnosis

Hand Up Cars — Financial education and auto loans for credit-challenged working families

Hand Up Loan — Interest-free loans that assist individuals to become self-supporting. Loans can be used for business development, education/job training, car purchase/repair, and more

Support Groups — Current support includes: Bereavement, Mood Disorder, Domestic Violence, Psychotherapy. JFS also hosts Al-Anon and PFLAG groups.

EMPLOYMENT & CAREER SERVICES (858) 637-3210

Employment & Career Services (ECS)
Assists individuals with their employment and career transitions through the ECS Career Kick-Start course. Classes provide job search strategies, customized resume and interviewing techniques, networking tips and individualized coaching tailored to the needs of diverse job seekers.

Senior Community Services Employment Program (SCSEP) — provides community service and work-based training opportunities to workers over the age of 55 at non-profit and public facilities to help them secure part and full-time employment

POSITIVE PARENTING PROGRAM (858) 637-3375

Positive Parenting Program (PPP) — Helps parents find positive solutions to common childhood behavior issues, reducing parent-child conflict and preparing children for school success

AGING & WELLNESS SERVICES (858) 637-3210

On the Go: Transportation Solutions for Older Adults

- **Rides & Smiles®** – individual, door-to-door transportation by volunteer drivers
- **Excursions** – group transportation to events
- **Navigator** – on demand transportation and ride monitoring
- **Shuttles** – group transportation to shopping destinations and Social & Wellness Centers
- **Silver** – premium, fee-based service providing door-to-door transportation for individual riders and groups.

Geriatric Care Management — Provides comprehensive assessment, plan of care, coordination of services, consultation, and advocacy

Foodmobile — See *Food Assistance*

JFS Fix-it Service — Free home repairs for low-income older adults

Serving Older Holocaust Survivors Program (SOS) — Provides care management, home care, and emergency assistance services for low-income Jewish Holocaust survivors

College Avenue Center (858) 637-3270
Social & Wellness Programs for Adults 60+. Activities, exercise and computer classes, educational programs, salad bar, and hot kosher lunch

- Located at Temple Emanu-El
- Monday–Friday, 9:00am–3:00pm

Balboa Avenue Older Adult Center (858) 550-5998 — Daily activities, classes, discussion, caregiver and bereavement support groups, and hot kosher lunch. Appropriate for clients with dementia and physical challenges

- Located at JFS - Joan & Irwin Jacobs Campus
- Monday–Thursday, 10:00am–2:00pm

JFS Alzheimer's Disease Initiative

- **Monday My Way** – social day program at the Balboa Avenue Older Adult Center, providing transportation, exercise, lunch, and music therapy
- **Out & About** – weekly Friday, guided excursions and lunch
- **Music & Memories** – in-home music therapy
- **Geriatric Care Management** – free in-home assessment and referrals

FOOD ASSISTANCE (858) 637-3210

Foodmobile — Home-delivered kosher meals and friendly visits to older adults and younger homebound disabled adults

Hand Up Food Pantry — Distributes food to military, low-income, and homeless individuals and families at multiple sites in San Diego County.

Provides a unique opportunity for youth and groups to volunteer in the pantry.

- **Corner Market** – A market-style food pantry, where individuals and families can choose from food and hygiene items, based on their dietary needs and preferences. By appt. only
- **Community Food Distribution** – Provides food to military, low-income, and homeless individuals and families at multiple sites in San Diego County.

JEWISH CONNECTIONS

Jewish BIGPals (858) 637-3056 — a unique mentoring program for Jewish children, ages 6-16, who are being raised in a variety of family situations—often by single parents, grandparents, or legal guardians

Supporting Jewish Single Parents (SJSP) (858) 637-3328 — Advocacy, support, and connection within the Jewish community

Bikkur Holim Friendly Visitor Program (858) 637-3075 — Connects friendly visitors to the isolated Jewish elderly and ill

Intensive Psychiatric Case Management
Serves Jewish clients diagnosed with a serious mental illness, assisting with goal setting and weekly visits

JFS-David Rubenstein Memorial Scholarship Fund (858) 637-3037 — Offers financial assistance to students from the San Diego Jewish community who plan to attend college or vocational school

PATIENT ADVOCACY (800) 479-2233

Patient Advocacy — Ensuring the rights of behavioral health clients in hospitals and care facilities across San Diego

REFUGEE & IMMIGRATION SERVICES

Immigration Services (858) 637-3245
Assistance with green cards, immigration documents, citizenship and naturalization classes and petitioning for family members

Resettlement Services (858) 637-3030
Services for newly arriving refugees referred by the US Refugee Program

COACHELLA VALLEY (760) 327-4994

Desert Horizon & Desert Vista Permanent Supportive Housing Programs — Housing and comprehensive support services for homeless individuals

Our Purpose:

Jewish Family Service is a client-centered, impact-driven organization working to build a stronger, healthier, more resilient San Diego.

Since 1918, Jewish Family Service of San Diego has been a trusted community resource for individuals and families working to build better lives. Our wide range of integrated services *Empower Individuals & Families to Move Toward Self-Sufficiency, Support Aging With Dignity, and Foster Community Connection & Engagement* throughout San Diego County and the Coachella Valley. JFS provides essential services to people regardless of religion, race, color, ethnicity, national origin, ability, gender identity/expression, or sexual orientation.



Jewish Family Service

Moving Forward Together

Upcoming Events, Program Information & Latest News www.jfssd.org

Contact Us Online www.jfssd.org/contactus

JFS Access (858) 637-3210 | Volunteer (858) 637-3050 | Administration (858) 637-3000

GET INVOLVED

YOUNG ADULT INITIATIVES

(858) 637-3051

Emerging Leaders — Brings together young, socially-minded Jewish professionals to contribute problem-solving and professional skills supporting the work of JFS while enhancing their own professional experiences

San Diego Jewish Advocacy Fellowship

Engages young professionals in political advocacy around issues impacting the San Diego community

TEEN LEADERSHIP

Girls Give Back (858) 637-3042 — A leadership, empowerment, and service-learning program for high school girls, grades 9-12

Hand Up Teen Leadership Program

(858) 637-3020 — Award-winning leadership development and service learning program for high school students. Students use leadership skills in real world settings by supporting the *Hand Up Food Pantry* through direct service and advocacy

VOLUNTEER ENGAGEMENT

(858) 637-3050

Volunteers are the heart of JFS. We offer 30 different ways for individuals and groups to get involved. Opportunities range from one-time projects to long-term positions working directly with clients or providing administrative support. Start the application process online: www.jfssd.org/volunteer

AmeriCorps Community Partnership

Provides comprehensive training in volunteer development and community outreach to community organizations focusing on youth and families in San Diego

GIVE SUPPORT

JFS is a resource for the community made possible by the community

Ways to Give

Friends of the Family (858) 637-3000

Dedicated donors who give \$1,200 or more to the JFS Annual Campaign

Tribute/Memorial Donation (858) 637-3000

Support our Annual Campaign by honoring someone special

Car Donation Program (877) JFS-4-CAR

Turn your car into care — vehicle donation program benefiting JFS

Furniture Donation (619) 563-5232

Moving? Redecorating? You make the call and we'll pick up your furniture

Personal Fundraising (858) 637-3000

Create a webpage to celebrate a personal milestone or event



A DECADE

of earning Charity Navigator's Highest 4-star rating

Donate Online & Send an e-Card
www.jfssd.org/donate

GET IN TOUCH

Office Locations

Monday–Thursday 8:30am–5:00pm | Friday 8:30am–4:00pm

JOAN & IRWIN JACOBS CAMPUS (858) 637-3000

• **Turk Family Center**
8804 Balboa Avenue
San Diego, CA 92123

• **Community Services Building**
8788 Balboa Avenue
San Diego, CA 92123

Refugee Services (858) 637-3030

6160 Mission Gorge Rd, Suite 207
San Diego, CA 92120

On the Go Rides & Smiles® (858) 391-0033

13094 Civic Center Drive
Poway, CA 92064

Desert Horizons/Desert Vista (760) 327-4394

400 S Farrell Drive, #B205
Palm Springs, CA 92262

Social & Wellness Centers

Balboa Avenue Older Adult Center
(858) 550-5998

JOAN & IRWIN JACOBS CAMPUS
Community Services Building
8788 Balboa Avenue
San Diego, CA 92123

College Avenue Center
(858) 637-3270
6299 Capri Drive
San Diego, CA 92120

Welcoming all San Diegans