

BREAKING DOWN BARRIERS

RESOURCES LIST

JEWISH FAMILY SERVICE 2-1-1 SAN DIEGO

- Breaking Down Barriers: NoStigma@jfssd.org (858) 637-3301
- Jewish Family Service - jfssd.org
- 211 - Access to community, health, social and disaster services
- 211 San Diego - 211sandiego.org

FAMILY & INDIVIDUAL

- San Diego Youth Services - (619) 221-8600
- Casa Familiar - (619) 428-1115
- South Bay Community Services - (619) 420-3620
- St. Vincent De Paul Village Family Center - (619) 645-6405
- Safe at Home (domestic violence) - (877)322-5227
- Presbyterian Urban Ministries - (619) 232-2753
- The Salvation Army KROC Center - (619) 269-1430

HEALTH

- San Ysidro Health (multiple locations) - (619) 662-4100
- South Bay Community Services - (619) 420-3620
- Mountain Health Cares - (619) 445-6200
- McAlister Institute for Treatment & Ed. - (619) 442-0277
- La Maestra Community Health Centers - (619) 584-1612

FOOD ASSISTANCE

- San Diego Food Bank - 1-866-350-3663
- Broken Loaf Food Pantry - (619) 424-5181
- Community Food Distribution - (619) 444-0763
- Mama's Kitchen - (619) 233-6262
- Western Eagle Foundation - (951) 695-7206

JOB PLACEMENT

- Job Corps 16-24 years old - (800) 733-JOBS
- Urban Corps 18-26 years old - (619) 235-5425
- San Diego Workforce Partnership - (619) 228-2900
- Second Chance - (619) 234-8888

HOUSING & UTILITY

- South Bay Community Services - (619) 420-3620
- MAAC- SDG&E - (619) 460-1697 & (619) 428-1139
- CUI - SDG&E bill assistance - (619) 391-9790
- Interfaith Community Service (North County) - (760) 489-6380
- The Salvation Army - (619) 239-1106
- Door Of Hope - (858) 505-3960
- Crisis House - (619) 444-1194

COUNSELING

- Logan Heights Family Counseling Center - (619) 515-2355
- Spring Valley Family Counseling Center - (619) 515-2380
- Chula Vista Family Counseling Center - (619) 515-2338
- Grossmont Family Counseling Center - (619) 515-2383
- Family Health-Youth Counseling Center - (619) 515-2382
- The LGBT Center - (central) - (619) 692-2077
- North County LGBTQ Resource Center - (760) 994-1690

LEGAL SERVICES

- Casa Cornelia Law Center - (619) 231-7788
- Legal Aid Society of San Diego - (877) 534-2454
- Tenants' Legal Center of San Diego - (858) 571-7100
- Immigration Center for Women and Children - (619) 515-2200
- San Diego Volunteer Lawyer Program - (619) 235-5656

EDUCATION

- San Diego Continuing Education - (619) 388-4850 & (619) 388-1873
- The Chicano Federation - (619) 285-5600
- Latinos y Latinas en Acción - (619) 598-9468
- MANA de San Diego - (619) 297-0115