

Community Support Resources

RECOVERY ACTION FUND FOR TOMORROW (RAFT)



Jewish Family Service (JFS) has compiled this list of optional community resources to support clients in areas of food distribution, diaper support, youth and family support, housing support, professional support, educational support, social/emotional support, and elder support.

Times and logistics can often change, so we recommend contacting the organization to confirm any details.

GENERAL SUPPORT

2-1-1

Do you need help finding food, housing, health care, or other basic needs? Call 2-1-1 to speak with a live person, 24/7. All calls are free and confidential. You can also email 211help@211sandiego.org for help.

JFS Access

Have a question? Need help and don't know where to turn? Start the process online or call our JFS Access Line at (858) 637-3210.

JFS provides essential services to people regardless of religion, race, color, ethnicity, national origin, ability, gender identity/expression, or sexual orientation.

DIAPER DISTRIBUTION

To locate more diaper distributions, please visit: sandiegofoodbank.org/programs/diaper-bank-program/

Jacobs and Cushman San Diego Food Bank

9850 Distribution Ave, San Diego 92121
(619) 750 -2736

Hours: 2nd Sunday, 4-6pm

Eligibility: Families with infants and toddlers who need support for diapers. Call for details or walk-in for service. Areas served: South Region of San Diego County

JFS Diaper Bank

The JFS Diaper bank provides families with an opportunity to pick up to 75 diapers per month at our JFS office. Sizes 0 to 6 are available.

8804 Balboa Ave, San Diego 92123
JFS Access Line: (858) 637-3210

Eligibility: Must have a child still in diapers.

Areas served: All of San Diego County. Must be able to come to the Kearny Mesa office for pick-up.

Miracle Babies

8745 Aero Dr, Suite 308, San Diego 92123
(858) 633-8540

Hours: Monday–Friday, 10am–2pm; Call ahead to schedule pick up.

Visit the website to register for upcoming diaper distribution events: www.miraclebabies.org/diapers-disributions

Sharia's Closet

Sharia's Closet provides free, emergency clothing for those experiencing hardships in order to empower community members.

6244 El Cajon Blvd, Suite#5, San Diego 92115
(619) 808-4979
www.shariascloset.org

Hours: Please check their website for the latest hours as they change often.
Tuesday-Thursday, 12-4:30 pm
Saturday, 11am-3pm

DOMESTIC VIOLENCE – SAFETY SUPPORT

Center for Community Solutions

Provides trauma-informed, wrap-around services to empower survivors as they heal and recover from trauma. CCS' free services include a 24/7 confidential crisis hotline, four domestic violence shelters, counseling, legal services, safety planning, prevention education and more.

24/7 Crisis Hotline: 1-888-385-4657
www.ccssd.org

Domestic Violence Hotline

(619) 234-3164; (888) 385-4657

One Safe Place: The North County Family Justice Center

One Safe Place offers free support services to anyone who has experienced abuse or victimization. Individuals meet with a Care Coordinator on their first visit and together, determine what services are needed.

1050 Los Vallecitos Blvd
San Marcos 92069
(760) 290-3690
<https://onesafepacenorth.org/our-services/>

Services include: Children's Area, Restraining Order Clinic, Other Legal Assistance, Child Advocacy Center, Forensic Medical Exams, Evidentiary Exams, Trauma Treatment, Criminal Justice support, Safe Housing Assistance, Public Assistance, and Pet Services.

Safe At Home Program

Safe at Home is a confidential address program administered by the California Secretary of State's office and is most effective when used as part of an overall safety plan. Safe at Home offers victims of domestic violence, stalking, sexual assault, human trafficking, & elder and dependent abuse, as well as reproductive health care workers, a substitute mailing address to receive first class, certified, and registered mail.

JFS can provide assistance in enrolling in the Safe at Home Program

(877) 322-5227
www.sos.ca.gov/registries/safe-home

Project SARAH

Project SARAH (Stopping Abusive Relationships at Home) provides resource navigation and limited financial support to meet the basic needs of individuals experiencing intimate partner violence. Service Area: San Diego County (with intent to continue living in County)

Eligibility:

Adults 18 years of age and over presenting with safety concerns or limited resources for basic needs due to a current abusive relationship or change in income status due to the abuse.

JFS Access Line: (858) 637-3210

Women's Resource Center

Dedicated to providing the highest quality supportive services, counseling, shelter

and education to North San Diego County women, children and men involved in or threatened by domestic violence or sexual assault.

24/7 Crisis Hotline: (760) 757-3500
www.wrcsd.org

ELDER SUPPORT

For the Senior Food Program Calendar 2023, [click here](#)

For the Senior Monthly Income Guidelines for JFS, [click here](#)

Balboa Avenue Older Adult Center

JFS Campus
8788 Balboa Ave., San Diego 92123

Hours: Monday-Thursday, 10am-2pm

Eligibility:

- People with mild cognitive decline, including a diagnosis of Alzheimer's, Dementia, or other ADRD.
- Individual should be able to care for themselves and perform the activities of daily living, (toileting, continence, feeding themselves, mobility).
- If they need support for some ADLs, they may require a care partner.
- Diagnosis of Alzheimer's or ADRD (Parkinson's, etc)
- Clients should like to be around people, socialize, have fun, and be able to stay and engage for the four-hour duration of the program.

Client Fees:

- The client's first visit is free to observe the program and see if it will be a good fit.
- Cost of the program is \$48 per day, including lunch. Lunch for a care partner is an additional \$8, if applicable.

Contact: Aviva Saad (858) 637-7340 or swcenters@jfsd.org Older Adult Center focusing on providing socialization, exercise, entertainment, and lunch. Balboa Avenue Older Adult Center (BAOAC) is a dementia day center provided by professionally trained and experienced staff, offering an active and stimulating environment for mind, body, and soul. It also offers respite for care partners, including access to support groups and resources. Each day is filled with four hours of enriching activities including socialization, exercise, entertainment, and lunch.

Project CARE:

Project CARE's goal is to identify and support older individuals and/or those with disabilities who are at risk of social isolation, neglect and abuse by providing resources and referrals to help client remain as independent as possible in a safe environment. Services include assessment and referrals to community

resources, a care plan, follow up support, and reassurance phone calls.

Eligibility:

Adults, age 60 and over, who are frail or at risk of social isolation, neglect, or abuse. Adults of any age with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction. Adults of any age with disabilities that restrict independence.

Service Area: 92109, 92110, 92111, 92117, 92119, 92120, 92121, 92122, 92123, 92124, 92126, 92130, 92131, 92133, 92140, 92145, 92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92134, 92136, 92139, 91901, 91905, 91906, 91916, 91917, 91931, 91934, 91935, 91941, 91942, 91945, 91948, 91962, 91963, 91977, 91978, 91980, 92019, 92020, 92021, 92040, 92071

JFS Access Line: (858) 637-3210

St. Paul's PACE (Program of All-Inclusive Care for the Elderly) El Cajon

PACE is a Medicare and Medicaid program that helps people meet their health care needs in the community instead of going to a nursing home or other facility. PACE has a team of health care professionals working with individuals and their family to make sure they get the coordinated care needed.

How to apply for PACE: Search for PACE plans in area or call Medicaid office.

1306 Broadway, El Cajon 92021
(619) 551-7400

Eligibility:

- Can have either Medicare or Medicaid, or both to join PACE
- Must be 55 or older
- Live in the service area of a PACE organization
- Need a nursing home-level of care (as certified by your state)
- Be able to live safely in the community with help from PACE

What does PACE cover?

- PACE provides all the care and services covered by Medicare and Medicaid if authorized by health care team.
- Adult day primary care (including doctor and recreational therapy nursing services)
- Dentistry
- Emergency services
- Home care
- Hospital care
- Laboratory / x-ray services
- Meals
- Medical specialty services
- Nursing home care
- Nutritional counseling
- Occupational therapy
- Physical therapy
- Prescription drugs

ENRICHMENT OPPORTUNITIES

Assertive Family Solutions

Provides free court approved parenting and co-parenting classes to any parent that is interested.

(619) 787-0807

www.assertivefamilysolutions.org

Black InGenius program (University of San Diego)

The Black InGenius Initiative (BiGI) prepares students from 6th through 12th grade to successfully graduate from high school and be accepted at the University of San Diego or anywhere they choose to go to university.

Mother Rosalie Hill Hall
5998 Alcala Park, San Diego 92110
(619) 260-4538

solesadmissions@sandiego.edu

Community Colleges San Diego & Imperial Counties Career Education (Free Non-Credit Career Training)

This network of Noncredit classes provides short-term, intensive, free career education. These skill-building classes can be taken individually or may be combined with other noncredit classes to earn Certificates of Completion or Competency that are recognized by employers and colleges.

Locations (Click to connect):

- [Cuyamaca College - El Cajon](#)
- [Grossmont College - El Cajon](#)
- [Imperial Valley College - Imperial](#)
- [Mira Costa College - Oceanside](#)
- [Palomar College - San Marcos](#)
- [San Diego City College - Downtown](#)
- [San Diego College of Continuing Education - San Diego](#)
- [San Diego Mesa College - San Diego](#)
- [San Diego Miramar College - Mira Mesa](#)
- [Southwestern College - Chula Vista](#)

First Gen Scholars

Mission: to amplify the success of first-generation students by gaining admission to highly-selective colleges and graduating debt-free.

www.firstgenscholars.org

(619) 339-3308

jonathan@firstgenscholars.org

Lived Experience Advisers

Recruiting, training, and supporting people with Lived Experience of Homelessness to become systems experts, public speakers and civic leaders.

5060 Shoreham Pl., #350, San Diego 92122
(310) 461-7000

www.livedadvisers.org

Parent Institute for Quality Education (PIQE)

PIQE provides families with the knowledge and skills to partner with schools and communities to ensure their children achieve their full potential.

22 West 35th Street Suite 201,
National City 91950
(619) 420-4499
www.piqe.org

Reality Changers

A nonprofit organization in San Diego that prepares youth to become first-generation college graduates and agents of change in their community.

425 37th Street, San Diego 92105
(619) 516-2222
www.realitychangers.org
info@realitychangers.org

San Diego College of Continuing Education

San Diego College of Continuing Education (SDCCE) is the adult education division of the San Diego Community College District (SDCCD). Students come from across 50 states and from 159 foreign countries, to learn in more than 70 free career training programs and in thousands of free classes.

Classes offered are Business, Accounting/ Business Information Worker, Automotive, Child Development, Clothing and Textiles, Computers and Information Technology, Digital Media, Culinary, HVAC (Heating, Ventilation and Air Conditioning), Healthcare, Plumbing, Upholstery and Welding. Additional free classes include High School Diploma/Equivalency, English as Second Language, and Emeritus (classes with instruction focused for age 55+).

Central Administrative Offices/
Headquarters
4343 Ocean View Blvd., San Diego 92113
(619) 388-4956

The Grandparents Connection

A group of Grandparents offering support to Grandparents and relatives in raising children under the age of 18.

(619) 931-9548
www.thegrandparentsconnection.org

FINANCE / SMALL BUSINESS

Logan Heights CDC

Aims to strengthen residents and businesses in Greater Logan Heights neighborhoods through community empowerment and education.

3040 Imperial Ave., San Diego 92102
(619) (858) 0563
www.loganheightscdc.org

National City Chamber of Commerce

An organization that connects our Members to other members, to all kinds of organizations, to elected officials and many business services.

901 National City Blvd.,
National City 91950
(619) 477-9339
www.nationalcitychamber.org

San Diego County Black Chamber of Commerce

Creating generational wealth through business enterprise, education, employment, and investment.

404 Euclid Ave. #383, San Diego 92114
(619) 269-9400
info@sdblackchamber.org
www.sdblackchamber.org

SaverLife

SaverLife is here to help you navigate the ins and outs of managing your money.
www.saverlife.org

Small Business Development Center (SBDC)

San Diego and Imperial SBDCs help businesses grow and succeed through no-cost business consulting and low-cost training to new and existing businesses.
www.sdivsbdc.org

FOOD DISTRIBUTION

To locate more food banks, please visit, <https://sandiegofoodbank.org/gethelp/> or <https://ccdsd.org/food-pick-up/>

For The Emergency Food Assistance Program (TEFAP) 2022 Income Guidelines, [click here](#)

For the Senior Food Program Locations/ Calendar 2023, [click here](#)

For the Senior Monthly Income Guidelines for JFS, [click here](#)

Bayview Baptist Church

Bayview Baptist Church provides many community services, including The Dailybread Marketplace. The mission of the DBM is to meet the food insecurity needs of the residents of San Diego by creating a fully functioning food pantry providing those who are economically disadvantaged/challenged, and in need of food, to receive it with dignity and respect.

6134 Pastor Timothy J Winters St.
San Diego, 92114
(619) 262-8384
<https://www.bayviewbc.org/>

Hours:

- Monday-Friday + Every 4th Saturday, 9am-12pm (Pantry)

- Every 3rd Wednesday, 11am-1pm (Drive Thru)

Documents Required: None; serves all of San Diego County.

Chabad of Downtown San Diego

Chabad-Lubavitch is a vibrant, dynamic force in Jewish life, and its programs touch the lives of millions of people and directly or indirectly affect Jewish life in every community. Due to an increased community need, Chabad has partnered with the Jewish Family Service to distribute food to many more households.

308 G. St., San Diego 92101
(619) 289-8770
<https://www.chabaddowntown.com/>

Hours: Friday, 10am-12pm

Community Food Bank of National City

2605 Highland Ave, National City 91950
Drive-Thru
(619) 799-0497

Hours: 2nd Friday, 9-11am

Eligibility: Emergency Food Assistance Program Income Guidelines Apply. [Click here.](#)

Friendships For Hope

Friendships for Hope provides support for marginalized communities in San Diego County and a safe loving environment where they can obtain the essential tools to flourish in our mutual community.

2701 E 8th Street, National City 91950
(619) 267-8990
<https://friendshipsforhope.org/>

Hours: Tuesday, 9am-12pm (Food Distribution) Appointment only

Documents Required: Photo ID & proof of address (must reside in 91950, 92139, 92114, 92113, 92102).

Iglesia Cristiana Getsemani

3055 Beyer Boulevard Ste #C101
San Diego 92154
Drive-Thru & Walk-Ins; Food Bank ID Cards Available Here
(619) 704-5840

Hours: Thursday, 10am-12pm

Eligibility: Emergency Food Assistance Program Income Guidelines apply [Click here.](#)

Jacobs and Cushman San Diego Food Bank (For Older Adults)

Through the Jacobs & Cushman San Diego Food Bank and North County Food Bank chapter partnering with nearly 500 nonprofit partners with feeding programs, the Food Bank provides nutritious food to individuals and families

in need in communities throughout San Diego County.

Apply in person at College Avenue Center during food distribution hours. Bring your ID or any documentation of your date of birth and proof of address.

Location: Temple Emanu-El
6299 Capri Dr., San Diego 92120
1-866-350-FOOD (3663)
<https://sandiegofoodbank.org/>

Hours: 2nd Sunday, 4-6pm

Documents Required: Valid I.D. with Date of Birth, Proof of Address (i.e. Utility, Water, Phone Bill)

Serves: For San Diego County residents ages 60+, meeting the Senior Monthly Income Guidelines (per household).
[Click here.](#)

Jewish Family Service Corner Market

Corner Market resembles a small grocery store where shoppers self-select nutritious foods free of charge based on family size and need. It offers a wide selection of grocery items and produce, including fresh fruits and vegetables, meats and dairy, prepared meals, hygiene, baby items, and even pet food when available.

Online ordering through the platform SmartChoice is also available. Clients shop on their mobile device to spend their points and schedule a pickup appointment where their food packages will be provided curbside at the Food Pantry Warehouse.

8804 Balboa Ave., San Diego 92123
(858) 637-3010
<https://www.jfssd.org/our-services/food-meals/corner-market/>

Hours: Access to the Corner Market is by appointment by calling (858) 637-3210.

!Mas Fresco Plus! – UC San Diego Center for Community Health

(888) 315-6602
<https://masfrescoplusproduce.org/masfrescoplus@health.ucsd.edu>

Monte Vista High School Parent Teacher Student Association

3230 Sweetwater Springs Boulevard
Spring Valley 91977
(Monte Vista's Parking Lot)
Drive-thru: Enter at school's bus loop.
All other parking lots are gated and locked.
(619) 660-3000

Hours: 2nd Saturday, 9:30–11am

Types of Food Provided: A 15–25-pound box of food every month that is filled with a variety of nutritious, nonperishable food items.

Ohr Shalom Synagogue

Ohr Shalom is a unique synagogue that offers a rich cultural blend of Conservative Judaism with a diverse international flavor that is found nowhere else in San Diego County.

2512 Third Avenue, San Diego 92103
(at the corner of Third and Laurel)
(619) 231-1456
<https://ohrshalom.org/about/ohr-shalom/>

Hours: 1–3pm
2023 Distribution dates: 5/18, 6/15, 7/20, 8/17, 10/19, 11/16, 12/21

Serves: Any San Diegan in need of food assistance

Poway Senior Center

16315 Pomerado Road, San Diego 92064
(858) 637-3257

Every Wednesday; Age 60+ with income guidelines

San Ysidro Maternal & Child Health Center

San Ysidro Health provides a variety of support services that help with needs such as food, housing, and transportation. We also offer health education and care coordination programs that promote healthy lifestyle choices and help patients with their individual healthcare journeys.

4050 Beyer Blvd, San Diego 92173
(619) 662-4100, Option 4
<https://www.syhealth.org/clinics/maternal-child-health-center>

Hours: Monday–Friday, 8am–5pm

Documents Required: None; Call first;
Serves members of the South Bay community.

St. Anthony's Bread Food Pantry

St. Anthony's Bread is the food pantry of St. Anthony of Padua Catholic Church. Serving thousands of families every month, we are proud to help support our community by providing nutritious meals to those in need.

Pre-registration is required and can be done online by visiting <https://ccdsd.org/efdn> or over the phone

St. Anthony of Padua Church Padua,
410 W 18th St., San Diego 91950
(619) 323-2841 (and pressing option 2 to request food.)
<https://ap.church/ministries/outreach/food-pantry/>

Hours: Friday and Saturday: 10am–1pm

Sustaining Grace Outreach Center Inc.

270 East Douglas Avenue, Suite 102A,
El Cajon 92020
(619) 404-9554 (call for appointment)

Hours: Mondays, Wednesdays & Fridays, 1-3pm. Holiday Closures: May 29, Sep 4, Oct 9, Nov 10, Nov 24, Dec 25

Eligibility: Emergency Food Assistance Program Income Guidelines. [Click here.](#)

Black Infant Health Program Neighborhood House Association

Provides prenatal and postpartum services for expectant African American mothers by ensuring that black babies are born healthy.

5660 Copley Dr., San Diego 92111
(858) 715-2642
info@neighborhoodhouse.org
www.neighborhoodhouse.org/blackinfanthealth/

Southern Caregiver Resource Center

Provides services for any San Diego or Imperial County resident who is caring for an adult with a chronic and disabling condition in need of assistance.

3675 Ruffin Rd, Suite #230,
San Diego 92123
(858) 268-4432
src@caregivercenter.org
www.caregivercenter.org

Union of Pan Asian Communities (UPAC) Community Health Workers

UPAC's Community Health Workers provide culturally and linguistically appropriate COVID-19 information and resources to Native Hawaiian Pacific Islander & Asian populations.

www.upacsd.com/programs/chwcos

HOUSING SUPPORT

Alpha Project

The mission of Alpha Project is to empower individuals, families, and communities by providing work, recovery, and support services to people to achieve self – sufficiency.

Info@alphaproject.org
(619) 542 - 1877

Services include: Residential Treatment, Temporary Bridge Shelter, Homeless Outreach, Rapid Rehousing, Transitional Employment, Wheels of Change, Tenant Peer Support Services Program (TPSS)

Casa Familiar – Owed Rent and Utility Assistance Program

Casa Familiar works to enhance quality of life for low-income individuals and families and is offering support for owed rent and utilities through its Financial Opportunity Center.

Area served: South Bay San Diego (92154, 92173, and other South Bay ZIP codes)

Eligibility: South Bay resident with proof of past due rent or utility bills and one coaching session required to participate.

(619) 428-1115
info@casafamiliar.org
foc@casafamiliar.org

Home Start

To effectively prevent and treat child abuse, Home Start addresses the conditions that can contribute to risky or abusive situations — poverty, unsafe neighborhoods, lack of affordable housing, and unemployment – while concurrently addressing individual self-sufficiency and emotional needs.

5005 Texas St. #203, San Diego 92108
(619) 692-0727
www.home-start.org

Interfaith Community Services

Interfaith Community Services is a nonprofit based in San Diego that provide services such as, food and basic needs, substance use treatment, employment development, and housing to individuals and support their self-sufficiency.

Locations:

- Betty and Melvin Cohn Center
550 W. Washington Ave., Escondido
(760) 489-6380
Walk in hours: Weekdays: 8-10am
- Coastal Service Center
4700 North River Road. Oceanside
(760) 721-2117
Walk in hours: Tuesdays & Thursdays,
8-10:30am
- Carlsbad Service Center
5731 Palmer Way, Suite A, Carlsbad
(760) 529-9979
Walk in hours: Monday, Wednesday –
Friday, 9am-2pm

Services provided: Food and Basic Needs, Legal Aid, Case Management, Substance Use Treatment, Employment Development Services, Housing

Just In Time for Foster Youth

Mission: to engage a caring community to help transition age foster youth achieve self-sufficiency and well-being.

When transition age youth (18-26) leave the System, Just In Time invites them to join a reliable, responsive, and real Community that helps them become confident, capable, and connected.

(619) 770-1850
www.jitfosteryouth.org

San Diego Housing Commission Homelessness Prevention & Diversion Program

Individuals and families in the City of San Diego who are newly homeless or at risk of becoming homeless can receive assistance through the San Diego Housing

Commission's Homelessness Prevention & Diversion Program.

(619) 578-7768
HousingFirstSanDiego@sdhc.org

YMCA – Transitional Housing for Young Adults

Offers a safe and welcoming environment for homeless youth, foster youth and transition-age youth to support them in their transition to independence and self-sufficiency.

(619) 640-9774
www.ymcasd.org/transitional-housing

Services offered: furnished housing, on-site case management and support, education and employment assistance, development of independent living skills, relational wellness and counseling services, financial education and personal budgeting assistance, after-care support.

LEGAL ASSISTANCE

Elder Law and Advocacy

<https://elaca.org/>
(858) 565-1392

Legal Aid Society of San Diego:

<https://www.lasdsd.org/>
(877) 534-2524

San Diego Volunteer Lawyer Program

www.sdvlp.org/request-help/

PROFESSIONAL SUPPORT

Center for Employment Training

Provides intensive coursework in Business, Childcare, Construction & Building Maintenance, Culinary Arts, Medical Assistance, Technical Trades, and Truck Driving & Logistics

4153 Market St., Suite C, San Diego 92102
(619) 527-4895

Hours:

Administration Hours: M-F, 8am-5pm
Day Program Schedule: M-F, 8am-3pm
Evening Program Schedule: M-F, 4-9pm

Dreams For Change

Dreams for Change creates and applies cutting edge strategies to create paths toward financial and housing stability.

(619) 497-0236
www.dreamsforchange.org

Paving Great Futures – CHAMP

Goal: to increase the health and wealth in underserved communities in order for marginalized and at risk individuals to

thrive socially, economically, and politically.

404 Euclid Ave., #119, San Diego 92114
(619) 308-6595
www.pavinggreatfutures.org

San Diego Workforce Partnership

The Workforce Partnership offers apprenticeship readiness programs, behavioral health services supported employment, construction career jumpstart; and career services for foster youth, justice-involved young adults, and parents and many other programs.

9246 Lightwave Ave. #210,
San Diego 92123
(619) 228-2900

Hours: Monday-Friday, 9am-5pm

Second Chance Program

Mission: to break the cycles of incarceration and poverty in our community, as we have for 30 years, through safe, sober living, early intervention programs for youth, and intensive, highly successful job readiness training and employment placement services for youth and adults.

6145 Imperial Ave., San Diego 92114
(619) 234-8888
www.secondchanceprogram.org

YMCA Career Program

Comprehensive employment program offers support to adults 18 years or older who have been laid off or underemployed in the last 6 months.

(619) 837-5770
www.ymcasd.org/career-program

SOCIAL / EMOTIONAL SUPPORT

Exodus Recovery

The Exodus Recovery 24-hour Psychiatrist Crisis Unit is a recovery focused environment where adult individuals over 18 years old who are in crisis can be assessed for stabilization services, medication evaluation and management, or hospitalization if necessary.

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

Hours: Walk – in services are available to the general public from 7am to 7pm daily. No appointments are necessary.

Locations:

- Crisis Stabilization Unit (CSU)
524 W. Vista Way, Vista 92083
(760) 305 – 4900
- North Coastal Crisis Stabilization Unit (CSU) 1701 Mission Ave., Suite 130, Oceanside 92058
(760) 305-4848

Mental Health Systems: TURN Behavioral Health Services

Mental Health Systems' mission is to reduce disparities in behavioral health care delivery by creating a workforce that promotes wellness, recovery, and resiliency.

(858) 573-2600
<https://turnbhs.org/>

Location: Please visit the website to find a list of available programs close to you!

Programs: Employment, Homeless Storage, Justice Involved, Mental Health, Substance Use Disorder, Supportive Housing

Mobile Crisis Response Team (MCRT)

Mobile Crisis and Response Teams (MCRT) provide – in person support to anyone, anywhere, experiencing a mental health, drug, or alcohol-related crisis, dispatching behavioral health experts.

(888) 724-7240
<https://www.sandiegocounty.gov/mcrt/>

YOUTH AND FAMILY SUPPORT

Adolescent Family Life Program

The Adolescent Family Life Program (AFLP) addresses the social, health, educational, and economic challenges of adolescent pregnancy by providing comprehensive case management services to expectant and parenting youth for up to 12 months.

Serves young parents (male and female) ages 21 and younger.

Contact: (858) 336-3710 or aflp@jfssd.org

Birthline of San Diego

Birthline provides life-affirming support and resources for pregnant women, teens, and families with at least one young child in need to help them achieve independence and self-sufficiency. Call for an appointment with a Birthline Case Manager.

3660 Clairmont Dr, San Diego 92117
(858) 270-2491
<https://birthlineofsandiego.org/about/>

Hours: Monday-Wednesday, 10am-2pm

Boys & Girls Club Youth Support San Diego — Youth Development

6785 Imperial Ave, San Diego 92114
(619) 263-6407
www.sdyouth.org

Hours: Monday-Friday, 3-6pm

Casa Familiar

Casa Familiar's mission is to enhance

quality of life for low income individuals and families through Advocacy, Social Services, Education, Affordable Housing, Arts and Culture, and Community and Economic Development.

119 W Hall Ave, San Ysidro 92173
(619) 428-1115
info@casafamiliar.org
www.casafamiliar.org

Father2Child Program

Offers a free, court approved, 12-week parenting program for fathers of children 0-17 years old.

4069 30th St, 1st Floor, Room 4069, San Diego 92104
(619) 543-0412

O'Farrell Family Support Services

Provides a full-service, school-based advocacy program for O'Farrell students and their families. Services include support groups, homework assistance, mediation services, in class social and emotional lessons, crisis intervention, and case management.

6130 Skyline Dr., San Diego 92114
(619) 263-3009
www.ofarrellschool.org

Hours: Monday-Friday, 7am-3:30pm

Areas served: 92113, 92114, 92139

Neighborhood House Association's Head Starts

<https://www.neighborhoodhouse.org/nha-programs/head-start/>

Preschool & Child Development Program, Child Development Center

Offers part-day State Preschool and ECS Head Start for eligible children ages 3 and 4 years whose birthday is on or before September 1st of the school year of enrollment.

1800 Smythe Ave, San Ysidro 92173
(619) 428-2352

Hours: Monday-Friday, 7am-6pm

Fee: Based on family size & income

Area served: San Ysidro

Positive Parenting Program

The Positive Parenting Program (PPP) helps parents in San Diego County find positive solutions to common childhood behavior issues using strategies proven by more than 35 years of research. The curriculum is based on Triple P, an evidenced-based program that has been shown to promote family harmony, reduce parent-child conflict, foster successful peer relationships, and prepare children for successful experiences at school.

People can choose from larger public seminars, small group sessions, or individualized consultations — all led by Triple P certified parent educators. Services are offered in English and Spanish at sites across San Diego.

Eligibility: Have a child or be working with a child under the age of 12. Can be parents, grandparents, teachers, or caretakers etc.

JFS Access Line: (858) 637-3210

Social, Educational, & Health Services – Family Resource Center West

Services include: prevention services, adult education, after-school tutoring, Spanish literacy, health education classes, and referrals to immunization clinics.

304 W. 18th St., National City 91950
(619) 336-8360

Hours: Monday-Friday, 8am-12pm & 1-5pm

Area served: Residents of National City

The San Diego LGBT Community Center

Enhances and sustains the health and well-being of the lesbian, gay, bisexual, queer, transgender, nonbinary, immigrant, and HIV communities to the betterment of our entire San Diego region.

3909 Centre Street, San Diego 92103
(619) 692-2077
www.thecentersd.org