

Community Support Resources



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL
SAN DIEGO

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, enrichment opportunities/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 & HOTLINES

General San Diego County Access Line: 211
JFS Access Line: (858) 637-3210
National Suicide Prevention Line: 988
National Sexual Assault Hotline: (800) 656-4673
National Domestic Violence Hotline: (800) 799-7233
or Text BEGIN to 88788
National Human Trafficking Hotline: (888) 373-7888
or Text INFO to 233733
National Alliance on Mental Health (NAMI) San Diego:
1-800-523-5933
San Diego Access and Crisis Line (Free, Confidential Counseling): (888) 724-7240
Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline: 1-800-662-4357

DIAPER DISTRIBUTION

San Diego Food Bank
For Diaper Distribution sites please visit:
[Click here](#)
9850 Distribution Avenue San Diego, CA 92121
Phone Number: (858) 527-1419

Miracle Babies
For monthly diaper distribution sites please visit:
[Click here](#)
8745 Aero Drive # 308 San Diego, CA 92123
Phone Number: (858) 633-8540
Email: info@miraclebabies.org

Sharia's Closet
One request per month per child; must complete [Diaper Request Form](#), once form is complete Sharia's Closet staff will contact you with location and pick up date.
6244 El Cajon Blvd Suite #5 San Diego, CA 92115
Phone Number: (619) 808-4979
Website: [Click here](#)

DOMESTIC VIOLENCE – SAFETY SUPPORT

South Bay Community Services (SBCS)

They have a 24/7 emergency response unit, which is the first and only in SD County. SBCS works closely with local law enforcement and staff are stationed at all South Bay Police Department. Their specialists accompany police on all domestic violence calls, they offer treatment and case management services assist survivors of DV in recovering from trauma experienced in an abusive relationship.

430 F St Chula Vista, CA 91910
Phone Number: (619) 420-3620
Website: [Click here](#)

Crisis House

Offers two programs: Journey Home and New Journey. Journey Home is designed for survivors of DV seeking to reclaim their independence. They provide immediate shelter options but also long-term housing solutions, by combining Transitional housing with rapid rehousing and support services. New Journey is a transitional housing program serves women and their minor children who are fleeing a domestic violence situation. They provide safe housing in apartments that are fully furnished in confidential locations throughout San Diego County.

9550 Cuyamaca St. Suite 101, 102, 201, 202 Santee, CA 92107
Phone Number: (619) 444-1194
Website: [Click here](#)

Community Resource Center

They have a 24/7 line to answer questions, provide resources, check for openings in DV shelters and programs, or referrals to other available services in SD County. They offer emergency shelter, supportive services, a therapeutic children's center, DV Survivor Support Group, etc.

650 2nd Street Encinitas, CA 92024
Phone Number: (760) 753-1156
24/7 Hotline: 877-633-1112
Website: [Click here](#)

DOMESTIC VIOLENCE – SAFETY SUPPORT *Continued...*

Women's Resource Center

Provides DV resources, crisis intervention services, including emergency assistance in person or via phone, assessment of an individual's immediate needs, emergency food & clothing, safety planning, shelter, transitional housing, advocacy, counseling, children's services, and legal services.

1963 Apple St Oceanside, CA 92050

Phone Number: (760) 547-8800

24hr Hotline: (760) 757-3500

Website: [Click here](#)

ELDER SUPPORT

San Diego PACE

Day centers with recreational therapists. They provide transportation to centers, prepare meals on-site, and other services.

Locations:

FHCSD PACE – College Grove

3420 College Avenue San Diego CA 92115

(619) 515-2445

FHCSD PACE – Oceanside

2201 Mission Avenue #200 Oceanside CA 92058

(760) 826-7223

General Phone Number: (619) 981-7223

Email: info@fhcsdpac.org

Website: [Click here](#)

211

Offers home delivered meals, along with senior nutrition center list.

Phone Number: 211

Website: [Click here](#)

Serving Seniors

Provides meals, housing, health & social services, enrichment & activities, and advocacy.

1525 Fourth Ave San Diego, CA 92101

Phone Number: (619) 235-6572

Website: [Click here](#)

Interfaith Services

Offers 3 different programs, Project Care: which offers in-home case management, healthcare navigation, emergency food and hygiene. Home Safe: Offers intensive case management and housing navigation to persons referred to by Adult Protective Service and at risk of homelessness. Minor Home Repair: A 'fix-it' program focused on safety and security of homes for older adults and persons with disabilities.

50 W Washington Ave Escondido, CA 92025

Phone Number: (760) 489-6380

Website: [Click here](#)

ENRICHMENT OPPORTUNITIES

San Diego Public Libraries

The system of San Diego Public Libraries offers free classes on various topics including play sessions for babies & infants, homework help for elementary, middle, and high schoolers, application assistance for select colleges and County jobs, literacy workshops, meditation sessions, & much more! Check website for registration information & class schedules.

Various locations throughout San Diego, go to website for individual location information.

Main Line: (619) 236-5800, Monday & Tuesday 11:30am-8:00pm, Wednesday-Saturday 9:30am-6:00pm

Submit online inquiries through [submission form](#)

Website: [Click here](#)

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 combined with other noncredit classes to earn Certificates of Completion or Competency recognized by employers and colleges.

Multiple locations in: El Cajon, Imperial Valley, Oceanside, San Marcos, San Diego, Mira Mesa, & Chula Vista. [Click here](#) to find specific contact information & addresses:

Website: [Click here](#)

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. Offers multiple programs for families and youth focused on literacy, development, civic engagement, STEM, & more!

Home Office: 22 West 35th Street Suite 202, National City 91950

Main Line: (619) 420-4499

Email: info@piqe.org

Website: www.piqe.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.

Central Administrative Offices/Headquarters:

4343 Ocean View Blvd., San Diego 92113

Main Phone: (619) 388-4956

Different Locations' Contact Information Can be Found Here: Emails & Phone Numbers for San Diego College of Continuing Education

Website: [Click here](#)

PROFESSIONAL SUPPORT

San Diego Workforce Partnership

Organization that offers workforce readiness workshops, trainings, and programs. Career centers offer job search and career development resources to all San Diego County job seekers ages 16+, regardless of income or background—at no cost. Offers in-person education as well as virtual options. A great place to access multiple employment resources!

Multiple locations throughout San Diego.

Phone Number: (619) 319-9675

Email: hello@workforce.org

Website: [Click here](#)

YMCA Career Program

Comprehensive employment program offers support to adults 18 years or older who have been laid off or underemployed in the last six months. Check out the [YMCA Career Program Flyer](#)

Contacts:

Daisy Vargas: (619) 837-5770 | dvargas@ymcasd.org

Carlos Salazar: (619) 923-4481 | csalazar1@ymcasd.org

Website: [Click here](#)

Second Chance Program

Second Chance offers specialized workforce readiness training, sober-living housing, educational programs, and support services essential to achieving self-sufficiency. Collaborative court programs are also available.

6145 Imperial Ave., San Diego 92114

Phone Number: (619) 234-8888

Contact Online through: [Submission Form](#)

Website: [Click here](#)

Dreams for Change

Offers **Free Tax Preparation**, a **Safe Parking Program** (which includes case management, housing navigation, access to workforce training, and financial literacy classes), a **Workforce Training Program**, **Dreams' Cuisine** (fresh meals), and a **Safe Sleeping Program** (which includes case management, housing navigation, workforce training, and amenities).

- **For Tax Preparation:** Call (619) 497-0236 ext. 1
- **For Safe Parking Metro San Diego:** Call (619) 497-0236 ext. 2 – Must be referred through the County's Homeless Solutions and Equitable Communities outreach teams
- **For Safe Parking County of San Diego:** Call (619) 980-4168 – Must be referred through the County's Homeless Solutions and Equitable Communities outreach teams
- **For Safe Sleeping:** No walk ins. Must be referred through the City's [Coordinated Street Outreach Program](#), the [San Diego Police Department](#) or by dialing 2-1-1.
- **For Dreams' Cuisine or Workforce Training:** Call (619) 497-0236 ext. 3, leave a message, and someone should get back to you by the next business day

Website: [Click here](#)

FOOD DISTRIBUTION

For the Senior Monthly Income Guidelines/Senior Monthly Distribution Calendar 2024, [click here](#)

For GPS Food Distribution Locator, [click here](#)

Or text "food" or "comida" to 877-877 to find your nearest food distribution site!

JFS 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

Hours: Access to the Corner Market is by appointment by calling (858) 637-3210. For changes to pre-existing pick up orders call (858) 637-3055.

Website: [Click here](#)

Dreams for Change

Rain or shine food distribution every Wednesday from 10am-12pm or until food runs out. No Documents Required.

5605 Imperial Ave San Diego, CA 92114

Phone Number: (619) 496-0236

Website: [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.

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.
6134 Pastor Timothy J Winters St. San Diego, 92114

Phone Number: (619) 262-8384

Website: [Click here](#)

Neighborhood Distribution Program

Provided by the San Diego Food Bank and North County Food Bank. PDF with locations and address of different distribution centers: [Neighborhood Food Distribution Program Flyer](#).

No documentation is required to visit these sites.

Multiple locations.

Phone Number: (858) 527-1419

Website: [Click here](#)

FINANCE/SMALL BUSINESS

San Diego Financial Literacy Center

Has several financial literacy programs – including Smart with Your Money, Boost for Our Heroes (Veteran focused), and Wave of the Future (geared towards students K-12 and college) – as well as multiple resources listed on the site including small business banking, starting a small business, and budget analysis. Check out the [resources list](#).

SDFLC Headquarters: 1835A S. Centre City Pkwy, #508
Escondido, CA 92025

Main Phone: (858) 810-7007

Email: info@sdfllc.org

Website: [Click here](#)

San Diego County Credit Union

Hosts free weekly virtual sessions every Wednesday on several different financial literacy topics. Register through the event link listed on the website. Register and view sessions [here](#)

US. Small Business Administration

Small Business Development Centers provide counseling and training to small businesses including working with SBA to develop and provide informational tools to support business start-ups and existing business expansion. Multiple Small Business Development Centers throughout San Diego. Use website page to locate the nearest one and for specific contact information: [Click here](#)

Customer Service Line: (800) 827-5722

Website: [Click here](#)

Accessity

Their mission is to open doors of financial opportunity, primarily to entrepreneurs of color, women, and immigrant entrepreneurs so they can build prosperous businesses and livelihoods for themselves and their families, while also strengthening our communities. Gives small business loans & hosts free financial education events for small businesses.

Fill out a contact form at the bottom of this [webpage](#)

404 Euclid Avenue, Ste. 271, San Diego, CA 92114

Phone Number: (619) 795-7250

Website: [Click here](#)

California Coast Credit Union's Enrich Program

This program is a source for financial wellness and education. The Enrich Program features dynamic and interactive financial tools, courses and free resources to deliver a highly personalized experience designed for the user. They also have a Money Personal Assessment to help guide the user's financial wellness journey.

Courses & Resources are Virtual.

Phone Number: varies based on location nearest you

Website: [Click here](#)

HOUSING SUPPORT

South Bay Community Services (SBCS)

Provides emergency shelters, transitional housing, affordable housing, rental assistance, and rapid rehousing programs.

430 F St Chula Vista, CA 91910

Phone Number: (619) 420-3620

Website: [Click here](#)

Crisis House

Camino Esperanza provides emergency housing, financial aid and support for victims of violence and abuse.

9550 Cuyamaca St. Suite 101,102,201,202 Santee, CA 92107

Phone Number: (619) 444-1194

Website: [Click here](#)

San Diego Housing Commission

Rental assistance programs, section 8 vouchers, help with rent, homeless prevention program.

1122 Broadway, San Diego CA 92101

Phone Number: (619) 231- 9400

Website: [Click here](#)

Chicano Federation

Provide affordable housing for families, seniors, and people with disabilities, there is a housing application, requirement, and waitlist.

3180 University Ave. Suite 400, San Diego CA 92104

Phone Number: (619) 285-5600

Website: [Click here](#)

LEGAL SUPPORT

Elder Law and Advocacy

Provides free legal & Medicare support for seniors and their caregivers. Go to their website for more information on types of support & eligibility requirements.

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

Office Line: (858) 565-1392

Website: [Click here](#)

Legal Aid Society of San Diego

Provides a wide range of free legal services to lower income San Diego residents. Aims to improve lives by advancing justice through effective, efficient and vigorous legal advocacy, outreach and education.

Offices located in Southeast San Diego, Midtown, & North County.

Phone Number: (877) 534-2524

Website: [Click here](#)

San Diego Volunteer Lawyer Program

Provides a variety of free legal services to low-income, San Diego residents. Only handles civil legal cases.

707 Broadway, Suite 1400 San Diego, CA 92101

Phone Number: (619) 235-5656

Email: info@sdlvp.org,

Website: [Click here](#)

LEGAL SUPPORT *Continued...*

University of San Diego – Legal Clinics

USD law students, guided by expert attorneys and faculty, provide free legal help.

5998 Alcalá Park San Diego, CA 92110

Call (619) 260-7470 to schedule an appointment

Website: [Click here](#)

LawHelpCA

Website that has official and free legal resources run by the Legal Aid Association of California. Has reliable information about common legal issues.

Website: [Click here](#)

SOCIAL/EMOTIONAL SUPPORT

Mobile Crisis Response Team (MCRT)

Provides in-person support to anyone, anywhere, experiencing a mental health, drug, or alcohol-related crisis, dispatching behavioral health experts.

Phone Number: (888) 724-7240

Website: [Click here](#)

It's Up to Us

Website that has several different resources on their website for different mental health, suicide prevention, alcohol, and substance use services available in San Diego.

Website: [Click here](#)

Mental Health Systems: TURN Behavioral Health Services

Offers free, innovative services focused on mental health, supportive housing, substance use disorders and assisting those transitioning from the justice system. They have multiple locations with over 80 programs. Go to the website to find programs and services near you.

Phone Number: (858) 573-2600

Website: [Click here](#)

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.

Hours: Walk-in services are available to the public from 7am to 7pm daily. No appointment necessary.

Locations:

Crisis Stabilization Unit (CSU)

524 W. Vista Way, Vista 92083
(760) 305-4900

North Coastal Crisis Stabilization Unit (CSU)

701 Mission Ave., Suite 130, Oceanside 92058
(760) 305-4848

Website: [Click here](#)

Family Health Centers of San Diego:

Prioritizes uninsured, low-income, and medically underserved populations. *Provides the following services:*

- Individual, couples, family & group counseling for children, adults & older adults

- Adult & child psychiatry & counseling
- Clinic, school & home-based services
- Psychological testing for children & adults
- **Mobile Counseling Centers** – travel to a location near you; For an appointment at an MCC, call: (619) 515-2338; *They offer the following services:*
 - Intake and assessment for mental health issues
 - Ongoing individual therapy services with a licensed mental health provider
 - Referrals to psychiatry, psychological testing and substance use disorder services

Multiple locations

To schedule an appointment call: (619) 515-2300

Website: [Click here](#)

YOUTH AND FAMILY SUPPORT

San Diego Youth Service

Services offered: child sex trafficking awareness and recovery, support groups, movie nights, mentor/tutoring, parent coaching, family advocacy, resources and referrals, suicide prevention/intervention, anti-bullying awareness, juvenile delinquency and intervention, mental health, DV prevention, LGBTQ+ services.

3255 Wing Street San Diego, CA 92110

Phone Number: (619) 241-0608

Website: [Click here](#)

SAY San Diego

Community services for families, youth development & advocacy, preschools & extended learning.

4775 Viewridge Avenue San Diego, CA 92123

Phone Number: (858) 565-4148

Website: [Click here](#)

San Diego Center for Children

Outpatient services, wraparound services, school-based, residential treatment, foster youth.

3002 Armstrong St San Diego, CA 92111

Phone Number: (858) 277-9550

Website: [Click here](#)

OTHER

ID Replacement

New Day Urban Ministries

Offer various free services and a reduced fee for ID replacement.

2459 Market Street San Diego, CA 92101

Phone Number: (619) 232-2753

Website: [Click here](#)

Day Centers

San Diego (Neil Good) Day Center

Services offered: restroom, mailing, cell phone charging stations, laundry, computer lab, showers.

299 17th St San Diego, CA 92101

Phone Number: (619) 230-7390

Website: [Click here](#)

San Diego Rescue Mission Mobily Shower Unit

Shower Unit is driven to different locations daily throughout San Diego. Link to specific location information:

[SDRM Mobile Shower](#)

Unhoused, Homeless, or Unsheltered

Salvation Army – Downtown Centre City location

Provides emergency motel vouchers and rental assistance when available.

Phone Number: (619) 699-2200

Website: [Click here](#)

San Diego County Housing & Community Development Services

Go to this webpage for directions on applying: [Click here](#)

Homelessness Response Center

Provides homeless verification form, benefits enrollment, clothing, food resources, DMV assistance, including transportation to and from the DMV, youth and DV services, Legal Aid, Family reunification assistance, VA, health services and education, mental health and substance use referrals, employment programs, coordinated intake processing.

1401 Imperial Ave San Diego CA 92101

Phone Number: (619) 880-8810

Website: [Click here](#)

Regional Task Force for Homeless

Link to various resources in the county of San Diego for homeless adults, families, youth, and veterans. Additional resources for DV survivors, suicide prevention, substance abuse, and crisis intervention.

4699 Murphy Canyon Rd Suite 106 San Diego, CA 92123

Phone Number: (858) 292-7627

Website: [Click here](#)