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# **Assistance Resource Directory**

## **San Diego North County**

**Version 2.1**

**Last Updated 08/30/18**

Produced and Distributed by Optimize Marketing and San Diego Regional Task Force

For corrections or updates, please send an email to [apon@optimizemarketing.com](mailto:apon@optimizemarketing.com) or [mmccorkle@interfaithservices.org](mailto:mmccorkle@interfaithservices.org) or [Noelani.Dizon@mcalisterrinc.org](mailto:Noelani.Dizon@mcalisterrinc.org)

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## Revision History

<b>Department</b>	<b>Version</b>	<b>Issue Date</b>	<b>Type of Change</b>	<b>Author</b>
Volunteer	1.0	8/12/17	Initial Release	Allyn Pon
Volunteer	1.1	9/01/17	Added new sections; domestic violence, general counseling, legal assistance, immigration services, military/veteran services, senior services, youth services, child care, financial assistance. Made major revisions to shelter and transitional housing, meals assistance, and substance abuse list.	Allyn Pon
Volunteer	1.2	1/15/18	Added numerous new organizations to shelters, substance abuse meal centers, and domestic violence sections. Added a new sections Safe Parking/Campgrounds and Family Shelters.	Allyn Pon
Volunteer	1.3	04/15/18	Updated the following sections; Medical, Child Care, Day Labor, Legal, Military/Veteran, Employment, and Job websites. Added new section for Disability Services.	Allyn Pon
Volunteer	2.0	07/15/18	Inputs from San Diego Regional Task Force. Updated all entries and added the following new categories; Senior Food Programs, Mental Health Services, Pet Services, Hygiene/Social Services and Homeless Advocacy.	Allyn Pon Marilynn McCorkle Noelani Dizon
Volunteer	2.1	08/30/18	Updated median income chart, substance abuse and education and training sections.	Allyn Pon Marilynn McCorkle

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## 1. Introduction

This directory is focused on providing resources for individuals and families in need of assistance for temporary shelter, low rent housing, substance abuse programs, domestic violence, medical attention and multiple assistance programs. It is designed to be a consolidated list for resources within the North County of San Diego, reducing the amount of searching on the Web, and making it easier to find the right resource for your immediate needs.

While this directory has a lot of information, it is by no means complete, and is constantly being reviewed for relevance. There are still though resources and information provided by other organizations that also provide assistance, that have additional information that will be helpful. Below is a quick overview of the most common reference resources.

### 1.1 211

An important local San Diego resource is 211 San Diego. They are a trusted, local, nonprofit organization with connection to over 6,000 community, health, and disaster services, they provide a free, 24 hour, confidential phone service in 200+ languages and a searchable online database. They work closely with San Diego County and other local resources to connect you, your family, and other residents to community-wide service organizations that focus on health, food, housing, disaster, veterans, and other specialized needs. To contact them, all you need is to dial 211. Below is their link and alternative phone number.

<http://211sandiego.org/>

Dial 2-1-1 or (858) 300-1211

### 1.2 Homeless Shelter Directories

There are two national directories for homeless shelters. These directories are provided by non-profit organizations.

<http://www.homelesshelterdirectory.org>

<http://www.shelterlistings.org>

### 1.3 San Diego County

The San Diego County has numerous services to help those in need to recover and improve their lives. Here's some quick resources covering all aspects of recovery.

The Housing Resources Directory was prepared by the County of San Diego's Department of Housing and Community Development to provide residents and the community agencies that serve them with information on housing resources available to low- and moderate income households. Here's a brochure which has information on programs that include rental assistance, housing rehabilitation, shared housing, public housing, home purchasing assistance, and emergency shelters.

[http://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/housing\\_resource.pdf](http://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/housing_resource.pdf)

Here's their phone number. (858) 694-4801

The Behavioral Health Services (BHS) Division provides mental health and alcohol or other drug services for children, youth, families, adults, and older adults. Here's a link to that page for additional references.

<http://www.sandiegocounty.gov/hhsa/programs/bhs/>

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## 2. Housing

### 2.1 Emergency Shelters

This is a listing of emergency housing/homeless shelters. Many of these shelters now have waiting lists and can be very long. Please call before going to them. Shelters and service also go out of business, so call ahead to confirm that this location is still active. Other alternative directories for homeless shelters are found here at these websites.

<http://www.homelesshelterdirectory.org>

<http://www.shelterlistings.org>

Name/Address/Info	Focus	Details
Bread of Life Winter Rescue Mission Oceanside, CA 92054 (760) 722-0800 <a href="http://www.bolrescue.org">www.bolrescue.org</a>	Winter shelter only	Open December 1, to March 31. Applications taken starting on 10/1. Clients must pass drug test. Must register between 10:00AM to 3:00PM Monday-Friday to be considered for shelter bed. No alcohol or drugs.
Brother Benno's Center, Brother Benno Foundation 3260 Production Avenue, Oceanside, CA 92054 (760) 439-1244 <a href="http://www.brotherbenno.org">www.brotherbenno.org</a>  Breakfast 6:30 – 8:00 am (M-F) Breakfast 10 – 11:30 am (Sat) Clothing 6:30 – 8:15 am Showers 6:30 – 9 am	Homeless AND low-income people	Also a drop-in center that offers meals, including breakfast and sack lunch, during the week, and a Saturday brunch. Distributes clothing and basic toiletries, and provides shower, laundry facilities and haircuts. Offers assistance to veterans by a representative of the Veterans Homeless Outreach. The Center can be used as a mailing address for homeless individuals. Provides bus passes for verifiable medical or court appointments only. Food packages are provided to low-income families with children younger than 18 years of age. Offers prescription medication assistance for the uninsured to families with children, seniors 60 years and older, and to disabled individuals who live in Oceanside only. Also provides case management.
Center for Community Solutions North County Hidden Valley House  (760) 480-0055	Men and women 18 years and older, with or without children, experiencing domestic violence/sexual assault	No-cost 28-day emergency shelter program for domestic violence and sexual assault (female and male) victims and their children. Has 35 beds with a max stay of 28 days. Safety planning including all members of the family. Provides Food & Clothing
Fraternity House 20702 Elfin Road Escondido 92029  (760)736-0292	Homeless and extremely low-income men and women who have been disabled by HIV/AIDS	Residents receive comprehensive care and services in order to rebuild their health and return to independent living, or where they can spend their last days in comfort and dignity. We accept Residents from throughout San Diego County. Residents may be referred from hospitals, clinics, shelters, case managers, The V.A., churches and a variety of organizations; sometimes individuals call on their own or on behalf of a family member.
Haven House Interfaith Community Services 550 West Washington Street, Escondido, CA 92025 (760) 489-6380 ext. 274 <a href="http://www.interfaithservices.org">www.interfaithservices.org</a>	Clients who are interested in obtaining housing.	Offers shelter to persons 18 years and older. Shelter is open year round. Night time shelter only. Must exit at 6:30 am every day. Dinner and breakfast provided. Showers and laundry services available. Case Management on a weekly basis. Walk-in screenings or open hours 3-4:30 pm on Tuesdays, Wednesdays and

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		Thursdays. Sign-in is required. Intakes are scheduled for Mondays, Wednesdays and Fridays at 9am. Scheduled intakes will return at 3pm to complete intake (showers and laundry).
La Posada de Guadalupe Shelter 2476 Impala Dr, Carlsbad, CA 92010 (760) 929-2322 <a href="https://www.friendsoflaposada.org">https://www.friendsoflaposada.org</a>	Emergency shelter to both day laborers/farm workers (50 beds) and the general homeless men population (50 beds)	Emergency housing and meals for up to 3 months. Case management services include substance abuse, anger management and financial workshops. Translation and interpretation services. Help with setting medical and dental appointments and acquiring medical screening tests, assistance with medical services. Cost is \$20/week. Focused on single men only, that are clean and sober
Community Resource Center Carol's House 650 2 <sup>nd</sup> Street, Encinitas CA 92024 (760) 753-1156	Women with Children who are victims of domestic violence.	Carol's House is a 24-bed emergency shelter for all victims of domestic violence; it offers residents a safe home for 45 to 60 days in the emergency shelter while receiving concurrent services.
Community Resource Center Transitional Housing 760-753-1156	Victims of domestic violence	Domestic Violence Program participants are provided transitional housing at a lower rental cost and are able to continue receiving concurrent services.
Nueva Vida Haven 120 Elm St. San Diego, CA (619) 687-3720 (619) 819-1844	Single women or women with children under 17	Overnight shelter. No Fee. Walk-ins are 5:30-7:30 pm Stay is up to 30 days. 2 meals served daily (breakfast and dinner). Services/amenities include daily showers, counseling and fresh clothing.
Operation Hope-Vista 859 East Vista Way Vista, CA 92084 (760) 536-3880 <a href="http://www.operationhopeshelter.org">www.operationhopeshelter.org</a>	Provides emergency overnight shelter for single women, and families (no single males).	Families are offered a private family bedroom as well as a single women's shared bedroom. Accommodates 45 individuals. Laundry, shower, computer banks, playground and courtyard, and adult education classes Stay is between 60-90 days. Clients will be assigned to a case manager to help find stable housing prior to exiting the shelter.
Rachel's Night Shelter 759 Eighth Ave. San Diego, CA 92101 (619) 696-0873	Single women 18+ (No Children)	Rachel's Night Shelter exists to provide supportive, safe, and sober emergency, short-term, and mid-term shelter for homeless women. Overnight shelter. Drop-in/walk-in. Clients can call 7:30 - 8:30 am
Corrine's Interfaith Community Services 550 West Washington Avenue, Escondido, CA 92025 (760) 489-6380 <a href="http://www.interfaithservices.org">www.interfaithservices.org</a>	Provides temporary emergency Shelter for 12 homeless mentally or emotionally disturbed men and women. Limited to mentally/emotionally disabled ages 18 years and older.	All meals are provided in a home-like setting. Case planning, counseling, and advocacy are offered. Referral required from Health and Human Services Agency North Inland County Mental Health For temporary shelter, no couples, males, children, or persons with alcohol/drug abuse problems.

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## 2.2 Safe Parking/Campgrounds

This is a listing of places where families and individuals can be safe while living in their vehicle or in a campground in North County

Name/Address/Info	Details/Services
Safe Parking Program Dreams for Change (619) 497-0236 <a href="http://www.dreamsforchange.org/">http://www.dreamsforchange.org/</a>	Applicant must apply for temporary parking space with the following requirements; zero tolerance for drugs/alcohol/violence, agree to move from vehicle to more stable housing, complete intake assessment, no criminal conviction of a major crime, participate and follow transition plan, and follow parking lot rules. Other services include Achieving Financial independence, Eat Better Today, North County Senior Connections, Free Tax Preparations, and Workforce Development
Dixon Lake Campgrounds 1700 N. LaHonda Drive Escondido (760) 741-3328	Walk-in reservations can be made at the concession building at Dixon Lake. Regular campsites include a table, grill, and locker with daily charges ranging from \$18 - \$25 per night depending on the time of the year. Deluxe campsites include table, grill, locker, water, electricity and sewer with daily charges ranging from \$28 - \$25 per night depending on the time of the year. All sites have a two vehicle max per campsite. Check-in is 2 pm. Check-out is 12 noon the following day.
Guajome Regional Park Campgrounds 3000 Guajome Lakes Road Oceanside Reservations: (877) 563-3600	Minimum stay is one night with a max stay of 21 nights over a 28 day period. After a 21 night stay within a 28 day period, an individual must be out of the park for at least 7 days before another reservation or registration can be made at the same park. Grounds support partial hook up for trailers, motorhome (up to 45 ft), campers and tents for \$16 per night.

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## 2.3 Family Shelters

Name/Address/Info	Details
<p>Operation Hope 859 East Vista Way Vista, CA 92084 (760) 536-3880 www.operationhopeshelter.org</p>	<p>Families are offered a private family bedroom as well as a single women’s shared bedroom. Accommodates 45 individuals. Laundry, shower, computer banks, playground and courtyard, and adult education classes Stay is between 60-90 days. Clients will be assigned to a case manager to help find stable housing prior to exiting the shelter. Needs a pre-screening form that can be found on the website.</p>
<p>Safe Families for Children of Olive Crest 24/7 Hotline 714-543-5437 ext 1234 Intakes done in-person safe-families.org</p>	<p>Temporary Housing for children ages 0-18 with approved host families (45 Host Families). Bio-parents retain full-custody of children. With or without a referral, bio-parents can call 714-543-5437 ext 1234 to ask questions and arrange a time to meet with Safe Families staff for an intake. Children are placed on a case by case basis depending on the need (genders, ages, number of children, length of time the parent is asking for help). Goals are social connection, stabilization, and reunification for isolated families.</p>
<p>San Diego Rescue Mission 120 Elm Street San Diego, CA 92101 619-687-3720 www.sdrescue.org</p>	<p>San Diego Rescue Mission is a non-profit homeless shelter and recovery center serving men, women, and children. They have 10 different programs.</p>
<p>Sierra Del Mar Salvation Army 825 7<sup>th</sup> Ave. San Diego, CA (619) 699-2200</p>	<p>Program for families, single men, and seniors. Application must be done at site.</p>
<p>Solutions for Change 722 West California Ave. Vista, CA 92083 (760) 941-6545 www.solutionsforchange.org</p>	<p>Solutions for Change is a nonprofit committed to solving family homelessness through our Solutions University program. This unique program is a 1,000 day partnership that equips families with the skills, knowledge and resources that create amazing life transformations. It’s not just a housing solution, it’s a “change your life” solution. Our program includes counseling services to overcome past hardships, classes on parenting, leadership and household finances, job skills training and work experience. Requires full custody of all children under 18. The program is a 4 – 6 month program with a shared room upon acceptance.</p>
<p>Transitional Housing for Families St. Vincent De Paul Village 1501 Imperial Ave. San Diego, CA 92101 (619) 233-8500 Hotline (800) HOMELESS</p>	<p>Adults must be 18 years or older and bound by marriage and/or child. Must provide proof of familial relationship prior to intake.</p>

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## 2.4 Transitional Housing

Transitional housing/shelter is generally provided in apartment style facilities with a higher degree of privacy than short-term homeless shelters; may be provided at no cost to the resident; and may be configured for specialized groups within the homeless population such as people with substance abuse problems, homeless mentally ill, homeless domestic violence victims, veterans or homeless people with AIDS/HIV.

In some cases, a “transition in place” option allows families to continue living in the same complex (if not the same unit) where their transitional housing unit is located when they are ready to move to permanent housing. In other cases, the permanent housing option is either public housing or private rental housing supported by a tenant-based voucher subsidy. Included are post-domestic violence shelter housing programs that make affordable rental housing (or other accommodations) available to women, generally those who are coming directly out of a domestic violence shelter or other crisis shelter, often apartment complexes owned by the shelter.

Name/Address/Info	Focus	Details
Alpha Project - Casa Raphael 993 Postal Way Vista, CA 92083 (760) 630-9922 <a href="http://www.alphaproject.org">www.alphaproject.org</a>	Men only MediCal, Private Insurance	2.4.1.1 Inpatient drug rehab (6, 9 or 12 month) program. Begin seeking employment after 6 months of the program. 150 individuals. Need to test clean for alcohol and drug prior to entering the facility. Intake: M-W, F 12 – 3 PM
Amity Vista Ranch 2260 Watson Way Vista, CA 92083 (760) 599-1892 <a href="http://www.amityfoundation.org">www.amityfoundation.org</a>	Men Only Parolees Only	3 – 6 month residential program to integrate parolees into the community. Only qualified to enter facility when ordered by the court and must be a parolee.
Casa Raphael 993 Postal Way Vista, CA 92083 (760) 234-3041	Men	120 bed transitional shelter with a 6-9 month stay. Includes alcohol rehab. Fill out application, placed on waitlist, and once a bed becomes available, then applicant will be contacted. Drug test performed on day of intake.
El Nido Transitional Living 3530 Camino Del Rio North San Diego, CA 2.4.1.2 (619) 563-9878	Victims of Domestic Violence and Sexual Abuse	Transitional Living for 6 months to 1 year. They have a close relationship with Interfaith, as a rotational partner. Entrants are only accepted through a case manager referral. The case manager should call El Nido, with a phone discussion. As appropriate, El Nido will email an application to the case manager for the potential enrollee to complete.
Family Recovery Center Mental Health Services (MHS) 1100 Sportfisher Drive Oceanside, CA 92054 (760) 439-6702 <a href="http://www.mhsinc.org">www.mhsinc.org</a>	Women and Children	A residential and outpatient treatment program dedicated to assisting women recover from substance abuse, while promoting healthy family reunification. There are four major components of FRC: Residential Treatment; Day Treatment; Outpatient Treatment; and our Child Development Center.
Fellowship Center 737 East Grand Avenue Escondido, CA (760) 745-8478 <a href="http://www.thefellowshipcenter.org">www.thefellowshipcenter.org</a>	Alcohol and drug free housing (AOD) or sober living homes, registered through the California Association of Addiction Recovery Resources	Post-detox residential. Can support up to 60 people for post-detox.
Fraternity House 20702 Elfin Road Escondido 92029	Homeless and extremely low-income men and women who have been disabled by HIV/AIDS	Residents receive comprehensive care and services in order to rebuild their health and return to independent living, or where they can spend their last days in comfort and dignity.

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(760)736-0292		We accept Residents from throughout San Diego County. Residents may be referred from hospitals, clinics, shelters, case managers, The V.A., churches and a variety of organizations; sometimes individuals call on their own or on behalf of a family member.
Good Samaritan Shelter 3260 Production Ave. Oceanside, CA 92058 (760) 439-1244	Men with alcohol abuse issues	2.4.1.3 Must make an appointment for an interview and acceptance.
House of Rachel 349 Cedar St. San Diego, CA 92101 (619) 231-2828	Women 50+	2.4.1.4 Cannot be dependent on drugs and alcohol. No children. Fixed fee schedule of \$25/month.
La Posada de Guadalupe Shelter 2476 Impala Dr, Carlsbad, CA 92010 (760) 929-2322 <a href="https://www.friendsoflaposada.org">https://www.friendsoflaposada.org</a>	Transitional shelter to both day laborers/farm workers (50 beds) and the general homeless men population (50 beds)	Transitional housing and meals for up to 3 months. Case management services include substance abuse, anger management and financial workshops. Translation and interpretation services. Help with setting medical and dental appointments and acquiring medical screening tests, assistance with medical services. Cost is \$20/week. Focused on single men only, that are clean and sober. Intakes on Monday at 3:30 pm
North County Serenity House  950 N Fig St, Escondido, CA 92026 (760) 747-1015 240 South Hickory St. Escondido CA (760) 740-2610 <a href="http://www.healthright360.org">www.healthright360.org</a>	Woman and families for those under substance abuse.	2.4.1.5 State funded organization on helping woman and families recover. This program is free for those that qualify. This is transitional housing after mothers have been through the alcohol and drug rehab program. The housing has a capacity of 120 residents including children under 5.
Recuperative Care for Veterans Interfaith Community Services Escondido, CA (760) 294-2025	Veterans discharged from the VA medical facility or homeless individuals discharged from a hospital	Provides short term shelter for homeless veterans discharged from the VA and other individuals in need of medical care after a facility discharge. It is a 30 – 90 day program. 20 beds for veterans and 12 beds for non-veterans.
The Salvation Army 730 F Street San Diego, CA 92101 (619) 699-2216	Men	42 bed transitional housing with a 12 month stay. Eligibility is 18+ and 90 days substance free. Intake hours are M-F 8 – 4:30 pm.
Veteran Transitional Housing Grant Per Diem Program Interfaith Community Services 1617 Mission Avenue (760) 529-9979	Homeless veterans	Interfaith offers transitional housing to both male and female qualifying veterans. The program focuses on preparing veterans to reintegrate into independent living by attaining health, education and a stable income, resulting in increased self-determination.
Veteran Bridge Housing Interfaith Community Services Oceanside, CA (760) 529-9979	Homeless veterans	Interfaith offers Bridge Housing in Oceanside for male and female qualifying veterans for up to 90 days that have an established permanent housing plan (SSVF, HUD VASH, etc) and are in need of a residence temporarily. The program focuses on preparing veterans to transition into independent living by working with them to secure stable housing.

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## 2.5 Low Rent Permanent Housing

This section is directly from the San Diego County Housing brochure. The apartment complexes included in the Affordable Housing Inventory target a range of eligible incomes. Contact the apartment complexes directly for information on rents and income requirements. For a more details of each apartment listed below, download the San Diego County Housing brochure at the link below.

[http://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/housing\\_resource.pdf](http://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/housing_resource.pdf)

Other websites that provide a listing of affordable housing in San Diego County are:

Website	Description
<a href="http://www.bridgehousing.com">www.bridgehousing.com</a>	High quality affordable homes for working families and seniors
<a href="http://www.affirmedhousing.org">www.affirmedhousing.org</a>	San Diego based new multi-family apartment communities and the rehabilitation of existing family and senior apartment projects in urban and suburban.
<a href="http://nationalcore.org">http://nationalcore.org</a>	Hope through housing foundation

For most of the apartments listed below, there is a long wait list. The information below is updated with the latest information on waitlist and income requirements as of August 2017. The apartment complexes included in the Affordable Housing Inventory target a range of eligible incomes. Contact the apartment complexes directly for information on rents, income requirements and the latest status on waitlists. Most of the programs included in this directory are available to households whose annual income is below 80% of San Diego's Area Median Income (AMI). Below is a table on AMI requirements, which vary based on family size.

San Diego County Income Limits			
Effective April 1, 2018			
FAMILY SIZE	80% of AMI Low Income	50% of AMI Very Low Income	30% of AMI Extremely Low Income
1	54,500	34,100	20,450
2	62,300	38,950	23,400
3	70,100	43,800	26,300
4	77,850	48,650	29,200
5	84,100	52,550	31,550
6	90,350	56,450	33,900
7	96,550	60,350	38,060
8	102,800	64,250	42,380

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### 2.5.1 Carlsbad

Apartment	Address	Zip	Phone	Unit Type	# of Units	Waitlist	AMI	Notes
Archstone Pacific View	5162 Whitman Way	92008	(760) 931-5825	1,2,3	111	Closed	50%	
Cassia Heights	2029 Cassia Rd.	92009	(760) 476-9648		56	Open 3-5 years		
Glen Ridge Apts.	3555 Glen Ave.	92010	(760) 814-8022	1,2,3	78	Closed		
Hunter's Pointe	7270 Calle Plata	92009	(760) 434-5766	1,2,3	168	Closed		Section 8
Juniper at the Preserve	In Construction		(760) 239-6621			Apply for interest		Open til Aug
La Costa Paloma	1953 Dove Lane	92009	(760) 476-9860	1,2,3,4	180	Closed	50%,60%	
Laurel Tree Apts.	1307 Laurel Tree Lane	92011	(760) 918-1780	2,3,4	138	Open 3-5 years	50%	
Marbella Apts.	2504 Marron Road	92010	(760) 434-7368	1, 2, 3	29	Closed		
Mariposa Apts.	4651 Red Bluff Place	92010	(760) 729-9300	1,2,3	106	Closed	50%	
Pacific View Apts.	5162 Whitman Way	92008	(760) 931-5825	1,2,3	111	Closed	30%	
Poinsettia Station Apts.	6811 Embarcadero Lane	92011	(760) 438-8839	1,2,3	92	Open	60%	29K income for 1 BR
Rancho Carrillo Apts.	6053 Paseo Acampo	92009	(760) 603-8063	1,2,3	116	Closed	50%,60%,80%	
Santa Fe Ranch Apts	3402 Calle Odessa	92009	(760) 943-1146	1,2	64	Closed	80%	
Sunny Creek Apts	5410-5430 Sunny Creek Rd.	92009	(760) 602-4242	0,1,2,3	74	Closed		
The Tradition	1901 Cassia Rd	92011	(760) 918-9400	2,3	24	Closed		
Tyler Court Apts	3363 Tyler St. #328	92008	(760) 434-6776	1,2	74	None		Seniors 55+
Villa Loma	6421 Tobria Terrace	92011	(760) 929-7555	1,2,3,4	341	Closed	50%, 60%	
Vista Las Flores	6404-6420 Halyard Place	92011	(760) 602-0548	2,3	28	Closed		

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2.5.2 Encinitas

Apartments	Address	Zip	Phone	Unit Type	# of Units	Waitlist	AMI	Notes
Cantebria Senior Homes	645 Via Cantebria	92024	(760) 436-1989	1	44	Open, 4.5 year		Seniors 62+
Esperanza Garden Apts.	920 Regal Rd.	92024	(760) 745-1500	2,3,4	10	Closed	50%	
Archstone Apts.	1100 Garden View Rd.	92024	(760) 635-3760	1,2,3	22	Closed	50%,60%	
Second Street Apts	850-856 Second St.	92024		1,2	4	Closed		
Iris Apartments	639-643 N. Vulcan Ave.	92024	(888) 207-6110	2, 3		Interest list online		
Pacific Pines	1650-1820 S. El Camino Real	92024	(760) 436-5700	1, 2	16	Closed	50%	
Su Casa Por Cortez Apts.	620 Melba Rd., #24	92024	(760) 436-3209	2,3	28	Open	50%	\$1216 (2 BR) \$1690 (3 BR)

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### 2.5.3 Escondido

Apartment	Address	Zip	Phone	Unit Type	# of Units	Waitlist	AMI	Notes
15th Avenue Cooperative	444 W. 15th Ave.	92025	(858) 537-2026	1,2,3,4	16	Closed		
Oakmont of Escondido Hills	3012 Bear Valley Pkwy. S.	92025	(760) 735-8084	0,1,2	119	Open; Unknown length		Seniors 55+, No income req
Casa Escondida	715 N. Broadway	92025	(760) 746-4474	1	330	10+ year.		Seniors, Disabled, Section 8
Cobblestone Village Apts	360 E. Washington Ave.	92025	(760) 741-9075	3	44	Closed	30%,60%	
Cypress Cove	260 N. Midway Dr.	92027	(760) 746-2000	1,2,3	200	1 BR - 1 year 2/3 BR - 2 - 3 years		
Daybreak Grove	1256 E. Washington Ave.	92027	(760) 737-7692	2, 3	21	Closed		Families
Emerald Garden	425 W. 11th Ave.	92025	(760) 480-8056	2,3,4	16	Closed		
Escondido Adult Village	1084 E. Washington Ave.	92025	(760) 745-9628	0,1,2	130	Short		Seniors 55+
Escondido Apts.	500 N. Midway Dr.	92027	(760) 747-3670	1	91	Closed		Seniors 62+
Eucalyptus View	1821 S. Escondido Blvd.	92025	(760) 737-7692	1,2,3	108	Closed		
Home Project	550-B W. Washington Ave.	92025	(760) 520- 8309	2	8	Closed		Family
Las Ventanas Village	250 W. 15th Ave.	92025	(760) 489-0178	3	80	1 BR available 8/20/17		\$1375 for 1 BR
Aster St.	518-524/526-532 Aster St.	92025	(760) 489-6380	2	8	Closed		
Orange Place Village	1611 S. Orange Place	92025	(760) 432- 9212	2	15	Closed	60%	
Orange Place Townhomes	1500 S. Orange Place	92025	(760) 745-1500	1,2,3,4	31	Closed	60%	
Silvercrest Escondido	1303 Las Villas Way	92026	(760) 741-4106	1	74	5 years		Seniors 62+
Sonoma Court	508 E. Mission Ave.	92025	(760) 745-9314	2, 3	61	Open; Unknown length		Special Needs
Summit Rose Apts.	460 E. Washington Ave.	92025	(760) 747-5760	1,2	91	1 BR open, short 2 BR, closed	50%, 60%	
The Terraces	1301 Morning View Dr.	92026	(760) 735-5140	1,2,3,4	190	1 - 3 years	50%, 60%	
Via Roble Apts.	1553 S. Escondido Blvd.	92025	(760) 432-9212	1,2,3	72	Closed		
Villa Escondido	511 East Grand	92025	(760) 740-0121	0,1	112	Studios - Open 1 BR Closed		
West 15th Ave. Apts	323 W. 15th St.	92025	(760) 746-0732	1,2	20	Closed		
Windsor Gardens Senior Apts	1600 W. 9th St.	92029	(760) 741-5606	1	130	Closed		Seniors 62+, Disabled

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#### 2.5.4 Oceanside

Apartment	Address	Zip	Phone	Bedrooms	# of Units	Waitlist	AMI	Notes
Cape Cod Senior Villas	1710 Maxson St.	92054	(760) 754-1556	1	36	Open, Unknown length		Seniors 62+
Casita de Cortez	520 N. Freeman	92054	(760) 724-0889	1	12	Closed		
Country Club Apts.	201 Country Club Ln.	92054	(760) 433-8244	0,1,2	90	Closed		
El Dorado Church of God	115 S. Clementine St.	92054	(760) 722-1164	0,1	86	Closed		
La Mision	3220 Mission Ave., Suite 7	92058	(760) 967-7500	1,2,3	80	Closed		Seniors 62+
Lil Jackson Senior	3512 Lake Blvd.	92054	(760) 726-2961	1		4 - 5 years	40%-60%	
Mar Vista El Dorado	802 Topeka St.	92054	(760) 722-1164	1	73	Closed		Seniors 62+
Marisol Apts.	1119 S. Tremont St.	92054	(760) 433-4419	0,1	21	Closed		Disabled/Special Needs
Mission Cove	In Construction	Leasing Office; 3232 Mission Ave. Oceanside				Drop-off pre-application at 1 pm M-F to leasing office		
North River Club Apts.	4520 N. River Rd., #29	92057	(760) 439-5612	1,2,3	55	Closed	30%	
Old Grove Apts.	235 Via Pelicano	92057	(760) 433-4854	1,2,3	56	Closed	30%, 50%, 60%	
Riverview Springs Apts.	4398 Rainier Way	92058	(760) 754-1616	1,2,3	72	Closed		
Silvercrest	3839 Lake Blvd.	92056	(760) 940-0166	0, 1	67	3+ years		Seniors 62+
Tremont Street	1115-1127 S. Tremont	92054	(760) 433-4419		20	Closed		Special Needs
Veterans Transitional Housing	2195 Oceanside Blvd.	92054	(760) 489-6380	2	72	Closed		Veterans
Shadow Way Apts.	4779 Yuma Ave.	92057	(760) 940-0563	2	144	1 years		
Villa de Cortez	310 N. Clementine	92054	(760) 724-0889	1	118	Closed		Section 8
Vintage Pointe East	1923 Bush St.	92058	(760) 721-0990	1,2	186	First come, first serve		Seniors 55+
Vintage Pointe West	1701 Bush St.	92058	(760) 721-0950	1,2	136	First come, first serve		Seniors 62+
Women's Resource Center	1963 Apple St.	92054	(760) 757-3500	0, 1,2	22	Closed		

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### 2.5.5 San Marcos

Apartment	Address	Zip	Phone	Bedrooms	# of Units	Waitlist	AMI	Notes
Autumn Terrace	251 Autumn Dr.	92069	(760) 471-5001	1,2,3	100	Open	30%-60%	Families; Waitlist reopens by end of year
Camden Old Creek Apts.	1935 Northstar Way	92078	(760) 510-1005	1,2,3	53	Closed	50%, 80%	Families
Casa Vallecitos	852 Avenida Ricardo	92069	(877) 713-2910	1,2	22	Closed		Seniors 55+
Copper Creek Apartments	1730 Elfin Forest Rd.	92078	(760) 510-0210	1,2,3	202	Closed	30%-60%	Families
Eastgate	14 Creekside Dr.	92078	(800) 801-8440	1,2,3	42	Closed	30%-60%	Families
Elán Northwoods	420 Smilax Rd.	92078	(760) 727-3605	2	3	Open	50%	\$1475 for 1BR posted online
El Dorado Apts.	331 Richmar Ave.	92069	(714) 771-1439	1,2	17	Closed	30%-60%	Families
Firebird Manor	444 Firebird Lane	92069	(760) 471-4908	3,4,5	38	Open	<50%	Farm Laborers; \$1777 2 BR posted online
Grandon Village	1607 Grandon Ave.	92078	(760) 752-3282	1,2	160	Closed		Seniors 55+
Hacienda Vallecitos	736 Center Dr.	92069	(760) 738-0000	0,1	10	Closed		Seniors 55+
Las Flores Village	1411 N. Las Flores Dr.	92069	(760) 598-0559	2,3	100	Closed	50%, 60%	Families
Mariposa Apts.	604 Richmar Ave.	92069	(760) 744-3758	1,2,3	70	Open; 1+ year	30%-60%	Families;
Melrose Villas	1820 Melrose Dr.	92078	(760) 798-7500	1,2,3	113	Open; 6 mo - 3 yrs	30%-60%	Families
Palomar Station	1257 Armorlite Dr.	92078	(760) 203-4450	1,2	33	Closed		Families
Parkview Apts.	363 Autumn Dr.	92069	(760) 670-3333	1,2,3	82	Open; 3 - 5 years	30%-60%	Families; Waitlist Opens in Aug 2017
Paseo Del Oro	432 West Mission Rd.	92069	(760) 471-4867	1,2,3	96	Closed	45%, 50%	Families
Prominence	601 S. Twin Oaks Valley Rd.	92078	(760) 798-1752	1,2	39	Closed	50%, 80%	Families
Rancho Santa Fe Village	500 S. Rancho Santa Fe Rd.	92078	(760) 727-0055	1,2	120	Closed		Seniors 55+
Royal Oaks	650 Woodward	92069	(760) 471-0110	1,2	12	Open; 2 months	50%	Seniors 55+
Sage Canyon Apts.	1030 Stephanie Ct.	92078	(760) 798-9113	1,2,3	71	Closed	25%, 30%, 50%	Families
Sage Pointe	225 Autumn Dr.	92069	(760) 591-7937	1,2	32	Closed	45%, 60%	Families

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Sierra Vista	422 Los Vallecitos Blvd.	92069	(760) 471-1776	2,3	190	Closed	50%, 60%	Special Needs (5)
Terra Cotta Apts	523 Rush Drive	92078	(760) 471-6151	1,2,3	166	Closed	30%-60%	Families
The Knolls	688 Vineyard Rd.	92069	(760) 744-7133	2,3,4	60	Closed	30%-60%	Families
Ventaliso Apts.	609 Richmar Ave.	92069	(760) 798-1035	1,2,3	48	Open; 1 - 3 years	30%-60%	Families
Villa Serena Apts.	339-340 Marcos St.	92069	(760) 744-2450	1,2	136	Closed	30%-60%	Families
Vista Hidden Valley			(760) 726-1165	1,2	50	Open; 2 years		
Westlake Village	405 Autumn Dr.	92069	(760) 471-1776	1,2,3	104	Closed	30%-60%	Families
Woodland Village	975 Woodland Pkwy.	92069	(760) 975-0000	1,2	31	No Waitlist	50%, 80%	Seniors 55+; no income req, no smoking Average ren is \$1800

### 2.5.6 Vista

Apartment	Address	Zip	Phone	Bedrooms	# of Units	Waitlist	AMI	Notes
Cedar Nettleton	245 Cedar Rd.	92083	(760) 945-3507	2,3	68	Closed; 5 - 6 years		Homeless-20 units
Los Robles de Cortez	1475 Oak Dr.	92084	(760) 414 -1994	1,2,3	75	Closed	30%, 50%	
Monarch at Shadowridge	1850 Thibodo Road	92081	(877) 592-8315	1,2,3	314	Closed		Interest list of ~500 people. Call to add name. Will email blast on new vacancy. First Come First Serve
North Santa Fe Apts.	301 N. Santa Fe Ave.	92083	(760) 295-5203	1,2,3,	67	Closed		
Paseo Pointe	325 S. Santa Fe Ave.	92083	(760) 295-5232	0,1,2,3	69	Closed		
Vista Hidden Valley	777 Anns Way	92083	(760) 726-1165	1,2	50	Closed		

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### 3. Meals Assistance

#### 3.1 Meal Centers

##### 3.1.1 Oceanside

Organization/Address/Phone	Meal Schedule		
	Days	Meal Type	Times
3.1.1.1 Bread of Life Winter Rescue Mission 1919 Apple St. Oceanside, CA 92054 (760) 722-0800 www.bolrescue.org	Daily	sack lunch	9 am – 12 Noon
	Saturday- Sunday	Dinner	4:30-6pm
Brother Benno's 3260 Production Ave. Oceanside, CA 92058 (760) 439-1244	Monday – Friday	Breakfast/Lunch	6:30 am – 11:00 am
	Saturday	Breakfast/Lunch	10:00 am – 11:30 am
First Christian Church of Oceanside 204 S. Freeman Street Oceanside CA 92054	Every Tuesday 6-8pm	Dinner	6-8pm
	Every last Sunday of the month 7:30-9:00am	Breakfast	7:30-9am
Mary Star of the Sea 609 Pier View Way Oceanside, CA 760-722-1688	Monday – Friday	Lunch – Sack Lunch (Soup and Crackers)	10:30 – 12:00 pm
Sacred Heart Church 4776 Saratoga Ave Oceanside, CA 619-224-2746	Every other Tuesday	Dinner	5 pm
Oceanside Senior Center 455 Country Club Ln Oceanside, CA 760-435-5250	Every 3 <sup>rd</sup> Wed	Breakfast	8 am

##### 3.1.2 Escondido

Organization/Address/Phone	Meal Schedule		
	Days	Meal Type	Times
Interfaith Community Services Inland 550 W. Washington Escondido, CA (760) 489-6380	Monday – Friday	Breakfast and sack lunch	6:30 – 7:30 am

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### 3.1.3 Vista

Organization/Address/Phone	Meal Schedule		
	Days	Meal Type	Times
All Saints 651 Eucalyptus Ave. Vista, CA 760-762-4280		Dinner	5:30 pm
Catholic Charities 525 W. Vista Way Vista, CA (760) 945-	Monday	Dinner	5 pm soup kitchen
Food Pantry 2222 Watson Way Vista, CA 760-945-1003	Every 2 <sup>nd</sup> Saturday	Food Pantry	9 am – 1 pm
Grace Presbyterian Church 1450 E. Vista Way Vista, CA 92084 (760) 724-0077	Tuesday  Tuesday	Dinner  Food Pantry	5:15 pm  9 am – 12 pm
St. Francis Church 525 W. Vista Way Vista, CA 760-345-8000	Monday  Monday-Saturday	Dinner  Sack Lunch	5 pm  8:45 – 10 am
St. Francis Church 525 W. Vista Way Vista, CA 92083 (760) 945-8000	Monday – Sat  Monday	Lunch (Sack)  Dinner	8:45 – 10 am  5:30 pm
Wesleyan Church 1010 Crest View Rd. Vista, CA 760-940-9494	Tuesday – Friday	Canned Food Pantry	9 am – 12 noon

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### 3.2 Food Banks

The North County Food Bank distributes food to 112 North County-based nonprofit partners that collect food from its warehouse facility in San Marcos, and they distribute the food directly to people in need in communities throughout North County. The North County Food Bank's nonprofit partners include: food pantries, soup kitchens, shelters, low-income daycare centers, senior centers, faith-based organizations, schools, and day centers for the elderly and disabled. Locations at which to obtain food distribution are:

Organization/Address	Address	City	Details
Bread of Life 760-722-0800	919 Apple St.	Oceanside	Last Thursday of the month- starts at 3pm 2 Food Packages per month provided to low income
Brother Bennos 760-439-1244	3260 Production Ave.	Oceanside	<b>Hours:</b> Monthly food boxes: Every Monday through Friday from 6:30 am - 10:45 am
Catholic Charities Vista (760) 631-4792	917 East Vista Way	Vista	Every Tuesday through Saturday from 9:00-12:00pm and 1:00-4:00pm
Christian Credit Counselors (866) 350-3663	5838 Edison Place #200	Carlsbad	Every Monday-Friday 8:00-4:00pm
Community Food Connection (858)751-4613	14047 Twin Peaks Road	Poway	Every Monday, Wednesday and Friday from 3:00-6:00pm
Community Resource Center (760) 753-1156	650 Second Street	Encinitas	<b>Hours:</b> Every Monday through Thursday from 8:00 am - 5:00 pm and every Friday from 8:00 am - 1:00 pm
Fallbrook Food Pantry (760) 728-7608	1042 Mission Ave.	Fallbrook	<b>Hours:</b> Monday-Friday 9:30-12:30 except last Wed. of the month.
First Christian Church of Oceanside (760) 722-8522	204 South Freeman Street	Oceanside	Every Monday from 12:00noon-4:00pm Every Tuesday and Saturday fro 8:00-10:00am
Grace Presbyterian Church (760) 724-2534	1450 East Vista Way	Vista	Every Tuesday from 9:00-12:00pm
Interfaith Community Services (760) 489-6380	550 W. Washington	Escondido	Hours: Monday-Friday 8:00-10:00am
North City Church (866) 350-3663	11717 Poway Road	Poway	2nd Friday of the month 2:00pm until food is gone
Salvation Army Escondido (760)745-8616	1301 Las Villas Way	Escondido	Every Monday- Friday 8:00am-3:00pm
Salvation Army Oceanside (760) 631-8212	3935 Lake Blvd.	Oceanside	Every Monday, Wednesday and Friday 8:30-12:00pm
Summit Church (760) 390-2393	292 E. Barham Drive	San Marcos	Every 2nd and 4th Tuesday from 1:00-1:45pm
The Movement Church (866) 350-3663	1609 Capalina Road	San Marcos	3rd Monday of the month 2:00pm until food is gone
Vista Community Clinic (760) 631-5000 x 1139	1000 Vale Terrace	Vista	Every 3rd Tuesday and 3rd Wednesday from 9:00am-10:30am and 3:30pm-5:00pm
WIC	1906 Oceanside Blvd 5306 N. River Road 2210 Mesa Drive #100 13094 Civic Center Dr. 285 N. El Camino Road #111 150 Valprada Road #102 649 Mission Ave. #7	Oceanside Oceanside Oceanside Poway Encinitas San Marcos Escondido	Provides food voucher for infants and pregnant women. Each person who is enrolled in the program will be assigned a food package. Based on that food package, you may receive checks from WIC for yourself or your child to purchase.

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### 3.3 Senior Food Programs (60+)

These are food programs specifically for senior citizens. These programs provide 30 pounds of boxed canned and dry foods supplied by the government

Organization/Address	Address	City	Details
Carlsbad City Library Learning Center (866)350-3663	3368 Eureka Place	Carlsbad	2nd Monday of the month 1:00-2:00pm
Gloria McClellan Resource Center (866)350-3663	1400 Vale Terrace Drive	Vista	3rd Tuesday of the month 11:00-12:00noon
Joselyn Senior Center (866)350-3663	210 East Park Avenue	Escondido	4th Monday of the month 8:30-10:30am
Mesa View Baptist Church (866)350-3663	13230 Pomerado Road	Poway	3rd Wednesday of the month 1:30-3:00pm
Oceanside Senior Citizens Center (866)350-3663	455 Country Club Lane	Oceanside	2nd Monday of the month 9:00-11:30am
San Marcos Senior Center (866)350-3663	111 Richmar Avenue	San Marcos	3rd Tuesday of the month 1:30-3:30pm
St. Andrew's Episcopal Church (866)350-3663	890 Balour Drive	Encinitas	3rd Friday of the month 9:00-11:00am
Windsor Garden Apts (866)350-3663	1600 West 9th Avenue	Escondido	2nd Tuesday of the month 9:00-10:00am

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#### 4. Substance Abuse/Recovery Programs and Counseling

The County of San Diego, Behavioral Health Services (BHS) Division, provides mental health and alcohol or other drug services for children, youth, families, adults, and older adults. Here's a link to that page for additional references.

<http://www.sandiegocounty.gov/hhsa/programs/bhs/>

Name/Address/Info	Insurance/Payment	Details/Services
Alpha Project - Casa Raphael 993 Postal Way Vista, CA 92083 (760) 630-9922 <a href="http://www.alphaproject.org">www.alphaproject.org</a>	MediCal, Private Insurance	Men only. Inpatient drug rehab (6, 9 or 12 month) program. Begin seeking employment after 6 months of the program. 150 individuals. Need to test clean for alcohol and drug prior to entering the facility. Men Only! Intake: Mon-Wed, Friday 12PM-3PM
Aurora Behavioral Health 11878 Avenue of Industry San Diego, CA 92128 (858) 487-3200	Private Insurance, Medi-Cal for Older Seniors and Moms/Children < 5.	80 bed private full service behavioral and chemical dependency healthcare facility located in Carmel Mountain Ranch region. Inpatient detox and rehab, outpatient and day treatments.
California Rehab (866) 531-4569 <a href="http://www.california-rehab-directory.com">www.california-rehab-directory.com</a>		A phone directory service for rehab centers all over California. The link provides a listing of all rehab centers.
Catholic Charities- Rachel's Women Center 759 Eighth Avenue San Diego CA 92101 (619) 696-0873	No insurance needed. No payment for shelter.	Non-profit faith based emergency/transitional housing for women who are encountering substance abuse to transition to sober living for affordable studio living. Maximum stay is 3 months.
Casa Palmera Treatment Center 14750 El Camino Real, Del Mar, CA 92014 (888) 481-4481	Private insurance	Inpatient and outpatient, 12-step substance program combined with an integrated traditional/holistic treatment component. Also eating and trauma/mood disorders.
Casa Sober Lifestyle Casa de Paz (Carlsbad – 15 beds shared) Casa Blanca (Vista – 12 beds shared/private) (877) 433-8693	Permanent or Transitional Housing (Low Rent)	Safe and sober living with shared and private rooms for long-term recovery from addiction. Transportation is provided. Rentals leases are 30 days with renewal every 30 days.
CHOICES in Recovery 733 S. Santa Fe Ave. Vista, CA 92083 (760) 945-5290	Cash Only. Low Fees.	Non-profit with 4 programs; medication assistant detox, residential transitional facilities (coed 48 rooms/9 homes for 4 – 10 months), outpatient services with 6 month supervision and aftercare 24 hr/day support. The programs include addiction counselors, group therapy, legal support, relapse prevention, 12 step meetings on a nightly basis, as well as 3 group counseling sessions per week. Intake; individuals call for appt, and appear in person.
Emerald Serenity House Vista, CA (760) 622-5072	Rent Range \$580 per month.	Safe, Serene Sober Low Rent living for Women only recovering from addiction. 9 beds/4 BRs. Contact name is Lisa Mueller. Separate living for men or women.
Exodus Recovery 524 West Vista Way Vista, CA 92083 (760) 758-1150 1520 South Escondido Blvd. Escondido, CA 92025 (760) 796-7760	Medi-Cal	The Mental Health Walk-in Assessment Center serves adults and seniors who are experiencing a mental health crisis. Services are targeted to individuals with Medi-Cal or Medically Indigent. Services include assessment, medication evaluation, case management and referrals to community services.

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Name/Address/Info	Insurance/Payment	Details/Services
Family Recovery Center 1100 Sportfisher Dr. Oceanside, CA 92054 (760) 439-6702 <a href="http://www.mhsinc.org">www.mhsinc.org</a>	Cash Only. Fee rates are sliding scale based on income. Hope to have Medi-Caid soon.	A residential and outpatient treatment program dedicated to assisting women recover from substance abuse, while promoting healthy family reunification. There are four major components of FRC: Residential Treatment; Day Treatment; Outpatient Treatment; and a Child Development Center.
Fellowship Center 737 East Grand Avenue Escondido, CA 92025 (760) 745-8478 <a href="http://www.thefellowshipcenter.org">www.thefellowshipcenter.org</a>	Private insurance and Medi-Cal	Adult males of 18 and over. Inpatient rehab and day program and post residential detox and recovery care such as relapse prevention, aftercare and sober living. Interviews for intake held on M, W, F at 11 a.m.
Green Oaks Ranch 1237 Green Oaks Road Vista, CA 760-727-0251	No insurance	Camp and retreat for a wide breadth of group activities. A faith-based, 9 months alcohol/drug program.
Interfaith Community Services Addiction Recovery Services 550 W. Washington Avenue Escondido CA (760)489-6380		Interfaith's Sober Services Program, based in Escondido, provides supportive services and transitional housing for homeless and low-income individuals working to overcome addiction. The goal of this Sobering Services Program is to empower community members to overcome their addiction issues to regain stability and self-sufficiency.
Lasting Recovery 6046 Cornerstone Ct W #113, San Diego, CA 92121 (858) 453-4315 <a href="http://lastingrecovery.com">lastingrecovery.com</a>	Private Insurance, Tricare	Outpatient Drug Rehab and Alcoholic Treatment Center.
McAlister Institute North Coastal Teen Recovery Center 3923 Waring Rd, Oceanside, CA 92056 <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a> (760) 726-4451	Fees based on sliding income scale based on county. Med-Cal sponsored	Non-profit, funded by the county. Teen center, inpatient and outpatient programs, serving pregnant women and troubled teens to ex-offenders, homeless men, monolingual Spanish speakers. Teens between 12 –17.
McAlister Institute - North 2821 Oceanside Blvd, Oceanside, CA 92054 <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a> (760) 721-2781	Fees based on sliding income scale based on county. Med-Cal sponsored	Non-profit for outpatient setting only. Adult center, Has group counseling, case management, random drug testing. Program has 6 sessions. Group meetings available every M-F at 9 a.m. without being in the program. Outpatient is a 3 months program.
McAlister Institute Treatment & Education (MITE) North Inland Women's Recovery Center 751 Rancheros Road, Suite #5 San Marcos, CA 92025 (760) 761-0515 <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a>	Fees based on sliding income scale based on county. Med-Cal sponsored	Non-profit for women and adolescent females who are recovering from substance abuse. This outpatient setting serves English and Spanish speaking women and parenting teens. Services include assessment and referral, treatment groups, 1:1 counseling, day treatments, drug testing and recovery services. On-site co-op child care and transportation available.
Mental Health Systems - North County Center For Change 504 W Vista Way, Vista, CA 92083 (760) 940-1836 <a href="http://www.mhsinc.org">www.mhsinc.org</a>	Those who either cannot afford privately paid services. Medi-Cal qualified	Treatment program only for individuals qualified through drug court. Must be referred by legal action. Case Management, Community Prevention, Drug Courts, Substance Abuse, Therapy Programs

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Name/Address/Info	Insurance/Payment	Details/Services
<p>North County Serenity House 950 N Fig St, Escondido, CA 92026 (760) 747-1015</p> <p>240 South Hickory Street Escondido CA (760) 740-2610 <a href="http://www.healthright360.org">www.healthright360.org</a></p>	Free to those who qualify. Women 18 and over.	State funded organization. Woman focused inpatient program with individual and group counseling, drug testing (if mandated), drug & alcohol education, recovery planning, case management, and relapse prevention. Resident transitional program also part of this program.
<p>North SD County Alcoholics Anonymous 604 E Vista Way Vista, CA 760-758-2514</p>	No charge. Donations gladly accepted.	Fellowship for men and women support group. Call the phone # listed to obtain specific meeting schedules.
<p>Pacific Palms Recovery Center 2215 Mesa Dr. Oceanside, CA (800) 221-8750</p>		Outpatient Alcohol and drug treatment programs, with services ranging fro intervention to recovery. It is a 9 mo program.
<p>Palomar Family Counseling 1002 East Grand Ave, Escondido CA (760) 741-2660 <a href="http://www.palomarfamilycounseling.com">www.palomarfamilycounseling.com</a></p>	Fee only. \$80 intake. \$40 for F2F. Testing is \$40. Classes are \$25.	Outpatient only, A nonprofit corporation focused on adult substance class. Classes meet twice per week.
<p>Present Moments Recovery 6965 El Camino Real, Carlsbad, CA 92011 (619) 363-4767 <a href="http://www.presentmomentsrecovery.com">www.presentmomentsrecovery.com</a></p>	Out of Network. Private Insurance only	Drug and alcohol detox and rehab inpatient facility with Individual and group therapy, cardio and strength exercises, meditation and mindfulness training, yoga, qigong and reiki, nutritionally conscious meals, cooking classes, community integration, fellowship and camaraderie among our professionally curated activities. They are affiliated with By The Sea Recovery, sober living
<p>North Inland Regional Recovery (NIRRC) McAlister Institute 200 E. Washington Ave. Suite 100 Escondido, CA 92025 760-741-7708</p>	Med-Cal or Cash	Drug and alcohol outpatient recovery program, 90 day program, testing, counseling. Also have PC1000 classes certified by the court of San Diego. Individuals must call to schedule a date for orientation. Orientations at Monday 1 pm. and Wed at 2 pm.
<p>San Diego Access and Crisis Hotline 24 Hr hotline (888) 724-7240 <a href="http://www.optumhealthsandiego.com">www.optumhealthsandiego.com</a> <a href="http://www.up2sd.org">www.up2sd.org</a></p>	Free	24 Hr hot-Line referral service. The largest database of drug and alcohol treatment centers in San Diego. Also focuses on help with mental illness. Sponsored by County of San Diego Health and Human Services Agency.
<p>Scripps/Betty Ford 11720 El Camino Real, Ste 200 San Diego, CA 92130 (866) 261-3734 <a href="http://www.hazeldenbettyford.org">www.hazeldenbettyford.org</a></p>	Private Insurance	Outpatient addiction center. Addiction treatment programs for adolescents, teens, young adults and adults. Specialized rehab for opioid use disorder. 24 hr day support. Post-treatment services, resources and support.
<p>North County Serenity House Affiliated with HealthRIGHT 360 1341 Escondido Blvd Escondido, CA 760-741-5098 <a href="https://www.healthright360.org/agency/north-county-serenity-house">https://www.healthright360.org/agency/north-county-serenity-house</a></p>	Medicare, Cash. Sliding fee schedule based on income.	120 bed residential facility serving women and children who enroll in the Drug and Alcohol Treatments programs. They have both short-term and long term (8 houses) residential programs. Uses 12 step traditions program.

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Name/Address/Info	Insurance/Payment	Details/Services
Sheridan Gardens 2021 Sheridan Rd, Encinitas, CA 9202418 (760) 691-2656 <a href="http://www.sheridangardens.com">www.sheridangardens.com</a>	Private Insurance	Inpatient 24 Hr drug addiction treatment center. Detox and residential. Post detox residential program supports 6 individuals. Withdrawal management and individual counseling
Southern California Recovery Center Carlsbad/Encinitas (800) 410-6552		Accepts insurance for outpatient recovery program. It is a 6-9 mo program
Substance Abuse Hotline (Federal) (800) 662-4357 <a href="https://www.samhsa.gov">https://www.samhsa.gov</a>	Free	Treatment referral routing service available through the federal government. Substance abuse and mental health referral services.
True North Recovery Services 543 Encinitas Blvd #109, Encinitas, CA 92024 (760) 517-6544 <a href="http://www.sandiegoaddictions.com">www.sandiegoaddictions.com</a>	Out of Network Private Insurance or Cash (\$6,048) Financial assistance available.	Outpatient and day treatment programs for alcohol and drug use and co-occurring disorders. 8 week smart recovery programs for addictions such as motivational interviewing and cognitive behavioral therapy. 4 week post program.
Uplift Housing Network <a href="http://www.sdslc.org/northcounty.html">www.sdslc.org/northcounty.html</a>		Uplift Housing Network is a collection of low income housing "cooperative" that have a list of North County homes that have vacancies for those who are recovering from drug or alcohol addiction. The link displays the latest vacancies from their network members.
Victory Outreach Escondido 215 S. Hickory Street, Suite 224 Escondido, CA 760-745-9727 M- Th 10 am – 4 pm		Faith-based, Alcohol/drug recovery program for men and women. Provides non-medical drug and alcohol residential rehabilitation facilities in a structured Christian environment, including daily Bible studies, church services and peer counseling. Program lasts for 1 year.

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## 5. Domestic Violence/Sexual Abuse

Name/Address/Info	Details/Services
Alliance For Hope (888) 511-3532	Provides training to case managers to handle domestic violence and sexual abuse.
Becky's House (619) 234-3164	Non-profit organization that provides 30 day emergency shelter in San Diego County for men and women of domestic violence who need immediate protection from their abusers. Clients live in private rooms, and focus on safety planning, case management, legal services, counseling and housing stability. Clients live in individual apartments up to 12 months to allow transition to permanent housing. They also provide 3 month emergency homeless shelter for families. They have legal advisory services.
Carol's House Encinitas, CA 24 hr Hotline (760) 633-1111	Focused on domestic violence. They have both an emergency shelter and transitional housing. The emergency shelter has a max stay of 45 days. The transitional housing is a max of 1 year, and must originate from the emergency shelter. The individual must call into the hotline. There are two screening processes before applicants are accepted.
Casa Seguras 4630 F. Street Chula Vista, CA 91910 (619) 420-3620 24 Hr. Hotline: 800-640-2933	Short term and transitional confidential shelter/housing to victims of homeless/domestic violence (male or female) and their children. Services include case management, counseling, support groups and community advocacy.
Center for Community Solutions 210 S. Juniper Street Escondido, CA (760) 747-6282	Provides assistance to victims/survivors of Intimate Partner Violence, Stalking, and Sexual Assault. Services include Short Crisis Intervention <b>counseling</b> for adults and children (ages 6-17). <b>Advocacy</b> that includes accompaniment to family and criminal court proceedings, law enforcement interviews, assistance with California Victims Compensation Program application and Safe at Home. <b>Legal services</b> including consultations for family law matters and restraining orders. CCS runs two out of the 6 domestic violence <b>emergency shelters</b> which provide short term housing for victims fleeing from abuse. All services are free and available in Spanish.
Domestic Violence Hotline 24 Hr Hotline (888) 385-4657	Crisis hotline available 24/7 provides county wide resources for Intimate Partner Violence, Sexual Assault and Stalking victims/survivors. Provides information about the most recently updated bed count for emergency shelters.
Domestic Violence Intervention 200 Michigan Ave. Vista, CA 92084	Sponsored by North County Lifeline. Men and women are welcome.
Domestic Violence Victim Advocacy San Diego Family Justice Center (SJC) 1122 Broadway, Suite 200 San Diego, CA 92101 M – F ; 8 am – 5 pm (619) 533-6000	One stop shop that provides free services for victims of domestic violence, sexual abuse and child abuse. Services including legal assistance, restraining order walk-in clinic, individual and child counseling, victim advocacy, access to Domestic Violence detectives, and domestic violence immigration services. Individuals can walk-in or make appointments. <a href="http://www.sandiegofamilyjusticecenter.org">www.sandiegofamilyjusticecenter.org</a>
El Nido Transitional Living 3530 Camino Del Rio North San Diego, CA (619) 563-9878	Transitional Living for 6 months to 1 year. They have a close relationship with Interfaith, as a rotational partner. Entrants are only accepted through a case manager referral. The case manager should call El Nido, with a phone discussion. As appropriate, El Nido will email an application to the case manager for the applicant to complete.
Escondido Police Department (760) 839-4722	For reporting domestic violence situation.

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Name/Address/Info	Details/Services
Hidden Valley House Confidential address: North County housephone (760) 480-0555 24 Hr Hotline (888) 385-4657	Short Term Emergency shelter for survivors of intimate partner violence and their children. Shelter for all gender identities with or without children who have experienced Intimate Partner Violence or Sexual Assault. Provides immediate basic needs, advocacy, legal advocacy, child advocacy, counseling etc.
Jewish Family Services of San Diego (Project SARAH) 8804 Balboa Ave San Diego, CA 92123 (858) 637-3000	Provides case management services for survivors of domestic violence (Project SARAH). Project SARAH includes counseling, crisis intervention, safety planning and resource coordination. Additional services include employment and career services, positive parenting program, refugee and immigration services, and food assistance. Program listing at <a href="http://www.jfssd.org/site/PageServer?pagename=programs_listing">http://www.jfssd.org/site/PageServer?pagename=programs_listing</a>
Las Valientes 1330 E Vista Way #7, Vista, CA 92084 (760) 439-1133 M – F ; 9 am – 5 pm	Specializes in providing legal support for domestic violence or sexual abuse victims. They handle all legal aspects including but not limited to legal advice, divorces, child support, court appearances, restraining orders and court issues. They provide these services at very low cost, since they do not accept any government funds. Suggest calling to make appointments, although walk-in is available. They also provide these same legal services to anybody regardless of whether they had DV or sexual abuse.
Libre Domestic Violence Program 650 Second St. Encinitas, CA 92024 (760) 753-1156 Hotline: (877) 633-1112 <a href="http://www.crncc.org">www.crncc.org</a>	Provides a 45 to 60 day domestic violence shelter for women and their children up to age 18 years for boys and girls. Also have an 18 month transitional housing program for women and children. Provides case management, counseling services, and daycare. Emergency shelter accepts emancipated minors, single women, persons with disabilities, undocumented women and persons with AIDS.
Olive Crest (Safe Home for Children) (800) 550-2445 xt 1234 (714) 543-5437 xt 1234	Volunteers who provide a safe home for children to stay in while life becomes more stable. Benefits are that parents can maintain full custody of their children, visit their children, and return the children when parents are ready to provide a stable and safe home environment. Families are screened, fingerprinted and go through background check.
Project SafeHouse Confidential Address: East County (858) 272-5777 Hotline: 888-385-4657	Short Term Emergency shelter for survivors of intimate partner violence and their children. Shelter for all gender identities with or without children who have experienced Intimate Partner Violence or Sexual Assault. Provides immediate basic needs, advocacy, legal advocacy, child advocacy, counseling etc.
Rising Hearts (760) 448-0915 <a href="http://www.risingheartproject.org">www.risingheartproject.org</a>	Support: Dedicated to helping men, women and children find freedom from Domestic Abuse. Provides the resources for housing assistance, counseling, employment and educational opportunities. Advocacy: Provides resources and education on DV. Transportation: provides one way emergency evacuation flights to victims away from their abuser.
San Diego Police Department Domestic Violence Unit (619) 533-3500  San Diego Sheriff Department (858) 565-5200	For reporting domestic violence situation.
Women’s Resource Center (Domestic Violence Safe House) 1963 Apple Street Oceanside, CA 92054 24 Hr Hotline (760) 757-3500	Non-profit organization focused on domestic violence and sexual assault for both women, men and children. Services include counseling, shelter and education. They provide emergency shelter for up to 28 days, and transitional housing up to 2 years. They also hold a Legal Clinic once per week, along with counseling and case management. <a href="mailto:wrcemail@aol.com">wrcemail@aol.com</a>

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## 6. General Counseling

Name/Address/Info	Details/Services
Adult Anger Management 200 Michigan Ave. Vista, CA 92084 (760) 842-6216	<a href="http://www.nclifeline.org">www.nclifeline.org</a>
Community Resource Center Counseling Services 650 Second Street Encinitas, CA 92024 (760) 753-1156	Counseling for Individuals, couples, and family counseling. Group counseling and certified batterer's treatment
North County Lifeline, Inc 110 Copperwood Way, Suite Q, Oceanside, CA 92054 (760) 757-0118	Individual, group, family, and couple counseling.
Trauma Intervention Program (TIP) of San Diego County 2560 Orion Way Carlsbad, CA 92010	Resources for bereavement

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## 7. Employment Assistance

### 7.1 Day Labor

Organization	Comments/Notes
Interfaith Carlsbad Service Center 5731 Palmer Way, Carlsbad (760) 448-5696	Day Labor opportunities are available Monday – Saturday. Additional services include case management, job search strategies and resume development.
Hireground Personnel 3410 Del Lago Blvd. Suite B (760) 747-9944	Focus on direct hire, temporary and temporary-to-hire positions and offer payroll services.
Labor Ready 420 W. 9 <sup>th</sup> Ave. (760) 738-8355	American temporary employment agency that specializes in day labor for construction industry, and light industry.
San Diego Job Corp 1325 Iris Ave. Imperial Beach 619) 429-8500	Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.
Flash Gigz Website for finding last minute labor. Flash Gigz ends the hassle of finding last minute labor with a system that lets Contractors locate, hire and pay for services when they need them. <a href="http://www.tradejobz.com">www.tradejobz.com</a>	How it works. The skilled worker creates a Service Provider profile. The worker will be contacted by the Flash Gigz Team to verify skills and experience. The skilled worker profile will then be activated and can begin to accept gigs. The worker goes online in the morning so contractors can request services based on their workload for the day. At the conclusion of the gig, the contractor will pay Flash Gigz by credit card. The worker receives payment every Friday by direct deposit to a bank account, a debit card or via PayPal.

### 7.2 Employment Training

There are numerous websites that can help with improving your job situation either in training, further education, exploring careers or in job searches. A nice website to explore is sponsored by the US Department of Labor. The website below provides tips on job search planning, networking, job banks, resumes and applications, interviews, and job search tips.

<https://www.careeronestop.org/JobSearch/job-search.aspx>

For San Diego, here's some brief information on key programs from the website.

Program	Description	Contact
Interfaith Carlsbad Service Center 5731 Palmer Way Carlsbad, CA	Job search workshops, free computer access, free expert resume assistance	Phone: (760) 448-5696
Apprenticeship 7575 Metropolitan Drive Suite 209 San Diego, CA 92108	Apprenticeships are a combination of on-the-job training and related classroom instruction in which workers learn the practical and theoretical aspects of a highly skilled occupation.	Victor Rodriguez Senior Apprenticeship Consultant Phone: 619-767-2045 Email: <a href="mailto:VRodriguez@dir.ca.gov">VRodriguez@dir.ca.gov</a>
Employment Network Center Vista	If you receive Social Security Income (SSI) or Social Security Disability Insurance (SSDI), Employment Networks can help you with free career counseling, job placement, and then ongoing	Ashley Czech 619-225-2200 ext.517 <a href="mailto:aczeh@sdgoodwill.org">aczeh@sdgoodwill.org</a>

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1056 E VISTA WAY VISTA, CA 92084	support once you have started working.	
Employment Network Center Oceanside 414 NORTH COAST HWY OCEANSIDE, CA 92054	If you receive Social Security Income (SSI) or Social Security Disability Insurance (SSDI), Employment Networks can help you with free career counseling, job placement, and then ongoing support once you have started working.	Ashley Czech 619-225-2200 ext.517 <a href="mailto:aczeh@sdgoodwill.org">aczeh@sdgoodwill.org</a>
Employment Network Center Escondido 329 W GRAND ST ESCONDIDO, CA 92025	If you receive Social Security Income (SSI) or Social Security Disability Insurance (SSDI), Employment Networks can help you with free career counseling, job placement, and then ongoing support once you have started working.	Ashley Czech 619-225-2200 ext.517 <a href="mailto:aczeh@sdgoodwill.org">aczeh@sdgoodwill.org</a>
American Job Center Oceanside 1949 Avenida del Oro Suite 106 Oceanside, CA 92056	American Job Centers can help you look for work and offer job search workshops, free computer access. This site has a Veterans Representatives who offer specialized services to veterans	<b>Phone:</b> 760-631-6150
American Job Center Escondido 613 West Valley Parkway Suite 220 Escondido, CA 92025	American Job Centers can help you look for work and offer job search workshops, free computer access.	<b>Phone:</b> 760-871-1962
AAA Livescan of Carlsbad 2945 Harding Street Carlsbad, CA 92008 (760) 434-3533  431 West Grand Ave, Suite 203 Escondido, CA 92025 760-480-6900	As part of employment, some employers require their new potential employees to be fingerprinted as part of a criminal background check. AAA Livescan provides this service in an economic fashion for \$21, accepting all forms of payments. Open weekdays from 10 am – 5 pm	
LiveScan Locations In California	The State of California website provides a directory of service providers who can perform fingerprinting if this is required for employment. A search for a lives can fingerprinting facility near you can be found at this link.  <a href="https://oag.ca.gov/fingerprints/locations?county=San%20Diego">https://oag.ca.gov/fingerprints/locations?county=San%20Diego</a>	

The State of California also has a special section on job training at this following link.

[http://www.edd.ca.gov/jobs\\_and\\_training/Eligible\\_Training\\_Provider\\_List.htm](http://www.edd.ca.gov/jobs_and_training/Eligible_Training_Provider_List.htm)

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### 7.3 Most Popular Job Websites

There are literally hundreds of job websites with listing of jobs. Below is a quickly list of the most popular ones.

Program	Description
Cal Jobs <a href="http://www.edd.ca.gov/Jobs_and_Training/Caljobs.htm">www.edd.ca.gov/Jobs_and_Training/Caljobs.htm</a>	CalJOBS <sup>SM</sup> system is California’s online resource to help job seekers and employers navigate the state’s workforce services. The enhanced system allows users to easily search for jobs, build résumés, access career resources, find qualified candidates for employment, and gather information on education and training programs.
<a href="http://www.indeed.com">www.indeed.com</a>	Aggregates job listings from thousands of <b>websites</b> , including job boards, staffing firms, associations, and company career pages
Robert Half <a href="http://www.roberthalf.com">www.roberthalf.com</a>	search thousands of job listings from the companies around the world. Many of the opportunities we offer are exclusive to Robert Half
Career Builder <a href="http://www.careerbuilder.com">www.careerbuilder.com</a>	One of the biggest job boards, and its robust search function allows you to filter by several criteria, including location, degree required and pay range
Job.com <a href="http://www.Job.com">www.Job.com</a>	This large site offers weekly job alerts, job search advice, a resume builder and, of course, job postings.
Monster <a href="http://www.monster.com">www.monster.com</a>	This massive job site is aptly named because it includes one of the largest number of job listings of any website. It also allows you to upload your resume and offers networking boards, as well as a search alert service
Resume Builder Jobsites	<ol style="list-style-type: none"> <li>1. <a href="https://www.kickresume.com/dashboard/1/0/">https://www.kickresume.com/dashboard/1/0/</a></li> <li>2. <a href="https://resumecompanion.com/">https://resumecompanion.com/</a></li> <li>3. <a href="https://www.myperfectresume.com/">https://www.myperfectresume.com/</a></li> <li>4. <a href="https://www.pongoresume.com/index.cfm">https://www.pongoresume.com/index.cfm</a></li> </ol>
Simply Hired <a href="http://www.simplyhired.com">www.simplyhired.com</a>	This search engine offers an email alerts service and lets you save your job searches. Candidates can sort their searches to focus on companies that hire veterans, have a high rate of diversity and abide by eco-friendly practices.
Us.jobs	This search site is particularly useful for those looking for state government jobs. It collects postings from state work agencies, as well as other company websites.

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## 7.4 Education and Training

Organization	Description
Bread of Life Winter Rescue Mission Oceanside, CA 92054 (760) 722-0800 <a href="http://www.bolrescue.org">www.bolrescue.org</a>	Computer Lab (Job search, applications etc.) Monday-Friday 2-4:30pm
CA Conservation Corps – CCC (800) 952-JOBS	This program provides young men and women 18 – 25 years old a year of paid service to the State of California. During their year of service, Corpsmembers work on environmental projects and respond to natural and man-made disasters. Through this work, they gain skills and experience that lead to meaningful careers.
CSUSM Extended Learning Vista Community Clinic (760)407-1430	Medical Assistant Training Program Ages 18 and older with HS Diploma <a href="mailto:maprogram@vcc.org">maprogram@vcc.org</a>
Center for Employment Training 4153 Market St. San Diego, CA (619) 233-6829	The mission of CET, an economic and community development corporation, is to promote human development and education by providing people with marketable skills training and supportive services that contribute to self-sufficiency. We are driven to help those who want a better life get the skills needed for meaningful work. CET’s job training programs teach marketable skills to people of all educational levels and backgrounds, especially those most in need. In addition to teaching trade skills in growing fields, we provide supportive services and job placement assistance.
Job Corp 1325 Iris Avenue Imperial Beach (800) 733-5627	Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training.
McKinney- Vento (760) 966-7802	To determine a student's McKinney-Vento eligibility, school districts must determine whether a student's living arrangement meets the McKinney-Vento definition of homeless. In this process, school districts may encounter instances where they feel the need to confirm information provided about a child's or youth's living arrangement. This NCHIE brief provides local homeless education liaisons and school districts with recommended steps to take and practices to avoid when seeking to confirm a student's McKinney-Vento eligibility.
Mira Costa College 1831 Mission Ave. Oceanside, CA (760) 795-8710	A public California community college. MiraCosta College offers associate degrees equivalent to the first two years of a bachelor's degree (2+2 program). With an associate degree, students can transfer to a 4-year university or begin work. MiraCosta also offers over 50 different certificates for students interested in short-term training in a specific career area. Certificates can be completed in one or two years.
NC Inland Career Center 613 West Valley Parkway #220 Escondido, CA (760) 871-1962  NC Coastal Career Center 1949 Avenida Del Oro Suite 106 Oceanside, CA (760) 631-6150	ResCare’s Workforce Services helps those who have significant barriers to employment, have lost their jobs or are just entering the workforce. ResCare’s highly professional staff helps individuals to identify employment, and or obtain education and training. ResCare is the largest private provider of workforce services in the United States. We offer comprehensive services that prepare workers for high-growth, high-demand industries.

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Organization	Description
Vista Adult School/ROP 305 E. Bobier Dr. Vista, CA (760)758-7122	Vista Adult School provides the community with a wide offering of traditional adult-education programs, community-education courses and career-technical education programs, serving approximately 17,000 adults each year. Vista Adult School also manages Regional Occupational Programs in all three comprehensive high schools. There is also a extended-studies campus and literacy center.
Vista Adult Education Literacy 111 W. California Ave. Vista, CA (760) 631-5855	Adult education classes offer students an opportunity to continue their education in elementary, high school, or post-high school levels suitable for adults. They are fully accredited by the Western Association of Schools and Colleges (WASC), and adult school graduates are eligible to be admitted to colleges and universities.

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## 8. Health and Medicine

### 8.1 Medi-Cal

Medi-Cal, is the California version of Medicaid, and is a program that offers free or low-cost health coverage for children and adults with limited income and resources. Medi-Cal is a state managed medical payment program. Medi-Cal covers low-income adults, families with children, seniors, persons with disabilities, pregnant women, children in foster care and former foster youth up to age 26. Medi-Cal qualified individuals are required choose a managed care health plan during enrollment.

If you need information on how to apply for Medi-Cal, use the following link to apply either in person, on-line, by mail or by phone.

<http://www.dhcs.ca.gov/individuals/Pages/How.aspx>

The phone number to call more information in San Diego County is: (866) 262-9881 or you can use the link below.

[http://www.sandiegocounty.gov/hhsa/programs/ssp/medi-cal\\_program/index.html](http://www.sandiegocounty.gov/hhsa/programs/ssp/medi-cal_program/index.html)

To find a list of Medicaid qualified physicians in your health plan, you will need to go to the website and choose your health plan at the following link below, to find a list of Medi-Cal qualified physicians.

<http://www.dhcs.ca.gov/individuals/Pages/MMCDHealthPlanDir.aspx#sandiego>

For a complete list of information about Medi-Cal, follow the link below.

<http://www.dhcs.ca.gov/individuals/Pages/default.aspx>

### 8.2 Mental Health Services

Organization	Street Address	City	Phone Number	Notes
Children's Mental Health Access and Crisis Line			(800) 479-3339	
IHOT North	365 South Rancho Santa Fe Road	San Marcos	(760)591-0100	The In-Home Outreach Team (IHOT) North Program provides outreach and engagement including support and education, screening of needs, transitional case management, referrals to community services and crisis intervention as needed.
North County Crisis Intervention and Response Team New Alternatives Monday-Friday 12-8pm Saturdays from 12-5pm Provide services to families with Medi-Cal and those who are uninsured.	225 W. Valley Parkway Suite 100  1020 S. Santa Fe Avenue Suite B-1	Escondido  Vista	(760)233-0133  (760)305-8225	The crisis intervention and response team provides walk-in and same day appts. for children 4-17 who are experiencing severe behavioral and/or emotional difficulties that may include co-occurring substance abuse disorders. A Mobile Assessment Team is also available for youth who are unable to come to the center.

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North Inland Mental Health Center	125 West Mission Avenue	Escondido	(760)747-3424	North Inland Mental Health Center is a mental health clinic for adults with severe and chronic mental illness. Staff works with clients to develop and implement a treatment plan that involves medication to decrease the symptoms of the mental illness. Clients can also engage with group therapy, case management, employment services, and crisis intervention. The goal is to help clients achieve their potential in relationships, employment and interests.
North Coastal Mental Health Center	3609 Ocean Ranch Blvd	Oceanside	(760)967-4475	North Coastal Mental Health Center serves adults living with severe and persistent mental illness by providing a wide range of services to assist in their recovery and enhance their well-being.
North Star ACT	474 West Vermont Avenue	Escondido	(760)432-9882	Our North Star Assertive Community Treatment (ACT) program is dedicated to the treatment and recovery of adults living with a serious mental illness in San Diego's North County. Our clients have been homeless or are at risk of homelessness and may also have a co-occurring substance abuse disorder. We offer recovery focused wraparound services, and help our clients become more productive community members, providing services that build on their strengths and further their recovery.
NAMI North Coastal 8.2.1.1.1 Office Hours: Monday – Friday, 8 am – Noon  Email Address: info@naminorthcoastal.org	NAMI North Coastal's Information Line : (760) 722-3754 (not a crisis line) NAMI North Coastal area Crisis Line: (888) 724-7240 NAMI's National Information Helpline:(800) 950-NAMI			Dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy.

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### 8.3 Medical Services

Organization	Street Address	City	Phone Number	Notes
Bread of Life Winter Rescue Mission www.bolrescue.org	1919 Apple St. Suite M	Oceanside	(760) 722-0800	Bus passes for verifiable medical or court appointments only. Office hours 9AM-6PM Monday through Friday
Catholic Charities Pregnancy and Adoption Services			(619) 231-2828 Call for appt.	
Coast Compounding Pharmacy	1838 S. Coast Hwy	Oceanside	(760) 433-6232	
Community Resource Centers Fallbrook:	202 W. College Street	Fallbrook	(760)262-9881	Providing services at one convenient location to better meet the needs of those living in geographically distant areas. Programs include Child Welfare Services, Family Resource Center and Public Health
Ramona	1521 Main Street	Ramona	(866)262-9881	
Consumer Center for Health Education and Advocacy			(877) 734-3258	Education service
Immunizations- Flu shots			recorded message: (866) 358-2966	September- March
Immunizations- Baby Shots Line			(888)692-2575	
Interfaith Monthly Clinics	550 W. Washington Ave	Escondido	760-489-6380 Ext 236	Every 4 <sup>th</sup> Wednesday of each month providing services for adult immunization, tuberculosis skin tests, Hepatitis A vaccine
Neighborhood Healthcare	<b>460 North Elm Street-</b> (Medical, Behavior Health, Chiropractic)	Escondido	(760)520-8100	Provides quality health care and promotes wellness to everyone in our communities, focusing on those most in need regardless of the ability to pay. www.nhcare.org
	<b>426 N. Date Street-</b> (Pediatrics and Behavioral Health)	Escondido	(760)690-5900	
	<b>488 E. Valley Parkway</b> (Prenatal)	Escondido	(760)466-9800	
	<b>728 E. Valley Parkway</b> (Medical/Behavioral Health)	Escondido	(760)737-6900	
	<b>425 N. Date Street</b> (Dental/Behavioral Health)	Escondido	(760)520-8330	
North Coastal Public Health Center County of San Diego: Health and Human Services	3609 Ocean Ranch Blvd. #104	Oceanside	(760) 967-4401	Provides access to preventative health services and information.

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Organization	Street Address	City	Phone Number	Notes
North Inland Public Health Center County of San Diego: Health and Human Services	649 W. Mission Avenue #2	Escondido	(760)740-300	Provides access to preventative health services and information.
Public Health Nursing www.nursefamilypartnership.org	3609 Ocean Ranch Blvd.			Low-income Pregnant mom is partnered with a nurse for home visits.
Mental Health Systems	1700 Mission Ave.	Oceanside	(760) 967-4475	
North County Health Services	605 Crouch St. #C 3220 Mission Avenue #1 150 Valpredo Road 1595 Grand Avenue #102 1130 2 <sup>nd</sup> Street 161 Thunder Drive #210 1295 Carlsbad Village Drive #100	Oceanside Oceanside San Marcos San Marcos  Encinitas Vista Carlsbad	(760) 736-6791	At NCHS, offering WIC nutrition services, Mental and Behavioral health services, Transportation, HIV/AIDS Case Management, Pharmacy, Lab and X-ray, as well as our Program & Resource Specialists to help with accessing other basic life needs, low to no cost services; accept private insurance, Medi-Cal, Medicare and flexible payment options.
Planned Parenthood	1964 Via Centre	Vista	(888) 743-7526	Education, contraception, pregnancy and natal care
Vista Community Clinic	4700 N. River Road  105 Durian Street  134 Grapevine Road  517 N. Horne Street 818 Pier View Way  1000 Vale Terrace Drive	Vista  Vista  Vista  Oceanside Oceanside  Vista	(760) 631-5000  (760)724-8562  (844) 308-5003  (844) 308-5003 (844) 308-5003  (844) 308-5003	VCC offers high quality, low- cost primary health care at state-of-the-art clinic sites in San Diego.

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## 9. Utility Assistance

Organization	Description
CUI Heap Program (800) 371-1380	Assistance with energy bill. Not an emergency program.
SDG&E (888) 340-4030	Local San Diego utility company. This is the standard phone number for
Universal Lifeline (800) 310-2355	<a href="http://www.sbc.com">www.sbc.com</a>
Ohm Connect <a href="http://www.ohmconnect.com">www.ohmconnect.com</a>	OhmConnect is a free service that rewards you for saving energy at specific times.
Salvation Army 2320 Fifth Avenue San Diego 92101 (619)446-0234	Emergency Utility assistance based on available funds.
Unions United 858.636.4116	Unions United supports San Diego's union members and their families, as well as other struggling working families. A "safety net" of emergency assistance helps individuals and their families stay stable during difficult times: <ul style="list-style-type: none"> <li>• Rental assistance</li> <li>• Mortgage assistance</li> <li>• Utility assistance</li> <li>• Emergency food</li> <li>• Information and referral services</li> <li>• Prescription assistance</li> </ul>

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## 10. Legal Assistance

Organization	Description
ACES Child Support (800) 738-ACES	All are united in the ACES mission: to assist disadvantaged children affected by parents who fail to meet their legal, moral and financial obligations to support their children.
Alliance for Hope 101 W. Broadway, Suite 1770 San Diego, CA (888) 511-3522	Provides training to case managers to handle domestic violence and sexual abuse.
Center for Community Solutions (858) 272-1574	Temporary restraining orders, child custody, court, legal Domestic Violence issues
Community Law Project By California Western School of Law (619) 239-0391 www.cwclp.org	The California Western Community Law Project (CLP) provides legal advice to low-income and indigent members of the local San Diego community, while developing a commitment to public service in California Western School of Law students.
Employment Rights Center 4265 Fairmount Ave Ste 210, San Diego, CA 92105 (619) 521-1372	Unemployment Disability, Tenant's Habitability Law, Unpaid Wage Claim, Immigration status, Unfair Labor Practices, Unsafe Working Conditions, Workers Comp Insurance.
Family Court Services 325 S. Melrose Dr. Vista CA 92081 (760) 201-8300	North County Family Court Service (FCS)-FCS assists parents with custody issues, developing a cooperative parenting plan, medication, and many other services.
Family Law Facilitator Office (760) 201-8200	Vista County Court House, info for person acting as own attorney in family case
Las Valientes 1330 E Vista Way #7, Vista, CA 92084 (760) 439-1133 M – F ; 9 am – 5 pm	Specializes in providing legal support for domestic violence or sexual abuse victims. They handle all legal aspects including but not limited to legal advice, divorces, child support, court appearances, restraining orders and court issues. They provide these services at very low cost, since they do not accept any government funds. Suggest calling to make appointments, although walk-in is available. They also provide these same legal services to anybody regardless of whether they had DV or sexual abuse.
Lawyer Referral Services (760) 758-4755	
Legal Aid Society (760) 430-8066 216 S. Tremont St. Oceanside, CA	Free legal services for a variety of laws such as housing, family, criminal
Think Dignity (619) 354-9879 3525 30th St. San Diego, CA	Legal Referral and Advocacy Clinic: Provides legal referrals to homeless individuals for their legal needs; Think Dignity specializes in criminal defense but partners with many attorneys to provide legal support in all fields of law. Call Hours: Every Thursday ( <i>except the 1st Thursday of the month</i> ) from 6 - 7pm
Small Claims Advisor Line (858) 634-1777	Filing claims smaller than \$10,000 over the phone, Eng & Spanish
Vista Court Programs 325 S. Melrose Drive	General info about all the happenings at Vista Court including personal cases

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## 11. Immigration Services

Organization	Description
Aiming Higher 1717 E. Vista Way #205 Vista, CA 92084 (760) 842-5111 <a href="http://www.aiminghigherimmigration.org">www.aiminghigherimmigration.org</a> CEO is Brian Gilbey	Providing affordable immigration legal services. A nonprofit 501c3 with a mission to help keep families together. They provide free and low cost immigration services to low income families in our community. Their services cover consultation, green cards, visas, employment authorizations, citizen and naturalization processing. Walk-ins on Saturdays 1 – 3 pm
Casa Cornelia Law Center 315 Laurel St. San Diego, CA (800) 740-4041	Legal assistance for immigration women, free assistance with visa permits.
Jewish Family Services Immigration Services 8788 Balboa Avenue San Diego CA 92123 (858) 637-3365	Our Immigration Services department offers citizenship and naturalization services. Those who may qualify include: <ul style="list-style-type: none"> <li>• Individuals who currently have a green card and have been in the United States for 4 years and 9 months or more; OR</li> <li>• Individuals who currently have a green card who married a United States citizen and have been in the United States for 3 years or more living with their United States citizen spouse.</li> </ul>
Jewish Family Services Refugee Resettlement 6160 Mission Gorge Suite 207 San Diego (858)637-3030	They offer resettlement services to newly arriving refugees and asylees from around the world. They help them adjust to their new lives here in the U.S. They help them learn English and find jobs. They teach them how to navigate the medical system, banks, and public transportation. They continue working with refugee families for the next eight months providing financial assistance, social services, case management, and acculturation programs and workshops.
Catholic Charities Refugees/Immigration 4575 Mission Gorge Place San Diego, CA (619) 287-1270	Foster family reunification, economic empowerment, political participation, and social integration by providing low-cost, high quality immigration services that enable eligible immigrants and refugees to obtain legal immigrant or citizenship status.
Indian Health Council Rincon Indian Reservation (760) 749-1410	Social services and outpatient medical care services including dental
Immigration Center for Women and Children (619) 515-2200 427 C Street, Suite 208 San Diego, CA 92101 <a href="https://www.icwclaw.org/">https://www.icwclaw.org/</a>	Offers immigration services for Victims of Trafficking and Violence Protection Act: T and U Visas, VAWA ( Violence Against Women Act), DACA (Deferred Action for Childhood Arrivals)
UURISE 1600 Buena Vista Drive Vista CA 92081 (760) 477-7537	UURISE is a non-profit, 501(c)(3) organization incorporated in 2007 to empower immigrants and refugees in the U.S. by offering direct legal services, particularly to those who have few resources to obtain legal assistance. With offices in Vista, CA, UURISE provides legal advice and representation to individual clients; and extends services throughout the U.S. through the provision of workshops and trainings on immigration and advocacy. Through strategic partnerships, intensive coalition building and volunteer development, UURISE has crafted a method of extending legal services to large groups at no or nominal cost.

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**12. Disability Services**

Organization	Description
Access to Independence 1440 S. Escondido Blvd. Suite D Escondido, CA 92025 (619) 293-3500	A federal funded service provider for helping people for free with disabilities to be more independent. Services include housing resources, independent living skills training, peer counseling, advocacy, youth transition services, employment services, assistive technology, blind/low vision, benefits counseling.

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### 13. Military/Veteran Services

#### 13.1 Directory for Transitioning Service Members

An organization, Xfaith, has developed a website directory for military veterans that are transitioning from military service to the civilian environment. The website has over 100 links and phone numbers specifically for the following services:

<https://www.cheatography.com/xfaith/cheat-sheets/transitioning-servicemembers/>

- Transitioning Assistance Programs
- Mentorship Programs
- Clothes/Makeover
- IT/Cybersecurity Training
- College/Education
- VA Disability Claims Assistance
- DOD Sites for Benefits
- Computer Coding
- Military Spouse Opps
- Veterans with Disabilities
- Resume Assistance
- Job Boards
- Job Resources
- Starting a Business
- Regional Opps
- Certifications
- Special Forces
- Therapeutic Adventures
- Books
- Real Estate Training/Certifications

#### 13.2 Local San Diego Veteran Services

Organization	Description
Dept of Veteran Affairs (800) 827-1000	Vocational services, employment, counseling, rehab to disabled vets
Homeless Veterans of San Diego 1617 Mission Avenue Oceanside 92056 (760) 383-1685 Call Mondays and Wednesdays 9:00am-1:00pm	We are a wrap around Homeless Outreach program serving all veterans in San Diego. We assist with bridge Housing navigation, basic needs such as food, clothing, VA Medical guidance, VA establishment of benefits & Claims, Job readiness, Basic life skills such as Money management & Social interactions and becoming a positive part of the community. We aim to engage veterans with the resources available and create long lasting relationships.
Military Parish Visitor Pat Kellenbarger (858) 792-2205	Emergency assistance, food, shelter, transportation, active duty members current.
Navy Legal Service (619) 566-1663	Legal support for divorce, child support, custody
Navy/Marine Relief Society (619) 293-3730	Loans for basic living expenses including illness or death of family member, active duty

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North Inland MVRC 649 W. Mission Avenue #9 Escondido CA 92025 (760)740-5604	Provides support services to military, veterans, survivors and dependents. Services range from transition assistance and healthcare to employment/career services and benefits counseling through non-profit organizations and accredited County Veteran Services representatives.
Sexual Assault Victims Interventions 243 Quentin Roosevelt Blvd Coronado (619) 692-5909	Advocacy for active duty, dependents, reservists and retirees
Vets Transportation to Medical Apts (858) 552-7572 must call 2-10 days in advance free of charge	Transportation to VA Medical Center: Free of charge  <b>Escondido</b> <b>Monday through Friday</b> (pick up between 6:30 – 7:00 a.m. and arrive at 8:00 a.m. at VAMC. Return departure from VAMC at 12:00 noon)  <b>Oceanside</b> <b>Monday through Friday</b> (pick up between 6:30 – 7:00 a.m., arrive at VAMC at 8:00 am. Return departure at 12:00 noon)
White House VA Hotline (855) 948-2311	VA's first non-clinical, non-emergency around-the-clock call center. It provides Veterans a supplemental option to report issues if they are not being addressed through VA's normal customer service channels. Agents have access to a multitude of resources and contact information to help Veterans.

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## 14. Youth Services

Organization	Description
AmeriCorps NCCC 1201 New York Avenue NW Washington DC 20525 (800) 942-2677	For ages 18-24. 10 month, full-time, team-based, residential program for men and women
Carlsbad Youth Enrichment Services Harding Community Center Recreation Hall 3096 Harding St. Carlsbad, CA	Community collaborative to identify local issues and improve communications among all service providers who currently work with youth in north San Diego County. Meetings occur the third Thursday of the month from 8:30 – 9:30 am. Chairperson is Rosemary Eshelman. <a href="mailto:reshelman@carlsbadusd.net">reshelman@carlsbadusd.net</a> (760) 331-5021
Escondido Education Compact 220 S. Broadway Escondido, CA (760) 839-4515 <a href="http://www.educationcompact.org">www.educationcompact.org</a>	Expand the education and career opportunities for students in North County.
Interfaith Community Services Transitional Youth Academy 4700 North River Road Oceanside 92057 (760)445-3656	Youth program aimed at helping youth 16-24 yrs. Old meet their academic and employment goals. Youth must be out of school and living in San Diego County.
LifeSpring – North County Lifeline (760) 842-6261	24 month transitional housing apartments for youth who are former foster/former probation youth
Mental Health Systems 940 E. Valley Parkway #D Escondido 92025 (760) 747-0205 x 111	Work with 1 <sup>st</sup> time or low level offender youth age 12-18. Provide BSFT – family therapy or group counseling services. Case management to help with probation or while youth go through court. Cool bed services- youth in an unsafe home placed in temporary housing until home is safe to go back to.
Mental Health Systems Community Assessment Team (CAT) 940 E. Valley Pkwy #D Escondido CA 92025 (760)747-0205	Provides assessments/psycho-ed groups and resources to families with youth 8-18 years old free of cost. Psycho groups are: anger management, girls circle, boys council, ATOD Individual therapy for non-insured.
Mental Health Systems Alternatives to Detention (ATD) 940 E. Valley Pkwy #D Escondido CA 92025 (760)747-0205 x111	Work with first time or low level offender youth age 12-18. Provides BSFT family therapy or group counseling services Case management to help with probation or while youth go through court. Cool bed services- youth in an unsafe home placed in temporary housing until home is safe for them to come home.
North County Gang Tattoo Removal <a href="http://www.educationcompact.org">www.educationcompact.org</a>	Tattoo removal for ages 18-24 that are no longer involved with gangs
Safe Families for Children of Olive Crest 24/7 Hotline 714-543-5437 ext 1234 Intakes done in-person safe-families.org	Temporary Housing for children ages 0-18 with approved host families (45 Host Families). Bio-parents retain full-custody of children. With or without a referral, bio-parents can call 714-543-5437 ext 1234 to ask questions and arrange a time to meet with Safe Families staff for an intake. Children are placed on a case by case basis depending on the need (genders, ages, number of children, length of time the parent is asking for help). Goals are social connection, stabilization, and reunification for isolated families.
San Diego Youth Services (619) 221-8600	Transitional Housing for youth. Must call for orientation time/info

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YMCA Oz 215 Barnes St. Oceanside, CA 92054 (760) 721-8930	Homeless/Runaway Youth
Youth Ambassador Exchange Program (760) 635-1288	A program for 20 Carlsbad youth residents to travel to foreign cities that are sister cities to Carlsbad. In 2018, 20 youths are traveling to Japan from June 18 – 26, 2018

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## 15. Children and Family Services

Organization	Services
Child Abuse Hotline (800) 344-6000	Hotline for reporting Child Abuse
Adoptions (800) 423-6788	
Foster Home Licensing (877) 792-5437	
North Coastal Family Resource Center 1315 Union Plaza Court Oceanside CA 92054 (866)262-9881	Assists County residents seeking nutrition assistance (CalFresh), medical insurance, (Medi-Cal), and/or financial assistance (CalWorks). Customrrers are evaluated for eligibility.
North Inland Family Resource Center 649 W. Mission Avenue #3 Escondido CA 92025 (866) 262-9881	Assists County residents seeking nutrition assistance (CalFresh), medical insurance, (Medi-Cal), and/or financial assistance (CalWorks). Customrrers are evaluated for eligibility
North Coastal Child Welfare Services 1320 Union Plaza Court Oceanside (760)754-3456  649 W. Mission Avenue #4 Escondido (760) 740-3686	Delivers culturally competent, family centered and child focused child protective services. CWS investigates reports of suspected child abuse and neglect and intervenes with families who do not meet minimum community standards of health and safety.

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## 16. Senior Resources

Organization	Description
Aging and Independent Services (800) 339-4661	AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities.
Brother Bennos Prescription Medication 3260 Production Ave Oceanside, CA (760) 439-1244	Help seniors up to \$100 for prescriptions
Catholic Charities Senior Services (619) 231-2828	
Elderhelp Home Share (619) 284-9281	<a href="http://www.elderhelpofsandiego.org">www.elderhelpofsandiego.org</a> Help seniors remain in their home/roommate with other seniors
Escondido Senior Center (76) 489-6380	Nutrition program, van services, weekly events, library, and resource office.
The Foundation for Senior Wellbeing (760) 891-8176 <a href="mailto:irc@thefoundationforseniorwellbeing.org">irc@thefoundationforseniorwellbeing.org</a> <a href="http://www.thefoundationforseniorwellbeing.org">www.thefoundationforseniorwellbeing.org</a> 131 Richmar Ave. San Marcos, CA (in the San Marcos Senior Activity Center parking lot behind the Fire Station)	The Center is a comprehensive resource for North County seniors, their caregivers, and families, dedicated to improving seniors' quality of life. We provide referrals to available resources in the areas of: housing, home repair, transportation, food/nutrition needs, emergency assistance, medical or mental health issues, legal issues, and more. Info available in person or by phone. Monday thru Friday 9AM to 1PM.
IHSS (866) 351-7722	Elderly, blind and disabled remain in their homes. Weekdays 8 – 5 pm
Independent Living Homes	<a href="http://ilasd.org">http://ilasd.org</a> Rent is usually \$775, see website for info
Oceanside Senior Center 455 Country Club Lane Oceanside, CA (760) 435-5250	Support groups, legal services, meal distribution, educational classes, fitness classes, wellness programs, health screenings, tax services, and social opportunities.
Salvation Army – Oceanside Senior Services 3935 Lake Blvd. Oceanside, CA (760) 631-4712	Provide educational activities, community events. Operates several residential facilities for older adults. Adult day care program available for older adults living with mental and/or physical disabilities.
Serving Seniors (619) 235-6572 1525 Fourth Ave San Diego, CA <a href="http://www.servingseniors.org">www.servingseniors.org</a>	Provides services to older adults living in poverty. Their programs include: serving meals, transitional housing program, affordable permanent housing, health and wellness services, legal aid, community activities, and case management.
UPAC Positive Solutions Program Tel: (760) 736-8373 ext. 5 Fax: (760) 736- 8815 920 W. San Marcos Blvd, Ste. 3 San Marcos, CA 92078 E-Mail: <a href="mailto:djamous@upacsd.com">djamous@upacsd.com</a>	Early Intervention & Prevention program aimed at adults 60 and older who are socially isolated and/or homebound, who are at risk of developing depression. All services are free and home-based, and consist of problem-solving therapy, psychoeducation, and limited care management. Short-term program, referrals to long-term care provided.

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## 17. Child Care

Organization	Description
Boys and Girls Club Great San Diego (858)866-0591	8 locations in Escondido, 1 location in Poway, 1 location in Ramona. After school daycare, day camps, teen programs
Boys and Girls Club Oceanside (760) 433-8920	The BGCO has eight Club sites, including one traditional Clubhouse and seven school based sites. By providing life changing programs in the Boys & Girls Clubs of America's core program areas of arts, health and life skills, character and leadership, sports and recreation and education and career development, the BGCO truly works to help our youth meet their full potential.
MAAC Head Start and preschool  (760)471-4210	MAAC Head Start, Early Head Start and State Preschool programs deliver national school readiness programs at no cost to eligible families. Eligibility is based on family size and income. We serve children (0-5) and their families, children with disabilities and pregnant women. We serve nearly 1,800 children and their families in North San Diego County in the communities of Carlsbad, Escondido, Fallbrook, Oceanside, San Marcos, Valley Center, and Vista.
Growing Minds Early Education Programs 4 North County Locations (760) 471-5483	Growing Minds operates five child development centers in four communities of North San Diego County. Our child development program prepares 2-5 year old children from over 400 low to middle income families for entry into the formal education system. Using a child centered, play based curriculum, children enrolled in our programs strengthen skills that will help them succeed in kindergarten and beyond.
Quality Children's Services 3870 Mission Ave. Oceanside, CA (760) 967-1370 <a href="http://www.qcsteam.com/san-diego-county.html">www.qcsteam.com/san-diego-county.html</a>	QCS has seven sites located in Encinitas, Oceanside and Fallbrook.. We offer Part-Day Programs, Full-Day Programs and Migrant Programs.
Together We Grow 2120 Thibodo Ct. Vista, CA (760) 757-6031	Together We Grow is the recognized leader in pediatric care. It is a place where medically fragile and typical children grow together in an inclusive environment. In a developmentally appropriate setting, these children play and learn together, focusing on fun and learning activities. With two facilities in San Diego County, Together We Grow is the largest pediatric day health care center in California. This unique child development and education program includes: <ul style="list-style-type: none"> <li>● Skilled nursing care</li> <li>● Infant through adolescent activities</li> <li>● Child care and preschool</li> <li>● Early Start</li> <li>● Medically fragile weekend program</li> <li>● Extended day program for medically fragile children</li> <li>● Assistive technology</li> </ul>

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## 18. Financial Guidance

Organization	Description
Christian Credit Counselors (800) 557-1985	<a href="http://www.ibudget.org">www.ibudget.org</a> <a href="http://www.YourMoneyLounge.com">www.YourMoneyLounge.com</a> Non-Profit, Free Counseling, classes and materials on Financial Planning.
Good Samaritan Program (866) 907-5030	<a href="http://www.goodsamaritanprogram.org">www.goodsamaritanprogram.org</a> Free budgeting tools, educational resources, videos, webinars, certified credit counseling.
Volunteer Income Tax Assistance (VITA) Interfaith Community Services (760) 721-2117 xt 205 (760) 504-5889  Locations: 4700 N. River Rd. Suite A Oceanside, CA T, Th 3 – 7 pm  1210 Division St. Oceanside, CA 1 <sup>st</sup> and 3 <sup>rd</sup> Wed of the month  605 San Diego St. Oceanside, CA 2 <sup>nd</sup> and 4 <sup>th</sup> Wed of the month  5731 Palmer Way, Suite A Carlsbad, CA (760) 448-5696 Fridays 1 – 5 pm Saturdays 8 – 12 pm  550 W. Washington Escondido, CA (760) 489-6380 T – F 8 am – 5 pm Sat 9 am – 1 pm  422 Los Vallecitos Blvd. San Marcos, CA T, Th 8 am – 4 pm	VITA offers free tax assistance to people who generally make \$54,000 or less, persons with disabilities, seniors and limited English speaking taxpayers who need help to prepare their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. Families may also prepare their own taxes within the Interfaith computer labs. Schedule an appointment by visiting <a href="http://www.myfreetaxes.org">www.myfreetaxes.org</a>

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## 19. Human Trafficking Service Provider

Service/Organization	Description
<b>National Human Trafficking Hotline</b> (888) 373-7888	
<b>Project LIFE:</b> <b>North County Lifeline</b> Intake line: (760)842-6526	Project Life provides services to victims and survivors of Human Trafficking. They serve individuals of all ages and genders. Project LIFE offers community outreach/education, trainings for service providers, intensive case management, peer support, trauma therapy and emergency responses for law enforcement.

## 20. Miscellaneous Services

Service/Organization	Description
<b>Homeless Advocacy:</b>  Fallbrook Homeless Advocacy 924 Quail Hill Road, Fallbrook, CA 92028 (760) 419-2453	Becoming navigators for homeless individuals to access social services, food, and clothing. Community education. Organizing Faith-based groups. Plan development for unincorporated area.  E-mail: <a href="mailto:bradfox1949@gmail.com">bradfox1949@gmail.com</a>
<b>Hygiene/Social Services</b> Think Dignity (619) 537-8736 E-mail: <a href="mailto:thinkdignity@gmail.com">thinkdignity@gmail.com</a>	Fresh Start Showers mobile program: Provides showers to those living on the streets ( <i>all towels and toiletries provided</i> ); creates a resource hub for homeless individuals to access social services, food, and clothing.  Oceanside: Friendly Church of God in Christ 1836 Dixie Street, Oceanside, 92054 Every 2 <sup>nd</sup> Friday of the month 2:30pm-5:30pm
<b>Pet Services</b>  PAWS San Diego  Escondido Campus: 3450 East Valley Parkway, Escondido CA 92027  Oceanside Campus: 572 Airport Road, Oceanside CA 92058  619-299-7012	A program of San Diego Humane Society. Free pet food and pet supplies. Free spay/neuter services. Low cost vaccination clinics. Resources for other pet needs.  <a href="http://www.sdhumane.org/what-we-do/programs/pawssandiego/#pantry">www.sdhumane.org/what-we-do/programs/pawssandiego/#pantry</a>