

## Additional Resources

### Emergency & Transitional Shelters

- 211 San Diego (English/Spanish)  
Toll free & hearing impaired accessible

[www.211sandiego.org](http://www.211sandiego.org) Dial 211

- 24 Hour Domestic Violence Hotline (English/Spanish)  
1-800-799-SAFE

### Hotlines

- Access & Crisis (24-hour) - mental health (800) 479-3339
- Adult Protective Services (APS) (24-hour) (800) 510-2020
- Child Protective Services (CPS) (24-hour) (800) 344-6000
- The National Domestic Violence Hotline 1-800-799-SAFE
- Indian Health Council, Inc. (760) 749-1410
- Lesbian, Gay, Bisexual, Transgender(LGBT)(24-hr) (858) 212-5433
- Access & Crisis (24-hour) – Alcohol & drug abuse (800) 479-3339
- South Bay Community Services (800) 640-2933

### Military Resources

- Pendleton Counseling Services (760) 725-9051
- Marine Family Programs (760) 725-3400
- Navy Fleet & Family Support (619) 556-7404
- MCAS Miramar Family Advocacy Program (858) 577-6585

## Community Resources For Families



Live Well, San Diego!



Here is a list of agencies and organizations that can provide a wide range of services or assistance to you and your family.

### **211 San Diego**

Toll free & hearing impaired accessible

[www.211sandiego.org](http://www.211sandiego.org) Dial 211

This 24-hour hotline number provides *referrals* for services throughout San Diego County including health & dental care, natural disaster information, child care, substance abuse programs, food, housing & shelter.

### **Catholic Charities of San Diego**

[www.ccdsd.org](http://www.ccdsd.org) (619) 231-2828

Employment Case Management program:

This charity provides employment and training services regardless of religious background. Provides the Welfare-to-Work Plan, job referral, child care, and transportation services. Many individuals are able to find jobs that support them and their family.

### **County Mental Health**

[www.sdcountry.ca.gov](http://www.sdcountry.ca.gov)

Child referrals: (619) 563-2750; Adult referrals: (619) 563-2700

Offers a wide variety of treatment, rehabilitation and recovery services. Bilingual services available.

### **License to Freedom, Inc.**

[www.licensetofreedom.org](http://www.licensetofreedom.org) (619) 401-2800

Provides services to victims of abuse from the Middle East, Africa, Eastern Europe, and former Soviet Union. Services include counseling, support groups, referral to shelters, finding pro-bono family and immigration law attorneys, transportation, interpretation, employment counseling, and driving classes.

### **First 5 Commission of San Diego County**

[www.first5sandiego.org](http://www.first5sandiego.org) (888) 5-FIRST-5 (534-7785) or (619) 230-6460

The First 5 Commission of San Diego is involved in a number of state-wide and local initiatives focused on improving the lives of children ages 0 to 5 including school readiness, literacy programs, kits for new parents, and community education.

### **San Diego Head Start**

[www.sandiegoheadstart.org](http://www.sandiegoheadstart.org) (888) 873-5145

Providing preschool children ages 3 to 5 years with a comprehensive program to meet their emotional, social, health, nutritional and psychological needs.

### **San Diego Armed Services YMCA**

[www.militaryymca.org](http://www.militaryymca.org) (858) 751-5755

This special YMCA branch offers many programs for military families such as after school programs, counseling, parent education, infant immunizations, emergency food, and supplies to families in need.

### **YMCA Child Care Resource Service**

<http://crs.ymca.org> (800) 481-2151 or (619) 521-3055 (main office)

Referrals for child care for infants, preschool and school age children.

### **San Diego Food Bank**

[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org) (866) 350-3663

The Emergency Food Assistance program distributes food to low income families. There are multiple programs available for women who are pregnant, breastfeeding or postpartum, and children under the age of six.

### **The National Domestic Violence Hotline**

<http://www.thehotline.org> 1-800-799-SAFE

Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands.

### **Rancho Costal Humane Society Animal Safehouse**

[www.rchumanesociety.org](http://www.rchumanesociety.org) (760) 753-6413

Professionally managed humane society that provides shelter, adoption services, and education programs. This program provides a place for families to take their pets when they can temporarily not care for them. They are placed in a "foster" home for about three months.

### **Public Health Nursing, HHSA**

[www.sdcountry.ca.gov](http://www.sdcountry.ca.gov) (619) 542-4192

These services are given through assessment and teaching individually in the home, and/or in groups in community settings. There are no fees for Public Health Nursing Services.

### **Craigslist**

[www.sandiego.craigslist.org](http://www.sandiego.craigslist.org)

This website provides a wide variety of ads for services such as housing, employment, child care, furniture and other household items.

County of San Diego, Health and Human Services Agency  
Office of Violence Prevention (619) 692-5506

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