

Helping Fathers Become More Protective Parents

**San Diego
Fatherhood Network**
sdfatherhoodnetwork@gmail.com

**San Diego Domestic
Violence Council**
www.sddvc.com
888-DVLINKS (385-4657)



Solo Parenting in San Diego
soloparentingsandiego@gmail.com

Credits. Produced and designed by students at Alliant International University, San Diego campus: Suzie Bergstrom, John Gilbert and Debbie Sinha.

San Diego Domestic Violence Council, *The San Diego Fatherhood Network* and Solo Parenting in San Diego Proudly Presents...

Resources for Fathers in San Diego County

Here is a partial list of resources to help all fathers in the San Diego community.

AIDS Nightline • 800-628-9240
www.sandiego.networkofcare.org/veterans/resource/agencydetail.cfm?pid=AIDSHIVNightline_870_17_0

Alcoholics Anonymous San Diego
www.aasandiego.org • 619-265-8762

Basic Training for New Dads
www.newdadsclass.com/resources.html • 858-380-4636

Boys and Girls Clubs of Greater San Diego
www.sdyouth.org • 1-866-SDYOUTH

California Poison Control
www.calpoison.org • 800-222-1222

CALWORKS San Diego • 858-514-6885
www.sdcounty.ca.gov/hhsa/programs/ssp/calworks/

Casey Family Programs • Parent Support Group
www.casey.org • 619-683-5655

Catholic Charities
www.ccdsd.org • 619-231-2828

City Heights Dad's Club
www.mycityheights.com/dads-club.html
mycityheights@gmail.com

Cultural Access and Resource Enhancement (CARE)
Community Research Foundation • 858-836-1090

Cornerstone • Providence Community Services
www.provcorp.com • 619-640-3266

County of San Diego Animal Services (Pet Adoption)
www.sddac.com • San Diego Region 619-767-2675

**Family and Youth Roundtable
Paternal Opportunities Programs & Services (POPS)**
www.fyrt.org • 619-813-2974 • 619-546-5852, ext. 202

Family Health Centers of San Diego • Counseling Services
www.fhcsd.org/services/counseling.cfm • 619-515-2300
Developmental Checkup • 619-515-2406

Financial Opportunity Center • Home Start, Inc.
Jacobs Center • www.home-start.org • 619-546-8371

Find a Preschool
www.first5california.com/Parents/?gclid=CLLpkNaPuKkCFc
cbQgod7G72-A • 916-263-1050

First 5 San Diego
www.first5sandiego.org • 888-534-7785

Food Stamps • 858-514-6885
www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/

Gamblers Anonymous San Diego
www.sandiegoga.org • 619-239-2911

Harmonious Solutions • C. Kahalifa King, MS CEO & Founder
www.harmoniouslife.org • 619-266-1181

Healthy Families: Free/Low Cost Health Insurance for Children; www.healthy-families.us/?_kk=healthy%20families&_kt=f6880e2a-65e8-4fb9-b601-c5679858c797&gclid=C
NyixuOOuKkCFQZDgwodjAp2-w • 866-682-9903

Home Start, Inc., Strengthening Families, Protecting Children • www.home-start.org • 619-229-3660

Kindergarten Enrollment Information
www.cde.ca.gov/ci/g/em/kinderinfo.asp • 916-323-6269

Kindergarten Facts
www.cde.ca.gov/ci/g/em/kinderfaq.asp • 916-323-4629

Kindergarten Immunization Schedule
www.cdc.gov/vaccines/recs/schedules/child-schedule.htm
1-800-CDC-INFO

Mental Health Systems (MHS) • Families Forward
kdonado@mhsinc.org • 858-380-4676

Metro United Methodist Ministries
www.metro-sandiego.org • 619-285-5556

Narcotics Anonymous • San Diego & Imperial County
www.sandiegona.org • 800-479-0062

National Coalition for Men (NCFM)
www.ncfm.org • 888-223-1280

National Fatherhood Initiative
www.fatherhood.org • 301-948-0599

National Parent Helpline • www.nationalparenthelpline.org
855-4APARENT (855-427-2736)

New Alternatives, Inc., Cabrillo Assessment Center
naicac@yahoo.com • 619-591-5740

**Paternal Opportunities Programs & Services (POPS)
Family and Youth Roundtable**
www.fyrt.org • 619-813-2974 • 619-546-5852, ext. 202

Project Cuddle • Safe & Legal Alternatives to Baby Abandonment • http://projectcuddle.org • 888-6-cuddle

Salvation Army • 619-440-3579
www1.usw.salvationarmy.org/usw/www_usw_sdm.nsf/
vw-text-dynamic-arrays/D8C9FE3EAF5CD5E688256ECF007
20F35?openDocument&charset=utf-8

San Diego Child Welfare Services • Child Abuse Hotline
www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_
services/child_abuse_hotline.html • 800-344-6000

San Diego County Commission on Children, Youth and Families • www.sandiegoccyf.org • 619-338-2049

San Diego County District Attorney
www.sdcda.org • 619-531-4040

San Diego Domestic Violence Council
www.sddvc.com • 619-533-6041

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Helping Fathers Helps Our Community

Fun Stuff to do in San Diego

(Continued from front page)

San Diego Family Justice Center
www.familyjusticecenter.org/ • 619-533-6000

San Diego Food Bank • Neighborhood Distribution Program • www.sandiegofoodbank.org/programs/neighborhood • 866-350-FOOD (3663)

San Diego Helpline
www.211sandiego.org • 211

San Diego Ombudsman • 858-277-7109

San Diego Single Parent Activity Group
www.meetup.com/singleparents-363/

San Diego Responsible Fatherhood Initiative
www.metro.sandiego.org/fatherhood.html
619-285-5556

San Diego Youth Services • Teen Prevention CAT Program • www.sdyouthservices.org/site/PageServer?pagename=home • 619-221-8600

Second Chance • Sober Living Homes
www.secondchanceprogram.org • 619-234-8888

Supporting Jewish Single Parents (SJSPP)
www.jfssd.org/site/PageServer?pagename=programs_connect_single_parents • 858-637-3080
Supporting Jewish Single Parents Program actively welcomes and connects Jewish single parents and their children to the Jewish community. Through information and referral, networking, support and advocacy, they help promote Jewish continuity and offer services that enhance a feeling of belonging and inclusion. A Program of Jewish Family Service; Turk Family Center; 8804 Balboa Avenue, San Diego, CA 92123

Tenants Legal Center of San Diego
www.tenantslegalcenter.com/html/community_service.html • 858-571-1166

The Rock Church Outreach for Single Parents
www.therocksandiego.org/ministries/singleparent-family • 619-226-ROCK (7625)

UCSD Burn Center
health.ucsd.edu/specialties/burn • 800-926-8273

Women, Infants and Children Program (WIC)
www.sandiegowic.org/#question8 • 800-500-6441

Veteran's Assistance San Diego Healthcare System
www.sandiego.va.gov • 858-552-8585

YMCA: Young Men's Christian Association
www.ymca.net • 800-872-9622

YMCA Childcare Resource Service
www.crs.ymca.org • 800-481-2151

YWCA: Young Women's Christian Association
Becky's House
www.ywcasandiego.org • 619-239-0355

Zero to Three
www.zerotothree.org • 202-638-1144

See the SDDVC website for a complete list of resources for San Diego County.

FREE

Feed ducks at a local lake
Have a picnic or walk on the beach
Hiking (various locations)
Walk or bike around a local lake
Kids under 15 can get a free fishing license at various lakes
Play a board game
Balboa Park activities
Free Museums at varying Tuesdays in Balboa Park
Walk around at Seaport Village
Explore Julian
Bike or walk on the boardwalk
Fly kites, Torrey Pines Glider Port
Tour Old Mission Dam
Read to each other
Aviation Museum at Miramar
Walk around Hotel Del Coronado
Explore Palomar Observatory
Check out Old Town San Diego
Observe seals at La Jolla Cove
Skip rocks at Lake Jennings
Play catch
Play horseshoes at Lake Murray

\$1-\$20

Take a ferry to Coronado
Swimming at City Municipal Pools
Have a sandwich at the glider port
Fishing at a local lakes
Camping various areas around SD
Paint ceramics at ceramics shops
Boomers \$10 Tuesdays
Matinee movies
YMCA water park in Santee
Tide pools at Point Loma

Old Lighthouse at Point Loma
Belmont Park in Pacific Beach
Padre game (ticket prices vary)
USS Midway (under 5 are free)
Birch Aquarium (under 2 are free)
Star of India (under 5 are free)
Frozen yogurt
Explore La Jolla caves

\$21-\$40

Knotts Soak City
San Diego Seal tour
Wild Animal Park
San Diego Zoo
San Diego County Fair

\$41-UP

Legoland
Sea World
Horse back riding
Deep sea fishing trip

