



**The Office of Immigrant and Refugee Affairs (OIRA) connects individuals with County and community resources, regardless of immigration status.**

**We can offer help in the following areas:**



**Health &  
Wellness**



**Education &  
Employment**



**Housing & Legal  
Support**



**Basic Needs &  
Family Support**

*We are here to support you!*

**Contact Us**



**Visit: [sandiegocounty.gov/oira](https://sandiegocounty.gov/oira)**



**Email: [OIRA.HHSA@sdcounty.ca.gov](mailto:OIRA.HHSA@sdcounty.ca.gov)**



**Dial: (866) 262-9881**

# Visit our Immigrant and Refugee Welcome Centers



## National City Live Well Center

401 Mile of Cars Way, 2nd Floor  
National City, CA 91950



## Escondido Live Well Center

649 West Mission Avenue  
Escondido, CA 92025



Monday - Friday



08:00 AM - 05:00 PM

## Helpful Resources & Phone Numbers

All phone numbers below offer help in many languages.

### Refugee Resettlement Agencies



#### Alliance for African Assistance

(619) 286-9052

#### Catholic Charities

(619) 323-2841

#### International Rescue Committee

(619) 641-7510

#### Jewish Family Service of San Diego

(858) 637-3030

### Food, Jobs, and Health Needs



#### Call for your local distribution

#### Food Bank site

(866) 350-FOOD (3663)

#### Logan Heights Community Development Corporation

(619) 858-0563

#### Goodwill Industries of San Diego County

(619) 225-2200

### Mental Health & Wellbeing

#### Access and Crisis Line

(888) 724-7240



### Immigration and Legal Assistance



#### Immigration Legal Services Coalition of San Diego (ILSC)

(858) 751-7553

#### San Diego County Immigrant Legal Defense Program (ILDP)

(619) 446-2883

#### Legal Aid Society of San Diego

(877) 534-2524

### Dial 2 -1-1 for General Support and Questions

At 2-1-1, help is available 24 hours a day, 365 days a year, and in more than 200 languages. Someone will help connect you to any health or social service you need.

*OIRA is here to help, and we want to hear from you.*

*Please call (866) 262-9881 or email [OIRA.HHSA@sdcountry.ca.gov](mailto:OIRA.HHSA@sdcountry.ca.gov) with questions.*