

COMMUNITY RESOURCE BOOKLET

• 2020–21 •



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GENERAL INFORMATION/INTEGRATIVE SERVICES

2-1-1 San Diego

Phone: 211

<https://211sandiego.org>

As a local non-profit operating 24 hours a day, 365 days each year, 211 San Diego is the region's trusted source for access to community, health, social, and disaster services. The call is free, confidential and available in more than 200 languages.

211 provides access to 6,000+ services, resources and programs through their online database.

North Coastal Family Resource Center (Health & Human Services Agency)

1315 Union Plaza Court, Oceanside, CA 92054

866.262.9881

https://www.sandiegocounty.gov/hhsa/facilities/north_coastal/family_resource_center_north_coastal.html

This facility offers the following self-sufficiency services: Cal Learn, CalWorks, CAPI, Children in Need, Inc., Direct Deposit – EBT, Domestic Violence Safety Plan, CalFresh, General Relief, Healthy San Diego, Medi-Cal, and Welfare to Work.

Community Resource Center

650 Second Street, Encinitas, CA 92024

760.753.1156

<https://crcncc.org>

The mission of Community Resource Center is to create paths to safety, stability, and self-sufficiency in North County San Diego. Their extensive programming serves low-income and episodically homeless households, including domestic violence victims. Services include case management, food pantry, food stamp assistance, and employment preparation.

Interfaith Community Services

<https://www.interfaithservices.org>

Interfaith Community Services empowers people in need to stabilize and improve their lives through comprehensive programs, in partnership with diverse faith communities and people of compassion. In addition to housing, Interfaith provides supportive services, clinical & behavioral health, recovery and wellness, employment & economic development.

Locations:

BETTY AND MELVIN COHN CENTER

550 W. Washington Ave., Escondido, CA 92025

760.489.6380

Walk-in hours: Mon– Fri, 8-11 am and 1–3 pm

CARLSBAD SERVICE CENTER

5731 Palmer Way, Suite A, Carlsbad, CA 92010

760.448.5696

Walk-in hours: Tue-Thur, 1-3 pm

COASTAL SERVICE CENTER

4700 North River Road, Oceanside, CA 92057

760.721.2117

Walk-in hours: Mon– Fri, 8-11 am

VETERANS SERVICE CENTER

1617 Mission Ave., Oceanside, CA 92058

760.529.9979

Call to schedule an appointment

***All centers are closed the first Friday of every month*

North County Lifeline

www.nclifeline.org

North County Lifeline's mission is to build self-reliance among youth, adults, and families through high-quality, community-based services. Services include:

- *Youth development*
- *Child abuse and domestic violence prevention and intervention*
- *Behavioral health*
- *Housing and self-sufficiency*
- *Human trafficking prevention and intervention*

Locations:

ADMINISTRATIVE OFFICE

3142 Vista Way, Suite 400, Oceanside, CA 92056
760.842.6201

CLUB CROWN HEIGHTS LA CASITA (ages 6-10)

402 Brooks St., Oceanside, CA 92054
760.726.4900

CLUB CROWN HEIGHTS LA ESCUELITA (ages 11-17)

1210 Division St., Oceanside, CA 92054
760.726.4900

THE HOUSE DROP-IN CENTER

302 N Indiana Ave., Vista, CA 92084
760.726.4900

OCEANSIDE

707 Oceanside Blvd., Oceanside, CA 92054
760.757.0118

VISTA

200 Michigan Ave, Vista, CA 92084
760.726.4900

North County Solutions for Change

722 West California Avenue, Vista, CA 92083

760.941.6545

<https://solutionsforchange.org>

Solutions for Change's integrative approach works to get homeless families off the street, rebuild their lives, and move them into permanent homes. Their unique approach equips families with the skills, knowledge, and resources needed to permanently solve their homelessness.

Episcopal Community Services

401 Mile of Cars Way, Suite 350, National City, CA 91950

619.228.2800

<https://www.ecscalifornia.org>

ECS provides secure housing, employment counseling, educational guidance, disability income enrollment assistance, a manageable mental health plan, access to onsite support groups, services focused on skill development and recovery, and early childhood education. Services are available mainly in south San Diego County.

SHELTERS/TRANSITIONAL HOUSING

La Posada de Guadalupe Shelter

2478 Impala Dr., Carlsbad, CA

760.929.2322

<https://www.friendsoflaposada.org>

La Posada is the only shelter in San Diego's North County region that provides shelter to homeless men and farm workers. They also help residents achieve independence by providing tools for money management, language instruction, and drug and alcohol counseling. In addition, they provide medical screening and assistance in finding jobs and permanent housing.

North County Solutions for Change

722 West California Avenue, Vista, CA 92083

760.941.6545

<https://solutionsforchange.org>

Solutions for Change works to get homeless families off the street, rebuild their lives, and move them into permanent homes. Their unique approach equips families with the skills, knowledge, and resources needed to permanently solve their homelessness.

Women's Resource Center

1963 Apple St., Oceanside, CA 92054

Office: 760.547.8800

24-Hour Hotline: 760.757.3500

<https://www.wrcsd.org>

Women's Resource Center (WRC) is dedicated to stopping domestic violence and sexual assault by rebuilding lives together. The shelter has 31 beds for victims of domestic violence and sexual assault. WRC also provides the following services: counseling, 24-hour crisis hotline, victim advocacy, legal service referral, temporary transportation, information, and referral.

Operation HOPE-North County

859 E. Vista Way, Vista, CA 92084

760.536.3880

<https://www.operationhopeshelter.org/>

Their mission is to provide a safe and supportive environment for families with children and single women who are experiencing homelessness as they rebuild their lives. Their Steps to Independence Program focuses on stabilization, education, action, and independence.

Bread of Life Rescue Mission

1919 Apple St., Oceanside, CA 92054
760.722.0800

<https://bolrescue.org>

Provides shelter to homeless individuals in the North County areas. Open December 1 to March 31. Clients must pass a drug test. Bread of Life also has a food pantry, hot meals, thrift shop, and church. As of October 2020, Bread of Life has become a program of the San Diego Rescue Mission.

Interfaith Community Services

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Services:

HOMELESS PREVENTION

Carlsbad Service Center

5731 Palmer Way, Suite A, Carlsbad, CA 92010
760.448.5696

Coastal Service Center

4700 N. River Rd., Oceanside, CA 92057
760.721.2117

Interfaith offers emergency rental or mortgage assistance to prevent imminent homelessness. Visit one of the service centers during their listed walk-in hours to see if you are eligible.

BRIDGE HOUSING

Haven House Year-Round Shelter

Betty and Melvin Cohn Center

760-489-6380 ext. 276

Provides emergency housing for up to 49 homeless men and women each night.

Veteran Transitional Housing

1617 Mission Ave., Oceanside, CA 92058

760.529.9979

Provides temporary beds for veterans with or without housing intervention already in place. This is a time for veterans to work on their physical and mental health concerns, sobriety, and employment training. Intake hours: Mon-Fri, 9am – 3pm.

PERMANENT HOUSING

760.489.6380 ext. 262 (Housing Coordinator, to be placed on waiting list)

Interfaith offers a variety of permanent housing units and programs that provide safe and affordable housing for homeless community members. Interfaith works within a housing methodology that prioritizes moving homeless individuals into housing as quickly as possible while simultaneously providing right-sized supportive services. Interfaith also provides owned and operated supportive permanent housing for homeless disabled individuals, as well as families with a disabled adult family member.

See General Information/Integrative Services for list of locations.

Alpha Project – Escondido Apartments

500 North Midway Drive, Escondido, CA 92027

858.312.8170 (Royal Property Management)

<https://www.alphaproject.org>

Escondido Apartments is a 90-unit complex offering affordable housing to low-income seniors. Escondido Apartments provide on-site access to social work staff, assistance with public benefits and door-to-door transportation for appointments off-site. The complex also coordinates community events and outings to social and recreational activities for its residents. The property is professionally managed by Royal Property Management.

Alpha Project has a variety of transitional and low-income housing in San Diego, Chula Vista, and Riverside. Visit their website for information on these options.

ECS Uptown Safe Haven

401 Mile of Cars Way, Suite 350, National City, CA 91950

619.228.2800

<https://www.ecscalifornia.org>

Uptown Safe Haven is a residential facility that provides transitional housing and supportive services to chronically homeless single adults with moderate to severe mental health issues. Residents experience supportive communal living in an alcohol and drug-free environment. In partnership with Community Research Foundation, they provide clients with secure housing, employment counseling, educational guidance, disability income enrollment assistance, a manageable mental health plan, access to onsite support groups, and services focused on skill development and recovery.

While the residence is alcohol and drug-free, residents do not need to be clean and sober before arriving or while living there. However, there is an expectation that residents will work toward abstinence while at Uptown Safe Haven.

ECS also provides mental health services, substance use disorder treatment, and early childhood education, mainly in south San Diego County.

HOT MEALS & FOOD DISTRIBUTION

Bread of Life Rescue Mission

1919 Apple St., Oceanside, CA 92054

760.722.0800

<https://bolrescue.org>

HOT MEALS

Hot dinners are served Sun—Fri, 6-6:30 pm. The hot beverage service has been suspended temporarily due to the COVID-19 pandemic. A Bread of Life dinner card (drug & alcohol test) is required.

FOOD PANTRY

The food pantry is open Mon, Wed, and Fri, 9-11:45 am. Boxes of food are provided on a first-come, first-served basis. Bread of Life card is required.

Bread of Life also has a winter shelter (see page 9), thrift shop, and church.

Brother Benno's

3260 Production Avenue Oceanside, CA 92058

760. 439.1244

<https://www.brotherbenno.org>

Brother Benno's currently serves the homeless as well as the working poor (parents and children who struggle on a daily basis for their most basic needs), the disabled, and low-income senior citizens.

FOOD SERVICES OFFERED:

- Hot meals are served and sack lunches are provided to the public six days a week. Meals are served M-F 6:30-8am; Sat 10-11:30am
- Families with children, senior citizens, and the disabled are eligible to receive one or more family food boxes (depending on size of household) once a month. The food box consists of basic food staples to feed a family of four for three days and is intended to supplement the nutritional needs of low-income families.

- Low-income families with children in the household, senior citizens over age 60 or the disabled may register for monthly food boxes.
- Documentation required includes proof of children's age, seniors' age, or government recognized disability.
- Food boxes are distributed to qualified individuals Monday through Friday 6:30am-10:45am.

Note: Laundry, haircuts, and hot breakfast/brunch in the dining room are not available at this time.

Community Resource Center (CRC)

650 Second Street, Encinitas, CA 92024

760.753.1156 (main office)

760.753.8300 (food & nutrition center)

<https://crcncc.org/>

CRC works to end hunger, homelessness and domestic violence in North County San Diego. CRC's Food & Nutrition Center is a gold-certified nutrition pantry and a proud partner of Feeding San Diego and the San Diego Food Bank.

FOOD SERVICES OFFERED:

- Breadline Food Distribution Program: Individuals who are homeless or those in need of emergency food can access this food distribution program daily (includes items such as bread, produce and ready-to-eat items.)
- Weekly Food Assistance: Individuals and families can shop in the Food & Nutrition Center. This program is available to seniors, individuals who are unable to work because of a disability, individuals affected by domestic violence, and participants who are working with an Integrative Services Case Manager to gain self-sufficiency.
- USDA Commodities Program: USDA food distributed daily; one monthly allotment per family, eligibility based on income.
- CalFresh (Food Stamp) and Medi-Cal application assistance.
- Nutrition Consults
- Meal Preparation and Nutrition Class
- Holiday Basket

Interfaith Community Services

<https://www.interfaithservices.org>

Interfaith meets the basic needs of their community by connecting individuals and families to nutritional assistance.

Locations:

COASTAL SERVICE CENTER

4700 North River Road, Oceanside, CA 92057

760.721.2117

Food Services Offered: Emergency food pantry

COVID-19 Restrictions: By appointment only. Those in need will have to call the office and work with an Interfaith volunteer to arrange a time to pick up food items.

CARLSBAD SERVICE CENTER

5731 Palmer Way, Suite A, Carlsbad, CA 92010

760.448.5696

Food Services Offered: Emergency food pantry

COVID-19 Restrictions: By appointment only. Those in need will have to call the office and work with an Interfaith volunteer to arrange a time to pick up food items.

ESCONDIDO SERVICE CENTER

550 W. Washington Avenue, Escondido, CA 92026

760.489.6380

Food services offered:

- Emergency food pantry
- Hot breakfasts for the homeless and low-income in the area daily from 6:30am–7:15am every day
- Sack lunches distributed during this time if available

Fill-A-Belly

<https://www.fillabelly.org>

Volunteers prepare healthy, home-cooked, balanced meals using fresh, delicious ingredients to serve the following guests:

- *Food insecure*
- *Homeless or Travelers*
- *Low income families*
- *People with mental illnesses*
- *People with addictions*
- *Anyone from the community who needs a hot meal and some companionship*

Locations:

CARLSBAD FILL-A-BELLY

Chestnut Ave., Carlsbad, CA 92008

Food Services Offered: Weekly dinner provided each Tuesday

FILL-A-BELLY - ENCINITAS

95 N Vulcan Ave., Encinitas, CA 92024

Food Services Offered:

Weekly dinner provided each Tuesday

North County Food Bank

1445 Engineer Street, Suite 110, Vista, CA 92081

858.527.1419

<https://northcountyfoodbank.org>

The North County Food Bank chapter partners with other nonprofit partners/feeding programs to provide nutritious food to individuals and families in need in communities throughout North San Diego County.

Food Services Offered:

- Emergency food assistance program
- Neighborhood distribution program
- Senior food program
- Nutrition and wellness support

The Movement Church

1609 Capalina Rd, San Marcos, CA 92069

<https://www.themovement.org/freefood>

Movement Church reaches over 120 families each month through their food distribution provided through the North County Food Bank.

Food Services Offered:

Monthly food distribution on the third Monday of every month. Check in begins at 1pm, and food is distributed from 2-3:30pm.

Escondido Community Food Distribution - Buckheart Church

16881 Old Survey Rd., Escondido, CA 92025

760.738.8878

<http://www.buckheart.org/our-ministries/food-bank>

Buckheart Church serves families and individuals in crisis. Their goal is to show unconditional Christian love and support while spreading the love of Christ.

Food Services Offered:

Food distribution on the 1st, 3rd, and 5th Fridays until 4pm or until food is gone

St. Patrick Community Services Center

3256 Madison St., Carlsbad CA 92008

760.434.9686

<https://www.stpatrickcarlsbad.com/78>

St. Patrick Community Services Center provides emergency food boxes for families as well as food packages for migrant and transient clients. Call the phone number above for current status or more information.

Food Services Offered: Food pantry

Carlsbad Community Church

3175 Harding St, Carlsbad, CA 92008

760.729.2331

<https://carlsbadcommunitychurch.org>

Volunteers put together food packages for individuals and families in need.

Food Services Offered: Food pantry

MEDICAL & HEALTH CENTERS

Community clinics provide a number of services to families and individuals. Most sites offer a sliding fee scale, so patients will only need to pay what they can afford towards their medical or dental bills.

Locations will tend to offer some of the following including checkups, family planning, immunization, prescriptions for emergency situations, lab work, and an on-site pharmacy.

TrueCare (formerly North County Health Services)

<https://truecare.org>

These centers are located throughout the county and will accept Medi-Cal and private health insurance plans. Locations and services are listed below.

Locations:

CARLSBAD

TrueCare Carlsbad Family Medicine

1295 Carlsbad Village Drive, Suite #100

Carlsbad, CA 92008

760.736.6767

Services: adult medicine, pediatric care

ENCINITAS

TrueCare Encinitas Health Center & WIC Office

1130 2nd Street, Encinitas, CA 92024

760.736.6767 (HC) or 888.477.6333 (WIC)

Services: adult medicine, behavioral health, chiropractor, pediatric care, WIC

OCEANSIDE

TrueCare La Mision Family Health Center

3220 Mission Avenue, Unit #1, Oceanside, CA 92058

760.736.6767

Services: adult medicine, pediatric care

TrueCare Mission Mesa Pediatrics

2210 Mesa Drive, Suite #300, Oceanside, CA 92054

760.736.6767

Services: pediatric care

TrueCare Oceanside Dental

2216 El Camino Real, Suites #121-122

Oceanside, CA 92054

760.736.6767

Services: dental care

TrueCare Oceanside (Loma Alta) Health Center

605 Crouch Street, Building C, Oceanside, CA 92054

760.736.6767

Services: adult medicine, pediatric care, pharmacy

TrueCare Oceanside WIC (Mission Mesa)

2210 Mesa Drive, Suite #100, Oceanside, CA 92054

760.477.6333

Services: WIC

TrueCare Oceanside Specialty Health Center

619 Crouch Street, Suite #100, Oceanside, CA 92054

760.736.6767

Services: behavioral health, chiropractor, dental care

TrueCare Mission Mesa Women's Health Center

2210 Mesa Drive, Suite #5, Oceanside, CA 92054

760.757.5841

Services: women's health

SAN MARCOS

TrueCare San Marcos Health Center

150 Valpreda Road, San Marcos, CA 92069

760.736.6767

Services: adult medicine, behavioral health, chiropractor, dental care, lab and X-ray, pediatric care, pharmacy, women's health

TrueCare Pediatrics at California Pediatrics

1595 Grand Avenue #102, San Marcos, CA 92078

760.798.0428

Services: pediatric care

TrueCare San Marcos WIC Office

150 Valpreda Road #102, San Marcos, CA 92069

888.477.6333

Services: WIC

VISTA

TrueCare Mission Mesa Women's Health Center - Satellite

161 Thunder Drive, Suite #210, Vista, CA 92083

760.736.6767

Services: women's health

Children's Care Connection

3605 Vista Way, Building B, Oceanside, CA 92056

858.966.8014

<https://www.rchsd.org/programs-services/childrens-care-connection-c3/>

Children's Care Connection (C3) is a free program within Healthy Development Services (HDS) at Rady Children's Hospital-San Diego. C3 identifies developmental and behavioral concerns in children up to age 5 years, 11 months (prior to kindergarten entry). It offers the following services:

- Developmental and behavioral screenings
- Developmental assessments
- Global development classes
- Individual development consults
- Individual development treatment
- Parenting classes on child behavior
- Individual consultations with behavior specialist

Vista Community Clinic (VCC)

<http://www.vistacommunityclinic.org>

844.308.5003 (all locations)

VCC is a health care safety net for the area's poor and uninsured, providing access to high quality health services. They have clinics in San Diego, Riverside, and Orange Counties. North County locations and services are listed below.

Locations:

OCEANSIDE

VCC: Horne

517 North Horne Street, Oceanside, CA 92054

Services: dental

VCC: Missin Pediatric & Family Dentistry

1910 Mission Ave., Oceanside, CA 92058

Services: women's health, immunizations, HIV, family planning, behavioral health, adults and families

VCC: North River

4700 North River Road, Oceanside, CA 92057

Services: chiropractic, women's health, pediatrics, immunizations, HIV, family planning, dental, behavioral health, adults and families

VCC: Pier View

818 Pier View Way, Oceanside, CA 92054

Services: chiropractic, women's health, pharmacy, pediatrics, immunizations, HIV, family planning, behavioral health, adults and families

VISTA

VCC: Durian Pediatrics

105 Durian Street, Vista, CA 92083

Services: pediatrics, immunizations

VCC: Grapevine

134 Grapevine Road, Vista, CA 92083

Services: chiropractic, optometry, women's health, pediatrics, immunizations, HIV, family planning, behavioral health, adults and families

VCC: Vale Terrace

1000 Vale Terrace, Vista, CA 92084

Services: acupuncture, podiatry, chiropractic, optometry, women's health, teen clinic, pharmacy, pediatrics, immunizations, HIV, family planning, dental, behavioral health, adults and families

VA Healthcare System

Oceanside Clinic

1300 Rancho del Oro Drive, Oceanside, CA 92056

760.643.2000

<https://www.sandiego.va.gov/contact>

VA San Diego Healthcare System

3350 La Jolla Village Drive, San Diego, CA 92161

858.552.8585

<https://www.sandiego.va.gov/contact>

Note: Emergency care is NOT available here. For emergency medical care, please call 911.

CASE MANAGEMENT SERVICES

Corps Community Centers (Salvation Army)

OCEANSIDE

3935 Lake Boulevard, Oceanside, CA 92056

760.631.8212

<https://oceanside.salvationarmy.org>

In addition to casework services, the Oceanside Salvation Army location provides the following services: disaster services, emergency financial assistance, food & nutrition programs, seasonal services, senior citizens residences, visitation services, senior citizen clubs, worship services, music & arts programs, day camp activities, residential camping activities, and character building programs.

ESCONDIDO

1301 Las Villas Way, Escondido, CA 92026

<https://escondido.salvationarmy.org>

In addition to casework services, the Escondido Salvation Army location provides the following services: military personnel assistance, disaster services, emergency financial assistance, food & nutrition programs, seasonal services, senior citizens residences, worship services, music & arts programs, boys' & girls' club, residential camping activities, and character building programs.

Community Resource Center

650 Second Street, Encinitas, CA 92024

760.753.1156

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The mission of Community Resource Center is to create paths to safety, stability, and self-sufficiency in North County San Diego. Their extensive programming serves low-income and episodically homeless households, including domestic violence victims.

See page 10 for more information on food services.

See page 27 for more information on domestic violence services.

MENTAL HEALTH ASSISTANCE

San Diego Access & Crisis Line (ACL)

888.724.7240 (24 hours a day/ 7 days a week)

The San Diego Access and Crisis Line offers San Diego County residents free, confidential counseling and community resources. Services include

• Free, confidential support in all languages • Crisis Intervention • Suicide Prevention • Referrals for mental health and/or alcohol and drug needs • Referrals to other related resources

Who can call? • Anyone who is struggling with issues such as depression, anxiety, loss, or anger • Family members or friends who are concerned about someone • People who are thinking about harming themselves or others

Mariposa Clubhouse

1701 Mission Ave., Suite 120, Oceanside, CA 92058

760.439.2785

<https://www.mhsinc.org/listing/mariposa-clubhouse-2>

The Mariposa Clubhouse is a bio-psychosocial rehabilitation program serving adults living with mental health issues, including individuals who have a co-occurring substance abuse disorder. Clubhouse members participate in social, educational, and vocational activities that promote self-reliance. Trained staff provide side-by-side support as clubhouse members work towards achieving their goals. Services provided to members:

- Assisting with educational goals
- Supporting vocational goals
- Affording wellness education
- Providing mentorship
- Creating social activities
- Offering social security advocacy

NAMI (National Alliance on Mental Illness)

Admin: 858.634.6580

Helpline: 800.523.5933

Local San Diego Helpline: 619.543.1434

Text NAMI to 741-741 for crisis support via text

<https://namisandiego.org>

NAMI has a threefold mission: support people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders; educate people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma; and advocate for more research and an improved system of mental health services across the nation. They offer a helpline, support groups, educational meetings, newsletters, a lending library, and a number of classes.

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See General Information/Integrative Services for list of locations.

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401 Mile of Cars Way, Suite 350, National City, CA 91950

619-228-2800

<https://www.ecscalifornia.org>

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Mental Health Systems (MHS) Family Recovery Center

1100 Sportfisher Drive, Oceanside, CA 92054

Toll Free 833.283.3936; 760.439.6702

<https://www.mhsinc.org>

Mental Health Systems (MHS) is a non-profit organization founded in 1978 to provide innovative and cost-effective mental health and drug and alcohol recovery services. This agency was established to improve people's lives and instill hope by using new and creative treatment strategies that respect time-proven methods of intervention. Currently, MHS operates more than 85 community-based programs throughout California for people who either cannot afford privately paid services or for whom appropriate services are not otherwise available.

Exodus Recovery Mental Health Walk-In Assessment Center

524 W. Vista Way, Vista, CA 92083

760-758-1150

<https://www.exodusrecovery.com>

Exodus Recovery works under a total health care concept that incorporates the physical, emotional, and spiritual needs of each client. They have locations throughout Los Angeles and San Diego Counties.

ADDICTION RECOVERY SERVICES

San Diego Access & Crisis Line (ACL)

888.724.7240 • 24 hours a day/ 7 days a week

The San Diego Access and Crisis Line offers San Diego County residents free, confidential counseling and community resources. Services include • Free, confidential support in all languages • Referrals for alcohol, drug and/or mental health needs • Crisis Intervention • Suicide Prevention • Referrals to other related resources

Who can call? • Anyone who is struggling with issues such as depression, anxiety, loss or anger • Family members or friends who are concerned about someone • People who are thinking about harming themselves or others

Mental Health Systems (MHS) Family Recovery Center

1100 Sportfisher Drive, Oceanside, CA 92054

Toll Free 833.283.3936; 760.439.6702

<https://www.mhsinc.org>

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See General Information/Integrative Services for list of locations.

Episcopal Community Services

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619.228.2800

<https://www.ecscalifornia.org>

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Turning Point Crisis Center

1738 S. Tremont St., Oceanside CA, 92054
760.439.2800

Turning Point Crisis Center is a short-term acute residential treatment (START) program in Oceanside.

Alcoholics Anonymous

North County Central Office:
1020 S. Santa Fe, Suite B, Vista, CA 92084
760.758.2514 (24 hours a day)
<http://www.aasandiego.org>

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Due to COVID-19, many meetings unable to meet in person. Check the website for information on virtual meetings.

Al-Anon/Alateen

2667 Camino del Rio South #208, San Diego, CA 92108
619.296.2666
<https://www.alanonsandiego.org>

Al-Anon is designed for people who are worried about someone with a drinking problem. Alateen is a place for teens to come together to share experiences and find effective ways to cope with problems.

Due to COVID-19, many meetings unable to meet in person. Check the website for information on virtual meetings.

Cocaine Anonymous

P.O. Box 261411 San Diego, CA 92126

866.242.2248 (24-hour helpline)

<https://casandiego.org>

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.

Narcotics Anonymous

North Regional Service Office: 3914 Murphy Canyon Rd. A240, San Diego, CA 92123

North County: 866.331.1958

Español: 619.546.0774

<https://www.sandiegona.org>

Narcotics Anonymous is a global, community-based fellowship of men and women who meet regularly to help each other stay clean.

Due to COVID-19, many meetings unable to meet in person. Check the website for information on virtual meetings.

Pathfinders of San Diego

2621 University Ave, San Diego, CA 92102

619.260.1605 (Corporate Office)

Pathfinders Recovery Home: 619.239.7370

Shelter Plus Care: 619.795.6218

<http://pathfindersrecovery.org/>

Pathfinders of San Diego is a non-profit organization dedicated to maintaining residential centers to address the needs of individuals recovering from the disease of alcoholism and co-occurring disorders, assisting their families in dealing with the effects of alcoholism, and providing services to the community to reduce alcohol-related problems. The Shelter Plus Care program serves homeless men with a dual diagnosis of substance abuse and mental illness.

DOMESTIC VIOLENCE SERVICES

NATIONAL DOMESTIC VIOLENCE HOTLINE:

1.800.799.SAFE (7233) or 1.800.787.3224 TTY

NATIONAL DATING ABUSE HELPLINE:

1.866.331.9474 or 1.866.331.8453 TTY

Women's Resource Center

1963 Apple St., Oceanside, CA 92054

Office: 760.547.8800

24-Hour Hotline: 760.757.3500

<https://www.wrcsd.org>

Women's Resource Center (WRC) is dedicated to stopping domestic violence and sexual assault by rebuilding lives together. The shelter has 31 beds for victims of domestic violence and sexual assault. WRC also provides the following services: counseling, 24-hour crisis hotline, victim advocacy, legal service referral, temporary transportation, information and referral.

Becky's House (YWCA)

Admin Office: 1012 C Street, San Diego, CA 92101

619.239.0355

24-Hour Domestic Violence Hotline: 619.234.3164

Rapid Re-Housing: 619.239.0355 x334

<https://www.ywcasandiego.org>

Becky's House domestic violence programs include a 24-hour crisis hotline, emergency shelter, transitional housing, legal support, and integrated services including counseling, financial, housing, children's & youth services, and employment resources. YWCA is one of the only resources available to male victims and the only facility in the region that accepts clients 24 hours a day.

Community Resource Center

650 Second Street, Encinitas, CA 92024

760.753.1156

24-Hour Domestic Violence Hotline: 877.633.1112

<https://crcncc.org>

The mission of Community Resource Center is to create paths to safety, stability, and self-sufficiency in North County San Diego. Their extensive programming serves low-income and episodically homeless households, including domestic violence victims.

See page 12 for more information on food services

See page 24 for more information on case management

LEGAL SERVICES

California Rural Legal Assistance

640 Civic Center Dr. #108, Vista, CA 92084

760.966.0511

<https://www.crla.org>

CRLA provides low-income Californians free legal services related to employment, housing, public benefits, and K-12 education.

We The People

3742 Mission Ave., # 100, Oceanside, CA 92058

760.754.9059

<https://wethepeopleusa.com>

We The People is a nationally recognized directory which assists customers in locating independently owned and operated offices for pro se legal document preparation needs. The Oceanside We The People office specializes in divorce, living trusts and wills, incorporation, power of attorney, real estate deeds, child support and visitation, and eviction.

YWCA San Diego

Admin Office: 1012 C Street, San Diego, CA 92101
619.239.0355

<https://www.ywcasandiego.org>

YWCA provides integrated services to support women, men, and children in breaking the cycle of domestic violence. They provide free legal services to survivors of domestic violence on family law matters.

See page 27 for more information on domestic violence services.

Women's Resource Center

1963 Apple St., Oceanside, CA 92054

Office: 760.547.8800

24-Hour Hotline: 760.757.3500

<https://www.wrcsd.org>

Women's Resource Center (WRC) is dedicated to stopping domestic violence and sexual assault by rebuilding lives together. WRC provides legal information and referrals to programs that are sensitive and knowledgeable of the special needs domestic violence survivors have.

See page 32 for more information on domestic violence services.

VETERANS' FACILITIES & SERVICES

Veterans Association of North County Resource Center

1617 Mission Ave, Oceanside, CA 92058

760.722.1277

<https://www.vanc.me>

By Veterans for Veterans and active duty service people and their families. A one-stop resource center for all active-duty military, veterans, and their families. Services include education programs, peer groups, housing assistance, wellness courses, family services, scholarship programs, and a monthly food program.

Call for appointments Monday 9:15-9:30am.

Veterans Village of San Diego

4141 Pacific Coast Hwy, San Diego, CA

619.393.2000

<https://vvsd.net>

Veterans Village of San Diego (VVSD) is dedicated to "Leave No One Behind." VVSD is the only program of its kind in the United States and is nationally recognized as the leader in service homeless military veterans. Services include housing, homeless court, employment & training, rehabilitation, and mental health services.

San Marcos Vet Center

1 Civic Center Drive, Suite 150, San Marcos 92069

855.898.6050

<https://www.va.gov/directory/guide/facility.asp?ID=5345>

The San Marcos Vet Center provides a wide range of counseling services for veterans and their families.

Courage to Call

9445 Farnham St., San Diego, CA 92123

Helpline 877.698.7838 or dial 2-1-1 option 4

<https://www.courage2call.org/contact-us>

A free, confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status, through information, guidance, and referrals.

Veterans' Writing Group of San Diego

1617 Mission Ave, Oceanside, CA 92058

760.722.1277

<http://www.veteranswritinggroup.org>

The Veterans' Writing Group of San Diego is a group of military veterans that meet once a month in North San Diego County to share their lives and stories. This group meets on the third Saturday of each month at VANC Resource Center (1617 Mission Ave., Oceanside, CA 92058).

American Legion

4945 Calle Sobrado, Oceanside, CA
760.754.9633

<https://www.legionpost146.org/contact.html>

The American Legion provides life-changing assistance and guidance for veterans, military personnel, their families and communities in thousands of ways every day around the world. Help comes in the form of personal assistance, cash grants, donated goods, disaster relief, labor, networking, volunteerism, and advocacy.

JOSEPH G. McCOMB AMERICAN LEGION POST 146

P. O. Box 1085, Oceanside, CA 92051-1085

444 Country Club Lane, Oceanside, CA 92054

760.754.9633

<https://www.legionpost146.org>

Veterans of Foreign Wars

1701 Mission Avenue, Oceanside, CA 92058

619.708.3692

<https://vfwpost10577.com/contact>

The mission of VFW is to foster camaraderie among United States veterans of overseas conflicts; to serve veterans, the military, and the community; and to advocate on behalf of all veterans. Meetings take place on the second Thursday of the month at the Elks Lodge (444 Country Club Lane, Oceanside, CA 92054).

VA Healthcare System

Locations:

OCEANSIDE CLINIC

Note: Emergency care is NOT available here.

For emergency medical care, please call 911.

1300 Rancho del Oro Drive

Oceanside, CA 92056-1729

760.643.2000

<https://www.sandiego.va.gov/contact>

VA SAN DIEGO HEALTHCARE SYSTEM
3350 La Jolla Village Drive, San Diego, CA 92161
858.552.8585
<https://www.sandiego.va.gov/contact>

Interfaith Community Services

<https://www.interfaithservices.org>

Interfaith Community Services empowers people in need to stabilize and improve their lives through comprehensive programs, in partnership with diverse faith communities and people of compassion. In addition to veteran services, Interfaith provides supportive services, housing, clinical & behavioral health, recovery & wellness, employment & economic development.

See General Information/Integrative Services for list of locations.

YOUTH SERVICES

San Diego Youth Services

619.241.0608 (to get help or make referrals – call or text)

OR 619.221.8600

Monday-Friday, 10am-6pm

Crisis Help Line: 888.724.7240

<https://sdyouthservices.org>

Various locations in San Diego County

San Diego Youth Services offers a variety of services, counseling, mental health treatment, case management, skill building, educational support and access to resources. Services are provided for youth to help them overcome the trauma and life challenges that put them at risk for homelessness. Below is a list of services offered:

- Adoption support
- Anti-Bullying Awareness and Support
- Child Sex Trafficking Awareness and Recovery
- Foster Care

- Homeless Housing and Support
- Juvenile Delinquency Diversion and Intervention
- Mental Health
- Suicide Prevention and Intervention
- Teen Pregnancy Prevention and Intervention

Fostering Change: Independent Living Skills

7947 Mission Center Court, San Diego, CA 92108

1.866.ILS.INFO (1.866.457.4636)

www.fosteringchange.org

ILS (Independent Living Skills) is a program designed to help foster youth achieve self-sufficiency when they age out of foster care by providing intensive life skills training and case management support. Anyone 16 or older who is in a foster home, group home, or relative's home, and is receiving AFDC-Foster Care funds, is eligible to join the ILS program.

YMCA Youth and Family Services

2929 Meade Ave, San Diego, CA 92116

619.281.8313

<https://www.ymcasd.org/community-support/ymca-youth-and-family-services>

Services offered throughout San Diego County

YMCA Youth and Family Services (YFS) is focused on bringing about meaningful and lasting change in our youth and families by ensuring they have a safe place to live; by providing them with a reliable support system; by challenging them to pursue their goals; and by connecting them to resources needed to flourish. YFS now operates a variety of programs throughout San Diego County that combine to serve approximately 15,000 individuals each. Programs are focused in the following four areas:

- Behavioral and mental health services (counselingservices@ymca.org)
- Family support and preservation
- Transitional housing
- Youth and young adult development

New Haven Youth & Family Services

1126 N Melrose Dr., Vista, CA 92083
OR P.O. Box 1199, Vista, CA 92085
760.630.4035

www.newhavenyfs.org

New Haven is a private, not-for-profit, multi-service agency that provides professional care, education and treatment for youth and families with emotional, behavioral and learning challenges. They are contracted with 50+ school districts throughout Southern California and offer a residential treatment program in Vista, Oceanside, and San Marcos.

Boys & Girls Clubs

The Boys & Girls Club is a youth development organization that provides a safe, fun, and enriching environment for youth to spend time during non-school hours. Their mission is to inspire, develop, and enrich young people to reach their fullest potential as confident, responsible, caring members of society.

Locations:

CARLSBAD

Administrative Offices: 2730 Bressi Ranch Way, Carlsbad, CA 92009
760.729.0207

<http://www.bgccarlsbad.org/>

OCEANSIDE

401 Country Club Ln., Oceanside, CA • 760.433.8920

www.bgcoceanside.org

VISTA

410 W California Ave., Vista, CA 92083

www.bgcvista.org

North County Lifeline

Administrative Office:

3142 Vista Way, Suite 400, Oceanside, CA 92056

760.842.6201

www.nclifeline.org

North County Lifeline's mission is to build self-reliance among youth, adults, and families through high-quality, community-based services. Locations in Vista and Oceanside. Services include:

- Youth development
- Child abuse and domestic violence prevention and intervention
- Behavioral health
- Housing and self-sufficiency
- Human trafficking prevention and intervention

See General Information/Integrative Services for list of locations.

Foster Youth Services

8333 Clairemont Mesa Blvd., San Diego, CA

858.503.2620 •

<https://www.sdcoe.net/student-services/student-support/fyhes/>

The San Diego County Office of Education's Foster Youth Services Program (FYS) responds to, assists, and empowers all systems that support foster youth in achieving academic success. FYS programs are designed to prepare foster youth to become successful, self-sufficient, and independent adults.

Casa de Amparo

325 Buena Creek Road, San Marcos, CA 92069

760.754.5500

<https://www.casadeamparo.org>

The mission of Casa de Amparo is to support those affected by and at risk of child abuse and neglect, through a range of programs and services that promote healing, growth, and healthy relationships. Programs include residential services and family visitation. This is the only licensed residential treatment center in San Diego County serving pregnant and/or parenting foster youth.

SENIOR SERVICES

CARLSBAD SENIOR CENTER

799 Pine Ave., Carlsbad, CA 92008

760.602.4650

<http://www.carlsbadca.gov/residents/services/senior.asp>

- Hot meals that are normally served in the dining room of the senior center are being packed up cold with reheating instructions.
- Reservations must be made no later than noon the day before, Monday through Friday. (Monday's order would need to be placed on Friday by noon.)
- City employees are set up outside the senior center's entrance behind a table providing the 6-foot separation recommended by county health officials.
- Seniors are encouraged to do a drive by pick up if they can, driving without passengers to avoid potential COVID-19 spread, between the hours of 11 am and noon.
- The city can deliver meals to those who cannot pick them up.
- Call to leave a message for a reservation or request a meal delivery.
- In addition to food services, the Carlsbad Senior Center offers the following services: magazine, virtual classes, health & wellness programs, list of grocery stores with senior hours, and more.

OCEANSIDE

COUNTRY CLUB SENIOR CENTER

455 Country Club Lane, Oceanside, CA 92054
760.435.5250

EL CORAZON SENIOR CENTER

3302 Senior Center Drive, Oceanside, CA 92054
760.435.5300

<https://www.ci.oceansideca.gov/ns/parks/senior/default.asp>

- Serving Seniors is the provider for senior meals at the Country Club Senior Center in Oceanside. During COVID-19, Serving Seniors is delivering those meals. Call 760.435.5285.
- There are also new food distribution resources for all in need listed on the City COVID-19 webpage. Some Oceanside businesses have begun reserving the first hour for seniors or those with compromised immune systems to shop. Call ahead and see if that's an option at your favorite grocery store.
- In addition to food services, the Oceanside Senior Centers offer the following services: transportation services, support groups & organizations, legal services, educational classes, fitness classes, wellness programs, health screenings, tax services, an elder care guide, and more.

VISTA - GLORIA MCCLELLAN SENIOR CENTER

1400 Vale Terrace Dr., Vista, CA 92084
760.643.5288

- The Senior Nutrition Program offers lunch for Vista seniors age 60 and up that can be reserved and picked up curbside 11am to noon Mondays (up to two meals) and Wednesdays (up to three meals). Lunch can also be delivered upon request.
- Suggested donation of \$4 per meal for ages 60 and over; no eligible senior will be turned away due to lack of money.
- Call to reserve lunch on Fridays for Monday pickup/delivery and Monday for Wednesday pickup/delivery.
- The home-delivered lunch program for homebound seniors in need continues as usual.

BEREAVEMENT SUPPORT SERVICES

Many bereavement groups are temporarily meeting online during the COVID-19 pandemic. Please call or visit the website before driving to a meeting.

Hope Bereavement Center (Hospice of the North Coast)

2525 Pio Pico Dr., Suite 301, Carlsbad, CA 92008
760.431.4100

<https://hospicenorthcoast.org/services/hope-bereavement-center>

Hope Bereavement Center not only supports families in the grief process, but also helps them feel enriched by it. They provide individual counseling, support groups, and annual healing events. Hope Bereavement Center's grief support group meetings are listed below:

PATHWAYS - A JOURNEY THROUGH GRIEF

Tuesdays at 1-2:30pm

CULTIVATING RESILIENCY – A CAREGIVER SUPPORT GROUP

Wednesdays at 1:30-3pm

HEALING YOUR GRIEF

Thursdays at 5:30-7pm

ST. PATRICK'S CATHOLIC CHURCH GRIEF SUPPORT GROUP

2nd & 4th Thursdays at 1-2:30 pm

Empty Cradle

31938 Temecula Pkwy, Ste A #385, Temecula, CA 92592
619.573.6515

www.emptycradle.org

Peer support for families who have experienced the loss of a baby due to miscarriage, stillbirth, TFMR, infant death, SIDS or SUID. Their goal is to offer bereaved families support through monthly meetings, written materials, and partnership with the healthcare community.

The Carlsbad support meeting is on the third Monday of the month at 6:30-8pm through Hospice of the North Coast (2525 Pio Pico Dr, Suite 301).

Bereaved Parents of the USA

San Diego North Inland Chapter
15385 Crestview Ct., Poway, CA 92064
619.994.3010

www.bereavedparentsusa.org

BPUSA's mission is to help grieving parents and families rebuild their lives after the death of a child.

Local meeting at St. Bartholomew's Episcopal Church (16275 Pomerado Road, Poway, CA 92064), 4th Thursday of the month at 6:30-8pm.

GriefNet.org

www.griefnet.org

Griefnet.org is an internet community of people dealing with grief, death, trauma, and major loss. They have over 50 email grief support groups including groups for children, loss of spouse or partner, loss of child, loss of parent, loss of sibling or friend, traumatic losses, losses related to health, and those working with the bereaved. Visit their website for a detailed list.

GriefShare.org

www.griefshare.org

GriefShare seminars and support groups are led by people who understand grief and want to help. Those who are bereaved will gain access to valuable GriefShare resources to help in recovery from loss and begin rebuilding their lives. There are several GriefShare grief recovery support groups meeting throughout the North San Diego County at any given time. Visit their website for a detailed list.

Mitchell Thorp Foundation

6965 El Camino Real, Suite 105-433, Carlsbad, CA 92009
760.603.8853

www.mitchellthorp.com

The Mitchell Thorp Foundation supports families whose children suffer from life threatening illnesses, diseases, and disorders. They provide the following services: medical & home assistance programs, healing & rehabilitation programs, a conversion van program, and a youth leadership program.

Parents of Murdered Children

5105 Overland Avenue, San Diego, CA 92123
619.281.3972

www.pomc.org/sandiego_chapter

Parents of Murdered Children is a national organization. The San Diego Chapter is a self-help support group, dedicated to the families and friends of those who have died by violence.

Survivors of Suicide Loss

P.O. Box 3297, La Mesa, CA 91944

Business Line: 619.752.4055

Support Line: 619.482.0297

www.soslsd.org

SOSL reaches out to and supports people who have lost a loved one to suicide. Their goal is to give survivors a place where they can be comfortable expressing themselves, a place to find support, comfort, resources, and hope in a judgment-free environment.

Survivors of Violent Loss Network

619.685.0005

www.svlp.org

The Survivors of Violent Loss Network offer assistance and support to families who have lost a loved one to a violent death (murder, suicide, or drunk driving) and training for those who work with them. They help locate direct services in San Diego. For San Diego clinical services, leave a message at the number above.

The Compassionate Friends

San Diego Chapter:

North Clairemont Recreation Center

4421 Bannock Ave, San Diego, CA 92117

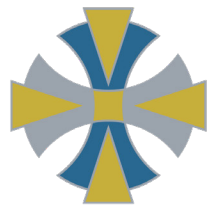
619.583.1555

National Office: 877.969.0010

www.compassionatefriends.org

Compassionate Friends offers support for family (or a friend of the family) dealing with the death of a child. Local meetings take place on the 1st Wednesday of each month at 7pm.

NOTES



ST. MICHAEL'S
by-the-Sea episcopal church

www.stmichaelsbythesea.org
2775 CARLSBAD BLVD., CARLSBAD CA 92008 • 760.729.8901