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# **Assistance Resource Directory**

## **San Diego North County**

**Version 1.3**

**Last Updated 04/15/18**

Produced and Distributed by Optimize Marketing

For corrections or updates, please send an email to [apon@optimizemarketing.com](mailto:apon@optimizemarketing.com)

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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

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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.homelessshelterdirectory.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. Clients must pass drug test. Must register between 4:30pm to 6:00pm 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	6 bed emergency shelter with a max stay of 30 days. 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) 839-4722	Men and women 18 years and older, with or without children, experiencing domestic violence.	No-cost 30-day emergency shelter program for domestic violence (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
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>	Adults who are already working or on track to gain employment	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 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	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

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Name/Address/Info	Focus	Details
	beds)	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
Libre! Services for Women and Children 650 2 <sup>nd</sup> Street, Encinitas CA 92024 (760) 633-1111	Women with Children who are victims of domestic violence.	24 beds with a max stay of 45 days.
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 859 East Vista Way Vista, CA 92084 (760) 536-3880 www.operationhopeshelter.org	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 Eight Ave. San Diego, CA 92101 (619) 696-0873	Single women 18+ (No Children)	Overnight shelter. Drop-in/walk-in. Clients can call 7:30 - 8:30 am
Tikkun Home Interfaith Community Services 550 West Washington Avenue, Escondido, CA 92025 (760) 489-6380 www.interfaith.org	Provides temporary emergency Shelter for six homeless mentally or emotionally disturbed women. . Limited to mentally/emotionally disabled females 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>San Diego Rescue Mission 120 Elm Street San Diego, CA 92101 www.sdrescue.org</p>	<p>Emergency shelter for women and children under the age of 17. 30 day max stay.</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 DePaul 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	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 (619) 563-9878	Vicitims 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.
Good Samaritan Shelter 3260 Production Ave. Oceanside, CA 92058 (760) 439-1244	Men with alcohol abuse issues	Must make an appointment for an interview and acceptance.

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Name/Address/Info	Focus	Details
House of Rachel 349 Cedar St. San Diego, CA 92101 (619) 231-2828	Women 50+	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.	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.
Veterans Transitional Housing Interfaith Community Services Escondido, CA (760) 489-6380	Homeless veterans	Apartment complex in Escondido. 2 years housing for homeless veterans.
Veterans Transitional Housing Interfaith Community Services Oceanside, CA (760) 529-9979	Homeless veterans	Apartment complex in Oceanside. 90 days housing for homeless veterans with housing placement identified.

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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 Median Income Limits by Household Size (March 28, 2016)

Family Size	80% of AMI Low Income	50% of AMI Very Low Income	30% of AMI Extremely Low Income
1	\$47,600	\$29,750	\$17,850
2	\$54,400	\$34,000	\$20,400
3	\$61,200	\$38,250	\$22,950
4	\$68,000	\$42,500	\$25,500
5	\$73,450	\$45,900	\$28,440
6	\$78,900	\$49,300	\$32,580
7	\$84,350	\$52,700	\$36,730
8	\$89,800	\$56,100	\$40,890

Note: Median income limits change annually.

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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
Bread of Life Winter Rescue Mission 1919 Apple St. Oceanside, CA 92054 (760) 722-0800 www.bolrescue.org	Monday, Wednesday, Friday	Food Pantry	9 am – 12 Noon
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
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 County 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	Dinner	5:15 pm
	Tuesday	Food Pantry	9 am – 12 pm
St. Francis Church 525 W. Vista Way Vista, CA 760-345-8000	Monday	Dinner	5 pm
	Monday-Saturday	Sack Lunch	8:45 – 10 am
St. Francis Church 525 W. Vista Way Vista, CA 92083 (760) 945-8000	Monday – Sat	Lunch (Sack)	8:45 – 10 am
	Monday	Dinner	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 those in need can obtain food distribution are:

Organization/Address	Address	City	Details
Bread of Life 760-722-0800	919 Apple St.	Oceanside	
Brother Bennos 760-439-1244	3260 Production Ave.	Oceanside	
Community Resource Center (760) 753-1156	650 Second Street, 4	Encinitas	Provides struggling families with staple foods and basic necessities, as well as enrollment in government assistance food programs.
Fallbrook Food Pantry (760) 728-7608	1042 Mission Ave.	Fallbrook	
Food Pantry 760-945-1003	222 Watson Way	Vista	1:00-6:00PM afternoon food distribution
Interfaith (760) 489-6380	550 W. Washington	Escondido	
Red Cross/WIC	1906 Oceanside Blvd.	Oceanside	Provides food voucher for infants and pregnant women

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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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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.
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 (760) 726-4451 <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a>	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 (760) 721-2781 <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 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 4 – 6 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 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
North County Serenity House 950 N Fig St, Escondido, CA 92026 (760) 747-1015  240 South Hickory Street Escondido CA (760) 740-2610 <a href="http://www.healthright360.org">www.healthright360.org</a>	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.

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North SD County Alcoholics Anonymous 604 E Vista Way Vista, CA 760-758-2514	No charge. Donations gladly accepted.	Fellowship for men and women support group. Call the phone # listed to obtain specific meeting schedules.
Pacific Palms Recovery Center 2215 Mesa Dr. Oceanside, CA (800) 221-8750		Outpatient Alcohol and drug treatment programs, with services ranging fro intervention to recovery. It is a 9 mo program.
Palomar Family Counseling 1002 East Grand Ave, Escondido CA (760) 741-2660 www.palomarfamilycounseling.com	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.
Present Moments Recovery 6965 El Camino Real, Carlsbad, CA 92011 (619) 363-4767 www.presentmomentsrecovery.com	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
North Inland Regional Recovery (NIRRC) McAlister Institute 200 E. Washington Ave. Suite 100 Escondido, CA 92025 760-741-7708	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.
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>	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.
Scripps/Betty Ford 11720 El Camino Real, Ste 200 San Diego, CA 92130 (866) 261-3734 www.hazeldenbettyford.org	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.
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>	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.
Sheridan Gardens 2021 Sheridan Rd, Encinitas, CA 9202418 (760) 691-2656 www.sheridangardens.com	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



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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.
Name/Address/Info	Insurance/Payment	Details/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	They provide services for survivors of domestic violence and sexual abuse. They provide personal and group counseling, and advocacy services. They are associated with Hidden Valley, providing temporary shelter for domestic violence and sexual abuse victims.
Domestic Violence Hotline 24 Hr Hotline (888) 385-4657	Non-profit organization focused on domestic violence, child abuse and sexual assault. They have offices and shelter in North County. They cover all of San Diego County. They also provide legal advisory, counseling, education and prevention seminars. "No one is ever turned down".
Domestic Violence Intervention 200 Michigan Ave. Vista, CA 92084	Sponsored by North County Life Line. 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.
Hidden Valley House 4508 Mission Bay Dr. San Diego, CA 92109 24 Hr Hotline (760) 480-0555 24 Hr Hotline (888) 385-4657	Temporary and emergency shelter for survivors of domestic violence and their children. Men and women 18 years and older, with or without children, experiencing domestic violence. No-cost 28-day emergency shelter program for domestic violence (female and male) victims and their children. Has large number of beds with a max stay of 28 days. Safety planning including all members of the family. There's no waiting list. Provides Food & Clothing.

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Name/Address/Info	Details/Services
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, finger-printed and go through background check.
Project SafeHouse (858) 272-5777 Hotline: 888-385-4657	Provides temporary, emergency shelter for survivors of domestic violence and their children. Services include safety planning, crisis counseling, advocacy services and assistance with obtaining long-term safe housing.
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 DI Lago Blvd. Suite B (760) 747-9944	
Labor Ready 420 W. 9 <sup>th</sup> Ave. (760) 738-8355	
San Diego Job Corp 1325 Iris Ave. Imperial Beach 619) 429-8500	
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
Center for Employment Training 4153 Market St. San Diego, CA (619) 233-6829	
Mira Costa College 1831 Mission Ave. Oceanside, CA (760) 795-8710	
Vista Adult School/ROP 305 E. Bobier Dr. Vista, CA (760)758-7122	
Vista Adult Education Literacy 111 W. California Ave. Vista, CA (760) 631-5855	
Job Corp (800) 733-5627	Ages 16-24
McKinney- Vento (760) 966-7802	
NC Inland Career Center 463 N. Midway Dr. Escondido, CA (760) 631-6150	
NC Coastal Career Center 1949 Avenida Del Oror Suite 106 Oceanside, CA (760) 631-6150	
CA Conservation Corps – CCC (800) 952-JOBS	



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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 Medical Services

Organization	Street Address	City	Phone Number	Notes
Catholic Charities Pregnancy and Adoption Services			(619) 231-2828 Call for appt.	
Coast Compounding Pharmacy	1838 S. Coast Hwy	Oceanside	(760) 433-6232	
Consumer Center for Health Education and Advocacy			(877) 734-3258	Education service
County Medical Services			(800) 587-8118	
Health and Human Services	1315 Union Plaza Ct.	Oceanside	(760) 754-4747	
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
Mental Health Systems	1700 Mission Ave.	Oceanside	(760) 967-4475	
NC Health Services	605 Crouch St. #C	Oceanside	(760) 757-4566	
North Coastal Public Health Center <a href="http://www.nursefamilypartnership.org">www.nursefamilypartnership.org</a>	104 Barnes St	Oceanside	(760) 967-4401 (866) 864-5226	Low income mom is partnered with a nurse for their first child with home visits.
Planned Parenthood	1964 Via Centre	Vista	(888) 743-7526	Education, contraception, pregnancy and natal care
Public Health Nurse	104 S. Barnes St.	Oceanside	(760) 967-4644	
Vista Community Clinic	4700 N. River Road	Vista	(760) 631-5000	

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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.
Unions United 858.636.4116	<p>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:</p> <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	
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
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
Casa Cornelia Law Center 315 Laurel St. San Diego, CA (800) 740-4041	Legal assistance for immigration women, free assistance with visa permits.
Catholic Charities North County Parishes (760) 631-5890	
Catholic Charities Refugees/Immigration 4575 Mission Gorge Place San Diego, CA (619) 287-1270	
Indian Health Council Rincon Indian Reservation (760) 749-1410	Social services and outpatient medical care services including dental
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

## 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
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
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	Transportation for Vets medical appts, Mon-Fri 8:00am-4:00pm

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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.
LifeSpring – North County Lifeline (760) 842-6224	24 month transitional housing apartments for youth
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
San Diego Youth Services (619) 221-8600	Transitional Housing for youth. Must call for orientation time/info
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. Senior Resources

Organization	Description
Aging and Independent Services (800) 339-4661	
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	
Eldership 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	
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	
Salvation Army – Oceanside Senior Services 3935 Lake Blvd. Oceanside, CA (760) 631-4712	

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## 16. Child Care

Organization	Description
Boys and Girls Club 401 Country Club Lane Oceanside, CA (760) 433-8920	
Child Development Associates (CDA) 5473 Kearny Villa Rd, Suite 350 San Diego, CA 92123 (619) 427-4411 xt 1400	CDA can provide free or reduced child care service for children 0 – 12 years of age. Parents who are currently receiving or have received CALWORKS cash aid assistance within the last 24 months may be eligible for free or reduced cost child care services. They also provide a list of child care providers that meets each parent’s needs, parenting tips, resources and workshops.
Heavenly Care Childcare Oceanside, CA (760) 637-2219	
MAAC Project 2322 Catalina Circle Oceanside, CA (619) 426-3595	
North County Community Services 4510 N. River Road Oceanside, CA (760) 529-0020	
Quality Children’s Services 3870 Mission Ave. Oceanside, CA (760) 967-1370	
Together We Grow 2120 Thibodo Ct. Vista, CA (760) 757-6031	Disabled Children
YMCA Oceanside 1310 Union Court Oceanside, CA (619) 521-3055	



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## 17. 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>

National Human Trafficking Hotline (888) 373-7888