Resource Directory
2018 Revision

2015 Revisions by Lori Coccodrilli and Michelle Walsh
2018 Revisions by Monette Leyva
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Alphabetical Listing of All Resources is Found at the End of the Guide
The options listed in this document are local resources provided for the convenience of families and parents who are seeking services they deem necessary for their child. **These are not referrals** and should not be construed as medical or legal advice. Participation in any of the included or similar programs is not a requirement of the school district. The Vista Unified School District does not recommend or endorse any of the listed facilities, service providers, support groups, or any programs not included herein. The District does not pre-screen or evaluate the facilities, providers, or their licensing or credentials in any way, nor does it warrant or guarantee that any of these options will serve your child’s unique needs. The families are solely responsible for screening these programs and upon reviewing program guidelines and services, make their own informed decision surrounding placement of their child at their sole discretion and expense.
**YOUTH CRISIS/SUICIDE PREVENTION AND INTERVENTION**

**National Suicide Prevention Lifeline 800-273-8255**
[https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)
Provides 24/7, free and confidential support for people in distress and prevention and crisis resources.

**San Diego Access & Crisis Line 888-724-7240**
Provides 24-hour, 7-day a week, Free, Confidential, Crisis Intervention, Suicide Prevention, Suicide Intervention, Suicide Postvention and Access to Mental Health and Alcohol & Drug Services.

**Aurora Behavioral Health (888) 565-4228**
11878 Ave. of Industry
San Diego, CA 92128
[http://www.aurorasandiego.com](http://www.aurorasandiego.com)
Provides inpatient care and partial hospitalization for children ages 5-12 whose acute symptoms require a safe and therapeutic environment. Provides inpatient care and partial hospitalization for acute mental health issues and chemical dependency intensive outpatient programs for adolescents ages 13 through 17.

**Crisis Text Line TEXT 'Help' to 741741**
Free, 24/7 support for those in crisis.

**Girls and Boys Town National Hotline 800–448–3000**
[www.boystown.org/national-hotline](http://www.boystown.org/national-hotline)
Short-term crisis line. Provides referrals for youth and families.

**Oceanside Sheriff Psychological Evaluation Response Team (PERT) 760-435-4900**
3855 Mission Avenue
Oceanside, CA 92056
Dispatch contacts the officer if they are available.

**It's Up to US  San Diego Access and Crisis Line 888- 724-7240**
[http://www.up2sd.org/?utm_Source=google&utm_Medium=cpc&utm_campaign=SuicidePreventionSD&utm_term=access%20and%20crisis%20hotline%20san%20diego](http://www.up2sd.org/?utm_Source=google&utm_Medium=cpc&utm_campaign=SuicidePreventionSD&utm_term=access%20and%20crisis%20hotline%20san%20diego)
Crisis intervention, suicide intervention, referrals to mental health and drug/alcohol services and information about a wide variety of resources in San Diego. Multi-lingual capacity.

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Survivors of Suicide Support Group 619-482-0297
P.O. Box 4325
La Mesa, CA  91944
www.survivorsofsuicide.com
Offers countywide support groups for people affected by the aftermath of a suicide.

Trauma Intervention Program (TIP) 855-847-7343
4140 Oceanside Blvd.
Suite 159-321
Oceanside, CA  92056
www.tipsandiego.org/
24 hour/7 days a week crisis response team in conjunction with law enforcement agencies, fire departments and hospitals. They provide information and support to victims of tragedies. Their mission is to prevent a second injury.

Vista Sheriff Psychological Evaluation Response Team (PERT) 760-643-3766
325 S. Melrose Ave., Suite 210
Vista, CA  92081
Dispatch contacts the officer if they are available. Services available after 2:30 p.m.

Yellow Ribbon Suicide Prevention Program 1-800-273-TALK (8255)
P.O. Box 644
Westminster, CO  80036
http://www.yellowribbon.org
A comprehensive program for schools and communities on suicide prevention.

Youth Crisis Line 800-843-5200 (Toll-free helpline)
www.youthcrisisline.org
Operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis.

DRUG AND ALCOHOL SERVICES

HELPLINES

4Rehabilitation.com 877-726-3352
Use this service to determine eligibility for Drug Rehabilitation/Referral Services:
www.4rehabilitation.com/financing/?apcid=2938&keyword=drug%20rehab
Meth Hotline 877-662-6384
Drugs/meth, referral service, drug disturbances
www.no2meth.org

NATIONAL REFERRAL SERVICE 1-800-662-HELP (4357)
http://www.niaaa.nih.gov/alcohol-health/support-treatment
For local substance abuse treatment referral information in your state.

California Smokers' Helpline 800–662–8887
Spanish 800-456-6386
Tobacco Chewers 800-844-2439
www.californiasmokershelpline.org

Cocaine Anonymous of San Diego Helpline (866) 242-2248
http://www.casandiego.org/
For immediate assistance, 24 hours a day.

REHABILITATIONS

Alpha Project: for the Homeless/Casa Raphael 760-630-9922
975 and 993 Postal Way, Vista, CA 92083
www.alphaproject.org

Bethesda Recovery Center: Choices in Recovery/Hill House 760-945-5290
733 South Santa Fe Avenue, Vista, CA 92083
http://www.choicesinrecovery.org/

Choices in Recovery Center Bethesda Recovery Center/Humble House 760-945-5290
248 Hill Drive, Vista, CA 92083
http://www.choicesinrecovery.org

Choices in Recovery Center: Bethesda Recovery Center/New House 760-945-5290
747 Melrose Place, Vista, CA 92084
http://www.choicesinrecovery.org

Choices in Recovery Center: Foundation House 760-945-5290
619 Civic Center Drive, Vista, CA 92083
http://www.choicesinrecovery.org

Mental Health Systems: Family Treatment Center (760) 439-6702
Children's Services, Counseling Residential Treatment
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1100 Sportfisher Drive Oceanside, CA 92054
http://www.mhsinc.org/family-recovery-center

Mental Health Systems: North County Center For Change 760-940-1836
504 West Vista Way, Vista, CA 92083
https://www.mhsinc.org/listing/north-county-center-for-change-2/

Mental Health Systems: BPSR Vista 760-758-1092
550 W. Vista Way, Suite 407, Vista, CA 92083

SUPPORT GROUPS

Alcoholics Anonymous - North County 760–758–2514
604 E. Vista Way
Vista, CA. 92084
https://nosdco-aa.org/

North San Diego Young People in Alcoholics Anonymous 760–758–2514
4003 Vista Way
Oceanside, CA 92056
https://www.centerforchildren.org/resources/alcoholics-anonymous-all-north-county-young-peoples-group/
AA meeting for young people. Meetings are on Fridays and Saturdays from 7:30-9:00pm

Al-anon & Alateen 800–690–2666
3108 Fifth Ave #E
San Diego, CA 92103
www.alanonsandiego.org/index.html
12-step fellowship for the family and friends of those suffering from addiction. Referrals to local meeting places (information available 24 hours a day).

Cocaine Anonymous 866-242-2248
www.casandiego.org
Self-help groups, referral and fellowship for men and women who are recovering addicts.

Marijuana Anonymous 800–766–6779
www.marijuana-anonymous.org
12-step fellowship for the family and friends of marijuana addicts. Meetings are both in-person and online.
**Narcotics Anonymous 866-331-1958**
http://www.sandiegona.org/area/northcoastal/meeting-schedule/
12-step fellowship for those suffering from addiction.

**Nar-Anon 800-477-6291**
http://www.naranoncalifornia.org/socal/index.html
www.naranon.org
12-step fellowship for the family and friends of drug addicts.

**SUPPORT GROUPS (NON 12-STEP)**

**Vista Hill 858-514-5100**
8910 Clairemont Mesa Blvd
San Diego, CA 92123
Call for locations and times for support groups.
http://www.vistahill.org/programs-services/s-a-f-i-r/
Support groups for recovering adolescents and their parents. Must bring one adult to groups.

**Self Management & Recovery Training (SMART), john@smartrecoveryisd.org**
https://www.smartrecoveryisd.org/
Support groups for addictive behavior.

**DRUG TESTING**

**Drug Testing Network, Inc. 760-940-2015**
958 Postal Way, Suite 6B
Vista, CA 92083
https://drugtestingnetwork.com/at-home-quick-screen-panels
To order at-home, quick screen panels.

**North County Health Services – San Marcos Clinic 760-376-6767**
150 Valpreda Road
San Marcos, CA 92069
www.nchs-health.org
Cost of care is based a sliding scale, which is computed based on your income and family size.

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**Vista Community Clinic 760-631-5000**
1000 Vale Terrace, Vista, Ca 92084
Call to check cost and availability.

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**INTENSIVE OUTPATIENT**

**Aurora Behavioral Health (858) 675-4228**
11878 Ave. of Industry
San Diego, CA 92128
[http://www.aurorasandiego.com](http://www.aurorasandiego.com)
Provides inpatient care and partial hospitalization for acute mental health issues and chemical dependency intensive outpatient programs for adolescents ages 13 through 17. Treatment length varies.

**Hazelden Betty Ford 866-261-3734**
11720 El Camino Real
Suite 200
San Diego, CA 92130
[www.hazeldenBettyFord.org/SanDiego](http://www.hazeldenBettyFord.org/SanDiego)
Patient Aid funds are available on a limited basis for qualifying patients.

**MHS North Inland Teen Recovery Center 760–744–3672**
340 Rancheros Drive Ste 166
San Marcos, CA 92069
[www.mhsinc.org/teen-recovery-center-north-inland](http://www.mhsinc.org/teen-recovery-center-north-inland)
Provides outpatient substance abuse services to adolescents, offering counseling, education and support.

**Sharp Mesa Vista - Changes Program 858-836-8434**
7850 Vista Hill Ave.
San Diego, CA 92123
[http://www.sharp.com/mesa-vista/changes-program.cfm](http://www.sharp.com/mesa-vista/changes-program.cfm)
A 12-step program for teens.

**Union of Pan Asian Communities Teen Recovery Program 619–521–5720**
3288 El Cajon Blvd. #13
San Diego, Ca 92104
Offers outpatient adolescent treatment programs geared towards Asians and Pacific Islanders.

**INPATIENT**

**Aurora Behavioral Health (888) 565-4228**
11878 Ave. of Industry
San Diego, CA 92128
http://www.aurorasandiego.com
Provides inpatient care and partial hospitalization for children ages 5-12 whose acute symptoms require a safe and therapeutic environment. Provides inpatient care and partial hospitalization for acute mental health issues and chemical dependency intensive outpatient programs for adolescents ages 13 through 17.

**Green Oak Ranch (Adults Only) 760-727-0251**
1237 Green Oak Road
Vista, CA 92081
https://www.greenoakranchministries.org/
Residential coed program with Christian orientation. Residents are clients who have had substance problems. Treatment includes emphasis on spiritual needs and growth. Fees

**House of Metamorphosis (HOM) 619-236-9492**
2970 Market Street
San Diego, CA 92101
www.houseofmetamorphosis.org/
Long term residential treatment for adults.

**Substance Abuse and Mental Health Services Administration 1-800-662-HELP (4357)**
5600 Fishers Ln
Rockville, MD 20852
https://findtreatment.samhsa.gov/
A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

**Sharp McDonald Center 858–637–6920**
7850 Vista Hill Ave.
San Diego, CA 92123
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https://www.sharp.com/hospitals/mcdonald/
Offering adult inpatient, partial hospital and outpatient chemical dependency recovery services.

Sharp Mesa Vista - Children and Teen Mental Health Services 858-836-8434
7850 Vista Hill Ave.
San Diego, CA 92123
Offers inpatient programs include treatment for depression, anxiety, challenges with family or school, substance abuse and some developmental disabilities such as Asperger’s syndrome.

Teen Challenge of Southern California - 18 and up males
San Diego 619-265-0337
Riverside 951–682–8990
5445 Chicago Ave.
Riverside, CA 92507
San Diego County Facility holds 52
1 year residential, with self-sufficiency programs
www.teenchallenge.com

MEDICAL DETOX CENTERS

Aurora Behavioral Health 888-565-4228 (Adult Programs)
11878 Ave. of Industry
San Diego, CA 92128
http://www.aurorasandiego.com

Fellowship Center 760-745-8478 (18+ males)
737 East Grand Avenue
Escondido, CA 92025

Hazelden Betty Ford  866-261-3734
11720 El Camino Real
Suite 200
San Diego, CA 92130
www.hazeldenBettyFord.org/SanDiego
An in-network provider of substance use disorders treatment as an affiliate in the Scripps Health network

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**Sharp McDonald Center 858–637–6920**
7850 Vista Hill Ave.
San Diego, CA 92123
[https://www.sharp.com/hospitals/mcdonald/](https://www.sharp.com/hospitals/mcdonald/)
Offering adult inpatient, partial hospital and outpatient chemical dependency recovery services.

**Volunteers of America 619-232-9343**
101 16th Street
San Diego, CA 92101

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**TOBACCO PREVENTION EDUCATION**

**American Cancer Society 800-227-2345**
[www.cancer.org/Healthy/StayAwayfromTobacco/index?ssSourceSiteId=null](http://www.cancer.org/Healthy/StayAwayfromTobacco/index?ssSourceSiteId=null)
12405 Rancho Bernardo Road, Suite A
San Diego, CA 92103

**American Lung Association 800-LUNGUSA or 800-586-4872**
[www.lungusa.org/stop-smoking/](http://www.lungusa.org/stop-smoking/)
Information and referrals, health education on lung disease prevention.

**California Smokers’ Helpline 800–662–8887**
Spanish 800-456-6386
[www.californiasmokershelpline.org](http://www.californiasmokershelpline.org)

**Great American Smokeout  800-227-2345**
[www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index](http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index)
National Great American Smokeout takes place on the 3rd Thursday of November yearly.

**Smokefree.gov 800-QUITNOW**
[www.smokefree.gov](http://www.smokefree.gov)

**SmokefreeTXT**
[https://smokefree.gov/smokefreetxt](https://smokefree.gov/smokefreetxt)
The text messages provide tips, advice, and encouragement to help you overcome challenges and stay motivated.
OUTPATIENT BEHAVIORAL/PSYCHIATRIC

Aurora Behavioral Health (888) 565-4228
11878 Ave. of Industry
San Diego, CA 92128
http://www.aurorasandiego.com/programs/san-diego-outpatient-services

Child, Youth & Families System of Care, Outpatient Services, 619-563-2700
3177 Oceanview Blvd
San Diego, CA 92113
http://www.sandiegocounty.gov/hhsa/programs/bhs/mental_health_services_children/outpatient_services.html

Kaiser Permanente Mental Health and Emotional Wellness 619-528-5000
780 Shadowridge Drive
Vista, CA 92083
You don’t need a referral for mental health services.
https://healthy.kaiserpermanente.org/southern-california/doctors-locations/how-to-find-care/behavioral-health

Sharp Mesa Vista 858⊕694⊕8434
7850 Vista Hill Ave.
San Diego, CA 92123
https://www.sharp.com/hospitals/mesa-vista/index.cfm
Inpatient and intensive outpatient programs.

INPATIENT BEHAVIORAL/PSYCHIATRIC

Aurora Behavioral Health 858⊕675⊕4284
11878 Ave. of Industry
San Diego, CA 92128
http://www.aurorasandiego.com/

San Diego County Psychiatric Hospital 1-888-724-7240
3853 Rosecrans
San Diego, CA 92110
http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/inpatient_health_services_psychiatric_hospital.html

Sharp Mesa Vista 858⊕836⊕8434

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7850 Vista Hill Ave.
San Diego, CA 92123
https://www.sharp.com/hospitals/mesa-vista/

**Teen Adolescent Placement Services (TAPS) 760-439-2087**
1-888-975-SAVE (7283)
http://taps14.org/
TAPS is devoted to providing assistance to families with troubled and out of control youth.

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**PSYCHIATRIC EVALUATIONS/ MEDICATION**

**Children’s Hospital Outpatient Psychiatry 760-758-1480**
3605 Vista Way Suite 258
Oceanside, CA 92056
https://www.rchsd.org/programs-services/psychiatry/

**Douglas Young BPSR Clinic 858-695-2211**
10717 Camino Ruiz Suite 207
San Diego, CA 92126
http://www.comresearch.org/serviceDetails.php?id=NQ==
Adult outpatient mental health clinic

**Kaiser Permanente Mental Health and Emotional Wellness 619-528-5000**
780 Shadowridge Drive
Vista, CA 92083
You don’t need a referral for mental health services.
https://healthy.kaiserpermanente.org/southern-california/doctors-locations/how-to-find-care/behavioral-health

**North County Health Services 760-736-6767**
150 Valpreda Rd.
San Marcos, CA 92069
http://www.nchs-health.org/health-services/behavioral-health/

**Neighborhood Health Care**
https://www.nhcare.org/services/behavioral-health-services
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728 E. Valley Parkway
Escondido, CA 92025
Phone: (760) 737-6900

425 N. Date St.
Escondido, CA 92025
Behavioral Health, Suite 219
Phone: (760) 520-8340

460 N. Elm St.
Escondido, CA 92025
Phone: (760) 520-8100

COUNSELING

Community Resources Center - Counseling Program
Phone: (760) 753-2919 ext. 1384 or ext. 1504
http://www.communityresourcecenter.org/

1055 Carlsbad Village Drive
Phone: (760) 729-5209

1331 Encinitas Blvd
Phone: (760) 753-8222

210 S. Rancho Santa Fe Rd.
Phone: (760) 734-3872

Hospice of the North Coast – Hope Bereavement Center 760-431-4100
2525 Pio Pico Drive, Suite 301
Carlsbad, CA 92008-1568
https://hospicenorthcoast.org/bereavement/
Counseling for grieving students, minimum or no charge.

IMPACT programs  619–465–9260
Vagabond Inn
230 Broadway Suite #139
Chula Vista, CA  91910
http://www.impact-rtc.com/about-us.html
Court-ordered and self-help classes.

**Kaiser Permanente Mental Health and Emotional Wellness 619-528-5000**
780 Shadowridge Drive
Vista, CA 92083
You don’t need a referral for mental health services.

**Neighborhood Health Care**
[https://www.nhcare.org/services/behavioral-health-services](https://www.nhcare.org/services/behavioral-health-services)

728 E. Valley Parkway
Escondido, CA 92025
Phone: (760) 737-6900

425 N. Date St.
Escondido, CA 92025
Behavioral Health, Suite 219
Phone: (760) 520-8340

460 N. Elm St.
Escondido, CA 92025
Phone: (760) 520-8100

**Jewish Family Services (open to anyone) 858-637-3210**
Turk Family Center
8804 Balboa Ave.
San Diego, CA 92123
[http://www.jfssd.org/site/PageServer?pagename=programs_counseling_counseling](http://www.jfssd.org/site/PageServer?pagename=programs_counseling_counseling)

**North County Lifeline 760–757–0118**
[https://www.nclifeline.org/mental-health-counseling](https://www.nclifeline.org/mental-health-counseling)

200 Michigan Avenue
Vista, CA 92084
760-726-4900

707 Oceanside Blvd.

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Oceanside, CA 92054
760-757-0118

**Palomar Family Counseling Service**
http://www.palomarfamilycounseling.com/

1002 East Grand Ave.
Escondido, CA 92025
760-741-2660

945 Vale Terrace Dr.
Vista, CA 92084
760-630-3505

**Neighborhood Health Care**
https://www.nhcare.org/services/behavioral-health-services

728 E. Valley Parkway
Escondido, CA 92025
Phone: (760) 737-6900

425 N. Date St.
Escondido, CA 92025
Behavioral Health, Suite 219
Phone: (760) 520-8340

460 N. Elm St.
Escondido, CA 92025
Phone: (760) 520-8100

**North County Health Services 760–736–6767**
150 Valpreda Rd.
San Marcos, CA 92069
http://www.nchs-health.org/health-services/behavioral-health/

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**ABUSE AND VIOLENCE PREVENTION**

**CHILD ABUSE HOTLINE – 1-800-344-6000**
858-560-2191 (PRESS 4 FOR BILINGUAL)

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CENTER FOR MISSING/EXPLOITED CHILDREN - (800) 843-5678
http://www.missingkids.com/

Adult Protective Services 800-510-2020
9335 Hazard Way
San Diego, CA 92123
http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/adult_protective_services.html
Investigates reports of abuse of dependant or disabled adults ages 18 and over.

Anti-Defamation League
http://sandiego.adl.org/

Child Welfare Services 858-514-6995
http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services.html
CWS investigates reports of suspected child abuse and neglect and intervenes with families who do not meet the minimum community standards of health and safety as required by law.

1320 Union Plaza Ct.
Oceanside, CA 92054

463 N. Midway Drive
Escondido, CA 92027

Casa De Amparo 760-754-5500
325 Buena Creek Road
San Marcos, CA 92069
www.casadeamparo.org
Residential facility offering prevention services, parenting classes and crisis child care. Also offers support to children who have been abused or neglected.

Casey Family Programs 619-543-0774
888-281-5389
3878 Old Town Ave.
Suite 100
San Diego, CA 92110
https://www.casey.org/san-diego-field-office/

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Provides foster home placement and a long-term foster care program for youth and families.

**Childhelp USA 800-422-4453**
https://www.childhelp.org/
Dedicated to the treatment, prevention and research of child abuse and neglect. Finances several villages and a toll free, anonymous hotline.

**Children's Hospital - Chadwick Center for Children and Families 858-966-5814**
3020 Children's Way, MC 5016
San Diego, CA 92123
http://www.chadwickcenter.com/
Forensic and medical services, Kids and Teens in Court Program, professional education services, trauma counseling services.

**RAPE/DOMESTIC VIOLENCE**

**Center for Community Solutions (Rape Crisis Helpline) 1-888-385-4657 - 24 hr.**
http://www.ccssd.org/
4508 Mission Bay Dr
San Diego, California 92109
Support and referrals for those who have experienced assault, rape, or domestic violence.

**National Hotline for Domestic Violence 800-799-SAFE (800-799-7233) - 24 hr**
http://www.thehotline.org/
Provides crisis intervention, information, and referrals for individuals and families recovering from domestic violence.

**Community Resource Center – 877-633-1112**
760-753-1156
650 Second Street
Encinitas, CA 92024
http://crcncc.org/domestic-violence-program/
Assists women experiencing domestic violence.

**Children's Hospital - Chadwick Center for Children and Families 858-966-5814**
3020 Children's Way, MC 5016

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San Diego, CA 92123
http://www.chadwickcenter.com/
Trauma counseling services specializing in helping children and their families heal from traumatic events.

**Department of Defense Sexual Assault Prevention & Response (SAPR) Helpline:** 877-995-5247
http://www.sapr.mil/
SAPRO works hand-in-hand with the Services and the civilian community to develop and implement innovative prevention and response programs.

**District Attorney Victim Assistance Program:** 619-531-4041
http://www.sdcda.org/helping/victims/victim-services.html
The Victim Assistance Program offers comprehensive services to victims of all types of crimes. Victim Advocates assist victims from all walks of life and experiences, regardless of age, background, and/or immigration status. All services are free of charge.

**Incest Survivors Anonymous**
1050 Regal Road
Encinitas, CA 92024
http://www.siawso.org/Sys/PublicProfile/28711226/7166
12 step program for survivors of incest, rape, and physical abuse. Also offers over-the-phone counseling.

**Rape Abuse Incest National Network (RAINN):** 24 hour - 1-800-656-HOPE (4673)
https://www.rainn.org/
RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

**Sexual Assault Response Team (SART) 760⊕739⊕2150**
Assists victims of rape, sexual assault, and children experiencing abuse.

**Stalking Unit - Stalking - San Diego County District Attorney**
Stalking Information Line 619-515-8900
http://www.sdcda.org/preventing/stalking/

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Women’s Resource Center - North County  760⊕757⊕3500 - 24 hr.
1963 Apple St.
Oceanside, CA 92054
http://www.wrcsd.org/
Offers counseling for rape, domestic violence, etc. Also provides emergency shelter and transitional living assistance.

YWCA  619⊕234⊕3164 - 24 hr
www.ywcasandiego.com
Immediate shelter for women, and children under 18, who are experiencing domestic violence. Also provides job placement assistance, counseling, and legal aid.

HEALTH CARE

CalWORKs  1-866-262-9881
http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/calworks.html
Gives financial and medical assistance to low-income families with children under 18, or 18 year old full-time students expected to complete high school before 19.

County Medical Services  1-800-587-8118
http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/county_medical_services.html
A program that funds medical care for uninsured indigent adult county residents. While not a health insurance program, County Medical Services (CMS) funds services through a network of community health centers, private physicians and hospitals.

Escondido Family Medicine (CMS)  619.445.6200
http://www.mtnhealth.org/locations/escondido-family-medicine.aspx
255 N Ash St. Suite 101
Escondido, CA 92027
Provides high quality, comprehensive compassionate primary health care to the people in the community regardless of their ability to pay.

Medi-Cal  1-866-262-9881
http://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html

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Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income and resources.

**NCHS Oceanside Specialty Health Center (760) 736-6767**
619 Crouch St., Suite 100
Oceanside, CA 92054

**NCHS Mission Mesa Women’s Health – Satellite (760) 736-6767**
161 Thunder Drive, Suite #210
Vista, CA 92083

**NCHS San Marcos Health Center (760) 736-6767**
http://www.nchs-health.org/location/nchs-san-marcos-health-center/
150 Valpreda Road
San Marcos, CA 92069

**NCHS Mission Mesa Women's Health Center (760) 757-5841**
2210 Mesa Drive, Suite #5
Oceanside, CA 92054

**NCHS Mission Mesa Pediatrics (760) 736-6767**
http://www.nchs-health.org/location/nchs-mission-mesa-pediatrics/
2210 Mesa Drive, Suite #300
Oceanside, CA 92054

**NCHS Oceanside (Loma Alta) Health Center (760) 736-6767**
http://www.nchs-health.org/location/nchs-oceanside-health-center/
605 Crouch St., Building C
Oceanside, CA 92054

**NCHS La Mision Family Health Center (760) 736-6767**
http://www.nchs-health.org/location/nchs-la-mision-family-health-center/
3220 Mission Avenue, Unit #1
Oceanside, CA 92058

**NCHS Grand Ave Family Medicine (760) 736-6767**
http://www.nchs-health.org/location/nchs-grand-ave-family-medicine/

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**NCHS Encinitas Health Center (760) 736-6767**
http://www.nchs-health.org/location/nchs-encinitas-health-center/
1130 2nd Street
Encinitas, CA 92024

**NCHS Carlsbad Family Medicine (760) 736-6767**
http://www.nchs-health.org/location/nchs-carlsbad-family-medicine/
1295 Carlsbad Village Drive, Suite 100
Carlsbad, CA 92008

**Vista Community Clinic – Teen Clinic (844) 308-5003**
http://www.vistacommunityclinic.org/health-services/teen-clinic/
1000 Vale Terrace
Vista, CA 92084

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**DENTAL CARE**

**Denti-Cal (800) 322-6384**
www.denti-cal.ca.gov
San Diego Area Providers:
https://www.denti-cal.ca.gov/DC_documents/beneficiaries/provider_referral_list/FQHC/SanDiego_FQHC.pdf

**NCHS Oceanside Dental**
http://www.nchs-health.org/location/nchs-oceanside-dental/
2216 El Camino Real, Suites #121-122
Oceanside, CA 92054

**NCHS Oceanside Specialty Health Center (760) 736-6767**
619 Crouch St., Suite 100
Oceanside, CA 92054

**North County Health Services 760-736-6767**
http://www.nchs-health.org/location/nchs-san-marcos-health-center/
150 Valpreda Rd.

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San Marcos, CA  92069

**Share the Care 619⊕692⊕8858**
[http://sharethecaredental.org/STC_V2/](http://sharethecaredental.org/STC_V2/)
County of San Diego Health and Human Services Agency
3851 Rosecrans Street, Suite 522
San Diego, CA 92110
Provides linkage to emergency dental care due to pain or infection for qualified youth, ages 5-19, with no resources for dental care. No fee for dental services.

**Vista Community Clinic 844-308-5003**
1000 Vale Terrace
Vista CA 92084
The Dental Clinic serves primarily children; adult services are limited to pregnant women and emergencies.

**HEARING**

**Deaf Community Services of San Diego 619-398-2441**
[www.deafcommunityservices.org](http://www.deafcommunityservices.org)
Helps clients one-on-one to overcome communication barriers, improve functioning and life skills, and educate the public.

**The Hearing Foundation – Lions Club 800-327-8077**
[www.hearingfoundation.org](http://www.hearingfoundation.org)
The Foundation has a hearing aid bank and supports patients who need hearing aids.

**San Diego State University Audiology Clinic 619-594-6477**
[https://slhs.sdsu.edu/audiology-speech-language-clinic/audiology-clinic/](https://slhs.sdsu.edu/audiology-speech-language-clinic/audiology-clinic/)
5245 Campanile Drive
San Diego, CA 92182
A donation-based system for some services directly related to hearing testing.

**Signs of Silence 760-580-3562**
[https://www.signsofsilence.net/](https://www.signsofsilence.net/)
1056 B Commerce Street
San Marcos, CA 92078

**VISION**

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Family Health Centers of San Diego 619-515-2300  
http://www.fhcsd.org/vision-services/  

San Diego Center for the Blind (Vista) 760-758-5956  
1385 Bonair Road  
Vista, California 92084  
https://www.sdcb.org/  

San Diego Medi-Cal Vision Providers:  

Vista Community Clinic Optometry 844-308-5003  
VCC Vale Terrace VCC Grapevine  
1000 Vale Terrace Drive 134 Grapevine Road  
Vista, CA 92084 Vista, CA 92083  
http://www.vistacommunityclinic.org/health-services/optometry/  

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EMERGENCY AND FOOD SERVICES  

211 OR 800-227-0997  
www.211sandiego.org  
Resource and information hub that connects people with community, health and disaster services.  

Alliance for African Assistance 619⊕286⊕9052  
5952 El Cajon Blvd.  
San Diego, Ca 92115  
http://www.alliance-for-africa.org/  
Provides shelter referrals, furnishings, food, clothing and some emergency expenses for foreign refugees. Multiple languages spoken.  

Brother Benno Foundation 760⊕439⊕1244  
3260 Production Ave.  
Oceanside, CA 92058  
https://www.brotherbenno.org/  

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Provides food, clothing, haircuts, mailing address, showers and laundry, 40 lb. box of food 1/month for families w/children, assistance to replace lost or stolen ID, bus tickets and gas vouchers. 6:30am - 1pm daily

Friends of La Posada 760-929-2322  
https://www.friendsoflaposada.org/  
2476-78 Impala Drive  
Carlsbad, Ca 92008  
Shelter and other services for homeless men and employed farm workers

Interfaith Community Services  
www.interfaithservices.org  
Offers free breakfast and sack lunches each weekday. Provides case management, clothing, blankets, showers, laundry, emergency shelter, mail, hotel vouchers for families.

Interfaith Community Services Carlsbad Service Center 760-448-5696  
5731 Palmer Way, Suite A  
Carlsbad, CA 92010

Interfaith Community Services Coastal Service Center 760-721-2117  
4700 North River Road  
Oceanside, CA 92057

Interfaith Community Services Inland Service Center 760-489-6380  
550 W. Washington Ave.  
Escondido, CA 92025

North County Lifeline  760-726-4900  
https://www.nclifeline.org/housing-and-stability  
200 Michigan Avenue  
Vista, CA 92084

Operation Hope – 760-536-3880  
http://www.operationhopeshelter.org/  
859 East Vista Way  
Vista, California 92084

Encinitas WIC Office 888-477-6333  
NCHS Encinitas WIC  
http://www.nchs-health.org/location/encinitas-wic-office/

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285 N. El Camino Real #111
Encinitas, CA 92024

**Valley Center WIC Office 888-477-6333**
**NCHS Valley Center WIC**
(Inside the VC Community Hall)
28246 Lilac Rd.
Valley Center, CA 92082

**San Marcos WIC Office 888-477-6333**
**NCHS San Marcos WIC**
150 Valpreda Rd #102
San Marcos, CA 92069

**Oceanside WIC Office 888-477-6333**
**NCHS Oceanside WIC (Mission Mesa)**
2210 Mesa Dr. #1
Oceanside, CA 92054

**Escondido WIC Office 888-477-6333**
**NCHS Escondido WIC**
649 West Mission Ave Suite 7
Escondido, CA 92025

**Women's Resource Center - North County  760⊕757⊕3500 - 24 hr.**
1963 Apple St.
Oceanside, CA 92054
Provides emergency shelter and transitional living assistance.

**YMCA – North Inland TAY Academy 760-908-9373**
[https://www.centerforchildren.org/resources/ymca-north-inland-tay-academy/](https://www.centerforchildren.org/resources/ymca-north-inland-tay-academy/)
1050 N. Broadway, Building C
Escondido, CA 92025

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**RUNAWAYS**

National Runaway Safeline  1-800-786-2929  
[https://www.1800runaway.org/](https://www.1800runaway.org/)

San Diego Youth Services Youth Emergency Shelter  619-325-3527  
[https://sdyouthservices.org/what_we_do/programs/](https://sdyouthservices.org/what_we_do/programs/)  
3255 Wing Street  
San Diego, CA 92110  
Serves as the only emergency night shelter program and drop-in center for homeless and runaway youth, providing a safe home and comprehensive support services to help these youth return to their families or find alternative safe living arrangements.

**LGBT**

The North County LGBTQ Resource Center 760- 994-1690  
3220 Mission Ave. Suite #2 Oceanside  
[https://www.ncresourcecenter.org/](https://www.ncresourcecenter.org/)  
Offers support groups, education, mental health services, HIV/AIDS testing and prevention.

PFLAG North San Diego 1-888-398-0006  
[www.pflag.com](http://www.pflag.com)  
Support groups for parents, friends and family of people in the LGBTQ community. Some support groups in Spanish.  
Contact: northcountyinland@pflag.com or northcountycoastal@pflag.com

Trans Family Support Services 858-382-9156  
[http://transfamilysos.org/#home](http://transfamilysos.org/#home)  
TFSS provides services such as family coaching, assistance with healthcare and insurance issues, navigating the legal system and advocating for resources and support at schools.

Escondido Y - Our Safe Place  760-721-8930  
1050 North Broadway, Escondido 92026  

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A certified outpatient behavioral health program that provides a welcoming and supportive environment for LGBTQ youth ages 12-21 and their families.

**Hillcrest Youth Center  619.692.2077**  
1807 Robinson Ave, Suite 106  
San Diego, CA 92103  
[www.youthcentersd.com](http://www.youthcentersd.com)  
Offers a social center with programs for individuals aged 14 to 20 years. Services include counseling; youth support groups, educational workshops, social activities, and HIV prevention. Provides case management; life skills (budgeting, etc); alcohol, tobacco, and other drug prevention; leadership development; computer lab and training; tutoring services for school or GED; and confidential HIV and STD testing and counseling.

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### EATING DISORDERS

**Eating Disorders Hotline  (24/7) 1-888-232-6949**  
[https://www.bulimia.com/topics/eating-disorder-hotline/](https://www.bulimia.com/topics/eating-disorder-hotline/)  
**National Eating Disorders Association 1-800-931-2237**  
[https://www.nationaleatingdisorders.org/help-support/contact-helpline](https://www.nationaleatingdisorders.org/help-support/contact-helpline)  
Helpline for support, resources and treatment options for yourself or a loved one.

**ANAD  630-577-1330**  
[www.anad.org](http://www.anad.org)  
Provides support, information, and referrals for individuals with eating disorders. Also offers support for family and friends.

**Overeaters Anonymous**  
[https://oa.org/find-a-meeting/?type=0&country=United%20States&state=CA&city=Vista&sort=ASC&distance=25&limit=100&submit=true](https://oa.org/find-a-meeting/?type=0&country=United%20States&state=CA&city=Vista&sort=ASC&distance=25&limit=100&submit=true)  
12 step program for any eating disorder - anorexia, bulimia, anorexia/bulimia, or overeating.

**Sharp Mesa Vista  858-836-8434**  
7850 Vista Hill Ave.  
San Diego, CA 92123  

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https://www.sharp.com/hospitals/mesa-vista/
Treatment length varies. Partial-hospitalization treatment and intensive outpatient programs.

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**AIDS/HIV**

**HIV Nightline** (24/7) 800⊕628-9240  

**AIDS Hotline** 800⊕367-AIDS  

**Auntie Helen’s**  
Founded to help those living with HIV/AIDS. We also provide services for low-income and the homeless.

**Being Alive 619-291-1400**  
3940 Fourth Avenue  
San Diego, CA 92103  
A non-profit HIV/AIDS service provider, offering a variety of services.

**Christie's Place 619⊕702⊕4186**  
2440 Third Ave  
San Diego, CA 92101  
[www.christiesplace.org](http://www.christiesplace.org)  
Offers support group to families infected and affected by HIV/AIDS

**Mama’s Kitchen 619-233-6262**  
3960 Home Avenue  
San Diego, CA 92105  
Mama's Kitchen prepares and delivers food to men, women and children who are affected by AIDS.

**Vista Community Clinic 844-308-5003**  
[http://www.vistacommunityclinic.org/health-services/hiv/](http://www.vistacommunityclinic.org/health-services/hiv/)  
1000 Vale Terrace  
Vista CA 92084

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A private nonprofit health care center that provides HIV services.

**IMMIGRANT ASSISTANCE**

**Access–Immigration Services 858-560-0871**  
2612 Daniel Ave.  
San Diego, CA 92111  
Helps immigrant domestic violence victims obtain legal status to escape abusive relationships.

**Alliance for African Assistance 619-286-9052**  
5952 El Cajon Blvd.  
San Diego, Ca 92115  
Provides professional and low-cost immigration and naturalization services.

**Casa Cornelia Law Center 8619-231-7788**  
2760 5th Ave, Suite 200  
San Diego, CA 92103  
[www.casacornelia.org](http://www.casacornelia.org)  
Provides legal representation to indigent immigrant seeking asylum, spouses and children experiencing domestic violence, undocumented voc's, and children detained by the CIS.

**Citizenship and Immigration Services 800-375-5283**  
1261 3rd Ave #A  
Chula Vista, CA 91911  
[www.uscis.gov](http://www.uscis.gov)  
Assistance in obtaining legal entry into the US, employment authorization, naturalization, travel documents, permanent residence, immigration benefits for families experiencing domestic violence.

**Mexican Consulate of San Diego 619-231-8414, info@consulmexsd.org**  
[https://consulmex.sre.gob.mx/sandiego/](https://consulmex.sre.gob.mx/sandiego/)  
1549 India St.  
San Diego, CA 92101  
Advocacy for human and civil rights, child support, domestic violence support, immigration legal advice, referrals to law firm representation, help to obtain documents.

**PREGNANCY/CHILD CARE CONCERNS**

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The Abortion Survivors Network
info@theabortionsurvivors.com
http://theabortionsurvivors.com/survivor-support/

Alternatives Women Center  760-741-9796
257 East 2nd Ave
Escondido, CA 92025
https://www.awc-ca.com/
Support group for women experiencing difficulty after an abortion

Vista Unified School District Teen Parent Program 760-724-3775
1575 Bonair Road
Vista, CA 92084
https://avhs-vistausd-ca.schoolloop.com/tpp

American Red Cross - WIC 800-500-6411
www.sandiegowic.org
Offices located in Carlsbad and Oceanside.
Provides supplemental nutritious foods, nutritional counseling, and referrals for other social service agencies.

Children’s Paradise East Vista 760-941-7578
990 Vale Terrace Dr.
Vista, Ca 92084
Low to no cost childcare programs available.

Children’s Paradise Escondido 760-480-1300
986 W. El Norte Parkway
Escondido, CA 92026
Low to no cost childcare programs available.

Children’s Paradise Oceanside 760-433-3800
2017-A Mission Avenue
Oceanside, CA 92058
Low to no cost childcare programs available.

Children’s Paradise South Vista 760-724-5600
145 N. Melrose Dr., Ste 100

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Low to no cost childcare programs available.

**Lifeline Coastal Youth Services  760-757-0118**
707 Oceanside Blvd.
Oceanside, CA
https://www.nclifeline.org/youth-development
Offers teen pregnancy education, prevention, and encourages healthy decision making. Assists teens in creating a life vision through individual and group mentoring, and family education. Educates high school aged students on the dangers of sexually transmitted diseases and the responsibilities, demands, and sacrifices involved in caring for a newborn baby.

**Planned Parenthood Vista Isabella Health Center 888-743-7526**
1964 Via Centre
Vista, CA 92081
https://www.plannedparenthood.org/health-center/california/vista/92081/vista-isabella-health-center-4186-90110
Provides exams, lab tests (pap and STD’s), birth control, emergency contraception, pregnancy testing, counseling, and family planning. Limited services for males available also.

**Planned Parenthood Escondido Center  888-743-7526**
347 W. Mission Avenue
Escondido, CA 92025
https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-center-2331-90110
Provides exams, lab tests (pap and STD’s), birth control, emergency contraception, pregnancy testing, counseling, and family planning. Limited services for males available also.

**North County Health Services – WIC**
http://www.nchs-health.org/community-resources/wic/
Provides supplemental nutritious foods, nutritional counseling, and referrals for other social service agencies.

**Encinitas WIC Office 888-477-6333**
NCHS Encinitas WIC
http://www.nchs-health.org/location/encinitas-wic-office/

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285 N. El Camino Real #111
Encinitas, CA 92024

Valley Center WIC Office 888-477-6333
NCHS Valley Center WIC
http://www.nchs-health.org/location/valley-center-wic-office/
(Inside the VC Community Hall)
28246 Lilac Rd.
Valley Center, CA 92082

San Marcos WIC Office 888-477-6333
NCHS San Marcos WIC
http://www.nchs-health.org/location/san-marcos-wic-office/
150 Valpreda Rd #102
San Marcos, CA 92069

Oceanside WIC Office 888-477-6333
NCHS Oceanside WIC (Mission Mesa)
http://www.nchs-health.org/location/oceanside-wic-office/
2210 Mesa Dr. #1
Oceanside, CA 92054

Escondido WIC Office 888-477-6333
NCHS Escondido WIC
http://www.nchs-health.org/location/escondido-wic-office/
649 West Mission Ave Suite 7
Escondido, CA 92025

Mission Mesa Pediatrics, North County Health Services 760-966-3306
2210 Mesa Dr., Ste 12
Oceanside, CA 92054
www.nchs-health.org
Family planning services to teens, counseling, and sexually transmitted disease testing and treatment.

North County Health Services – San Marcos Pediatrics 760@736@6767
150 Valpreda Road
San Marcos, CA 92069
www.nchs-health.org
Cost of care is based a sliding scale, which is computed based on your income and family size.

**North County Health Services Mission Mesa Pediatrics** 760-736-6767  
2210 Mesa Drive, Suite #300  
Oceanside, CA 92054

**North County Health Services Oceanside (Loma Alta) Pediatrics** (760) 736-6767  
605 Crouch St., Building C  
Oceanside, CA 92054

**North County Health Services La Mision Pediatrics** (760) 736-6767  
3220 Mission Avenue, Unit #1  
Oceanside, CA 92058

**North County Health Services Grand Ave Pediatrics** (760) 736-6767  
727 W. San Marcos Blvd., Suite #112  
San Marcos, CA 92078

**North County Health Services Encinitas Pediatrics** (760) 736-6767  
1130 2nd Street  
Encinitas, CA 92024

**North County Health Services Carlsbad Family Medicine** (760) 736-6767  
1295 Carlsbad Village Drive, Suite 100  
Carlsbad, CA 92008

**SANDAPP (San Diego Adolescent Pregnancy and Parenting Program)**  619-344-6430  
5465 El Cajon Blvd, B2  
San Diego, CA 92115  
Provides case management services to pregnant and parenting youth throughout San Diego County.

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LEGAL AID

Legal Aid Society of San Diego - North County 18775342524
216 South Tremont St
Oceanside, CA 92054
www.lassd.org
Provides legal services including counseling, advice, and representation to low-income individuals in areas such as health, housing, immigration rights, family law, and juvenile law.

San Diego Volunteer Lawyer Program - 6192355656
info@sdvlp.org
707 Broadway, Suite 1400
San Diego, CA 92101
www.sdvlp.org
Provides pro-bono legal advice and direct representation assistance to the indigent in family law, domestic violence prevention, AIDS law, guardianships, special education, immigration, and civil rights.

North County Regional Center 760-201-8600
www.sdcourt.ca.gov/portal/page?_pageid=55,1058990&_dad=portal&_schema=PORTAL
325 South Melrose Drive
Vista, CA 92081
District Attorney’s Office: 760-806-4004
http://www.sdcds.org/office/contact/office-locations.html

Victim/Witness Assistance: 619-531-4041
http://www.sdcds.org/helping/victims/victim-services.html

Restraining Order Information
http://www.sdcourt.ca.gov/portal/page?_pageid=55,1524115&_dad=portal&_schema=PORTAL
http://www.sdvlp.org/get-help/family-law/

OTHER RESOURCES

1:1 Mentoring through Big Brothers Big Sisters San Diego, 858-536-4900, ext. 213
4305 University Ave, Suite 300
San Diego, CA 92105

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http://sdbigs.org/enroll/

1:1 Mentoring through Girls Rising, 619-297-1135
PO BOX 161218
San Diego, CA 92176
https://girlsrisingsd.org/little-sisters/

Alphabetical Listing

211  www.211sandiego.org  211 OR 800-227-0997
4-H  http://cesandiego.ucdavis.edu/4-H/  858-694-2861
4Rehabilitation.com  866-874-5728
Able-Disabled Advocacy  www.abledisabledadvocacy.org  North County  760-439-7033
Abortion Survivors Anonymous  760-741-7050
Access  www.access2jobs.org  858-560-0871
Access Center of San Diego  760-435-9205
Access – Immigration Services  858-560-0871
Adoption Service  www.sdcounty.ca.gov/hhsa/programs/cs/adoptions_program/index.html  760-754-3456
Adult Protective Service  www.sdcounty.ca.gov/hhsa/programs/ais/adult_protective_services/index.html  800-510-2020
AIDS/HIV Nightline  www.hivnightline.org  800-273-2437
AIDS Hotline  800-523-6444
AIDS/STDs Hotline  800-342-2437
Al Bahr Shrine  www.albahrshrine.org/  888-267-4541
Alanon/Alateen  www.al-anon.alateensandiego.org/  800-690-2666
Alcohol and Drug Services  www.sdcounty.ca.gov/hhsa/facilities/north_central/alcohol_drug_mental_health_administration.html  619-584-5007
Alcohol and Drug Treatment Hotline  800-252-6465
Alcoholics’ Anonymous North County  www.alchoholics-anonymous.org  760-758-2514
Alliance for African Assistance (all foreign refugees)  619-286-9052
Alpha Project: for the Homeless/Casa Raphael  www.alphaproject.org  760-630-9922
Alternative Payment Program  www.cappaonline.com/  800-481-2151
Alternatives Pregnancy Care Clinic  www.pregnancyescondido.com/  760-741-9796
Alternatives Women Center  www.pregnancyescondido.com  760-741-9796
American Cancer Society  www.cancer.org/  800-227-2345
American Heart Association  www.heart.org/HEARTORG/  800-242-8721
American Lung Association  www.lungusa.org/associations/states/california/  800-586-4872
American Red Cross  www.sdarc.org/  760 757-5403
American Red Cross – WIC  www.sandiegowic.org  800-500-6411
ANAD  www.anad.org  847-831-3438
Anti-Defamation League  regions.adl.org/san-diego  619-293-3770
Arson Hotline  800-633-2836
Arthritis Foundation  www.arthritis.org/  800-283-7800
Assistive Technology Program  760-435-9205
Autism Society of America  www.sd-autism.org/  858.715.0678
Aurora Behavioral Health Care  www.aurorabehavioral.com/  888-565-4228
Battered Women Services  760-757-3500
Bethesda Recovery Center: Choices in Recovery  www.choicesinrecovery.org  760-945-5290

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Birth Choice  
www.birthchoice.net/  
760-744-1313

Boy Scouts of America  
www.sdicbsa.org/  
619-298-6121

Boys and Girls Club (after school program)  
www.bgc vista.com  
760 -724-6606 ext. 24

Braille Institute  
brailleinstitute.org/About_Us/Locations/San_Diego_County.aspx  
858-452-1111

Brother Benno Foundation  
www.brotherbenno.org/  
760-439-1244

Cal Works  
www.sdcounty.ca.gov/hhsaprograms/ssp/calworks/  
760-754-5757

Cal Works Employment and other Resources  
www.sdcounty.ca.gov/hhsaregional_admin/documents/HHSARegionalContactSheet_NCNTY_2009-10-01_BlueENGLISH.pdf  
760-754-6042

California Conservation Corps  
www.ccc.ca.gov/locations/sandiego/Pages/sd.aspx  
800-952-5627

California Healthy Families  
www.healthy-family.us  
800-880-5305

California Runaway (short term counseling, lists of shelters)  
www.youthcrisisline.org/  
800-843-5200

California Rural Legal Assistance (Citizenship)  
www.crla.org/office-locations  
800-242-2752

California SIDS Program  
www.californiasids.com  
800-369-7437

California Smokers' Helpline  
www.californiasmokershelpline.org  
800-NOBUTTS

California Smokers' Hotline  
www.tobaccofreecacoma  
800- 662-8887

Camp Fire Council  
www.campfiresdi.org  
619-291-8985

Cancer Connection  
858-626-6762

Casa Cornelia Law Center  
www.casacornelia.org  
800-704-4041

Casa De Amparo  
www.casadeamparo.org  
760-754-5500

Casey Family Program  
www.casey.org/Locations/California/SanDiego/  
619-543-0774

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

Center for Community Solutions  
www.ccsd.org  
888-272-1767

Center for Missing/Exploited Children  
800-843-5678

Child Abuse Hotline  
www.sdcounty.ca.gov/hhsaprograms/cs/child_welfare_services/child_abuse_hotline.html  
800-344-6000

Child Care Connection  
800-543-7793

Child Development Association  
www.crs.ymca.org  
800-481-2151

Child Health and Disability Prevention  
www.sdcounty.ca.gov/hhsaprograms/phs/child_health_disability_prevention_program/kindergarten_first_grade_health_exam.html  
800-675-2229

Child Help USA (child abuse hotline)  
www.childhelp.org/pages/help-for-kids  
800-422-4453

Child Mental Health Emergency Services  
www.sdcounty.ca.gov/hhsaprograms/bhs/mental_health_services_children/emergency_and_crisis_ment al_health_services.html  
619-421-6900

Child Protective Services  
800-344-6000
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Childcare Services (Mission Valley Family Resource Center)  800-716-4300
Childhood Asthma Initiative  619-297-3901
sandiegohealth.org/disease/asthma/asthmadirectory4consumers_eng.pdf

Children Youth and Family Helpline  800-675BABY
Children's Hospital Center for Children & Families  www.chadwickcenter.org  760-967-7082
Children's Hospital Outpatient Psychiatry  www.chsd.org  760-758-1480
Christie's Place  619-702-4186
Citizenship and Immigration Services  www.uscis.gov  800-375-5283
Cocaine Anonymous  www.casandiego.org  866-242-2248
Codependents Anonymous  www.coda.org  619-222-1244
Community Resource Center  www.communityresourcecenter.org  760-753-2919
Community Resource Center – LIBRE  Domestic Violence  760-633-1112
County Medical Services  www.sdcounty.ca.gov/hhsa  858-492-4444
County Mental Health-Children  www.sdcounty.ca.gov  619-563-2750
Crisis Response and Advocacy Services  888-385-4657
Critical Hours  858-581-5886
www.thechildrensinitiative.org/pdfs/08pdfs/CHdirectory08-09.pdf

CROP – From the Inside Out  www.fromtheinsideoutinc.org  760-754-0580
Deaf Community Services of San Diego  619-398-2441
Denti-Cal  www.denti-cal.ca.gov  800-322-6384
Diabetes Association  www.diabetes.org  800-342-2383
Domestic Violence Hotline (San Diego)  619-683-2500
Douglas Young Clinic  858-695-2211
Eating Disorders Hotline  800-362-2644
Employment Training  www.cetweb.org/aboutcet/location/ca.html  760-747-9115
Empty Cradle  www.emptycradle.org  619-595-3887
Escondido Family Medicine  760-745-5832
Escondido Police  police.escondido.org/contact-information.aspx  760-747-4721
Family Caregiver Support Services.  800-510-2020
Family Empowerment Counseling Program  619-293-3500
Food Stamps  www.sdcounty.ca.gov/hhsa/programs/ssp/food_stamps/  866-262-9881
Eldercare Locator  www.eldercare.gov/  800-677-1116
Escondido Family Medicine (CMS)  760-745-5832
General Relief  866-262-9881
www.sdcounty.ca.gov/hhsa/programs/ssp/general_relief/

Girl Scouts  www.sdgirlscouts.org  760-739-1935
Great American Smokeout  www.cancer.org  800-227-2345
Green Oak Ranch  www.greenoakranch.org  760-727-0251
Harmonium, Inc.  www.harmonium-inc.org  858-566-5740
Health and Human Services Agency  760-967-4500
www.sdcounty.ca.gov/hhsa/regional_admin/north/healthlink.html

Health Dept. (Information for pregnant women and babies).  800-222-9999
Health Information Directory .  800-336-4797
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Healthy Families .. www.healthyfamilies.ca.gov/ 800-880-5305
Healthy San Diego www.sdcounty.ca.gov/hhsa/programs/ssp/healthy_san_diego/ 619-515-6684

Hillcrest Youth Center www.youthcentersd.com 619-497-2920
HIV Testing Services( Clairemont Community Service Center ) 858-490-4400
Hospice Link 800-331-1620
Hospice of the North Coast – Bereavement www.hospicenorthcoast.org 760-431-4100
House of Metamorphosis www.houseofmetamorphosis.org 619-236-9492
Housing, U.S. Dept of (Discrimination line) www.justice.gov/crt/about/osc/htm/engperliwdiss.php 800-255-7688

Healthy San Diego          619-515-6684
Healthy Families .. www.healthyfamilies.ca.gov/ 800-880-5305
Hillcrest Youth Center www.youthcentersd.com 619-497-2920
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House of Metamorphosis www.houseofmetamorphosis.org 619-236-9492
Housing, U.S. Dept of (Discrimination line) www.justice.gov/crt/about/osc/htm/engperliwdiss.php 800-255-7688

Immigration Services www.ccdsd.org/immigration.php 760-631-5890
Immunization Clinics 619-692-8661
Immunization Hotline (English) www.hhs.gov/nvpo/law.htm 800-232-2522
Immunization Hotline (Spanish) www.hhs.gov/nvpo/law.htm 800-232-0233
IMPACT programs 619-465-9260
Incest Survivors Anonymous www.siauso.org 858-541-0558
Independent Living Skills for Foster Youth 866-457-4636
Interfaith Coastal www.interfaithservices.org/contact.html 760-721-2117
Interfaith Care Behavioral Health www.interfaithservices.org 760-746-5857
Jewish Family Services www.jfssd.org 760-944-7855

La Leche League. 800-525-3243
La Pasada de Guadalupe www.ccdsd.org/homelessmen.php 760-929-2322
Legal Aid Society of San Diego – North County 877-534-2524
Lifeline Coastal Youth Services www.nlifeline.org/youth.htm 760-757-0118
Marijuana Anonymous www.marijuana-anonymous.org 800-766-6779
McAlister Institute - Teen Recovery Center www.mcalisterinc.org 858-578-5612
Medi-Cal www.sdcounty.ca.gov/hhsa/programs/ssp/medic-cal_program/ 866-262-9881
Medi-Cal Hotline 800-952-5294
Mental Health Administration... www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_children/ 619-563-2750

Mental Health Systems: Family Treatment Center etc. www.mhsinc.org 760-630-4573
Meth Hotline www.no2meth.org 877-662-6384
Mexican Consulate of San Diego portal.sre.gov.mx/sandiego 619-231-8414
Mission Mesa Pediatrics, North County Health Services www.nchs-health.org 760-966-3306
Nar-Anon www.naranoncalifornia.org 800-477-6261
National Clearing House for Alcohol and Drug Information 800-729-6686
National Hotline for Domestic Violence www.ndvh.org 800-799-7233
National Referral Service 800-662-4357
National Runaway Switchboard 800-621-4000
NCI Cancer Information www.cancer.gov/global/contact 800-422-6237
Neighborhood Health Care www.nhcare.org 760-746-5857

For a complete list of all programs, please visit the Vista Unified School District website or contact your child's school counselor.
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Nineline (Runaways & “Home Free” help)  www.nineline.org  800-999-9999
No Butts (Quit Smoking)  800-662-8887
www.tobaccofreeca.com/where_to_get_help_resources.html
North County Health Services – Carlsbad  760-720-7766
North County Health Services – Encinitas  760-753-7842
North County Health Services – Oceanside/Carlsbad  760-757-4566
North County Health Services – San Marcos Clinic  www.nchs-health.org  760-736-6767
North County Lifeline  www.nclifeline.org  760-726-4900
North County LGBTQ Resource Center - Oceanside  www.ncrestsourcecenter.org  760-994-1690
North San Diego Young People in Alcoholics Anonymous  http://gonsdypaa.org  760-758-2514
Oceanside Sheriff PERT  760-435-4911
Overeaters Anonymous (Help with all eating disorders)  www.oa.org  619-758-9507
Palavra Tree  www.palavratree.org  619-263-7768
Perinatal Care Network.  www.sdcounty.ca.gov/hhsa/programs/phs/perinatal_care_network/
PFLAG  www.pflag.com  619-579-7640
Phoenix House  www.phoenixhouse.org  760-729-2830
Planned Parenthood  www.planned.org  800-675-2229
www.sdcounty.ca.gov/hhsa/programs/phs/perinatal_care_network/
San Diego Access and Crisis Line  800-479-3339
San Diego County Superior Courthouse  760-726-9595
San Diego Kids Health Assurance Network  800-675-2229
San Diego Volunteer Lawyer Program – North County  619-235-5656 Ext100
San Diego Mediation Center  www.sdmediate.com  619-238-2400
San Diego State University Hearing Aid Program  619-594-6477
San Diego State University Psychology Clinic  619-594-5134
San Diego Volunteer Lawyer Program – North County  619-235-5656 Ext100
San Diego Youth Services  www.sdycs.org  619-221-8600
SANDAPP  www.sandi.net/sandapp  619-235-5000
SART (Sexual Assault Response Team)  760-739-2150
Scripps McDonald Center  www.scripps.org  858-626-4300
Self Management & Recovery Training (SMART)  www.smartrecovery.org  858-546-1100X3
Share the Care  www.sharethecaredental.org  619-692-8858
Sharp Mesa Vista- Changes Program  www.sharp.com  800-827-4277
Shiners Hospital for Children  www.albahrshrine.org  888-267-4541
Signs of Silence  www.signsofsilence.org  760-744-1325 (voice) 760-744-3709 (TDD)
Smokefree.gov  www.smokefree.gov  800-QUITNOW
Social Advocates for Youth – SAY  www.saysandiego.org  858-565-4148
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Social Security Benefits.  
www.ssa.gov/dibplan/d&s1.htm  
800-772-1213

Solutions for Change (Temporary shelter for families in crisis)  
760-941-6545

Special Education Services  
760-752-4900

Spoke Shop (ACCESS)  
619-296-8012

www.sdcounty.ca.gov/hhsa/programs/ais/documents/Lilipad_brochure_11-28-06.pdf

Stalking Strike Force  
www.sdca.org/rteting/staling.php  
619-515-8900

Storefront Shelter  
619-325-3527

Suicide Hotline  
www.boystown.org/national-hotline  
800-448-3000

Survivors of Suicide Support Group  
www.survivorsofsuicide.com  
619-482-0297

TAPS  
760-439-2087

Teen Challenge of Southern CA  
www.teenchallenge.com  
951-682-8990

The Hearing Foundation – Lions Club  
www.hearingfoundation.org  
800-327-8077

Trans Family Support Services  
http://transfamilysos.org/#home  
858-382-9156

Trauma Intervention Program  
www.tipsandiego.org  
760-931-2104

Trish Greene Back to School Program for Children with Cancer  
858-277-1800 Ext 230

TOTLINE (Counseling Line)  
858-541-5250

TrustLine (Background check for Nannies)  
www.trustline.org/basics.htm  
800-822-8490

Tuberculosis Control Program  
619-692-5565

UCSD – CAPS  
www.health.ucsd.edu  
619-229-3700

UCSD – Teen Pregnancy Program  
619-543-6790

Union of Pan Asian Communities  
www.upacsd.com  
619-521-5720

United Way Agency  
www.uwsd.org/content/about-us  
888-448-6673

Victim Resource Line  
800-842-8467

Vista Community Clinic  
www.vistacommunityclinic.org/  
760-631-5000

Vista Hill – Bridges  
www.vistahill.org/programs/bridges.htm  
760-806-2317

Vista Hill – SAFIR  
www.vistahill.org/programs/safir.org  
800-668-4250

Vista Sherriff PERT  
760-643-3766

WIC Works  
www.wic-sdsu.org/breastfeeding  
888-999-6897

Women’s Resource Center – North County  
760-757-3500

Yellow Ribbon Suicide Prevention Program  
www.yellowribbon.org  
303-429-3530

Y.E.S (Youth Empowerment Services)  
www.access2jobs.org/yes/  
858-560-0871

YMCA/YWCA  
mottino.ymca.org/  
760-758-0808

YWCA (Shelter for Women and Children)  
www.ywcasandiego.com  
619-234-3164

YMCA Child Care Connection  
619-521-3070

YMCA – OZ North Coast  
www.yfs.ymca.org  
760-721-8930

YMCA - Our Safe Place (Support for LGBTQ youth)  

760-721-8930

Youth Crisis Line  
www.youthcrisisline.org  
800-843-5200

Youth Development International – Youth Crisis Hotline  
www.ydi.org  
800HIT HOME

Youth Services Program  
888-565-4228

211sandiego.communityos.org/sys/profile.taf?profiletype=service&recordid=652612