

Commission on Gang Prevention and Intervention Community Resource Guide



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California Wellness Foundation

This project was constructed by the CGPI team

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**SERVICES
BY
ZIP CODE**

SERVICES COVERING ALL AREAS

AL-ANON and AL-ATEEN

Phone: (619) 296-2666

Big Sister League of San Diego, Inc

Phone: (619) 297-1172 x 101

Child Abuse Hotline

Phone: (858) 560-2191

Toll free: (800) 344-6000

Child Welfare Services (CWS)

Phone: (858) 694-5191

County of San Diego- San Diego

Access & Crisis Line

Phone: (800) 479-3339

Family Justice Center

General Information: 1-866-933-4673

Crisis Hotline: 1-800-479-3339

Legal Aid Society of San Diego

Phone: 1-877-534-2524

Narcotics Anonymous (NA)

Phone: (619) 584-1007

Spanish: (619) 564-0774

Toll-free: (800) 479-0062

San Diego Food Bank- Emergency

Food Assistance Distribution Sites

Phone: (858) 527-1419

Phone: (866) 350-3663

San Diego Youth Services

Administration

Phone: (619) 221-8600

WIC/American Red Cross (Women,

Infants & Children)

Phone: (800) 500-6411

CENTRAL

Barrio Station

92113/ Phone: (619) 238-0314

Boys and Girls Club of Greater San Diego

92102/ Phone: (866) 739-6884

Catholic Charities

92101/ Phone: (619) 231-2828

Catholic Charities- The Center for Counseling

92101/ Phone: (619) 231-2828

Center for Employment Training (CET) of San Diego

92102/ Phone: (619) 233-6829

Critical Hours- Greater Golden Hill Community Development

Youth Education Town

92102/ Phone: (619) 696-9992

Critical Hours- Sherman Heights Community Center- Our Lady's School

92102/ Phone: (619) 233-8889

Family & Youth Roundtable

92101/ (619) 546-5852

Family Health Centers- Downtown

92101/ Phone: (619) 515-2525

Family Resource Center- Metro

92101 / Phone: (619) 744-5101

Family Resource Center- Southeast

92102/ Phone: (619) 266-3701

House of Metamorphosis

92102/ Phone: (619) 236-9217

Juvenile Courts

92123/ Phone: (858) 634-1600

**Juvenile Diversion Residential-
YMCA OZ**

92117/ Phone: (858) 270-8213

**Metro-United Methodist Urban
Ministry- Gompers Middle School**

92102/ Phone: (619) 263-7171 x 2227

**Metro-United Methodist Urban
Ministry- Good Neighbor Centers -
Chollas View**

92102/ Phone: (619) 264-0368

Metro Youth One-Stop-Career Center

92101/ Phone: (619) 233-2814

National Conflict Resolution Center

92101/ Phone: (619) 238-2400

**Palavra Tree- Central South West
Teen Recovery Center**

92102/ Phone: (619) 238-7393

San Diego Urban League

92102/ Phone: (619) 263-3115

San Diego Youth Services

Administration

92101/ Phone: (619) 221-8600

**SAY San Diego- Mid-City Juvenile
Diversion and Prevention Family
Resource Center**

92123/ Phone: (619) 283-9624

Sherman Heights Community Center

92102/ Phone: (619) 232-5181

Social Advocates for Youth (SAY)

92104/ Phone: (858) 565-4148

Stand Up For Kids

92101/ Phone: (619) 237-5437

Phone: 1-800-365-4KID

**Toussaint Academy of the Arts and
Sciences (TAAS)**

92102/ Phone: (619) 687-1080

**UPAC- San Diego Asian Youth
Organization (SDAYO) Pan Asian
High Risk Youth Mentorship**

92102/ Phone: (619) 232-6454 x 848

YMCA Downtown

92101/ Phone: (619) 232-7451

YMCA Jackie Robinson Family

92102/ Phone: (619) 264-0144

EASTERN

**Boys & Girls Club- Clairemont
Branch**

92116 / Phone: (858) 273-1645

**Community Assessment Team
(CATs), SAY San Diego**

92105/ Phone: (619) 283-9624 x 239

**CRC Health Group- Fashion Valley
Clinic**

92108 / Phone: (877) 637-6237

**Family Resource Center- Mission
Valley**

92108/ Phone: (619) 767-5206

Fred Finch Youth Center

91920/ Phone: (619) 281-3706 x 100

Home Start

92108/ Phone: (619) 692-0727

Jewish Family Services

92123/ Phone: (858) 637-3000

Mental Health Systems (MHS)

92123/ Phone: (858) 573-2600

MHS- Caring Helpers

92123 / Phone: (858) 292-0903

MHS- Families Forward Wraparound

92123/ Phone: (858) 380-4676

Metro- United Methodist Urban Ministry

92116 / Phone: (619) 285-5556

Rady's Childrens Hospital- Developmental Evaluation Clinic

92123/ Phone: (858) 966-5817

San Diego Youth Services Administration

92121/ Phone: (619) 221-8600

SAY San Diego

92123/ Phone: (858) 565-4148

SAY San Diego- Mid-City Juvenile Diversion and Prevention Family Resource Center

92123/ Phone: (619) 283-9624

San Diego City Schools' Mental Health Resource Center (MHRC)

92123/ Phone: (858) 573-2227

San Diego Girls' Alliance

92116/ Phone: (619) 852-5773

SAY San Diego- Breaking Cycles Program

92123/ Phone: (858) 492-2300

YMCA Youth and Family Services

92116/ Phone: (619) 543-9850

YMCA Child Care Resource Services

92108/ Phone: (619) 521-3055

YMCA Toby Wells

92123/ Phone: (858) 496-9622

MID-CITY

Able-Disabled Advocacy (A-DA)

92105/ Phone: (619) 231-5990

Community Assessment Team (CATs), Central, c/o SAY San Diego

92105/ Phone: (619) 283-9624 x 239

City Heights Community Development Corporation (CHCDC)

92105/ Phone: (619) 584-1535

City Heights Wellness Center

92105/ Phone: (619) 321-2920

CRC Health Group- Home Ave Clinic

92105/ Phone: (877) 637-6237

Family Health Centers- City Heights

92115/ Phone: (619) 515-2400

Family Resource Center- Northeast

92115 / Phone: (866) 262-9881

Home Start

92105/ Phone: (619) 692-0727

Horn of Africa

92105/ Phone: (619) 583-0532

International Rescue Committee

92105/ Phone: (619) 641-7510

La Maestra Community Health Center

92105/ Phone: (619) 280-4213

Metro-United Methodist Urban Ministry

92105/ Phone: (619) 285-5556

Metro Career Center

92105/ Phone: (619) 516-2200

Pro Kids (The First Tee San Diego)

92105/ Phone: (619) 582-7884

Project B.R.O. (Brotherhood, Responsibility and Outreach)

Phone: (619) 269-1436

Reality Changers (Agentes de Cambio)

92105/ Phone: (619) 516-2216 (Spanish)
Phone: (619) 516-2222 (English)

SAY San Diego- Mid-City Juvenile Diversion and Prevention Family Support Center

92105 & 92115/ Phone: (619) 283-9624

San Diego Youth Services Administration

92105/ Phone: (619) 221-8600

Star/Pal

92105/ Phone: (619) 531-2718

Unity Tech

92115/ Phone: (619) 287-8182

YMCA Copley Family

92105/ Phone: (619) 283-2251

NORTHERN

Access Inc.

92111/ Phone: (858) 560-0871

Boys & Girls Club- Roberts Family Branch Linda Vista

92111/ Phone: (858) 277-6670

Center for Community Solutions (CCS)- Coastal Location

92109/ Phone: (858) 272-5777

County of San Diego- Emergency Screening Unit (ESU)

91911/ Phone: (619) 421-6900

Family Health Center- Beach Area

92109/ Phone: (619) 515-2444/
Phone: (619) 876-4420

Family Health Centers- Ciaccio Memorial Clinic

92104/ Phone: (619) 515-2587

Family Health Centers- North Park

92104/ Phone: (619) 515-2424

McAlister Institute (MITE)- North Central Teen Recovery Center

92117/ Phone: (858) 277-4633

Riley School Program- Children's Outpatient Psychiatry

92111/ Phone: (858) 966-8659

San Diego Center for Children

92111/ Phone: (858) 277-9550

San Diego County Office of Education- Continuation and alternative schools

92111/ Phone: (858) 292-3500

San Diego Youth Services Administration

92110/ Phone: (619) 221-8600

**SAY San Diego- Mid-City Juvenile
Diversion and Prevention Family
Support Center**

92117/ Phone: (619) 283-9624

Tariq Khamisa Foundation (TKF)

92111/ Phone: (858) 565-0800

YMCA La Jolla

92037/ Phone: (858) 453-3483

YMCA Mission Valley

92110/ Phone: (619) 298-3576

NORTHEASTERN

**Fred Finch Youth Center- Dual
Diagnosis Residential**

91945/ Phone: (619) 797-1090

**Harmonium/ Epicentre- Youth
Programs**

92126/ Phone: (858) 271-4000

Harmonium- Children's Programs

92126/ Phone: (858) 684-3080

**Jewish Family Services- North County
Inland**

92128/ Phone: (858) 674-1123

Harmonium- Counseling Programs

92126/ Phone: (858) 566-5740

NORTHWESTERN

**Turning the Hearts Center- Gang Awareness through Mentoring and Education
(GAME)**

91910/ Phone: (619) 691-9643

SOUTH BAY:

****includes services in National City, Imperial Beach and Chula Vista***

California Conservation Corps (CCC)

91950/ Phone: (619) 409-4382/

Phone: 1-800-952-JOBS (5627)

**Family Resource Center- National
City**

91950/ Phone: (619) 336-8360

Casa Familiar- Social Services Center

92173/ Phone: (619) 428-1115

**Family Resource Center- Rayo de
Esperanza**

91911/ Phone: (619) 425-4458

**Casa Familiar- Civic & Recreation
Center**

92173 / Phone: (619) 428-1115

**Family Resource Center-
Summercrest Community Center**

91950/ Phone: (619) 475-2080

**Community Assessment Team
(CATs), South County, c/o South Bay
Community Services**

91932, 92154 & 92173/

Phone: (619) 420-3620

Job Corps

91932/ Phone: (619) 429-8500

MAAC Project- San Ysidro Service Center

92173/ Phone: (619) 428-1139

McAlister Institute (MITE)- South Bay Teen Recovery Center

91914/ Phone: (619) 482-9300

Metro-United Methodist Urban Ministry- Good Neighbor Centers - Nestor

92154/ Phone: (619) 429-0802

National Conflict Resolution Center

92173/ Phone: (619) 238-2400

South Bay Community Services- Teen Recovery Center

91911/ Phone: (619) 420-3620

South Bay Community Services (SBCS)

91911/ Phone: (619) 420-3620
24- Hour Hotline: 1-800-640-2933

South County Career Center

91911/ Phone: (619) 628-0300

San Ysidro Health Center

92173/ Phone: (619) 428-4463

San Ysidro Health Center- Behavioral Health

92173 / Phone: (619) 428-4463

San Ysidro Health Center- Otay Family Health Center

91911/ Phone: (619) 205-1360

San Ysidro Health Center- Youth Enhancement Services

92173/ Phone: (619) 428-5533

Turning the Hearts Center

91910/ Phone: (619) 691-9643

YMCA Border View

92154/ Phone: (619) 428-9622

SOUTHEASTERN

Barrio Station

92113/ Phone: (619) 238-0314

The Barrio Youth Center

92113/ Phone: (619) 238-0314

Black Contractors Association (BCA) YouthBuild

92114/ Phone: (619) 263-9791

Boys & Girls Club- Logan Heights / W.J. Oakes Branch

92113 / Phone: (619) 525-1739

Boys & Girls Club- Encanto

92114/ Phone: (619) 263-6407

Community Assessment Team (CATs), Central, c/o SAY San Diego

92105/ Phone: (619) 283-9624 x 239

CNC- Youth Opportunity & Employment Program & Gang Prevention Initiative Program

92114/ Phone: (619) 325-3580

Holly Drive Leadership Academy

92113/ Phone: (619) 266-7333

Inner City Youth of San Diego (ICY)

92113/ Phone: (619) 527-7154

Family Health Centers- Diamond Neighborhoods

92114/ Phone: (619) 515-2560

Family Health Centers- Logan Heights

92113/ Phone: (619) 515-2300

Family Health Centers- Teen Health Center

92113/ Phone: (619) 515-2333

Palavra Tree- Central South Teen Recovery Center

92113/ Phone: (619) 263-7768

Read/ San Diego

92114/ Phone: (619) 527-5475

SAY San Diego- Project L.I.V.E.

92114/ Phone: (619) 263-3009 x 2255

South Metro Career Center

92113/ Phone: (619) 266-4200

Southcrest Park Recreation Center

92113/ Phone: (619) 527-3413

Teen Center: (619) 527-3442

WESTERN

Alpha Project for the Homeless

92103/ Phone: (619) 542-1877

Chicano Federation

92104/ Phone: (619) 285-5600

Rescue Social Change Group

92103/ Phone (619) 231-7555

SAY San Diego- Mid-City Juvenile Diversion and Prevention Family Support Center

92104/ Phone: (619) 283-9624

San Diego Youth Services Administration

92104/ Phone: (619) 221-8600

The Center- The San Diego Lesbian, Gay, Bisexual & Transgender Community Center Youth Center

92103/ Phone: (619) 497-2920

UPAC- Addiction, Treatment & Recovery Division (Drug Medi-Cal only)

92104/ Phone: (619) 521-5720

YMCA Peninsula Family

92107/ Phone: (619) 266-8888

YMCA Turning Point Transitional Living Program

92104/ Phone: (619) 640-9774

YMCA Youth & Family Services (YSF)

92103/ Phone: (619) 543-9850

SERVICES BY DISTRICT

SERVICES COVERING ALL AREAS

Al-ANON and AL-ATEEN

Phone: (619) 296-2666

Legal Aid Society of San Diego

Phone: 1-877-534-2524

Big Sister League of San Diego, Inc

Phone: (619) 297-1172 x 101

National Conflict Resolution Center

Phone: (619) 238-2400

Child Abuse Hotline

Phone: (858) 560-2191/

Toll free: (800) 344-6000

Narcotics Anonymous (NA)

Phone: (619) 584-1007/

Spanish: (619) 564-0774/

Toll-free: (800) 479-0062

Child Welfare Services (CWS)

Phone: (858) 694-5191

San Diego Food Bank- Emergency Food Assistance Distribution Sites

Phone: (858) 527-1419 or

Phone: (866) 350-3663

County of San Diego- San Diego

Access & Crisis Line

Phone: (800) 479-3339

San Diego Youth Services

Administration

Phone: (619) 221-8600

Family Justice Center

General Information: 1-866-933-4673/

Crisis Hotline: 1-800-479-3339

WIC/American Red Cross (Women, Infants & Children)

Phone: (800) 500-6411

District 1

Access Inc.

Phone: (858) 560-0871

Jewish Family Services

Phone: (858) 637-3000

Boys & Girls Club of San Dieguito Griset Branch- North Coastal Polster Branch

Phone: (858) 755-9371

Jewish Family Services- CO-OP (Town Park Villas)

Phone: (858) 453-0182

YMCA La Jolla

Phone: (858) 453-3483

District 2

Able-Disabled- Central San Diego

Phone: (619) 231-5990

Alcohol and Drug Services ADS- Palavra Tree Central South West Teen Recovery Center

Phone: (619) 238-7393

Al-ANON and ALATEEN

Phone: (619) 296-2666

Big Sister League of San Diego, Inc

Phone: (619) 297-1172 x 101

Catholic Charities

Phone: (619) 231-2828

**Center for Community Solutions-
Coastal Location**

Phone: (858) 272-5777

**City Heights Community
Development Corporation (CHCDC)**

Phone: (619) 584-1535

**County Health and Human Services
Agency- Sexually Transmitted Disease
Clinic**

Phone: (619) 692-8550

CRC Health Group- Home Ave Clinic

Phone: (877) 637-6237

Family & Youth Roundtable

Phone: (619) 546-5852

Family Health Center- Beach Area

Phone: (619) 515-2444

Family Health Center- Downtown

Phone: (619) 515-2525/

Phone: (619) 876-4420

Family Justice Center

General Information: 1-866-933-4673

Crisis Hotline: 1-800-479-3339

Family Resource Center- Metro

Phone: (619) 744-5101

Family Resource Center- Southeast

Phone: (619) 266-3701

**Garfield High School (Continuation
School)**

Phone: (619) 525-2059

Home Start

Phone: (619) 692-0727

House of Metamorphosis

Phone: (619) 236-9217

**International Rescue Committee
(IRC)**

Phone: (619) 641-7510

**La Maestra Community Health
Center**

Phone: (619) 280-4213

**Metro-United Methodist Urban
Ministry**

Phone: (619) 285-5556

Metro Youth One-Stop-Career Center

Phone: (619) 233-2814

**Palavra Tree- Central South West
Teen Recovery Center**

Phone: (619) 238-7393

Planned Parenthood

Phone: 1-888-743-PLAN (7526)

Pro Kids (The First Tee San Diego)

Phone: (619) 582-7884

**Reality Changers (Agentes de
Cambio)**

Phone: (619) 516-2216 (Spanish)

Phone: (619) 516-2222 (English)

**San Diego County Office of Education
and Juvenile Court & Community
Schools (SDCOE/JCCS) -
Transitioning Youth N' Motion/
Metro Youth One-Stop-Career Center**

Phone: (619) 233-2814

**San Diego Youth Services
Administration**

Phone: (619) 221-8600

San Diego Urban League

Phone: (619) 263-3115

**SAY San Diego- Mid-City Juvenile
Diversion and Prevention Family
Support Center**

Phone: (619) 283-9624

San Diego Workforce Partnership

Phone: (619) 228-2900

Sherman Heights Community Center

Phone: (619) 232-5181

Stand Up For Kids

Phone: (619) 237-5437

Phone: 1-800-365-4KID

Star/Pal

Phone: (619) 531-2718

**The Center- The San Diego Lesbian,
Gay, Bisexual & Transgender
Community Center**

Phone: (619) 692-2077

**Toussaint Academy of the Arts and
Sciences (TAAS)**

Phone: (619) 687-1080

UCSD BRIGHT Families Project

Phone: (858) 530-3200

**UPAC- San Diego Asian Youth
Organization (SDAYO) Pan Asian
High Risk Youth Mentorship**

Phone: (619) 232-6454 x 848

YMCA Copley Family

Phone: (619) 283-2251

YMCA Downtown

Phone: (619) 232-7451

YMCA Jackie Robinson Family

Phone: (619) 264-0144

YMCA La Jolla

Phone: (858) 453-3483

YMCA Mission Valley

Phone: (619) 298-3576

YMCA Peninsula Family

Phone: (619) 266-8888

**YMCA Youth & Family Services
(YFS)**

Phone: (619) 543-9850

District 3

Able-Disabled- Central San Diego

Phone: (619) 231-5990

AL-ANON and ALATEEN

Phone: (619) 296-2666

Big Sister League of San Diego, Inc

Phone: (619) 297-1172 x101

**Boys and Girls Club of Greater San
Diego**

Phone: (866) 739-6884

**Boys and Girls Club- Clairemont
Branch**

Phone: (858) 273-1645

Catholic Charities

Phone: (619) 231-2828

Chicano Federation: Youth & Family Services

Phone: (619) 285-5600

City Heights Family Health Center

Phone: (619) 515-2400

City Heights Wellness Center

Phone: (619) 321-2920

County of San Diego Central Region Public Health Center

Phone: (619) 229-5400

CRC Health Group- Home Ave Clinic

Phone: (877) 637-6237

Dress for Success

Phone: (619) 533-6014

Family Health Centers- Ciaccio Memorial Clinic

Phone: (619) 515-2587

Family Health Center- Downtown

Phone: (619) 515-2525

Family Health Center- North Park

Phone: (619) 515-2424

Family Justice Center

General Information: 1-866-933-4673/

Crisis Hotline: 1-800-479-3339

Family Resource Center- Metro

Phone: (619) 744-5101

Family Resource Center- Northeast

Phone: (866) 262-9881

House of Metamorphosis

Phone: (619) 236-9217

Jewish Family Services- HIV Intergrated Services Program

Phone: (858) 637-3236

Jewish Family Services- College Avenue Older Adult Center

Phone: (858) 637-3270

Metro Career Center

(619) 516-2200

Metro-United Methodist Urban Ministry

Phone: (619) 285-5556

National Conflict Resolution Center

Phone: (619) 238-2400

Palavra Tree- Central South West Teen Recovery Center

Phone: (619) 238-7393

San Diego Girl's Alliance

Phone: (619) 852-5773

San Diego Youth Services Administration

Phone: (619) 221-8600

San Diego Urban League

Phone: (619) 263-3115

SAY San Diego- Mid-City Juvenile Diversion and Prevention Family Resource Center

Phone: (619) 283-9624

School-to-Career Intermediary System- San Diego Workforce Partnership, Inc.

Phone: (619) 228-2900

Sherman Heights Community Center

Phone: (619) 232-5181

Stand Up For Kids

Phone: (619) 237-5437

Phone: 1-800-365-4KID

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

**The Center- The San Diego Lesbian,
Gay, Bisexual & Transgender
Community Center**

Phone: (619) 692-2077

**UPAC- San Diego Asian Youth
Organization (SDAYO) Pan Asian
High Risk Youth Mentorship**

Phone: (619) 232-6454 x 848

Unity Tech

Phone: (619) 287-8182

YMCA Downtown

Phone: (619) 232-7451

**YMCA Youth and Family Services
(YFS)**

Phone: (619) 543-9850

**YMCA Turning Point Transitional
Living Program**

Phone: (619) 640-9774

Metro Youth One-Stop-Career Center

Phone: (619) 233-2814

District 4

Able-Disabled Advocacy (A-DA)

Phone: (619) 231-5990

**Alcohol and Drug Services ADS-
Palavra Tree Central South West
Teen Recovery Center**

Phone: (619) 238-7393

Barrio Station

Phone: (619) 238-0314

**Black Contractors Association (BCA)
Youth Build**

Phone: (619) 263-9791

**Boys and Girls Club of Greater San
Diego**

Phone: (866) 739-6884

Boys and Girls Club- Encanto Branch

Phone: (619) 263-6407

**Boys and Girls Club- Logan Heights/
W.J. Oakes Branch**

Phone: (619) 525-1739

**City Heights Community
Development Corporation (CHCDC)**

Phone: (619) 584-1535

**Coalition of Neighborhood Councils
(CNC) Youth Employment and
Opportunity Program & Gang
Prevention Initiative**

Phone: (619) 325-3580

CRC Health Group- Home Ave Clinic

Phone: (877) 637-6237

**Euclid Avenue- Francis Torbert
Center: Planned Parenthood**

Phone: (888) 743-7526

Family Health Centers of San Diego

Phone: (619) 515-2300

**Family Health Center- Diamond
Neighborhoods**

Phone: (619) 515-2560

Family Health Center- Logan Heights

Phone: (619) 515-2300

**Family Health Center- Teen Health
Center**

Phone: (619) 515-2333

Family Resource Center- Southeast

Phone: (619) 266-3701

Holly Drive Leadership Academy

Phone: (619) 266-7333

Home Start

Phone: (619) 229-3660

Horn of Africa

Phone: (619) 583-0532

Inner City Youth

Phone: (619) 527-7154

**International Rescue Committee
(IRC)**

Phone: (619) 641-7510

**Jewish Family Services- North County
Inland**

Phone: (858) 674-1123

**La Maestra Community Health
Center**

Phone: (619) 280-4213

**Logan Heights Family Counseling
Center**

Phone: (619) 515-2355

**MAAC Project- Mercado Community
Development Office**

Phone: (619) 237-0661

MAAC Project- National City

Phone: (619) 352-4525

Metro Career Center

Phone: (619) 516-2200

**Metro-United Methodist Urban
Ministry**

Phone: (619) 285-5556

**Palavra Tree- Central South West
Teen Recovery Center**

Phone: (619) 238-7393

Pro Kids (The First Tee San Diego)

Phone: (619) 582-7884

**Reality Changers (Agentes de
Cambio)**

Phone: (619) 516-2216 (Spanish)

Phone: (619) 516-2222 (English)

San Diego Urban League

Phone: (619) 263-3115

**San Diego Youth Services
Administration**

Phone: (619) 221-8600

San Diego Workforce Partnership

Phone: (619) 228-2900

**SAY San Diego- Mid-City Juvenile
Diversion and Prevention Family
Resource Center**

Phone: (619) 283-9624

Sherman Heights Community Center

Phone: 232-5181

Socail Advocates for Youth (SAY)

Phone: (858) 565-4148

South Metro Career Center

Phone: (619) 266-4200

Southcrest Park Recreation Center

Phone: (619) 527-3413

Teen Center: (619) 527-3442

Star/Pal

Phone: (619) 531-2718

**Toussaint Academy of the Arts and
Sciences (TAAS)**

Phone: (619) 687-1080

**UPAC- San Diego Asian Youth
Organization (SDAYO) Pan Asian
High Risk Youth Mentorship**

Phone: (619) 232-6454 x 848

[YMCA Copley Family](#)

Phone: (619) 283-2251

[YMCA Jackie Robinson Family](#)

Phone: (619) 264-0144

[YMCA Youth and Family Services](#)

Phone: (619) 543-9850

District 5

[Harmonium- Children's Programs](#)

Phone: (858) 684-3080

[Harmonium- Counseling Programs](#)

Phone: (858) 566-5740

[Harmonium Epicentre](#)

Phone: (858) 271-4000

[Harmonium- Youth Programs](#)

Phone: (858) 566-5740

[Rady's Children's Hospital](#)

[Outpatient Psychiartry](#)

Phone: (858) 487-9050

[San Diego Youth Services](#)

[Administration](#)

Phone: (619) 221-8600

[UCSD BRIGHT Families Project](#)

Phone: (858) 530-3200

[Union of Pan Asian Communities-](#)

[UPAC](#)

Phone: (619) 232-6454

District 6

[Alcohol and Drug Services \(ADS\)](#)

Phone: (619) 584-5007

Phone: (619) 515-2444/

Phone: (619) 876-4420

[Boys and Girls Club Linda Vista/ Roberts Branch](#)

Phone: (858) 277-6670

[Family Resource Center- Mission Valley](#)

Phone: (619) 767-5206

[Center for Community Solutions \(CCS\)- Coastal Location](#)

Phone: (858) 272-5777

[Home Start](#)

Phone: (619) 692-0727

[County Health and Human Services Agency- Sexually Transmitted Disease Clinic](#)

Phone: (619) 692-8550

[Jewish Family Services](#)

Phone: (858) 637-3000

[CRC Health Group- Fashion Valley Clinic](#)

Phone: (877) 637-6237

[Juvenile Courts](#)

Phone: (858) 634-1600

[Family Health Center- Beach Area](#)

[Mark Twain High School- Alternative School](#)

Phone: (858) 496-8260

[McAlister Institute \(MITE\)](#)

Phone: (619) 442-0277

**McAlister Institute (MITE)- North
Central Teen Recovery Center**

Phone: (858) 277-4633

**Mental Health Resource Center for the
San Diego Unified School District**

Phone: (858) 573-2227

Mental Health Systems (MHS)

Phone: (858) 573-2600

**Mental Health Systems (MHS)- Caring
Helpers**

(858) 292-0903

**Mental Health Systems (MHS)- Families
Forward Wraparound**

Phone: (858) 380-4676

**Mental Health Systems (MHS)- Steps
Adolescent Day Treatment**

Phone: (858) 565-2510

Metro Career Center

Phone: (619) 516-2200

**Rady Children's Hospital- Developmental
Evaluation Clinic**

Phone: (858) 966-5817

**Riley School Program- Rady's Children's
Outpatient Psychiatry**

Phone: (858) 966-8659

San Diego Center for Children

Phone: (858) 277-9550

**San Diego City Schools' Mental Health
Resource Center (MHRC)**

Phone: (858) 573-2227

**San Diego County Office of Education-
Continuation and Alternative Schools**

Phone: (858) 292-3500

**San Diego Workforce Partnership's
Youth Division ACCESS, Inc.- YES
Transition Network**

Phone: (858) 560-0871

San Diego Youth Services Administration

Phone: (619) 221-8600

SAY San Diego

92123/ Phone: (858) 565-4148

Socail Advocates for Youth (SAY)

Phone: (858) 565-4148

Tariq Khamisa Foundation (TKF)

Phone: (858) 565-0800

**YMCA Child Care Resource Service
(CRS)**

Phone: (619) 521-3055

YMCA Juvenile Diversion Residential

Phone: (858) 270-8213

YMCA Mission Valley

Phone: (619) 298-3576

YMCA Toby Wells

Phone: (858) 496-9622

District 7

Able-Disabled San Diego

Phone: (619) 231-5990

City Heights Community Development Corporation (CHCDC)

Phone: (619) 584-1535

CRC Health Group- Home Avenue Clinic

Phone: (877) 637-6237

Critical Hours After School Program- Our Lady of the Sacred Heart School

Phone: (619) 284-1715

Family Health Center- City Heights

Phone: (619) 515-2400

Family Resource Center- Northeast

Phone: (866) 262-9881

Health Center- San Ysidro

Phone: (619) 662-4100

Home Start

Phone: (619) 692-0727

Horn of Africa

Phone: (619) 583-0532

International Rescue Committee (IRC)

Phone: (619) 641-7510

Jewish Family Services- College Avenue Older Adult Center

Phone: (858) 637-3270

La Maestra Community Health Center

Phone: (619) 280-4213

Metro Career Center

Phone: (619) 516-2200

Planned Parenthood

Phone: 1-888-743-PLAN (7526)

Planned Parenthood- City Heights Express Clinic

Phone: (888) 743-7526

Pro Kids (The First Tee San Diego)

Phone: (619) 582-7884

Public Health Center

Phone: (619) 229-5400

Reality Changers (Agentes de Cambio)

Phone: (619) 516-2216 (Spanish)

Phone: (619) 516-2222 (English)

San Diego Workforce Partnership's Youth Division

Phone: (619) 228-2900

San Diego Youth Services Administration

Phone: (619) 221-8600

SAY San Diego- Mid-City Juvenile Diversion and Prevention Family Support Center

Phone: (619) 283-9624

School-to-Career Intermediary System San Diego Workforce Partnership, Inc.

Phone: (619) 228-2900

Sherman Heights Community Center

Phone: (619) 232-5181

Social Advocates for Youth

Phone: (858) 565-4148

Star/Pal

Phone: (619) 531-2718

Unity Tech

Phone: (619) 287-8182

YMCA Copley Family

Phone: (619) 283-2251

YMCA Youth and Family Services

Phone: (619) 543-9850

District 8

**Alcohol and Drug Services ADS- Palavra
Tree Central South West Teen Recovery
Center**

Phone: (619) 238-7393

Central South East Teen Recovery Center

Phone: (619) 263-7768

Alternative School- Garfield High School

Phone: (619) 525-2059

Boys and Girls Club of Greater San Diego

Phone: (866) 739-6884

**Boys and Girls Club- Logan Heights/ W.J
Oakes Branch**

Phone: (619) 525-1739

Casa Familiar

Phone: (619) 428-1115

Catholic Charities

Phone: (619) 231-2828

**Community Assessment Teams
(CATs)- South County**

Phone: (619) 420-3620

Dress for Success

Phone: (619) 533-6014

Family Health Center- Downtown

Phone: (619) 515-2525

**Family Health Center- Teen Health
Center**

Phone: (619) 515-2333

Family Justice Center

General Information: 1-866-933-4673

Crisis Hotline: 1-800-479-3339

Family & Youth Roundtable

Phone: (619) 546-5852

Family Resource Center- Metro

Phone: (619) 744-5101

Family Resource Center- Southeast

Phone: (619) 266-3701

Holly Drive Leadership Academy

Phone: (619) 266-7333

House of Metamorphosis

Phone: (619) 236-9492

Inner City Youth (ICY)

Phone: (619) 527-7154

**MAAC Project- Mercado Community
Development Office**

Phone: (619) 237-0661

MAAC Project- National City

Phone: (619) 352-4525

**MAAC Project- San Ysidro Service
Center**

Phone: (619) 428-1139

**Mental Health Services Outpatient-
Logan Heights Family Counseling Center**

Phone: (619) 515-2355

Metro-United Methodist Urban Ministry

Phone: (619) 285-5556

**Metro-United Methodist Urban Ministry
Re-entry Program (17-24 to Adults)**

Phone: (619) 285-5556

**Metro-United Methodist Urban Ministry-
Good Neighbor Centers Emergency Food
Food and Clothing**

Phone: (619) 264-0368

**Mental Health Services- Outpatient South
Adults Older Adults CRF/Maria Sardinias
Center**

Phone: (619) 428-1000

National Conflict Resolution Center

Phone: (619) 238-2400

**Palavra Tree - Central South Teen
Recovery Center**

Phone: (619) 238-7768

**San Diego County Office of Education
and Juvenile Court and Community
Schools (SDCOE/JCCS)/ Transitioning
Youth N' Motion Metro Youth One-
Stop-Career Center**

Phone: (619) 233-2814

San Diego Urban League

Phone: (619) 263-3115

**San Diego Workforce Partnership's
Youth Programs ACCESS, Inc.- Centro
de Capacitación Toribio Romo**

Phone: (858) 560-0871

San Diego Youth Services Administration

Phone: (619) 221-8600

**SAY San Diego- Mid-City Juvenile
Diversion and Prevention Family Support
Center**

Phone: (619) 283-9624

San Ysidro Health Center

Phone: (619) 428-4463

Southcrest Park Recreation Center

Phone: (619) 527-3413

Teen Center: (619) 527-3442

South Bay Community Services

Phone: (619) 420-3620

**South Bay Community Services (SBCS)-
San Ysidro Middle School**

Phone: (619) 428-5551

South Metro Career Center

Phone: (619) 266-4200

Stand Up For Kids

Phone: (619) 237-5437

Phone: 1-800-365-4KID

**Toussaint Academy of the Arts
and Sciences (TAAS)**

Phone: (619) 687-1080

**UPAC- San Diego Asian Youth
Organization (SDAYO) Pan Asian High
Risk Youth Mentorship**

Phone: (619) 232-6454 x 848

**Women, Infants & Children (WIC)
Facilities**

Phone: (619) 662-4179

YMCA Border View

Phone: (619) 428-1168

YMCA Downtown

Phone: (619) 232-7451

YMCA Jackie Robinson Family

Phone: (619) 264-0144

SERVICE INDEX

After School Programs

Borrego Springs Middle School

Phone: (760) 767-5335

Boys & Girls Club of East County

Phone: (619) 440-1600

Boys & Girls Club- Linda Vista Teen Branch

Phone: (858) 751-0611

Boys & Girls Club- Encanto Branch

Phone: (619) 263-6407

Boys & Girls Club- Valley Center Middle School

Phone: (760) 749-9822

Boys & Girls Club of San Dieguito - Polster Branch

Phone: (858) 755-9371

Center For Community Solutions (CCS)- Coastal Location

Phone: (858) 272-5777

Communities Against Substance Abuse

Phone: (619) 442-2727

Communities Against Substance Abuse (CASA) - Bostonia Recreation Center

Phone: (619) 441-1670

Critical Hours- Our Lady of the Sacred Heart School

Phone: (619) 284-1715

Harmonium- Children's Programs

Phone: (858) 684-3080

Harmonium- Counseling Programs

Phone: (858) 566-5740

Harmonium/ Epicentre- Youth Programs

Phone: (858) 271-4000

Hope Through Housing Foundation- Vista del Sol (After School & Beyond Program)

Phone: (619) 477-6708

San Diego Youth Services Administration

Phone: (619) 221-8600

Sherman Heights Community Center

Phone: (619) 232-5181

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

South Bay Community Services- National City Middle School

Phone: (619) 336-2600

South Bay Community Services- San Ysidro Middle School

Phone: (619) 428-5551

Unity Tech

Phone: (619) 287-8182

YMCA Border View

Phone: (619) 428-1168

YMCA Child Care Resource Service (CRS)

Phone: (619) 521-3055

South County Office

Phone: (619) 474-4707

YMCA Chula Vista Middle School

Phone: (619) 543-9850

[YMCA Copley Family](#)
Phone: (619) 283-2251

[YMCA Downtown](#)
Phone: (619) 232-7451

[YMCA Hilltop Middle School](#)
Phone: (619) 543-9850

[YMCA Jackie Robinson Family](#)
Phone: (619) 264-0144

[YMCA La Jolla](#)
Phone: (858) 453-3483

[YMCA Mar Vista Middle School](#)

Phone: (619) 543-9850

[YMCA Mission Valley](#)
Phone: (619) 298-3576

[YMCA Peninsula Family](#)
Phone: (619) 266-8888

[YMCA Southwest Middle](#)
Phone: (619) 543-9850

[YMCA Toby Wells](#)
Phone: (858) 496-9622

[YMCA Youth and Family Services](#)
Phone: (619) 543-9850

[Child Care & Child Care Resources](#)

[Chicano Federation](#)
Phone: (619) 285-5600

[Harmonium- Children's Programs](#)
Phone: (858) 684-3080

[Harmonium/ Epicentre- Youth Programs](#)
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[Social Advocates for Youth \(SAY\)](#)
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[YMCA Peninsula Family](#)
Phone: (619) 266-8888

YMCA Southwest Middle

Phone: (619) 543-9850

YMCA Toby Wells

Phone: (858) 496-9622

Counseling Services

Catholic Charities- The Center for Counseling

Phone: (619) 231-2828

Home Start

Phone: (619) 692-0727

Center for Community Solutions (CCS)

24-Hour Toll-Free Domestic Violence
Hotline: (888)-DVLINKS (385-4657)

Jewish Family Services

Phone: (858) 637-3000

CCS Coastal Location

Phone: (858) 272-5777

Jewish Family Services

HIV Services

Phone: (858) 637-3236

Phone: (858) 637-3058

CCS East County Location

Phone: (619) 697-7477

On the Go

Phone: (877) 634-6537

City Heights Wellness Center

Phone: (619) 321-2920

Jewish Family Services College Avenue

Senior Center

Phone: (858) 637-3270

County of San Diego- Emergency Screening Unit (ESU)

Phone: (619) 421-6900

Jewish Family Services- CO-OP (Town Park Villas)

Phone: (858) 453-0182

Family & Youth Roundtable

Phone: (619) 546-5852

Jewish Family Services- North County

Inland Turk Family Center

Phone: (858) 674-1123

Fleet & Family Support Center

Naval Base San Diego (619) 556-1011
Naval Base Coronado (619) 545-1011

Jewish Family Services- University City

Senior Center

Phone: (858) 550-5998

Harmonium- Children's Programs

Phone: (858) 684-3080

Riley School Program- Children's

Outpatient Psychiatry

Phone: (858) 966-8659

Harmonium- Counseling Programs

Phone: (858) 566-5740

SAY San Diego- Mid-City Juvenile

Diversion and Prevention Family Support Center

Phone: (619) 283-9624

Harmonium/ Epicentre- Youth Programs

Phone: (858) 271-4000

SAY San Diego- Project L.I.V.E.

Phone: (619) 263-3009 x 2255

South Bay Community Services (SBCS)

Phone: (619) 420-3620

**The Center- The San Diego Lesbian, Gay,
Bisexual & Transgender Community
Center**

Phone: (619) 692-2077

**The Center- The San Diego Lesbian, Gay,
Bisexual & Transgender Community
Center-Youth Center**

Phone: (619) 497-2920

YMCA Border View

Phone: (619) 428-9622

YMCA Castle Park Middle School

Phone: (619) 543-9850

**YMCA Child Care Resource Service
(CRS)**

Phone: (619) 521-3055

South County Office

Phone: (619) 474-4707

YMCA Chula Vista Middle School

Phone: (619) 543-9850

YMCA Copley Family

Phone: (619) 283-2251

YMCA Downtown

Phone: (619) 232-7451

YMCA Hilltop Middle School

Phone: (619) 543-9850

YMCA Jackie Robinson Family

Phone: (619) 264-0144

YMCA La Jolla

Phone: (858) 453-3483

YMCA Mar Vista Middle School

Phone: (619) 543-9850

YMCA Mission Valley

Phone: (619) 298-3576

YMCA Peninsula Family

Phone: (619) 266-8888

YMCA Southwest Middle

Phone: (619) 543-9850

YMCA Toby Wells

Phone: (858) 496-9622

County Government Services

Family Resource Center- Metro

Phone: (619) 744-5101

Family Resource Center- Northeast

Phone: (866) 262-9881

Family Resource Center- Mission Valley

Phone: (619) 767-5206

Family Resource Center- Southeast

Phone: (619) 266-3701

Disabled Services

Able-Disabled Advocacy (A-DA)

Phone: (619) 231-5990

Education & Adult Literacy

Coalition of Neighborhood Councils (CNC)

Phone: (619) 325-3580

Grossmont Union High School District/ East County Career Center GUHSD Out-of-School Program

Phone: (619) 590-3900

Holly Drive Leadership Academy

Phone: (619) 266-7333

Inner City Youth of San Diego (ICY)

Phone: (619) 527-7154

International Rescue Committee (IRC)

Phone: (619) 641-7510

Metro Career Center

Phone: (619) 516-2200

Read/ San Diego

Phone: (619) 527-5475

Reality Changers (Agentes de Cambio)

Phone: (619) 516-2216 (Spanish)

Phone: (619) 516-2222 (English)

San Diego Center for Children

Phone: (858) 277-9550

San Diego Girls' Alliance

Phone: (619) 852-5773

San Diego Urban League

Phone: (619) 263-3115

San Diego Workforce Partnership's Youth Division ACCESS, Inc.- YES Transition Network South County Region Chula Vista Mall

Phone: (619) 476-0194

San Diego County Office of Education- Continuation and Alternative Schools

Phone: (858) 292-3500

San Diego County Office of Education and Juvenile Court/ Community Schools (SDCOE/JCCS)- Transitioning Youth N' Motion/ YouthOne-Stop-Career Centers East County Community Schools

Phone: (619) 590-3900

San Diego Workforce Partnership

Phone: (619) 228-2900

San Diego Youth Services Administration

Phone: (619) 221-8600

South Bay Community Services- South Bay Transitioning Youth Project

Phone: (619) 420-3620

South County Career Center

Phone: (619) 628-0300

South Metro Career Center

Phone: (619) 266-4200

YES Transition Network

Phone: (858) 560-0871

Metro Youth One-Stop-Career Center

Phone: (619) 233-2814

Emergency Food Programs

San Diego Food Bank

Phone: (858) 527-1419

Phone: (866) 350-3663

Employment Services & Job Training

Able-Disabled Advocacy (A-DA)

Phone: (619) 231-5990

Black Contractors Association (BCA)- YouthBuild

Phone: (619) 263-9791

California Conservation Corps (CCC)

Phone: (619) 409-4382/

Phone: 1-800-952-JOBS (5627)

Center for Employment Training of San Diego (CET)

Phone: (619) 527-2254

Chicano Federation

Phone: (619) 285-5600

Coalition of Neighborhood Councils (CNC)

Phone: (619) 325-3580

Dress for Success

Phone: (619) 533-6014

East County Youth One-Stop-Career Center- East Region Community Schools

Phone: (619) 590-3900

Family Resource Center- Metro

Phone: (619) 744-5101

Family Resource Center- Mission Valley

Phone: (619) 767-5206

Family Resource Center- Northeast

Phone: (866) 262-9881

Family Resource Center- Southeast

Phone: (619) 266-3701

Fleet & Family Support Center

Naval Base San Diego (619) 556-1011

Naval Base Coronado (619) 545-1011

Grossmont Union High School District- East County Career Center GUHSD Out- of-School Program

Phone: (619) 590-3900

International Rescue Committee (IRC)

Phone: (619) 641-7510

Job Corps

Phone: (619) 429-8500

MAAC Project

Phone: (619) 426-3595

MAAC Project- National City

Phone: (619) 325-4525

MAAC Project- San Ysidro Service Center

Phone: (619) 428-1139

Metro Career Center

Phone: (619) 516-2200

San Diego County Office of Education and Juvenile Court & Community Schools (SDCOE/JCCS)- Transitioning Youth N' Motion/ MetroYouth One-Stop- Career Center

Phone: (619) 233-2814

San Diego Workforce Partnership

Phone: (619) 228-2900

**San Diego Workforce Partnership's
Youth Division ACCESS, Inc. - YES
Transition Network**

Phone: (858) 560-0871

**San Diego Workforce Partnership's
Youth Division ACCESS, Inc. - YES
Transition Network South County Region
Chula Vista Mall**

Phone: (619) 476-0194

**South Bay Community Services- South
Bay Transitioning Youth Project**

Phone: (619) 420-3620

South County Career Center

Phone: (619) 628-0300

Turning the Hearts Center

Phone: (619) 691-9643

**Youth One Stop Career Center- Metro
Region**

Phone: (619) 233-2814

Faith Based Community Services

Good Neighbor Center- Chollas View

Phone: (619) 264-0368

Metro-United Methodist Urban Ministry

Phone: (619) 285-5556

Good Neighbor Center- Nestor

Phone: (619) 429-0802

Teen Challenge of Southern California

Phone: (619) 265-0337

Family Support Services

Family & Youth Roundtable

Phone: (619) 546-5852

San Diego Urban League

Phone: (619) 263-3115

New Alternatives

Phone: (619) 209-5272

Gang Prevention and Intervention

**Coalition of Neighborhood Councils
(CNC)**

Phone: (619) 325-3580

Metro Youth One-Stop-Career Center

Phone: (619) 233-2814

**Grossmont Union High School District/
East County Career Center GUHSD Out-
of-School Program**

Phone: (619) 590-3900

**San Diego Workforce Partnership's
Youth Division ACCESS, Inc.- YES
Transition Network**

Phone: (858) 560-0871

Metro Career Center

Phone: (619) 516-2200

**SAY San Diego- Mid-City Juvenile
Diversion and Prevention Family Support
Center**

Phone: (619) 283-9624

SAY San Diego- Project L.I.V.E.

Phone: (619) 263-3009 x 2255

(SDCOE/JCCS)- Transitioning Youth N' Motion/ Youth One-Stop-Career Centers East County Community Schools

Phone: (619) 590-3900

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

South Bay Community Services- South Bay Transitioning Youth Project

Phone: (619) 420-3620

South County Career Center

Phone: (619) 628-0300

South Metro Career Center

Phone: (619) 266-4200

Tariq Khamisa Foundation (TKF)

Phone: (858) 565-0800

Turning the Hearts Center- Gang Awareness Through Mentoring and Education (GAME)

Phone: (619) 691-9643

Unity Tech

Phone: (619) 287-8182

UPAC- San Diego Asian Youth Organization (SDAYO) Pan Asian High Risk Youth Mentorship

Phone: (619) 232-6454 x 848

Health Care Services

City Heights Wellness Center

Phone: (619) 321-2920

County of San Diego- Emergency Screening Unit (ESU)

Phone: (619) 421-6900

County of San Diego- Psychiatric Emergency Response Team (PERT)

Phone: Call 911 and ask for "PERT"

County of San Diego- San Diego Access & Crisis Line

Phone: (800) 479-3339

CRC Health Group- El Cajon Clinic

Phone: (877) 637-6237

CRC Health Group- Fashion Valley Clinic

Phone: (877) 637-6237

CRC Health Group- Home Ave Clinic

Phone: (877) 637-6237

Crossroads Family Services

Phone: (619) 441-1907

Dental Hygiene Clinic- Southwestern College

Phone: (619) 216-6665 x 4875

Family Health Centers of San Diego

Phone: (619) 515-2300

Family Health Center- Beach Area

Phone: (619) 515-2444/

Phone: (619) 876-4420

Family Health Center- Chase Avenue

Phone: (619) 515-2499

Family Health Center- Ciaccio Memorial Clinic

Phone: 619-515-2587

Family Health Center- City Heights

Phone: 619-515-2400

Family Health Center- Diamond Neighborhoods

Phone: (619) 515-2560

Family Health Center- Downtown

Phone: (619) 515-2525

Family Health Center- Logan Heights

Phone: (619) 515-2300

Family Health Center- North Park

Phone: (619) 515-2424

Family Health Center- Teen Health Center

Phone: (619) 515-2333

La Maestra Community Health Center

Phone: (619) 280-4213

Planned Parenthood

Appointments for all clinics in San Diego:
(888) 743-PLAN (7526)

Rady Children's Hospital- Developmental Evaluation Clinic

Phone: (858) 966-5817

WIC (Women, Infants & Children)- Red Cross

Phone: (800) 500-6411

Health Education & Prevention

Breaking Cycles Program

Phone: (858) 492-2300

City Heights Wellness Center

Phone: (619) 321-2920

Family Health Center- Otay

Phone: (619) 425-1780

Planned Parenthood

Appointments for all clinics in San Diego:
(888) 743-PLAN (7526)

Project B.R.O. (Brotherhood, Responsibility and Outreach)

Phone: (619) 269-1436

Rescue Social Change Group

Phone: (619) 231-7555

San Diego Urban League

Phone: (619) 263-3115

San Diego Youth Services Administration

Phone: (619) 221-8600

San Ysidro Health Center

Phone: (619) 428-4463

San Ysidro Health Center- Behavioral Health

Phone: (619) 428-4463

SAY San Diego- Vision Achievement Mentoring Partnership

Phone: (619) 582-9056

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

UCSD BRIGHT Families Project

Phone: (858) 530-3200

Union of Pan Asian Communities (UPAC)

Phone: (619) 232-6454

WIC (Women, Infants & Children)- Red Cross

Phone: (800) 500-6411

WIC Chula Vista

Phone: (619) 426-7966

WIC Imperial Beach

Phone: (619) 426-7966

WIC National City

Phone: (619) 426-7966

WIC San Ysidro

Phone: (619) 426-7966

Youth Enhancement Services

Phone: (619) 428-5533

HIV & STD Services

Family Health Centers of San Diego

Phone: (619) 515-2300

Family Health Center- Beach Area

Phone: (619) 876-4420

Phone: (619) 515-2444/

Family Health Center- Chase Avenue

Phone: (619) 515-2499

Family Health Center- Ciaccio Memorial Clinic

Phone: (619) 515-2587

Family Health Center- City Heights

Phone: (619) 515-2400

Family Health Center- Diamond Neighborhoods

Phone: (619) 515-2560

Family Health Center- Downtown

Phone: (619) 515-2525

Family Health Center- Teen Health Center

Phone: (619) 515-2333

Family Health Center- Logan Heights

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Family Health Center- North Park

Phone: (619) 515-2424

Family Health Center- Otay

Phone: (619) 425-1780

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Phone: (619) 263-3115

San Diego Youth Services Administration

Phone: (619) 221-8600

San Ysidro Health Center

Phone: (619) 428-4463

San Ysidro Health Center- Behavioral Health

Phone: (619) 428-4463

LifeSchool

Phone: (619) 575-4590

The Center- The San Diego Lesbian, Gay, Bisexual & Transgender Community Center

Phone: (619) 692-2077

WIC Chula Vista

(619) 426-7966

WIC Imperial Beach

(619) 426-7966

WIC National City

Phone: (619) 426-7966

Phone: (619) 426-7966

Youth Enhancement Services

Phone: (619) 428-5533

WIC San Ysidro

Housing Assistance

MAAC Project- Chula Vista Service Center

Phone: (619) 426-3595

South Bay Community Services (SBCS)

Phone: (619) 420-3620

MAAC Project- National City

Phone: (619) 352-4525

Stand Up For Kids

Phone: (619) 237-5437

Phone: 1-800-365-4KID

MAAC Project- San Ysidro Service Center

Phone: (619) 428-1139

Toussaint Academy of the Arts and Sciences (TAAS)

Phone: (619) 687-1080

San Diego Youth Services Administration

Phone: (619) 221-8600

YMCA Turning Point Transitional Living Program

Phone: (619) 640-9774

Immigrant & Refugee Services

Horn of Africa

Phone: (619) 583-0532

Phone: (858) 637-3040

International Rescue Committee (IRC)

Phone: (619) 641-7510

Jewish Family Services- University City Senior Center

Phone: (858) 550-5998

Jewish Family Services

Phone: (858) 637-3000

Project B.R.O. (Brotherhood, Responsibility and Outreach)

Phone: (619) 269-1436

Jewish Family Services- Senior Services Information & Referral

Juvenile Courts and Juvenile Diversion Services

Barrio Station

Phone: (619) 238-0314

Juvenile Courts

Phone: (858) 634-1600

Boys and Girls Club of Greater San Diego

Phone: (866) 739-6884

San Diego Youth Services Administration

Phone: (619) 221-8600

[Social Advocates for Youth \(SAY\)](#)
Phone: (858) 565-4148

[South Bay Community Services](#)
Phone: (619) 420-3620

[Legal Services](#)

[Legal Aid Society of San Diego](#)
Phone: (877) 534-2524

[Mental Health Services](#)

[Child Welfare Services \(CWS\)](#)
Phone: (858) 694-5191

[San Diego City Schools' Mental Health Resource Center \(MHRC\)](#)
Phone: (858) 573-2227

[Family & Youth Roundtable](#)
Phone: (619) 546-5852

[Second Step at Baker Elementary](#)
Phone: (619) 264-3139

[Harmonium- Children's Programs](#)
Phone: (858) 684-3080

[Second Step at Knox Elementary](#)
Phone: (619) 262-2473

[Harmonium- Counseling Programs](#)
Phone: (858) 566-5740

[Second Step at Perkin Elementary](#)
Phone: (619) 525-7482

[Harmonium / Epicentre- Youth Programs](#)
Phone: (858) 271-4000

[Social Advocates for Youth \(SAY\)](#)
Phone: (858) 565-4148

[Mental Health Systems \(MHS\)](#)
Phone: (858) 573-2600

[South Bay Community Services \(SBCS\)](#)
Phone: (619) 420-3620

[Mental Health Systems \(MHS\)- Families Forward Wraparound](#)
Phone: (858) 380-4676

[Teen Challenge of Southern California](#)
Phone: (619) 265-0337

[San Diego Center for Children](#)
Phone: (858) 277-9550

[Union of Pan Asian Communities \(UPAC\)](#)
Phone: (619) 232-6454

[Military](#)

[Fleet & Family Support Center](#)
Naval Base San Diego (619) 556-1011
Naval Base Coronado (619) 545-1011

Parent Education

Fleet & Family Support Center

Naval Base San Diego (619) 556-1011
Naval Base Coronado (619) 545-1011

Harmonium- Children's Programs

Phone: (858) 684-3080

Harmonium- Counseling Programs

Phone: (858) 566-5740

Harmonium/ Epicentre- Youth Programs

Phone: (858) 271-4000

Home Start

Phone: (619) 692-0727

WIC (Women, Infants & Children)- Red Cross

Phone: (800) 500-6411

YMCA Border View

Phone: (619) 428-9622

YMCA Castle Park Middle School

Phone: (619) 543-9850

YMCA Child Care Resource Service (CRS)

Phone: (619) 521-3055

South County Office

Phone: (619) 474-4707

YMCA Chula Vista Middle School

Phone: (619) 543-9850

YMCA Copley Family

Phone: (619) 283-2251

YMCA Hilltop Middle School

Phone: (619) 543-9850

YMCA Jackie Robinson Family

Phone: (619) 264-0144

YMCA La Jolla

Phone: (858) 453-3483

YMCA Mar Vista Middle School

Phone: (619) 543-9850

YMCA Mission Valley

Phone: (619) 298-3576

YMCA Peninsula Family

Phone: (619) 266-8888

YMCA Southwest Middle

Phone: (619) 543-9850

YMCA Tobey Wells

Phone: (858) 496-9622

Referral Services

Chicano Federation

Phone: (619) 285-5600

Child Welfare Services (CWS)

Phone: (858) 694-5191

City Heights Community Development Corporation (CHCDC)

Phone: (619) 584-1535

City Heights Wellness Center

Phone: (619) 321-2920

Community Assessment Team (CATs), Central

Phone: (619) 283-9624 x 239

Family & Youth Roundtable

Phone: (619) 546-5852

Family Justice Center

Crisis Hotline: 1-800-479-3339
General Information: (866) 933-4673

Fred Finch Youth Center

Phone: (619) 281-3706 x 100

**Fred Finch Youth Center-
Comprehensive Stabilization and
Assessment Service Program (CASS)**

Phone: (619) 281-3706 x 333

**Fred Finch Youth Center-
Dual Diagnosis Residential**

Phone: (619) 797-1090

Fred Finch Wraparound

Phone: (619) 281-3706 x 230

Harmonium- Counseling Programs

Phone: (858) 566-5740

Harmonium/ Epicentre- Youth Programs

Phone: (858) 271-4000

Jewish Family Services

Phone: (858) 637-3000

College Avenue Senior Center

Phone: (858) 637-3270

Senior Services Information & Referral

Phone: (858) 637-3040

University City Senior Center

Phone: (858) 550-5998

Rescue Social Change Group

Phone: (619) 231-7555

**SAY San Diego- Mid-City Juvenile
Diversion and Prevention Family Support
Center**

Phone: (619) 283-9624

**SAY San Diego- Vision Achievement
Mentoring Partnership**

Phone: (619) 582-9056

Union of Pan Asian Communities (UPAC)

Phone: (619) 232-6454

Social Services

Alpha Project for the Homeless

Phone: (619) 542-1877

Casa Familiar

Phone: (619) 428-1115

Catholic Charities

Phone: (619) 231-2828

Center for Community Solutions (CCS)

24-Hour Toll-Free Domestic Violence
Hotline: 1-888-DVLINKS (385-4657)

Coastal Location

Phone: (858) 272-5777

East County Location:

Phone: (619) 697-7477

Chicano Federation

Phone: (619) 285-5600

Child Abuse Hotline

Phone: (858) 560-2191

Toll free: (800) 344-6000

Child Welfare Services (CWS)

Phone: (858) 694-5191

**City Heights Community Development
Corporation (CHCDC)**

Phone: (619) 584-1535

Crossroads Family Services

Phone: (619) 441-1907

Family Justice Center

General Information: 1-866-933-4673
Crisis Hotline: 1-800-479-3339

Family Resource Center- Metro

Phone: (619) 744-5101

Family Resource Center- Mission Valley

Phone: (619) 767-5206

Family Resource Center- National City

Phone: (619) 336-8659

Family Resource Center- Northeast

Phone: (866) 262-9881

Family Resource Center- Rayo de Esperanza Chula Vista

Phone: (619) 425-4458

Family Resource Center- Southeast

Phone: (619) 266-3701

Fleet & Family Support Center

Naval Base Coronado: (619) 545-1011

Naval Base San Diego: (619) 556-1011

Harmonium- Children's Programs

Phone: (858) 684-3080

Harmonium- Counseling Programs

Phone: (858) 566-5740

Harmonium/ Epicentre- Youth Programs

Phone: (858) 271-4000

Home Start

Phone: (619) 692-0727

Stand Up For Kids

Phone: (619) 237-5437/

Phone: 1-800-365-4KID

Substance Abuse Services

Al-ANON and Al-ATEEN

Phone: (619) 296-2666

Communities Against Substance Abuse

Phone: (619) 442-2727

County of San Diego- San Diego Access & Crisis Line

Phone: (800) 479-3339

CRC Health Group- El Cajon Clinic

Phone: (877) 637-6237

CRC Health Group- Fashion Valley Clinic

Phone: (877) 637-6237

CRC Health Group- Home Ave Clinic

Phone: (877) 637-6237

Fred Finch Youth Center

Dual Diagnosis Residential

Phone: (619) 797-1090

House of Metamorphosis

Phone: (619) 236-9217

International Rescue Committee (IRC)

Phone: (619) 641-7510

MAAC Project- Chula Vista Service Center

Phone: (619) 426-3595

MAAC Project- National City

Phone: (619) 352-4525

MAAC Project- San Ysidro Service Center

Phone: (619) 428-1139

McAlister Institute for Treatment & Education (MITE)

Phone: (619) 442-0277

McAlister Institute (MITE)- North Central Teen Recovery Center

Phone: (858) 277-4633

McAlister Institute (MITE)- South Bay Teen Recovery Center

Phone: (619) 482-9300

Mental Health Systems (MHS)- Steps Adolescent Day Treatment

Phone: (858) 565-2510

Narcotics Anonymous (NA)

Phone: (619) 584-1007

Spanish: (619) 564-0774

Toll-free: (800) 479-0062

New Alternatives

Phone: (619) 209-5272

Palavra Tree- Central South East Teen Recovery Center

Phone: (619) 263-7768

San Diego Youth Services Administration

Phone: (619) 221-8600

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

South Bay Community Services - South Bay Teen Recovery Center

Phone: (619) 420-3620

Teen Challenge of Southern California

Phone: (619) 265-0337

Union of Pan Asian Communities (UPAC)- Addiction, Treatment & Recovery Program

(Drug Medi-Cal only)

Phone: (619) 521-5720

UPAC- San Diego Asian Youth Organization (SDAYO) Pan Asian High Risk Youth Mentorship

Phone: (619) 232-6454 x 848

Violence Prevention / Conflict Resolution

Center for Community Solutions (CCS)

24-Hour Toll-Free Domestic Violence

Hotline: 1-888-DVLINKS (385-4657)

Coastal Location

Phone: (858) 272-5777

East County Location:

Phone: (619) 697-7477

Child Abuse Hotline

Phone: (858) 560-2191

Toll free: (800) 344-6000

National Conflict Resolution Center

Main Office

Phone: (619) 238-2400

El Cajon Office

Phone: (619) 593-4530

South Bay Office

Phone: (619) 428-3200

North County Office

Phone: (760) 494-4728

Second Step Program at Baker Elementary

Phone: (619) 264-3139

Second Step Program at Knox Elementary

Phone: (619) 262-2473

South Bay Community Services (SBCS)

Phone: (619) 420-3620

[Tariq Khamisa Foundation \(TKF\)](#)

Phone: (858) 565-0800

[Youth Services](#)

[Access Inc.](#)

Phone: (858) 560-0871

[Family & Youth Roundtable](#)

Phone: (619) 546-5852

[Barrio Station- Youth Center](#)

Phone: (619) 238-0314

[Fred Finch Youth Center](#)

Phone: (619) 281-3706 x100

[Big Brothers Big Sisters of San Diego](#)

Phone: (858) 536-4900

[Fred Finch Youth Center-](#)

[Comprehensive Stabilization and Assessment Services Program \(CASS\)](#)

Phone: (619) 281-3706 x 333

[Big Sister League of San Diego, Inc](#)

Phone: (619) 297-1172 x 101

[Fred Finch Youth Center- Dual Diagnosis Residential](#)

Phone: (619) 797-1090

[Black Contractors Association \(BCA\)- YouthBuild](#)

Phone: (619) 263-9791

[Fred Finch Youth Center- Wraparound](#)

Phone: (619) 281-3706 x 230

[Boys & Girls Club- Clairemont Branch](#)

Phone: (858) 273-1645

[Harmonium- Children's Programs](#)

Phone: (858) 684-3080

[Boys & Girls Club- Encanto](#)

Phone: (619) 263-6407

[Harmonium- Counseling Programs](#)

Phone: (858) 566-5740

[Boys & Girls Club- Logan Heights / W.J. Oakes Branch](#)

Phone: (619) 525-1739

[Harmonium/ Epicentre- Youth Programs](#)

Phone: (858) 271-4000

[Boys & Girls Club- Roberts Family Branch Linda Vista](#)

Phone: (858) 277-6670

[Inner City Youth of San Diego \(ICY\)](#)

Phone: (619) 527-7154

[Boys & Girls Club- Santee](#)

Phone: (619) 440-1600

[Mental Health Systems \(MHS\)- Caring Helpers](#)

Phone: (858) 292-0903

[Breaking Cycles Program](#)

Phone: (858) 492-2300

[Pro Kids \(The First Tee San Diego\)](#)

Phone: (619) 582-7884

[City Heights Youth Center](#)

Phone: (619) 232-8126

[Project B.R.O. \(Brotherhood, Responsibility and Outreach\)](#)

Phone: (619) 269-1436

Rescue Social Change Group

Phone (619) 231-7555

**Riley School Program- Children's
Outpatient Psychiatry**

Phone: (858) 966-8659

San Diego Center for Children

Phone: (858) 277-9550

**San Diego County Office of Education-
Continuation and Alternative Schools**

Phone: (858) 292-3500

San Diego Girls' Alliance

Phone: (619) 852-5773

San Diego Youth Services Administration

Phone: (619) 221-8600

**SAY San Diego- Vision Achievement
Mentoring Partnership**

Phone: (619) 582-9056

Sherman Heights Community Center

Phone: (619) 232-5181

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

South Bay Community Services (SBCS)

Phone: (619) 420-3620

Southcrest Park Recreation Center

Phone: (619) 527-3413

Teen Center: (619) 527-3442

Star/Pal

Phone: (619) 531-2718

The Palavra Tree

Phone: (619) 263-7768

Turning the Hearts Center

Phone: (619) 691-9643

Unity Tech

Phone: (619) 287-8182

**UPAC- San Diego Asian Youth
Organization (SDAYO) Pan Asian High
Risk Youth Mentorship**

Phone: (619) 232-6454 x 848

YMCA Border View

Phone: (619) 428-9622

YMCA Castle Park Middle School

Phone: (619) 543-9850

**YMCA Child Care Resource Service
(CRS)**

Phone: (619) 521-3055

South County Office

Phone: (619) 474-4707

YMCA Chula Vista Middle School

Phone: (619) 543-9850

YMCA Copley Family

Phone: (619) 283-2251

YMCA Downtown

Phone: (619) 232-7451

YMCA Hilltop Middle School

Phone: (619) 543-9850

YMCA Jackie Robinson Family

Phone: (619) 264-0144

YMCA La Jolla

Phone: (858) 453-3483

YMCA Mar Vista Middle School

Phone: (619) 543-9850

YMCA Mission Valley

Phone: (619) 298-3576

[YMCA Peninsula Family](#)

Phone: (619) 266-8888

[YMCA Southwest Middle](#)

Phone: (619) 543-9850

[YMCA Toby Wells](#)

Phone: (858) 496-9622

RESOURCE GUIDE

Service Description

Able-Disabled Advocacy (A-DA)

Able-Disabled Advocacy is a non-profit organization that provides education, occupational skills training and job placement assistance to over 10,000 youth and adults representing all ethnicities and types of disabilities. A-DA works closely with employers, schools and the public sector to help people with disabilities achieve independence and become self-supporting.

Contact: 4283 El Cajon Blvd., Ste. 110, San Diego, CA 92105

Phone: (619) 231-5990

Website: <http://www.able2work.org/>

Access Inc.

Access Inc is an organization in the San Diego community providing services to youth in foster care. Its mission is to promote self sufficiency and economic independence among the most vulnerable groups in the community through education, training, and the development of new community resources.

Contact: 2612 Daniel Ave., San Diego, CA 92111

Phone: (858) 560-0871

Website: <http://www.access2jobs.org/>

Al-ANON and AL-ATEEN

Al-Anon helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Al-ateen is a recovery program for young people. Al-ateen groups are sponsored by Al-Anon members. Al-ateen is adapted from Alcoholics Anonymous and is based upon the Twelve Steps method. Dozens of meetings are held across San Diego each week, see the website or call for details.

Contact: 3108 Fifth Ave., Ste. E, San Diego, CA 92103

Phone: (619) 296-2666

Website: <http://www.alanonsandiego.org/>

Alcohol and Drug Services (ADS):

ADS programs provide developmentally appropriate substance abuse treatment for adolescents (includes criminal justice-involved youth) and their families. Outpatient services, crisis intervention, and residential treatment services are offered. ADS includes **Teen Recovery Centers (TRCs)**, which provide culturally competent comprehensive outpatient alcohol and drug treatment services to 12 to 17 year-old youth with substance abuse issues. All services are provided via contract with local service providers.

Phone: (619) 584-5007

LOCAL SERVICE PROVIDERS of ADS:

McAlister Institute (MITE)- North Central Teen Recovery Center

7867 Convoy Court, Building 5, Ste. 302, San Diego, CA 92117

Phone: (858) 277-4633

McAlister Institute (MITE)- South Bay East Teen Recovery Center
2429 Fenton St., Building 5, Chula Vista, CA 91914
Phone: (619) 482-9300

Palavra Tree- Central South Teen Recovery Center
1212 South 43rd St., Ste. C, San Diego, CA 92113
Phone: (619) 263-7768

Palavra Tree- Central South West Teen Recovery Center
2878 Imperial Ave., San Diego, CA 92102
Phone: (619) 238-7393

San Diego Youth and Services Administration
3255 Wing St., San Diego, CA 92110
Phone: (619) 221-8600

South Bay Community Services- South Bay West Teen Recovery Center
1124 Bay Blvd., Ste. D, Chula Vista, CA 91911
Phone: (619) 420-3620

Union of Pan Asian Communities (UPAC) (Drug Medi-Cal only)
3288 El Cajon Blvd., Suite 13, San Diego, CA 92104
Phone: (619) 521-5720

[Alpha Project for the Homeless](#)

The Alpha Project is a nonprofit organization that provides services and programs for the homeless. Services offered include emergency shelter, affordable housing, residential substance abuse treatment, supportive housing for people with special needs, and transportation assistance as well as employment training, preparation and placement. They also provide some medical needs like mental health counseling and education and prevention programs for HIV/AIDS.

Contact: 3737 Fifth Ave., Ste. 203, San Diego, CA 92103
Phone: (619) 542-1877
Website: <http://www.alphaproject.org/>

[Barrio Station](#)

The Barrio Station assists disadvantaged youth ages 6 to 21 that are exposed to cycles of high risk factors and helps them avoid negative lifestyles to facilitate community mobilization. Youth dealing with high risk factors such as juvenile delinquency, low school attainment, teen parenthood, gang violence, substance abuse, and poverty income level or low economic status are targeted to help with prevention, early intervention, juvenile diversion, crisis intervention, gang intervention strategies as well as scholarships and client assistance.

Contact: 2175 Newton Ave., San Diego, CA 92113
Phone: (619) 238-0314
Website: <http://www.barriostation.org/>

Barrio Station- Youth Center

The Barrio Logan Youth Center is a multi youth services facility located in Barrio Logan with a swimming pool, gym, theater, theater, teen lounge, and counseling offices. Assists disadvantaged high risk youth, ages 6 to 21, to avoid negative lifestyles, and excel to their maximum potential, and to facilitate community mobilization to protect and enhance the living environment, and quality of life of the youth and their families. Agency services include: prevention and early intervention, juvenile diversion, crisis intervention, ending gang violence, scholarships and client assistance.

Contact: 2175 Newton Ave., San Diego, CA 92113

Phone: (619) 238-0314

Website: <http://www.barriostation.org/>

Big Brothers Big Sisters of San Diego

The Big Brothers of San Diego offers one-to-one youth mentoring, developing positive relationships that have a direct and lasting impact on the lives of young people. Big Brothers of San Diego County serves children ages 6 through 18, in five distinct programs: Amachi (serves children ages 7-18 whose parent(s) are incarcerated), Bigs in Schools, Community Mentoring, High School Bigs and Operation Bigs. School-based mentoring includes one hour a week mentoring sessions in school settings, and often involves teachers. Community-based mentoring involves one-on-one time spent with the volunteer and the young person doing things they enjoy — a few hours a couple times a month filled with shared interests and activities.

Contact: 8515 Arjons Dr., Ste. A, San Diego, CA 92126

Phone: (858) 536-4900

Website: <http://www.sdbigs.org/>

Big Sister League of San Diego, Inc

The Big Sisters League of San Diego offers the Big & Little Sister Mentor Program as well as a housing program. Through the Big and Little Sister Mentor Program, adult women provide friendship and guidance to help a young girl recognize her talents and use them to reach her full potential. Big Sisters of San Diego County serves children ages 7 through 18, in five distinct programs: Amachi (serves children ages 7-18 whose parent(s) are incarcerated), Bigs in Schools, Community Mentoring, High School Bigs and Operation Bigs. The housing program provides transitional housing for mentally ill, homeless and/or abused women.

Contact: 115 Redwood St., San Diego, CA 92103

Phone: (619) 297-1172 x 101

Website: <http://www.bigsisterleague.org/>

Black Contractors Association (BCA)- YouthBuild

YouthBuild USA is a comprehensive youth and community development program as well as an alternative school. Youth Build, designed to run on 12-month cycles, offers job training, education, counseling, and leadership development opportunities to unemployed and out-of-school young adults, ages 16-24 through the construction and rehabilitation of affordable housing in their own communities.

Contact: 6125 Imperial Ave., San Diego, CA 92114
Phone: (619) 263-9791
Website: <http://www.bcasd.org/>

Boys & Girls Clubs of Greater San Diego

The Boys & Girls Clubs of Greater San Diego provides programs and activities throughout San Diego County through its 12 sites, 5 schools, and 2 public housing sites. It also operates the county-funded Critical Hours programs at several locations. The Critical Hours program provides homework help, tutoring and other educational enhancement activities, health education, recreation, sports leagues, career preparation, a youth enterprise project, community service projects, and field trips to middle school youth.

Contact: 115 West Woodward Ave., Escondido, CA 92025
Phone: (619) 739-6884
Website: <http://www.sdyouth.org/>

BOYS & GIRLS CLUBS THROUGHOUT SAN DIEGO:

Boys & Girls Club- Clairemont Branch

The Clairemont Branch has a swimming pool, gym, outdoor playground, teen center, technology center, and learning center.

Contact: 4635 Clairemont Mesa Blvd., San Diego, CA 92117
Phone: (858) 273-1645

Boys & Girls Club- Encanto

The Encanto Branch has a game room, gym, teen center, technology center, and learning center.

Contact: 6785 Imperial Ave., San Diego, CA 92114
Phone: (619) 263-6407

Boys & Girls Club- Logan Heights / W.J. Oakes Branch

The Logan Heights/ W.J Oakes Branch has a swimming pool, gym, games room, technology center, and learning center.

Contact: 2930 Marcy Ave., San Diego, CA 92113
Phone: (619) 525-1739

Boys & Girls Club- Roberts Family Branch Linda Vista

The Linda Vista Branch has a swimming pool, gym, games room, technology center, and learning center. Linda Vista Teen Center is on site, with a recording studio, snack bar, dance studio and outdoor basketball court.

Contact: 2230 East Jewett, San Diego, CA 92111
Phone: (858) 277-6670

Boys & Girls Club- Santee

The Santee Branch has a computer lab, game center, gym, technology center, learning center and arts and crafts center.

Contact: 8820 Tamberly Way, Santee, CA 92071

Phone: (619) 440-1600

California Conservation Corps (CCC)

CCC is a workforce development program that offers young men and women the chance to serve their state and become employable citizens through life skills training in environmental conservation, fire protection, and emergency response. The CCC has both residential and non-residential programs and centers. Applicants must not be on parole or formal probation, must be interested in working outdoors, and be between the ages of 18-25.

Contact: 401 West 35th St., National City, CA 91950

Phone: (619) 409-4382/ 1-800-952-JOBS (5627)

Website: <http://www.ccc.ca.gov/>

Casa Familiar

Casa Familiar is a community-based organization offering over fifty programs in the areas of Human Services, Community Development, Recreation Services, Technology, Arts and Culture, and Education.

Contact: 119 W. Hall Ave., San Ysidro, CA 92173

Phone: (619) 428-1115

Website: <http://www.casafamiliar.org/>

Civic & Recreation Center- Casa Familiar

Contact: 212 West Park Ave., San Ysidro, CA 92173

Phone: (619) 428-1115

Social Services Center- Casa Familiar

Contact: 119 West Hall Ave., San Ysidro, CA 92173

Phone: (619) 428-1115

Catholic Charities

A non-profit offering a variety of services including: immigration services; immediate need assistance services including food, clothing, shelter referral, and transportation assistance; information and referral for individuals and families; immediate need assistance services including food, clothing, shelter referral, and transportation assistance; information and referral for individuals and families; emergency short-term shelters for men and women and their children; case management and support services provided, and more.

Contact: 349 Cedar St., San Diego, CA 92101

Phone: (619) 231-2828

Website: <http://www.ccdsd.org/>

Catholic Charities- The Center for Counseling

A State of California Licensed Psychology Clinic and training site for local graduate training programs, the Center for Counseling has been providing effective, affordable services to the San Diego Community for over fifty years. Counseling services include individual or group therapy for children and adults and couples and family counseling. Low cost professional counseling services are provided by graduate and post-graduate trainees under the supervision of licensed Clinical Psychologists, Marriage Family Therapists, and Clinical Social Workers. Counseling is provided in two sites in San Diego County as well as in contracting schools. Call to speak to a phone counselor to schedule an appointment.

Contact: 349 Cedar St., San Diego, CA 92101

Phone: (619) 231-2828

Website: <http://www.ccdsd.org/>

Center for Community Solutions (CCS)

CCS services include: a Rape Crisis Center; a clinical department specializing in counseling and therapy services; a legal clinic assisting individuals with filing temporary restraining orders and other family law matters; an outreach department that uses education as a tool for violence prevention; and a Residential Services Department that includes a 24-hour emergency shelter and transitional housing program for victims of domestic violence and their children.

24-Hour Toll-Free Crisis Line: 1-888-DVLINKS (385-4657)

Website: <http://www.ccssd.org/>

CCS LOCATIONS THROUGHOUT SAN DIEGO:

CCS Coastal Location

4508 Mission Bay Dr., San Diego, CA 92109

Phone: (858) 272-5777

CCS East County Location

460 North Magnolia, El Cajon, CA 92020

Phone: (619) 697-7477

CCS North County Location

240 South Hickory St., Suite 110, Escondido, CA 92025

Phone: (760) 747-6282

Center for Employment Training (CET) of San Diego

The Center for Employment Training (CET) is a nonprofit organization and is one of the country's largest, most effective employment training programs, focused on those who need help the most. The Center for Employment Training in San Diego in partnership with the San Diego Workforce and the South Metro Career Center provide training programs for skills including building maintenance, electronic assembly and welding fabrication.

Contact: 3295 Market St., San Diego, CA 92102
Phone: (619) 233-6829
Website: <http://www.cetweb.org/>

Chicano Federation

The Chicano Federation offers crisis intervention, case management, community referrals, forms assistance, senior support, housing, childcare, legal aid and advocacy and small business training. Services are aimed at resolving immediate family/individual situations and connecting clients with community services and resources.

Contact: 3180 University Ave., San Diego, CA 92104
Phone: (619) 285-5600
Website: <http://www.chicanofederation.org/>

Child Abuse Hotline

The 24-hour Hotline is staffed by trained social workers who receive calls about child abuse, molestation and neglect. Each call is logged and assessed as to the level of possible risk to the child. Referrals can be made by neighbors, friends or relatives concerned about a child's safety, parents who are afraid they may hurt or neglect their child and children who believe they are being abused. If it is determined that the child may be in immediate danger, a social worker and/or law enforcement officer will make a home visit within a few hours of receiving notification. If there is not an immediate danger, a social worker will investigate within three to ten days of receiving a call if it is determined that the child may be at risk.

Phone: (858) 560-2191/ Toll free: 1-800-344-6000

Child Welfare Services (CWS)

Investigates reports of suspected child abuse and neglect, intervene with families who do not meet the minimum community standards of health and safety as codified by law. Investigations will be conducted in a thorough and professional manner. Family interventions will be in the least intrusive manner necessary for the protection of the child.

Phone: (858) 694-5191

City Heights Community Development Corporation (CHCDC)

The CHCDC enhances the quality of life in City Heights by working with the community to create quality affordable housing, livable neighborhoods, foster economic self-sufficiency and stimulate investment. They also offer computer labs for residents and a host of comprehensive services from employment assistance and social service referrals.

Contact: 4283 El Cajon Blvd., Ste. 220, San Diego, CA 92105
Phone: (619) 584-1535
Website: <http://www.cityheightscdc.org/>

City Heights Wellness Center

The City Heights Wellness Center works to improve the long-term health of children and families. The center offers a “teaching kitchen”, which serves as both a hub for community gatherings and classes, as well as the core for a nutrition program. It offers cooking demonstrations, food preparation, nutrition planning, safety education and tips for shopping economically for nutritious foods. Additional services include: English & Spanish CPR classes, home safety education, counseling services, parenting classes, nutrition and meal planning, education for diabetics, assistance in obtaining health insurance and medical services and applying for Medi-Cal.

Contact: 4440 Wightman St., Ste. 200, San Diego, CA 92105

Phone: (619) 321-2920

Coalition of Neighborhood Councils (CNC)

The CNC is a community based organization that provides resident empowerment, community development services, educational completion services, workforce preparation, and placement services to both court and gang affiliated out-of-school youth. The CNC partners with various organizations to increase permanent employment and self sufficiency for out of school youth who have been involved in gang activity and/or the juvenile justice system. CNC runs one of the Workforce Partnerships’ *Youth Opportunity & Employment Programs* and also serves as the lead agency on the Morse/Southeastern *Gang Prevention Initiative*, a school-based gang prevention program providing year round activities that include paid work experience, career exploration, and educational supports infused with youth development.

Contact: 415 North Euclid Ave., San Diego, CA 92114

Phone: (619) 325-3580

Website: <http://www.cncsandiego.org/>

Communities Against Substance Abuse

Communities Against Substance Abuse is a progressive organization that helps prevent substance abuse through research, education, advocacy, and service. Programs include: Discovery Club, an after-school program that opens doors to a brighter and healthier future for youth, grades 3-8, in El Cajon schools; and East County Youth Alliance, in which teenagers advocate for prevention of alcohol and drug abuse with businesses, health agencies, law enforcement, service organizations, schools, etc.

Contact: 554 Broadway, El Cajon, CA 92021

Phone: (619) 442-2727

Website: <http://www.drugfreesandiego.org/>

Community Assessment Teams (CATs)

CAT Teams assists families with youth who are at risk for involvement in the criminal justice or dependency systems. Teams consist of probation officers, professional counselors, and family support workers from community-based organizations, who link families to services. The teams provide assessment, prevention, and referral services and can link families to drug and alcohol treatment, housing information, education, employment, and life skills training. San Diego

County Probation Department is the lead agency. Target Population is at risk youth, 17 years & younger. Free of charge.

AGENCIES PROVIDING CAT PROGRAM:

Community Assessment Team, South County
c/o South Bay Community Services
1124 Bay Blvd., Ste. D, Chula Vista, CA 91911
Phone: (619) 420-3620

c/o SAY San Diego and Mid-City Family Resource Center
4275 El Cajon Blvd., San Diego, CA 92105
Phone: (619) 283-9624

[County of San Diego- Emergency Screening Unit \(ESU\)](#)

The ESU provides 24 hour crisis response. Crisis services include emergency psychiatric care and crisis intervention counseling. Programs that serve children, youth and families in crisis are able to respond quickly to urgent needs such as support, information, counseling, medication, and referral to other resources. All psychiatric emergencies are seen.

Contact: 730 Medical Center Ct., Chula Vista, CA 91911
Phone: (619) 421-6900

[County of San Diego- Psychiatric Emergency Response Team \(PERT\)](#)

Trained team assists in psychiatric crises.

Contact: call 911 and ask for “PERT”

[County of San Diego- San Diego Access & Crisis Line](#)

Phone crisis intervention, behavioral health info and referrals.

Phone: 1-800-479-3339

[CRC Health Group](#)

CRC's Comprehensive Outpatient Substance Abuse Treatment (COSAT) provides medically supervised assessment of client's substance use. Medical staff matches evidence based treatment protocols to assess needs/diagnosis, then provide client with treatment and follow-up. Services are provided on an outpatient basis.

CRC HEALTH GROUPS THROUGHOUT SAN DIEGO:

CRC Health Group- El Cajon Clinic
Contact: 234 North Magnolia Ave., El Cajon, CA 92020
Phone: (877) 637-6237

CRC Health Group- Fashion Valley Clinic

Contact: 7020 Friars Rd., San Diego, CA 92108

Phone: (877) 637-6237

CRC Health Group- Home Ave Clinic

Contact: 3940 Home Ave., San Diego, CA 92105

Phone: (877) 637-6237

Crossroads Family Services

Crossroads Family Services provides community-based mental health services, based on wraparound principles applied to children, youth and their families throughout the entire East Region of San Diego County. A full range of outpatient based diagnostic and treatment services are provided, however clinic settings, school sites, clients' homes, and a variety of settings are available. Provide access to interpreter services as well.

Contact: 1679 East Main St., Ste. 102, El Cajon, CA 92021

Phone: (619) 441-1907

Dress for Success

Dress for Success San Diego is a non-profit organization focused exclusively on helping low income women acquire jobs, build careers and improve the quality of life for their children and families. Dress for Success provides women with professional attire, interview preparation services, employment retention programs and life management consultation. Networks of support and career development tools are also provided to help women succeed in work and in life.

Contact: 1122 Broadway, Ste. 200, San Diego, CA 92101

Phone: (619) 533-6014

Website: <http://www.dressforsuccess.org/>

Family Health Centers (FHC) of San Diego

Family Health Centers of San Diego provides comprehensive, accessible, quality healthcare services in the San Diego region; offering affordable services to all income levels, with a special commitment to low income, medically underserved individuals. FHC operates primary care clinics, dental clinics, mental health centers, an HIV clinic, and mobile medical services throughout the county. The FHC also offers special healthcare services for teens including: acute care (sick visits), drop-in-center (recreational & educational activities), immunizations, outreach, peer health education, physical exams, pregnancy prevention, prenatal care, and STD screening & treatment.

Contact: 823 Gateway Center Way, San Diego, CA 92102

Phone: (619) 515-2300

Website: <http://www.fhcsd.org/>

FAMILY HEALTH CENTERS THROUGHOUT SAN DIEGO:

Beach Area Family Health Center

3705 Mission Blvd., San Diego, CA 92109

Phone: (619) 515-2444

Beach Area Family (Woman's) Health Center

3690 Mission Blvd., San Diego, CA 92109

Phone: (619) 876-4420

Chase Avenue Family Health Center

1111 W. Chase Ave., El Cajon, CA 92020

Phone: (619) 515-2499

Ciaccio Memorial Clinic

3544 30th St., San Diego, CA 92104

Phone: (619) 515-2587

City Height Family Health Center

5379 El Cajon Blvd., San Diego, CA 92115

Phone: (619) 515-2400

Diamond Neighborhoods Family Health Center

220 Euclid Ave., Ste. 40, San Diego, CA 92114

Phone: (619) 515-2560

Downtown Family Health Center

1145 Broadway, San Diego, CA 92101

Phone: (619) 515-2525

Logan Heights Family Health Center

1809 National Ave., San Diego, CA 92113

Phone: (619) 515-2300

North Park Family Health Center

3544 30th St., San Diego, CA 92104

Phone: (619) 515-2424

Teen Health Center

1643 Logan Ave., San Diego, CA 92113

Phone: (619) 515-2333

[Family Justice Center](#)

Works to improve and strengthen the lives of families through early identification of family violence and then provide coordinated wrap-around services through collaboration with community partners in a safe location. Walk-in services provided include: individualize

screening and safety planning, emergency shelter referrals for both people and pets, child and adult counseling, deaf and hard of hearing services, legal services such as restraining orders and immigration visas, law enforcement, prosecution and military liaison.

Contact: 1122 Broadway, Ste. 200, San Diego, 92101
Phone: (866) 933-4673/ Crisis Hotline: 1-800-479-3339/
Domestic Violence Hotline: 1-888-DVLINKS (1-888-385-4657)
Website: <http://www.sandiego.gov/sandiegofamilyjusticecenter/>

Family Resource Centers (FRCs)

FRCs provide general self-sufficiency services, a branch of the Health and Human Services Agency that provides social welfare services to citizens in need. These services include, but are not limited to: cash, food assistance, employment services and medical needs. There are a variety of programs available for persons both with and without minor children.

FAMILY RESOURCE CENTERS THROUGHOUT SAN DIEGO:

Family Resource Center- Kearny Mesa

5201 Ruffin Rd., Building K, San Diego, CA 92123
Phone: (866) 262-9881

Family Resource Center- Metro

1130 10th Ave., San Diego, CA 92101
Phone: (619) 744-5101

Family Resource Center- Mission Valley

7947-49 Mission Center Court, San Diego, CA 92108
Phone: (619) 767-5206

Family Resource Center- Northeast

5001 73rd St., San Diego, CA 92115
Phone: (866) 262-9881

Family Resource Center- Southeast

4588 Market Street, San Diego, CA 92102
Phone: (619) 266-3701

Fleet & Family Support Center

The Fleet and Family Support Center offers services to support members of all branches of service and their families. Services include: career transition support; training in life skills, individual augmentee (IAs), financial management, family employment, parenting, and spouse relations; relocation support; family advocacy; deployment readiness; job search assistance; professional counseling for individuals and families; and also addresses sexual assault and exceptional family members. All who have access to one of the local naval bases can access services.

BASES IN SAN DIEGO:

Naval Base San Diego (619) 556-1011

Navel Base Coronado (619) 545-1011

Family & Youth Roundtable

The Roundtable is a family & youth led organization that serves as: County of San Diego Children's Mental Health Family & Youth Liaison, Family & Youth Council- San Diego, Family Partnership Council of California and the National Federation of Families California State Organization. We promote excellence in public child family serving systems through partnership, training, consultation and coaching.

Contact: 345 15th St., Ste. A, San Diego, CA 92101

Phone: (619) 546-5852

Website: <http://www.fyrt.org/>

Fred Finch Youth Center

Fred Finch Youth Center seeks to provide a continuum of high quality programs for the care and treatment of children, youth, young adults and their families, whose changing needs can best be met by a variety of mental health and social services. The goal is for clients to be professionally served in the least restrictive environment appropriate to their needs so that they may function at their highest potential.

Contact: 3434 Grove St., Lemon Grove, CA 91945

Phone: (619) 281-3706 x100

Website: <http://www.fredfinch.org/>

Dual Diagnosis Residential

14 bed long term residential program for adolescents with developmental disabilities and emotional disturbance. Must be eligible for Regional Center services. Program includes behavioral, mental health and educational components.

Contact: 3434 Grove St., Lemon Grove, CA 91945

Phone: (619) 797-1090

Comprehensive Stabilization and Assessment Service (CASS) Program

50 slot out-patient program serving foster youth (dependents of the court) who are at risk of change of foster care placement (either foster homes or small group homes). Service is staff by licensed (Masters or PhD) therapists. The program is short term and intensive, designed to provide immediate intervention to stabilize and preserve foster placements.

Contact: 6160 Mission Gorge Rd., Ste. 200, San Diego, CA 91920

Phone: (619) 281-3706 x 333

Fred Finch Wraparound

175 slot out-patient program serving dependent and wards of the court children who are returning home from out of home placement. Program uses a "wraparound model" to prepare

child and family for reunification. Goals of the program are to create family self sufficiency and independence. Referrals are made through SD County Child Welfare Service or Juvenile Probation department. Staffed by masters prepared "care coordinators" as well as family and youth support partners who work with the family and youth to create a family team who determines the best route to self sufficiency and independence.

Contact: 6160 Mission Gorge Rd., Ste. 200, San Diego, CA 91920
Phone: 619 281-3706 x 230

Harmonium

Harmonium promotes self-sufficiency and well-being in children, youth and adults through creative education, intervention and prevention services rooted in collaboration with neighborhoods and families. Core services include: "6 to 6" extended school-day programs at 56 schools within the City of San Diego, Klassic Kids licensed daycare offered at nine public schools, Parent-to-Parent (Southeast San Diego) support services to families of youth with behavioral and emotional challenges, Counseling (North City, East County), including group, individual and family counseling, and Epicentre/ San Diego Regional Teen Center.

Contact: 9245 Activity Rd., Ste. 105, San Diego, CA 92126
Phone: (858) 684-3080
Website: <http://www.epicentre.org/>

HARMONIUM PROGRAMS THROUGHOUT SAN DIEGO:

Harmonium- Children's Programs

9245 Activity Rd., Ste. 105, San Diego, CA 92126
Phone: (858) 684-3080

Harmonium- Counseling Programs

10717 Camino Ruiz, Ste. 104, San Diego, CA 92126
Phone: (858) 566-5740

Harmonium/ Epicentre- Youth Programs

8450 Mira Mesa Blvd., San Diego, CA 92126
Phone: (858) 271-4000

Holly Drive Leadership Academy

The mission of the Holly Drive Leadership Academy charter school is to establish a child-centered community and learning environment. The school aims to develop in its students a dedication to community service and the motivation and skills necessary for continuous successful life-long learning. Academic excellence, technological competence, an understanding and appreciation of the fine arts and an understanding of business principles are emphasized.

Contact: 4999 Holly Dr., San Diego, CA 92113
Phone: (619) 266-7333
Website: <http://www.hdla.org/>

Home Start

Home Start reaches out to children and families at risk and preventing child abuse and neglect. It offers proven practices that stop abuse within families and in neighborhoods, outreach programs that respond to specific community needs, education and assistance to improve parenting. Home Start offers a variety of family support services, parenting classes, therapeutic counseling (for both children and families), and family self-sufficiency programs.

Contact: 5005 Texas St., Ste. 203, San Diego, CA 92108

Phone: (619) 692-0727

Website: <http://www.home-start.org/>

LOCATIONS THROUGHOUT SAN DIEGO:

Beacon Center FRC

540 G St., Chula Vista, CA 91910

Phone: (619) 422-9208 x 5413

East County

338 W. Lexington Ave., Ste. 105, El Cajon, CA 92020

Phone: (619) 401-8375

Mid-City Office

5296 University Ave., Ste. F-2, San Diego, CA 92105

Phone: (619) 229-3660

North County Coastal

1320 Union Plaza Court, Oceanside, CA 92054

Phone: (760) 439-7513

North County Inland

463 N. Midway Dr., Ste. 200, Escondido, CA 92027

Phone: (760) 489-4951

Rayo de Esperanze FRC

1671 Albany Ave., Chula Vista, CA 91911

Phone: (619) 425-4458

Hope through Housing Foundation- Vista del Sol (After School & Beyond Program)

The Hope through Housing Foundation's After School and Beyond programs offer a safe place to go after school to get help with homework, establish positive social relationships, and work on projects that extend in-school learning.

Contact: 1545 Q Ave., National City, CA 91950

Phone: (619) 477-6708

Horn of Africa

The lead community-based organization in San Diego providing culturally and linguistically relevant services to East African refugees and immigrants with a focus on the Somali refugee community. They advocate for just policies in the U.S. that support human rights, economic development, liberty, democracy and religious freedom for East African refugees and immigrants. Horn of Africa strives to help refugees with the assimilation and acculturation process to the U.S.

Contact: 5296 University Ave., Ste. F, San Diego, CA 92105

Phone: (619) 583-0532

Website: <http://www.hornofafrica.org/>

House of Metamorphosis

The House OF Metamorphosis offers a wide variety of substance abuse treatment services for people 18+ years-old; including long-term residential treatment, walk-in assistance, Narcotic Anonymous meetings, 24-hour substance abuse hotline, sober recreational therapy, substance abuse workshops, etc.

Contact: 2970 Market St., San Diego, CA 92101

Phone: (619) 236-9217

Website: <http://www.houseofmetamorphosis.org/>

Inner City Youth of San Diego (ICY)

ICY offers a variety of youth training and entrepreneurial training, focusing much of its efforts in Southeast San Diego. For youth, ICY offers music concerts, plays, youth camp, a recreational center, and feeding and clothing assistance.

Contact: 4931 Logan Ave., Ste. 215, San Diego, 92113

Phone: (619) 527-7154

Website: <http://icysd.org/>

International Rescue Committee (IRC)

IRC San Diego offers various resettlement services including temporary financial assistance, financial literacy classes, cultural orientation, employment training, medical screening referrals, ESL classes, basic skills training for women, child care, a preschool, after-school tutoring and orientation for teens, immigration/citizenships services, food assistance, etc. IRC also works with refugees.

Contact: 5348 University Ave., Ste. 205, San Diego, 92105

Phone: (619) 641-7510

Website: <http://www.rescue.org/>

Jewish Family Services

JFS is a comprehensive social service organization with several locations throughout San Diego County. Services include but are not limited to: Counseling, case management, refugee resettlement, and older adult services.

Contact: 8804 Balboa Ave., San Diego, CA 92123
Phone: (858) 637-3000
Website: <http://www.jfssd.org/>

CENTERS THROUGHOUT SAN DIEGO:

CO-OP (Town Park Villas)

6316 Gullstrand St., San Diego, CA 92122
Phone: (858) 453-0182

College Avenue Senior Center

Beth Jacob Congregation
4855 College Ave., San Diego, CA 92115
Phone: (858) 637-3270

HIV Service- Integrated Services Program

8804 Balboa Ave., San Diego, CA 92123
Phone: (858) 637-3236

North County Inland

Temple Adat Shalom
15905 Pomerado Rd., Poway CA 92064
Phone: (858) 674-1123

On the Go

2525 Camino Del Rio South, Ste. 265, San Diego, CA 92108
Phone: (877) 634-6537

Senior Services Information & Referral

Phone: (858) 637-3040

University City Senior Center

Congregation Beth Israel
9001 Towne Centre Dr., San Diego, CA 92122
Phone: (858) 550-5998

Job Corps

Job Corps is a no-cost educational and vocational training program administered by the U.S. Department of Labor that helps young people; ages 16 through 24, get better jobs, make more money, and take control of their lives. Students enroll to learn a trade, earn a high school diploma or GED and get help finding a good employment. When students join the program, they are paid a monthly allowance; the longer they stay with the program, the more their allowance is. Job Corps provides career counseling and transition support to its students for up to 12 months after they graduate from the program.

Contact: 1325 Iris Ave., Building 60, Imperial Beach, CA 91932
Phone: (619) 429-8500
Website: <http://sandiego.jobcorps.gov/>

Juvenile Courts

A Drug Court is a special court that hears selected felony and misdemeanor cases involving non-violent, drug-using offenders. The San Diego Adult Programs, due to recent funding limitations, are limiting the enrollment to felons only at this time. The program includes frequent random drug testing, judicial supervision, drug treatment counseling, educational and vocational training opportunities, and the use of court-imposed sanctions and incentives. The Judge is actively involved in supervising drug court participants, rather than placing defendants in unsupervised probation or diversion programs. Upon successful completion of the criminal drug court program, which is a minimum of 18 months, probation may be terminated, or in rare instances, based on the recommendation of the prosecutor, the drug charge may be dismissed.

Contact: 2851 Meadowlark Dr., San Diego, CA 92123
Phone: (858) 634-1600

La Maestra Community Health Center

These centers provide quality health care and education to the under-served, ethnically diverse communities into the mainstream of our society, through a caring, effective, culturally and linguistically competent manner, respecting the dignity of all patients. Facilities house health clinics, an eye clinic, women's clinic, a community pharmacy, job development and placement center, etc. There are locations in City Heights, El Cajon and National City.

Contact: 4060 Fairmount Ave., San Diego, CA 92105
Phone: (619) 280-4213
Website: <http://www.lamaestra.org/>

Legal Aid Society of San Diego

Legal Aid is available to low-income individuals and disadvantaged communities for a variety of legal problems, including consumer, family disputes, welfare and health benefits, immigration and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments. Federal Poverty Income Guidelines determine eligibility for free legal services. The staff of expert legal workers help individuals and families resolve legal problems free of charge.

Contact: 110 S. Euclid Ave., San Diego, 92114
Phone: 1-877-534-2524
Website: <http://www.lassd.org/>

MAAC Project

The MAAC Project promotes self-sufficiency for low and moderate income families through advocacy for, and delivery of, social, educational, housing and employment services. Programs include: Head Start; Driving Under the Influence Program (DUIP), including support groups and alcohol counseling; Residential Recovery Homes that include counseling, alcohol/drug education, AA/NA meetings, vocational rehabilitation counseling, etc.; a housing and real estate

development program which develops diverse and attractive affordable housing solutions, property management, home loan counseling, etc., for low-income families and seniors; The Step Program, which encompasses employment opportunities, and small business development services; additional services such as filing free tax returns, assistance with job placement, financial education services, outreach and referrals for assistance with low or no cost health insurance; emergency assistance including shelter services, and help w/ food and energy needs; the MAAC Community Charter School which provides low-income, "at-risk" students in grades 9-12, up to age 24, opportunity to earn a high school diploma; and healthy home services, including weatherization and home repair services to income eligible, low-income families.

Contact: 1355 Third Ave., Chula Vista, CA 91911

Phone: (619) 426-3595

Website: <http://www.maacproject.org/>

MAAC OFFICES THROUGHOUT SAN DIEGO:

MAAC- Chula Vista Service Center

1355 Third Ave., Chula Vista, CA 91911

Phone: (619) 426-3595

MAAC- Mercado Community Development Office

2001 Newton Ave., San Diego, CA 92113

Phone: (619) 237-0661

MAAC- National City

450 E 8th St., National City, CA 91950

Phone: (619) 325-4525

MAAC- San Ysidro Service Center

663 E. San Ysidro Blvd., San Ysidro, CA 92173

Phone: (619) 428-1139

[McAlister Institute for Treatment and Education, Inc. \(MITE\)](#)

The McAlister Institute for Treatment and Education (MITE) provides drug and alcohol treatment services for Adolescents and adults. McAlister Institute provides recovery centers throughout San Diego 21 day detox services, residential programs, outpatient programs, adolescent programs, PC1000 Programs as well as sober living programs.

Contact: 1400 N Johnson, Ste. 101, El Cajon, CA 92020

Phone: (619) 442-0277

Website: <http://www.themcalisterinstitute.com/>

LOCATIONS THROUGHOUT SAN DIEGO:

East Region South Teen Center- La Mesa

7800 University Ave., Ste. A1, La Mesa, CA 92115

Phone: (619) 465-4349

East Region North Teen Center- El Cajon
550 Fesler St., Ste. G3, El Cajon, CA 92020
Phone: (619) 588-5361

North Central Teen Center- Clairemont
7867 Convoy Court, Building #5, Ste. 302, San Diego, CA 92111
Phone: (858) 277-4633

North Rural Teen Center- Ramona
323 Hunter St., Ramona, CA 92065
Phone: (760) 788-6520

South Bay Teen Center- Chula Vista
2429 Fenton St., Building 5, Chula Vista, CA 91914
Phone: (619) 482-9300

Mental Health Systems (MHS)

MHS provides mental health and drug and alcohol rehabilitation services in an innovative and cost-effective manner. MHS operates nearly 120 programs in more than 100 geographic locations in Southern and Central California. Programs are designed to serve the needs of those individuals with behavioral health problems who either cannot afford privately paid services or for whom appropriate services are not otherwise available

Contact: 9465 Farnham St., San Diego, CA 92123
Phone: (858) 573-2600
Website: <http://www.mhsinc.org/>

Mental Health Systems (MHS)- Caring Helpers

Caring Helpers is an extensive training program designed to help underserved youth who have previously been involved in the Juvenile Justice or Mental Health systems in San Diego County. Programs such as: youth leadership and adult leadership training, monthly educational presentation to help de-stigmatize and demystify mental health among Latino and Asian/Pacific Islanders communities.

Contact: 4660 Viewridge Ave., San Diego, CA 92123
Phone: (858) 292-0903
Website: <http://www.mhsinc.org/caring-helpers>

Mental Health Systemss (MHS)- Families Forward Wraparound

The Families Forward Program is for severely emotionally disturbed children/youth, ages 6-18, and their families. The program offers regionalized, home-based, intensive Wraparound services, case management, mental health services (individual, family, and group therapy), crisis intervention, and medication management. They often utilize community-based resources to keep the client in the least restrictive environment. Referrals from CWS, AB 2726, Probation, community providers, and self-referral are accepted. Clients must be at risk for losing placement in their home or are returning home from the System.

Contact: 9445 Farnham St., Ste. 100, San Diego CA 92123
Phone: (858) 380-4676
Website: <http://www.mhsinc.org/families-forward-wraparound>

Menatal Health Systems (MHS)- Steps Adolescent Day Treatment

Steps is an intensive day treatment and limited outpatient services to emotionally disturbed abuse-reactive youth. Day Treatment clients receive group therapy in addition to weekly individual and family therapy, community meetings, social skills building groups, medication assessment and monitoring. Client education is provided on-site by two San Diego Unified School District teachers and two instructional behavior technicians. Outpatient clients attend once a week for individual and group therapy and as needed for family therapy. Medication assessment and monitoring is available.

Contact: 4660 Viewridge Ave., San Diego, CA 92123
Phone: (858) 565-2510
Website: <http://www.mhsinc.org/steps-adolescent-day-treatment>

Metro-United Methodist Urban Ministry

Metro is a faith based organization committed to empowering low income individuals, families and communities to overcome poverty and to achieve self sufficiency through employment, education, social services and leadership development.

Contact: 6154 Mission Gorge Rd., Ste. 104, San Diego, CA 92120
Phone: (619) 285-5556
Website: <http://www.metroandiego.org/>

PROGRAM OFFICE

Gompers Middle School
1005 47th St., San Diego, CA 92102
Phone: (619) 263-7171 x 2227

GOOD NEIGHBOR CENTERS

Chollas View
906 North 47th St., San Diego, CA 92102
Phone: (619) 264-0368

Nestor Good
1120 Nestor Way, San Diego, CA 92154
Phone: (619) 429-0802

Narcotics Anonymous (NA)

NA is a nonprofit fellowship of men and women for whom drugs had become a major problem; recovering addicts who meet regularly to help each other stay clean. This is a program of

complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Phone: (619) 584-1007/ Spanish: (619) 564-0774/ Toll-free: (800) 479-0062

Website: <http://www.sandiegona.org/> / In Spanish: <http://www.bajason-na.org/>

National City Collaborative (NCC)

The NCC serves to nurture and promote the collective vision of over fifty member community organizations and agencies to guide the work of diverse agencies and to affect systems change that will enhance the well-being of the National City Community. Programs offered to the community are primarily delivered Family Resource Centers (FRCs) a “one-stop” service operation that provides over 13 programs and services such as: adult education, after-school tutoring, art classes, Spanish literacy, health education Classes, TB testing, immunization clinics, assistance with forms, advocacy, crisis intervention, counseling, care coordination, rental assistance, referrals for shelters, emergency food, MediCal issues, care coordination: services for long-term wellness and case management for individuals, families with children in school, etc.

Family Resource Center

Contact: 304 West 18th St., National City, CA 91950

Phone: (619) 336-8360

CENTERS THROUGHOUT SAN DIEGO:

Family Resource Center

2325 Euclid Ave., National City, CA 91950

Phone: (619) 336-8659

Rayo de Esperanza Family Resource Center

1671 Albany Ave., Chula Vista, CA 91911

Phone: (619) 425-4458

Summercrest Community Center

2721 East Plaza Blvd., National City, CA 91950

Phone: (619) 475-2080

Vista del Sol Community Center

1545 Q Ave., National City, CA 91950

Phone: (619) 477-3275

National Conflict Resolution Center

The San Diego Mediation Center is the Community Services Division of NCRC. Mediation is a confidential meeting with people involved in a dispute facilitated by a trained mediator who guides a discussion of issues toward an agreement that is acceptable to everyone involved. The Mediation Center mediates neighborhood, landlord/tenant, small claims court, family and business disputes. No cost in appropriate cases to county residents within center’s service area.

Contact: 625 Broadway, Ste. 1221, San Diego, CA 92101
Phone: (619) 238-2400
Website: <http://www.ncrconline.com/>

OFFICES THROUGHOUT SAN DIEGO:

El Cajon Office

181 Rea Ave., Ste. 101, El Cajon, CA 92020
Phone: (619) 593-4530

North County Office

380 Melrose Dr., Ste. 363, Vista, CA 92081
(760) 494-4728

South Bay Office

663 East San Ysidro Blvd., San Ysidro, CA 92173
Phone: (619) 428-3200

New Alternatives

Provides family focused services to child victims of abuse, neglect and abandonment. These victims frequently suffer from a variety of emotional and psychological disorders due to family histories of child abuse, substance abuse, family violence and mental illness. With treatment, many of these children will be able to break generational cycles of child abuse, substance abuse, family violence, homelessness and poverty. The core of this system of care is a variety of residential treatment settings that range in size from 6-48 beds. Each of these programs has been developed in response to a community need for specialized services for at risk children and adolescents. In addition to this core of residential treatment programs, NAI has developed a continuum of care that includes in-home prevention services, mental health programs, school-based services, foster care and a wide variety of residential programs.

Contact: 4307 3rd Ave., San Diego, CA 92103
Phone: (619) 209-5272/ Toll-Free: 1-888-599-HOME
Website: <http://www.newalternatives.org/>

Planned Parenthood

Planned Parenthood provides confidential, comprehensive, high-quality medical services to communities of San Diego. PPSDRC prides itself on offering the highest standard of care possible at each of our 18 clinics. Planned Parenthood offers a full range of reproductive healthcare services in clean, comfortable settings, as well as education and advocacy programs such as: parent education, youth development, and educator and student resources. Express clinics offer same-day family planning without a pelvic exam. Services and information offered include: abnormal pap tests, abortion, birth control methods, general gynecology, general medical information, pregnancy, sexually transmitted infections, and vaginal infections.

Appointments for all clinics: 1-888-743-PLAN (7526)
Website: <http://www.plannedparenthood.org/>

CLINICS THROUGHOUT SAN DIEGO:

College Avenue- Sarah Weddington Center

4575 College Ave., San Diego, CA 92115

City Heights Express Clinic

4305 University Ave., Ste. 350, San Diego, CA 92105

Euclid Avenue- Francis Torbert Center

220 Euclid Ave., Ste. 30, San Diego, CA 92114

First Avenue Family Planning- Michelle Wagner Center

2017 First Ave., San Diego, CA 92101

Kearny Mesa Center

7526 Clairemont Mesa Blvd., San Diego, CA 92111

Mira Mesa Center

10737 Camino Ruiz Medical Mall, Ste. 220, San Diego, CA 92126

Mission Bay Parker Center

4501 Mission Bay Dr., Ste. 1C&D, San Diego, CA 92109

Mission Valley Express Center

1333 Camino del Rio South, Ste. 306, San Diego, CA 92108

Pacific Beach Express- Mimi Brien Center

1602 Thomas Ave., San Diego, CA 92109

[Pro Kids \(The First Tee San Diego\)](#)

Pro Kids is a non-profit working to positively impact the lives of inner-city youth by providing programs that promote education, character development, life-skills, and values through the game of golf. Pro Kids operates Colina Park Golf Course in City Heights and provides free programming to youth. Members have access to: golf and life skills instruction, learning center classes, vocational field trips, internships, college scholarships, and community service opportunities.

Contact: 4085 52nd St., San Diego, 92105

Phone: (619) 582-7884

Website: <http://www.thefirstteesandiego.org/>

[Project B.R.O. \(Brotherhood, Responsibility and Outreach\)](#)

Project B.R.O works with male African immigrants and refugees, ages 14-19, in the San Diego community to improve their reproductive health behaviors through abstinence-based health education and life skills training. Program components include: direct education, life-skills development, recreation, volunteer work, and cultural appreciation. The youth meet in small

groups with health educators to discuss and learn about important health and life skills topics such as abstinence, HIV/AIDS, contraceptive methods, and goal setting and decision making skills. For participating in program, students receive membership to the Salvation Army/Kroc Community Center.

Contact: 6845 University Ave. (F-126), San Diego, CA 92115
Phone: (619) 269-1436

Rady Children's Hospital- Developmental Evaluation Clinic

Rady Children's Hospital offers developmental evaluation services for infants, preschoolers, and school-age children. Services include: identifying developmental, learning, and social delays; determining the need for further assessment/intervention; recommending follow-up interventions; linking children and families to needed services; and providing comprehensive reports to parents and providers. Access to interpreter services.

Contact: 3020 Children's Way, MC 5023, San Diego, CA 92123
Phone: (858) 966-5817
Website:

Read/ San Diego

Read is a free literacy, English as a Second Language and family literacy instruction service for adults 18 years and older. Staffed by literacy professionals, READ/San Diego coordinates the efforts of volunteer reading tutors and cooperates with local adult schools, community colleges and other literacy education providers in making and receiving student referrals.

Contact: 5148 Market St., San Diego, CA 92114
Phone: (619) 527-5475
Website: <http://www.sandiego.gov/public-library/services/read.shtml>

Reality Changers (Agentes de Cambio)

Reality Changers works to improve each members' relationships with God send them to a universities. Members are expected to maintain 3.0 GPAs and are given a computer if their family does not have one. Members must pass a random drug test once a year. Members with a 3.5 GPA or above go to UCSD's Academic Connections, where they live in college dorms for three weeks and earn college credit while still in high school. Individuals, churches, and foundations fund tuition expenses. SAT workshops are offered; students earn points through weekly quizzes that can lead to earning a scholarship to attend a camp and also must know 10 S.A.T. vocabulary words before eating dinner provided by RC. A student-led "Congress" helps members practice their college note-taking skills and tutors assist the RC members. Reality Changers meets in downtown San Diego and Solana Beach. Reality Changers also offers a religious camp.

Contact: 3910 University Ave., Ste. 300-RC, San Diego, CA 92105
Phone: (619) 516-2216 (Spanish)/ (619) 516-2222 (English)
Website: <http://realitychangers.org/>

Rescue Social Change Group

Rescue Social Change Group provides service exclusively to organizations seeking to cause positive social change amongst youth and young adults. Services are provided to local, state, and national efforts that address issues like tobacco, obesity, and violence prevention. Through formative research and strategic planning and management, Rescue Social Change Group develops innovative ways to address social problems affecting our youth.

Contact: 1000 W. Washington St., San Diego, CA 92103

Phone: (619) 231-7555

Website: <http://rescuescg.com/>

Riley School Program- Children's Outpatient Psychiatry

The Riley School is a special education center for students with emotional and behavioral difficulties. Small classes are led by a teacher and two instructional behavioral technicians. Students see counselors frequently for group and individual sessions, crisis intervention, and service coordination. The Children's Hospital Outpatient Psychiatry has a clinic on campus. The school offers a positive-reward behavior-modification system, PeaceBuilders, and a community-based social skills program help students improve their behavior. The Riley School also offers services in Spanish.

Contact: 5659 Mt. Ackerly Dr., San Diego, CA 92111

Phone: (858) 966-8659

San Diego Center for Children

Promotes the well-being of children, youth, families, and communities by providing an array of proven and effective mental health, educational, and social services. SDCC programs support Individualized Education Programs (IEPs) and re-establish the learning process while meeting the specific mental health needs of the children and adolescents we serve. SDCC programs include: day treatment programs, serving both children and adolescents; an intensive outpatient program in South County; a school readiness program that serves children ages 0 to 5; a foster family agency; a counseling center; two Non-Public Schools serving children and adolescents; two residential treatment programs, (RCL 12 and RCL 14) for children ages 6 to 13; Clark Adolescent Treatment Program, a residential program that serves adolescents ages 13 to 17; and a wraparound program to assure that a child's return to their community is successful, and that families have the tools they need to support their child in this success.

Contact: 3002 Armstrong St., San Diego, CA 92111

Phone: (858) 277-9550

Website: <http://www.centerforchildren.org/>

San Diego City Schools' Mental Health Resource Center (MHRC)

Provides mental health treatment for elementary-age students in order to reduce violence and substance abuse, reduce emotional symptoms, improve behavior, raise achievement, and increase attendance. MHRC provides assessment, case management, and treatment for students in all grade levels.

Contact: 2351 Cardinal Lane, Annex B, San Diego, CA 92123
Phone: (858) 573-2227

San Diego County Office of Education- Continuation and Alternative Schools

Offering students, parents, and local school districts unique alternative school placement opportunities, and providing small, comfortable classroom settings for students who have not been successful in traditional public schools. Small class sizes ensuring frequent contact with the teacher, parent, social worker and/or probation officer. Emphasizing close supervision of students and carefully monitoring of academic progress. Target population is "at risk" middle and high school age students in need of a smaller classroom setting and a more individualized teaching approach. Generally, these students are actively supervised by an assigned probation officer and/or social worker. School districts may refer SARB, zero tolerance and expulsion students. In most cases local districts have designated a district official to refer students to our schools. School sites are located throughout the county; see the website below for locations and further information.

Contact: 6401 Linda Vista Rd., San Diego, CA 92111
Phone: (858) 292-3500
Website: www.sdcoe.net/

San Diego County Office of Education and Juvenile Court & Community Schools (SDCOE/JCCS) - Transitioning Youth N' Motion/ Youth One-Stop-Career Centers

The SDCOE/JCCS offers various programs to prepare JCCS students for job and career prospects. Services include: ROP/multimedia production, ROP/building, driver's education, GED preparation, career awareness, graduation portfolio assistance, basic skills improvement (reading and math), computer services, scholarship assistance, merchandising training, and ROP/childcare development. They also assist students with educational goals, financial aid, scholarship information, apprenticeship program, military service /vocation, permanent/temporary employment, dollars for scholars, career goals, etc.

CAREER CENTERS THROUGHOUT SAN DIEGO:

East County Career Center

924 East Main St., El Cajon, CA 92021
Phone: (619) 590-3900

Metro Career Center

3910 University Ave., San Diego, CA 92105
Phone: (619) 516-2200

Metro Youth One-Stop-Career Center

210 West Ash St., San Diego, CA 92101
Phone: (619) 233-2814

South County Career Center

1111 Bay Blvd., Ste. E, Chula Vista, CA 91911
Phone: (619) 628-0300

South Bay Community Services- South Bay Transitioning Youth Project

1124 Bay Blvd., Suite D, Chula Vista, CA 91911
Phone: (619) 420-3620
Website: <http://southbaycommunityservices.org/>

South Metro Career Center

4389 Imperial Ave., San Diego, CA 92113
Phone: (619) 266-4200

San Diego Food Bank

The San Diego Food Bank offers an emergency food assistance program to low income families. It also offers a Commodity Supplemental Food Program that provides food and nutrition education to low income pregnant women, women 12 months postpartum, breast feeding mothers, children under the age of six, and seniors 60+. Participants must live in SD County, be low-income, and not enrolled in WIC.

Contact: 9850 Distribution Ave., San Diego, CA 92121
Phone: (858) 527-1419/ (866) 350-3663
Website: <http://www.sandiegofoodbank.org/>

EMERGENCY FOOD ASSISTANCE PROGRAM DISTRIBUTION SITES & HOURS:

Amistad Rancho Hills Church
5901 Rancho Hills Dr.
San Diego, CA 92139
2nd Friday 9:00 am-11:00 am

1601 Kelton Rd.
San Diego, CA 92114
1st Friday 9:00 am

Ascension Lutheran Church
5106 Zion Ave.
San Diego, CA 92120
1st Friday 9:00 am-11:00 am

City of Refuge International Church
2001 Oceanview Blvd.
San Diego, CA 92113
1st Saturday 1:00 pm-3:00 pm

Casa De Sol
1157 30th St.
San Diego, CA 92154
2nd Friday 9:00 am until food is gone

Climb Grace Covenant Church
2885 Clay Ave.
San Diego, CA 92113
1st Friday 9:00 am-11:00 am

Casa Familiar
212 W. Park Ave.
San Ysidro, CA 92173
2nd Friday 9:00 am-11:00 am

Community Food Bank
2605 Highland Ave.
National City, CA 91950
2nd Friday 9:00 am

Christian Fellowship Church

Good News Missionary Baptist
4106 Swift Ave.

San Diego, CA 92104
1st Friday 7:00 am-11:00 am

Grace Missionary Baptist Church
6328 Brooklyn Ave.
San Diego, CA 92114
Before the 1st Friday 2:00 pm-4 pm

Hearts & Hands Working Together
2242 Enchanted Place
San Ysidro, CA 92173
Mon-Fri 5:00 pm-6:30 pm

Ladle Fellowship of First Presbyterian
Church
320 Date St.
San Diego, CA 92101
2nd Saturday 8:30 am-10:30 am

Mercado Apartments
2001 Newton Ave.
San Diego, CA. 92113
Before the 1st Friday 5:00 pm-6:30 pm

Metro Good Neighbor
1120 Nestor Way
Nestor, CA 92154
Mon, Tues, Thurs, Fri 9 am-12:30 pm

Neighborhood House Association
841 South 41st
San Diego, CA 92113
Mon, Wed, Fri 1:30 pm-4:30 pm

Nestor Methodist Church
1120 Nestor Way
Nestor, CA 92154
2nd Friday 8:00 am

New Hope SDA Church
2420 52nd St.
San Diego, CA 92105
1st Friday 9:00 am-11:00 am

North Park Recreation Center
4044 Idaho St.
San Diego, CA 92113
1st Thursday 8:00 am-9:30 am

Project Hand- Lutheran Social Services
580 Hilltop Dr.
Chula Vista, CA 91910
2nd Friday 9:00 am

San Diego Broadway Spanish 7th Day
2411 Broadway St.
San Diego CA 92102
1st Saturday 3:00 pm-5:00 pm

SD Coalition for the Homeless
4101 University Ave.
San Diego, CA 92105
1st Friday 9:00 am-11:00 am

Sherman Heights Community Center
2258 Island Ave.
San Diego, CA 92102
1st Friday 9:00 am

[San Diego Girls' Alliance](#)

The San Diego Girls Alliance assists girls and young women by offering them resources and guidance toward personal development and community awareness. The San Diego Girls' Alliance (SDGA) is committed to being a resource for girls and young women ages 10-20 to exchange ideas and interests. Provides unique group mentoring, participant-driven programs, creative recreational activities, and advocacy resources, and strives to empower participants and help them develop leadership skills and life-long friendships.

Contact: 5050 Guymon St., San Diego, CA 92102

Phone: (619) 852-5773

Website: <http://www.girlsalliance.org/>

[San Diego Urban League](#)

The Urban League of San Diego County assists African Americans and other underserved people in San Diego County in achieving social and economic equality through advocacy, bridge building, program services and research. Programs and services offered include: educational wrap-around services, a youth leadership academy, family support & empowerment, Urban League of San Diego Career College Club Network (C3N), policy initiatives, advocacy, and more. The SD Urban League also offers Project MARCH (Making A Responsible Choice Happen), which works to reduce the rate of unintended pregnancies among youth through workshops and parent seminars. Curriculum includes education about the risks associated with unprotected sex, such as HIV infection, STD transmission and unintended pregnancy.

Contact: 720 Gateway Center Dr., San Diego, CA 92102

Phone: (619) 263-3115

Website: <http://www.sdul.org/>

[San Diego Workforce Partnership's Youth Division](#)

The San Diego Workforce Partnership Youth Division oversees programs that help at-risk youth, ages 14 to 21, plan and achieve their educational goals and secure employment via a network of community-based youth service providers. These programs assist eligible San Diego County youth who have dropped out of high school, are at risk of dropping out, or are transitioning from justice system camps and foster care facilities. All youth who qualify receive: educational services, work readiness training, work preparation and work-based opportunities, and youth development services. The Workforce Partnership is an active partner with the City of San Diego Commission on Gang Prevention & Intervention and funds the *Gang Prevention Initiative*, a secondary school-based gang prevention programs that provide year-round work readiness and educational support to youth ages 14 to 16.

Contact: 3910 University Ave., Ste. 400, San Diego, CA 92105

Phone: (619) 228-2900

WORKFORCE PARTNERSHIP'S YOUTH PROGRAMS THROUGHOUT SAN DIEGO:

ACCESS, Inc.- YES Transition Network

ACCESS, Inc. through the YES (Youth Empowerment Services) Transition Network provides youth opportunities to gain employability skills, explore career paths, and engage in life-long learning activities. Services include work-based learning experiences such as job shadow, internship, and work experience as well as dropout prevention and intervention services that connect youth with education services.

- **YES Transition Network**
2612 Daniel Ave., San Diego, CA 92111
Phone: (858) 560-0871
Website: www.access2jobs.org/
- **YES Transition Network- South County Region Chula Vista Mall**
555 Broadway, Ste. 2010, Chula Vista, CA 91911

Phone: (619) 476-0194
Website: www.access2jobs.org/

Coalition of Neighborhood Councils (CNC)

Offers both: *Youth Opportunity and Employment Program & Gang Prevention Initiative Program*

415 Euclid Ave., San Diego, CA 92114
Phone: (619) 325-3580
Website: <http://www.cncsandiego.org/>

Grossmont Union High School District- East County Career Center

GUHSD Out-of-School Program

924 E. Main St., El Cajon, CA 92021
Phone: (619) 590-3900
Website: <http://eccc.guhsd.net/>

[San Diego Youth Services Administration](#)

SDYCS offers programs in 16 locations throughout SD County. Programs include: outreach, crisis intervention, counseling & case management, mental health services, alcohol & drug treatment, adoption services, foster care, kinship care, health education & physical fitness, after-school programs, arts programs, independent living skills, an emergency shelter for runaway youth, and more. SDYCS is part of *Breaking Cycles*, a program aimed at preventing escalating juvenile delinquency, offered in conjunction with the probation department, which offers substance abuse assessment and treatment, mental health treatment, functional family therapy, counseling, psycho-educational groups, etc.

Contact: 3255 Wing St., San Diego CA 92110
Phone: (619) 221-8600
Website: <http://www.sdyouthservices.org/>

[San Ysidro Health Center](#)

SYHC offers an extensive array of family-oriented primary health care services, including pediatrics (including immunizations), obstetrics and gynecology, adult medicine, geriatric care, dental care services, mental health services, podiatry, radiology, laboratory and pharmacy. Additional services include pregnancy testing, free health education programs, social service programs, WIC program, family planning and more. Clinics are located in San Ysidro, Chula Vista, National City and Otay.

Contact: 4004 Beyer Blvd., San Ysidro, CA 92173
Phone: (619) 428-4463/ Appointments & information: (619) 662-4123
Website: www.syhc.org/

SAN YSIDRO HEALTH CENTERS THROUGHOUT SAN DIEGO:

Chula Vista Family Clinic

865 3rd Ave., Ste. 133, Chula Vista, CA 91910

Phone: (619) 498-6200

National City Family Clinic

1136 D Ave., National City, CA 91950

Phone: (619) 336-2300

Otay Family Health Center

1637 3rd Ave., Stes. B F H & I, Chula Vista, CA 91911

Phone: (619) 205-1360

South Bay Family Urgent Care

340 4th Ave., Ste. 7, Chula Vista, CA 91910

Phone: (619) 205-1960

SAN YSIDRO HEALTH CENTER- BEHAVIORAL HEALTH:

Euclid Family Counseling Center

292 Euclid Ave., Ste. 112, San Diego, CA 92114

Phone: (619) 205-1947

Healthy Steps

1275 30th St., San Diego CA 92154

Phone: (619) 662-4199

Youth Enhancement Services

3025 Beyer Blvd., San Diego CA 92154

Phone: (619) 428-5533

SAN YSIDRO HEALTH CENTER- WIC NUMBER FOR ALL SITES: (619) 426-7966

WIC Chula Vista

1655 Broadway Ste. 17, Chula Vista, CA 91911

WIC Imperial Beach

886 Palm Ave., Imperial Beach CA 91932

WIC Maternal and Child Health Center

4050 Beyer Blvd., San Ysidro, CA 92173

WIC National City

1005 Plaza Blvd., Ste. A, National City, CA 91950

WIC San Ysidro

4494 Camino de la Plaza, San Ysidro, CA 92173

SAY San Diego- Mid-City Juvenile, Diversion, and Prevention Family Resource Center

This program provides short-term, family-based case management and/or counseling for families experiencing issues to be addressed through counseling. Individual and group counseling are also available for families with children ages 8 - 17. Voluntary or court-ordered referrals are accepted. Eligible for families who reside in the following zip codes: 92104, 92105, 92111, 92115, 92116, 92117, 92123, 92124

Contact: 4275 El Cajon Blvd., San Diego, CA 92105

Phone: (619) 283-9624

Website: <http://www.saysandiego.org/>

SAY San Diego- Project L.I.V.E.

Project LIVE is a program for children at O'Farrell Community School who have an incarcerated parent. The goal is to help students who demonstrate poor social and academic skills, depression, or potential delinquency behaviors, resulting from the separation from their parent/caregiver, to become healthier emotionally, socially, and academically. Project LIVE uses case management, individual and group counseling, and social enrichment activities to break the cycle of dysfunction and failure and provide support and tools to deal with life in a high risk community.

Phone: (619) 263-3009 x2255

SAY San Diego- Social Advocates for Youth

SAY supports the positive development of youth, families and communities in San Diego. Their Primary programs include: delinquency prevention and juvenile diversion, before and after school programs and child care, family support and development services, health promotion services, community development and collaboration, school readiness and support services, child abuse prevention program, drug prevention services, and mental health services.

Contact: 8755 Aero Dr., Ste. 100, San Diego, CA 92123

Phone: (858) 565-4148

Website: <http://www.saysandiego.org/>

SAY San Diego- Vision Achievement Mentoring Partnership

A collaborative program with three other local agencies, VAM is a program that involves group mentoring to prevent teen pregnancy and increase male responsibility while assisting youth in developing a positive life vision. VAM promotes and supports the development of self-assured, future-orientated boys and girls who are capable of navigating through adolescence and contributing positively to society. The project is targeted towards at-risk youth, ages 11-17, from North Central, Central, and Mid City communities.

Contact: 5348 University Ave., Ste. 201, San Diego, CA 92105

Phone: (619) 582-9056

Second Step Programs

The Second Step program is a violence prevention curriculum that is offered at preschool and elementary school sites. In partnership with San Diego City Schools' Mental Health Resource Center (MHRC), this program provides mental health treatment for students in order to reduce violence and substance abuse, reduce emotional symptoms, improve behavior, raise achievement, and increase attendance.

Baker Elementary

4041 T St.
San Diego, CA 92113
Phone: (619) 264-3139

San Diego, CA 92113
Phone: (619) 262-2473

Perkin Elementary

1770 Main St.
San Diego, CA 92113
Phone: (619) 525-7482

Knox Elementary

1098 S. 49th St.

Sherman Heights Community Center

Offer a variety of classes: zumba, aerobics, violin, karate, ballet folklorico, *danza azteca*, ESL, and more. SHCC also has a teen club, after-school tutoring services, a soccer team, and programs for older adults.

Contact: 2258 Island Ave., San Diego, CA 92102

Phone: (619) 232-5181

Website: <http://www.shermancenter.org/>

South Bay Community Services (SBCS)

South Bay Community Services provides services and programs for families, children and individuals in South San Diego County. SBCS offers kinship care services, a program for newborns and their mothers, a bilingual preschool, affordable housing, financial literacy, housing and support services for victims of family violence and homeless families, etc. Youth specific services include: independent living skills training (for foster youth); job skills training; transitional housing and emergency for foster youth and/or homeless youth; mental health services (both individual and family counseling); peer educator and street outreach program; mentoring; case management and counseling for high-risk youth; a juvenile diversion program; a Community Assessment Team (CAT) program; a Teen Recovery Center (TRC) to address substance abuse; and a Critical Hours program.

Contact: 1124 Bay Blvd., Ste. D, Chula Vista, CA 91911

Phone: (619) 420-3620

Website: <http://southbaycommunityservices.org/>

Southcrest Recreation Center

The Southcrest Recreation Center has a full-size gym, meeting room, arts and crafts room, weight room, outdoor courts, picnic area, outdoor grills, and sports equipment. It is also home to the *Teen Center*, serving ages 13-17, Monday to Friday 3:30. to 7:30 p.m. which Homework lab, movies, dances, crafts and more.

Contact: 4149 Newton St., San Diego, CA 92113
Phone: (619) 527-3413
Teen Center: (619) 527-3442

Stand Up For Kids

Stand Up For Kids helps homeless and street kids. Their work is carried out by a national volunteer force whose on-the-streets outreach efforts finds, stabilizes and assists homeless and street kids, through transitional housing, street outreach, outreach centers, etc., in their efforts to improve their lives.

Contact: 1039 Park Blvd., San Diego, CA 92101
Phone: (619) 237-5437/ 1-800-365-4KID
Website: <http://www.standupforkids.org/>

Star/Pal

Star/Pal provides free youth programs and positive interaction with committed volunteers that include law enforcement officers and firefighters. STAR/PAL mission is to inspire and aid youth to make positive life choices through active participation in educational, athletic and recreational activities, in collaboration with community partners.

Contact: 4110 54th St., San Diego, CA 92105
Phone: (619) 531-2718
Website: <http://www.starpal.org/>

Tariq Khamisa Foundation (TKF)

The Tariq Khamisa Foundation is dedicated to breaking the cycle of youth violence by empowering kids and teaching peace. Through TKF's school-based nonviolence programs and curriculum, TKF works with elementary, middle, and high school students. TKF teaches about the realities of gangs, violence, revenge, and the importance of becoming "peacemakers". TKF offers programs ranging from a one-time presentations and assemblies to multi-session programs that can be facilitated by TKF staff.

Contact: 7490 Opportunity Rd., Ste. 202, San Diego, CA 92111
Phone: (858) 565-0800
Website: <http://www.tkf.org/>

Teen Challenge of Southern California

Teen Challenge provides youth, adults and children an effective and comprehensive faith-based solution to drug and alcohol addiction as well as other life-controlling problems. Teen Challenge is committed to enabling and equipping those we serve to find freedom from addictive behavior, to become socially and emotionally healthy, physically well and spiritually alive.

Contact: 5450 Lea St., San Diego, CA 92105
Phone: (619) 265-0337
Website: <http://www.teenchallenge.org/>

The Center- The San Diego Lesbian, Gay, Bisexual & Transgender Community Center

The Center houses over 50 programs, projects and services that reach out to the LGBT, HIV/AIDS, and allied communities. The Center offers many programs, including HIV testing and counseling, a women's resource center, discussion and coming out groups, a youth center in Hillcrest, and more.

Contact: 3909 Centre Street, San Diego, CA 92103

Phone: (619) 692-2077

Website: <http://www.thecentersd.org/>

Youth Center

Contact: 1807 Robinson Ave., Ste. 106, San Diego, CA 92103

Phone: (619) 497-2920

Website: <http://www.thecentersd.org/>

The Palavra Tree

The Palavra Tree operates a Teen Recovery Center (TRC) and a youth leadership program. The TRC is for adolescents (ages 12-17) and provides non-residential Alcohol and Other Drug (AOD) Treatment, Recovery and Social Services for adolescents. Services include recovery, prevention and recreation services; offering individuals and families support and guidance needed to overcome addiction through coping skills, counseling, support groups, life style changes, intervention & prevention, family meetings, behavioral change, referrals, & relapse prevention.

Contact: 1212 South 43rd St., Suite C, San Diego CA 92113

Phone: (619) 263-7768

Website: <http://www.palavratree.org/contact-us.html>

TEEN RECOVERY CENTERS THROUGHOUT SAN DIEGO:

Central East

1212 South 43rd St., Ste. C, San Diego CA 92113

Phone: (619) 263-7768

Central Northern

4001 El Cajon Blvd., Ste. 206, San Diego, CA 92105

Phone: (619) 280-2300

Central West

2878 Imperial Ave., San Diego, CA 92102

Phone: (619) 238-7393

Toussaint Academy of the Arts and Sciences (TAAS)

TAAS serves high school age adolescents, ages 14 to 17, who meet the US Department of Housing and Urban Development guidelines for homelessness including adolescents who do not have suitable homes to return to, adolescents whose families reside at St. Vincent de Paul

Village, and adolescents who live in other homeless settings (i.e. the street or emergency shelters).

Contact: 1404 5th Ave., San Diego, CA 92101

Phone: (619) 687-1080

Website: <http://www.toussaintacademy.org/>

Turning the Hearts Center

Turning the Hearts Center is committed to turning the hearts of youth and families through education, leadership development, and family enhancement services. They provide the necessary educational and workforce development training, open-ended services, and life skills development activities to out-of-school youth, ages 16-24 in the South Bay. Also offering a variety of programs, including: break-dance classes, substance abuse classes, parenting classes, pregnancy prevention for boys and girls, separate social support groups for girls and boys, leadership development, anger management, work readiness classes, etc.

Contact: 345 5th Ave., Chula Vista, CA 91910

Phone: (619) 691-9643

Website: <http://www.turningtheheartscenter.org/>

Turning the Hearts Center- Gang Awareness through Mentoring and Education (GAME)

Comprehensive gang prevention and intervention groups twice a week for active gang members and at-risk youth of gang activity, ages 12-18 years old.

Contact: 345 5th Ave., Chula Vista, CA 91910

Manny Castro, Program Coordinator

Phone: (619) 691-9643

Website: <http://www.turningtheheartscenter.org/>

UCSD BRIGHT Families Project

BRIGHT Families is a project dedicated to disseminating comprehensive sex education, through a variety of methods. We teach youth in middle- and high-and offer a mentoring program, and through our presence at various community events.

Contact: 2020 W. Arbor Dr., San Diego, 92103

Phone: (858) 530-3200

Union of Pan Asian Communities (UPAC)

The UPAC provides services such as mental health, addiction treatment, economic development, child, youth and senior services, health services, & translation to Asian and Pacific Islander communities in San Diego.

Contact: 3288 El Cajon Blvd., Ste. 13, San Diego, CA 92104

Phone: (619) 232-6454

Website: <http://www.upacsd.com/>

Union of Pan Asian Communities UPAC- Pan Asian High Risk Youth Mentorship

This program offers culturally competent mentorship opportunities for Southeast Asian and Filipino youths, ages 6-19, designed to increase self-esteem and reduce gang involvement, relationship violence, suicide, academic failure, unintended pregnancy, and substance abuse. Participants complete a 10-week life skills training program and are paired with adult mentors. Services offered in Cambodian, Lao, Tagalog, Vietnamese and English.

Contact: 1031 25th St., San Diego, CA 92102
Phone: (619) 232-6454 x 848

Union of Pan Asian Communities UPAC- San Diego Asian Youth Organization (SDAYO)

This partnership with the San Diego Police Department provides a leadership forum & community service opportunities for youth. Language capabilities of program staff are Cambodian, Chinese, Lao, Tagalog, Vietnamese, Spanish & English.

Contact: 1031 25th St., San Diego, CA 92102
Phone: (619) 232-6454 x848

Unity Tech

Unity Tech provides a safe after school program, art/culture, balloon art, tutoring, computer education, mentoring assistance, kid's smart program, teen safety, youth hip-hop fitness, nutrition, discipline Kenpo course, and/or Know & Go program for our youth at risk from gangs, dropping out of school and their families in various communities.

Contact: 5540 El Cajon Blvd., San Diego CA 92115
Phone: (619) 287-8182
Website: <http://www.unitytech.org/>

WIC (Women, Infants & Children)

WIC provides assistance for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. There are many WIC offices throughout San Diego.

Phone: (800) 500-6411
Website: <http://www.sandiegowic.org/>

A PARTIAL LIST OF WIC OFFICES THROUGHOUT SAN DIEGO:

Chula Vista WIC Office
648 E St., Chula Vista, CA 91910

Euclid Ave WIC Office
220 Euclid Ave., Ste. 80, San Diego, CA 92114

Linda Vista WIC Office

7612 Linda Vista Blvd., San Diego, CA 92111

Naval Medical Center (NMCSO)

ARC Office Bldg. 1, 34800 Bob Wilson Dr., San Diego, CA 92134

Naval Base San Diego, 32nd St.

Fleet & Family Support Center, Bldg. 263
3005 Corbina Alley, San Diego, CA 92136

University Ave WIC Office

5821 University Ave., San Diego, CA 92115

Southeast WIC Office

3177 Oceanview Blvd., San Diego, CA 92113

YMCA

YMCA offers a variety of services and programs for children, families and programs for older adults. Services vary by branch, but include: play groups, parenting classes, literacy, family counseling, adoption services, tutoring, family support groups, afterschool programs, fitness, aquatics, mentoring, scholarships, college tours, teen leadership programs, and more. Info on programs offered by each branch is available through the contact info below.

Website: <http://www.ymca.org/>

YMCA BRANCHES THROUGHOUT SAN DIEGO:

Border View YMCA

3601 Arey Dr.
San Diego, 92154
Phone: (619) 428-9622

Copley Family YMCA

3901 Landis St.
San Diego, 92105
Phone: (619) 283-2251

Downtown YMCA

500 West Broadway,
Suite B, San Diego, 92101
Phone: (619) 232-7451

Jackie Robinson Family YMCA

151 YMCA Way
San Diego, 92102
Phone: (619) 264-0144

La Jolla YMCA

8355 Cliffridge Ave.
La Jolla, 92037
Phone: (858) 453-3483

Mission Valley YMCA

5505 Friars Rd.
San Diego, 92110
Phone: (619) 298-3576

Peninsula Family YMCA

4390 Valeta St.
San Diego, 92107
Phone: (619) 266-8888

Toby Wells YMCA

5105 Overland Ave.

San Diego, 92123
Phone: (858) 496-9622

YMCA Child Care Resource Service (CRS)

YMCA Childcare Resource Service (CRS), a department of the YMCA of San Diego County, is committed to promoting the well being of children and families in San Diego County.

CRS works to assist families in finding quality child care, educate parents as consumers of child care services, assist income eligible families with child care costs, advocate for families and children at the local, state and national level. CRS also collects local child care supply and demand data and applies it to building child care capacity, assisting families of children with developmental disabilities with respite care, and providing child development resources, training and enrichment to child care providers.

Contact: 3333 Camino Del Rio South, Ste. 400, San Diego, CA 92108
Phone: (619) 521-3055

South County Office

401 Mile of Cars Way, Ste. 340, National City, CA 91950
Phone: (619) 474-4707

YMCA Turning Point Transitional Living Program

An 18-month program designed to assist and support young adults (16-21) develop the skills necessary to live self-sufficient, independent lives. The program offers shared apartment living in the City Heights area. Support services include individualized case management, employment development/assistance and independent-living skills training. Also serve parenting and/or pregnant youth and provide child development classes

Contact: 4145 Swift Ave., Ste. 1, San Diego, CA 92104
Phone: (619) 640-9774
Website: <http://www.yfs.ymca.org/residential-services/turning-point-tlp.html>

YMCA Youth & Family Services (YFS)

YFS services are organized into four service areas: residential, school-based, community-based and counseling. Residential services include the two Oz shelters for runaway and troubled teens, and the two transitional living programs for homeless youth: Turning Point, Mary's House (young women only), and Tommie's Place (for pregnant and parenting youth 18-21). There are School-based services, in addition to providing safe after-school programming countywide and school-based counseling. Community-based services offer prevention and education-based programs, including the Balboa Youth & Community Center, prevention initiatives focused on violence, gang, drugs and teen pregnancy, as well as clinical counseling, mentoring and healthy lifestyle education. Also operates an independent living skills program for former foster youth, helping them transition into independence. Counseling includes bilingual counseling services for individuals and families. The Teen Link Community Project is a collaborative with a focus on prevention (of teen pregnancy, substance abuse, and gang involvement) encouraging youth to reduce high risk behaviors through education in order to make positive life choice.

Contact: 4080 Centre St., Ste. 101, San Diego, CA 92103
Phone: (619) 543-9850
Website: <http://yfs.ymca.org/>