

Resources for Migrants in San Diego

Rapid Response Toolkit

About this toolkit:

This rapid response toolkit is for San Diego community-based organizations, city departments, and other immigrant-serving agencies to connect newly arrived migrants and asylum seekers with trusted service providers and help them access the services they need.

For questions or if you would like to contribute to this list of resources, please reach out to the City of San Diego's Office of Immigrant Affairs (OIA) at:

ImmigrantAffairs@sandiego.gov.

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I. IMMIGRATION SERVICES

San Diego Immigrant Legal Service Providers:

San Diego has many non-profit legal service providers that work with immigrants both in the city and county. Some of these organizations include:

- [ACLU of San Diego & Imperial Counties](#)
 - 619-232-2121
 - info@aclusandiego.org
- [Alliance San Diego](#)
 - P.O Box 12266
San Diego, Ca 92112
 - 619-269-1823
- [Al Otro Lado](#)
 - 511 E. San Ysidro Blvd. #333
San Ysidro, CA 92173
 - 323-238-9935
 - info@alotrolado.org
- [American Bar Association Immigration Justice Project](#)
 - 2727 Camino del Rio South, Suite 320
San Diego, CA 92108
 - 619-255-8810
 - contact@abaijp.org
- [Border Angels](#)
 - 2258 Island Avenue,
San Diego, Ca 92102
 - 619-487-0249
 - admin@borderangels.org
- [Casa Cornelia](#)
 - 2760 Fifth Avenue, Suite 200
San Diego, Ca 92103
 - 619-231-7788
- [Catholic Charities](#)
 - 3888 Paducah Drive,
San Diego, Ca 92117
 - 619-323-2841
- [CSA San Diego County](#)
 - 327 Van Houten Ave
El Cajon, Ca 92020



- 619-444-5700
- info@c4sa.org
- [Employee Rights Center](#)
 - 4265 Fairmount Avenue Suite 200
San Diego, Ca 92105
 - 619-521-1372
- [Immigrant Defenders Law Center](#)
 - 213-634-0999
 - info@immdef.org
- [Immigration Center for Women and Children](#)
 - 427 C Street, Suite 208
San Diego, Ca 92101
 - 619-515-2200
- [Jewish Family Service](#)
 - 8804 Balboa Avenue,
San Diego, Ca 92123
 - 858-637-3210
- [Legal Aid Society of San Diego](#)
 - Central San Diego Office:
 - 1764 San Diego Ave.,
San Diego, Ca 92110
 - South San Diego Office:
 - 110 S. Euclid Ave.,
San Diego, Ca 92114
 - 877-534-2524
- [Partnership for the Advancement of New Americans \(PANA\)](#)
 - 5348 University Avenue, Suite 110
San Diego, Ca 92105
 - 619-363-6939
 - info@PANASD.org
- [San Diego Volunteer Lawyer Program](#)
 - 707 Broadway, Suite 1400
San Diego, Ca 92101
 - 619-235-5656
 - info@sdvlp.org
- [University of San Diego \(USD\) School of Law](#)
 - 5998 Alcalá Park
San Diego, Ca 92110
 - 619-260-7470
 - jdinfo@sandiego.edu

Each organization listed above has its own intake process, so expect to call and make an appointment for consultation.

Each legal service provider also has different specialities within the field of immigration law. Make sure to ask each organization what kinds of legal aid they can provide. Types of services may include:

- Adjustment of Status
- DACA
- Citizenship Applications
- Removal Defense
- Asylum Applications
- Family-Based Visa Petitions
- U-Visas
- T-Visas
- VAWA
- Special Immigrant Juvenile Status

San Diego OIA Immigrant Resource Page:

<https://www.sandiego.gov/welcomingsd/covid-19-resources>

Find free or low-cost services in San Diego for New San Diegans, Asylum Seekers & Refugees, and DACA Recipients using the Office of Immigrant Affairs Welcoming SD Resources page. The information listed on the page is meant for both short-term and long-term help.

You can utilize the Immigrant Resource Page for these types of immigration assistance:

- Know Your Rights Information
- Housing and Tenant Rights
- Legal Services
- Social Services and Community Centers
- Food Distribution and Support
- Education, Employment and Business Support
- Housing Assistance, Emergency Shelter and Housing Rights Support
- Health, Parenting, and Infant Information
- Hotlines
- Federal, State and County Resources

- Asylum and Refugee Specific Information
- DACA Specific Information
- Citizenship Information
- Covid-19 Information

Each organization listed in the resource guides on the website has its own intake process, so expect to call and make an appointment for consultation.

San Diego Rapid Response Network Hotline:

Call The Emergency Immigration Enforcement Hotline to Report Ongoing Immigration Emergencies

Monday-Friday 8:30am-5:00pm hotline at (619) 536-0823

The San Diego Rapid Response Network (SDRRN) is an interconnected system of organizations and individuals working together to respond to dehumanizing immigration enforcement activities, including checkpoints, raids, arrests, and harassment, occurring in San Diego County.

SDRRN maintains an Emergency Immigration Enforcement hotline for community members to report any immigration-related emergencies and to document such occurrences. They also provide asylum seeker shelter and transition services including critical case management, travel assistance, nutrition services, medical screenings, legal assistance, and financial support for asylum seekers in need of respite shelter. The purpose of the hotline is to document such incidents, provide emergency assistance, and connect affected individuals with resources to social services and legal defense.

The [San Diego Rapid Response Network](#) is run by a group of community non-profit organizations.

II. Immigrant Resources and Public Benefits

Health Care:

Medi-Cal Health Insurance

Medi-Cal offers eligible individuals and families access to free or low-cost health care coverage and some dental services. You can receive full-scope Medi-Cal benefits if you meet eligibility requirements, are a U.S. citizen, or have Satisfactory Immigration status. Undocumented eligible adults will have access to Emergency and Pregnancy-related services.

Note: All eligible young adults under the age of 26 and older adults age 50 and over are entitled to receive full-scope Medi-Cal benefits, regardless of immigration status.

For assistance in another language, call (415) 558-4700 or (855) 355-5757.

- Apply for **Medi-Cal**.

If someone doesn't have health care coverage or has Medi-Cal but doesn't have a regular doctor, California's new nurse advice line can help. [Contact Medi-Cal's free Medi-Nurse Line](#) about COVID-19-related symptoms and referrals for free testing and treatment, regardless of income and immigration status.

COVID-19 Vaccinations

Vaccination Information: To learn more about the phased vaccination process and how you can get vaccinated, visit the [City of San Diego COVID-19 Vaccination Program](#) page or the [County of San Diego COVID-19 page](#).

Food:

CalFresh Food Assistance

CalFresh provides many immigrants with assistance to buy food at retail food outlets, grocery stores, farmers' markets, some restaurants, and online. View the [CalFresh Frequently Asked Questions](#) for immigrants.

Legal permanent residents, victims of trafficking, U visa applicants and holders, and other "qualified immigrants" may be eligible for CalFresh. For more details about who is a "qualified immigrant," visit <http://mycalfresh.org/immigrants/> Immigration information asked during the CalFresh application process is considered private and will NOT be



shared, it can only be used to determine eligibility. Applicants will NOT be denied U.S. citizenship for applying for or receiving CalFresh benefits.

- **Apply for [CalFresh](#).**

Food pantries

Use [The Jacobs and Cushman San Diego Food Bank](#) GPS food locator to find food assistance in San Diego County. This GPS food locator can help you locate the over 500 organizations that have food banks across all of San Diego County. Whether you prefer to receive walk-up assistance or drive-thru assistance, there is an option available for everyone.

If you need immediate food assistance, please dial 2-1-1 from your phone, and an operator will find your nearest food distribution site. Calls are free, confidential, multilingual and available 24-hours a day.

[EMERGENCY FOOD ASSISTANCE PROGRAM \(SAN DIEGO FOOD BANK\)](#): The Neighborhood Food Distribution Program distributes fresh produce and nonperishable food items at 19 distribution sites every month throughout San Diego County. The majority of the food distributed at these sites is fresh produce – fresh fruits and vegetables. ANYONE can receive food at a Neighborhood Distribution Program site. Identification cards ARE NOT required. There are NO INCOME restrictions for this program. Locations and distribution hours are updated each month.

[SENIOR FOOD PROGRAM \(SAN DIEGO FOOD BANK\)](#): The Senior Food Program provides a monthly 35-pound box of food and a 2-pound block of cheese to senior citizens aged 60 and over who meet income guidelines. The Food Bank distributes food to 13,000 low-income senior citizens at 65 sites throughout San Diego County every month. Call 1-866-350-FOOD (3663) to speak with a staff member who can assess if you qualify for the program. If you qualify, you will be provided information about the location and hours of your nearest food distribution site based on your zip code. For new participants, proof of address (such as a utility, water, or phone bill) & date of birth are REQUIRED to register for the program. Income eligibility is a verbal self certification; no documentation of income is required.

Housing and Shelters:

Affordable Housing Assistance and Information:

1. The City of San Diego provides information regarding access to fair housing in a variety of languages. Please visit the City of San Diego's ["Practice Fair Housing"](#) page to learn more about your rights as a tenant.

2. [San Diego Housing Commission](#) provides assistance and information on housing opportunities and affordable rentals in the San Diego region. The Housing Commission also has a [Resource Guide](#), which includes all the information necessary for affordable housing, rents, homebuyer information, and homeless shelters.

Child Care and Family Needs:

Child care subsidies

Many immigrant families on CalWORKS are eligible for help with child care costs. Learn more from the [Office of Early Care and Education](#). View the CalWORKs Child Care Fact Sheet: [English](#) | [中文](#) | [Español](#).

Diaper Bank

The Jacobs and Cushman San Diego Food Bank also offer a Diaper Bank Program and have a list of the different distribution locations in San Diego County. Please check out there [Diaper Bank Program Distribution List](#) to find the nearest diaper bank near you.

Spanish Version of the [Diaper Bank Program Distribution List](#).

Education

SAN DIEGO UNIFIED SCHOOL DISTRICT

Adult Education Programs

Individuals, 18 years of age who are no longer attending high school, may enroll to improve reading, writing, and math skills and/or to complete course requirements needed to obtain the Adult Education High School Diploma. For locations and contact information, visit the website provided above.

SAN DIEGO CONTINUING EDUCATION

San Diego Continuing Education (SDCE) is the adult education division of the San Diego Community College District (SDCCD). There are a wide variety of certificate programs available, including automotive, accounting, healthcare, fashion, and hospitality and culinary arts. There are also English classes, opportunities to earn a high school diploma, and also classes to learn skills and technical trades.

MIRA COSTA COMMUNITY COLLEGE

Mira Costa College offers a wide variety of tuition-free noncredit courses at the Community Learning Center in Oceanside and at several locations throughout Oceanside and Carlsbad. These courses are listed in the Continuing Education schedule (PDF), published two times per year. Special programs



SWEETWATER UNION HIGH SCHOOL DISTRICT

Adult Education Programs

There is no registration fee required for enrollment in the adult school program. You must be 18 years of age or older to attend. New students are accepted at any time in many classes. Students who wish to attend classes at the adult school must enroll at the adult school of their choice: Chula Vista Adult, (619) 796-7000. Montgomery Adult, (619) 600-3800. National City Adult, (619) 336-9400. San Ysidro Adult, (619) 428-7200. If you have a question regarding registration and or classes offered, please call the school that you would like to attend.

Mental Health:

Immigrants Rising Mental Health Connector

[Free psychological support](#) for youth aged 18-30, undocumented, and live in California.

The UndocuHealth Initiative

[Help managing stress and anxiety](#) for undocumented individuals.

Informed Immigrant mental health resource library

[Free digital mental health resources for immigrants.](#)

III. Other resources:

Support for LGBTQ+ migrants

- [The San Diego LBGT Community Center](#)
 - The San Diego LGBT Community Center strives to enhance and sustain the health and wellbeing of the lesbian, gay, bisexual, transgender and HIV communities by providing activities, programs and services that create community; empower community members; provide essential resources; advocate for civil and human rights; and embrace, promote and support our cultural diversity. Behavioral health, HIV, men's, women's, and youth services are available. Programs supporting the Latinx community are also available. Groups and services are available in Spanish.

Ethnic-Based Services

- [AFGHAN COMMUNITY CULTURE CENTER](#)
- [HORN OF AFRICA](#)
- [IRISH OUTREACH SAN DIEGO](#)
- [KAREN ORGANIZATION OF SAN DIEGO](#)
- [LITTLE SAIGON SAN DIEGO FOUNDATION](#)
- [SAN DIEGO ALLIANCE FOR ASIAN PACIFIC ISLANDER AMERICANS](#)
- [SAN YSIDRO HEALTH: CHALDEAN-MIDDLE EASTERN SOCIAL SERVICES](#)
- [SOMALI FAMILY SERVICES \(SFS\)](#)
- [UNITED WOMEN OF EAST AFRICA](#)

Refugee Resources

- [MIRY'S LIST](#)
- [NILE SISTERS](#)
- [SAN DIEGO REFUGEE COMMUNITIES COALITION](#)
- [SAN DIEGO REFUGEE FORUM](#)
- [SECOND FAMILIES](#)

International Rescue Committee (IRC) in San Diego

[The International Rescue Committee](#) in San Diego provides opportunities for refugees, asylees, victims of human trafficking, survivors of torture, and other immigrants to thrive in America. Each year, thousands of people, forced to flee violence and persecution, are welcomed by the people of the United States into the safety and freedom of America. These individuals have survived against incredible odds. The IRC collaborates closely with government bodies, civil society actors, and local volunteers to support

refugees, asylum-seekers, and other immigrants in San Diego as they work to rebuild their lives.

Home Start - Communities in Action Program

[This program](#) helps families move towards self-sufficiency by providing case management and support in financial literacy, hygienic supplies, tax assistance, job readiness, and resource referrals.

Bayside Community Center

[Bayside Community Center](#) provides language and forms assistance (appointment required) in English, Spanish, and Vietnamese, and also hosts senior lunches, exercise classes, and academic clubs for local elementary school children.

Casa Familiar

[Casa Familiar](#) provides support in accessing government benefits, such as affordable housing and healthcare; assistance with immigration, such as DACA, citizenship, and family-based Visa petitions; and general services, such as taxes, translations, and filling out applications and documents.

Survivors of Torture International

[Survivors of Torture](#), International is an independent nonprofit organization dedicated to caring for survivors of politically motivated torture and their families who live in San Diego County. Since 1997, SURVIVORS has helped survivors to recover from their traumas through a holistic program including mental health, psychiatry, social services, and medical case management. SURVIVORS empowers torture survivors to reclaim the strength and vitality that were stolen from them by brutal dictators and governments. The specialized care SURVIVORS provides these vulnerable individuals helps them to become self-sufficient and healthy members of their families and of our community.

Consulates

The [Consulate of Mexico](#) in San Diego can help with issuing passports and other documents or information for Mexican immigrants.

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