



"We continue to hear about how the economy is recovering but for many San Diegans, it's just talk. I've enlisted the help of the City Council, the San Diego Food Bank, and many community partners to get the word out that there is real help available to those struggling to make ends meet. Please check out the programs listed here and **Put Pride Aside**; get the help you need."

Councilmember Marti Emerald



The 211 program can steer you in the right direction to find the help you need. Simply dial **211** on your telephone or follow this link: <http://www.211sandiego.org/>



A  Sempra Energy utility™

SDGE offers 20% CARE discounts, free home weatherization, and a financial assistance program. To find out if you qualify, follow this link: <http://www.sdge.com/residential/assistance/>



California Lifeline is a program offered through AT&T providing low-income telephone service. Learn more at: <http://www.att.com/gen/general?pid=10278>



Sometimes a little extra food on the table can take the pressure off of families in these difficult times. Please see the other side of this page to see the many organizations that can help.



About the *Put Pride Aside* campaign

The *Put Pride Aside* campaign is a joint initiative sponsored by Councilmember Marti Emerald and San Diego City Council, the San Diego Food Bank and the campaign's participating partners (listed below). The campaign encourages San Diegans struggling in this difficult economy to "put pride aside" and access the resources provided by the San Diego Food Bank and its partner organizations listed below.

***Put Pride Aside* partner organizations**

For information on all social services contact:

211 San Diego www.211sandiego.org

Housing/shelter:

Alpha Project www.alphaproject.org
Chicano Federation www.chicanofederation.org
Interfaith Shelter Network www.interfaithshelter.org
MAAC Project www.maacproject.org
San Diego Coalition for the Homeless www.sdhomeless.org

Food assistance:

San Diego Food Bank www.sandiegofoodbank.org
Southbay Community Services www.southbaycommunityservices.org
American Red Cross San Diego www.sdarc.org
Jewish Family Service www.jfssd.org

Low-cost utility/insurance programs:

California Lifeline (Telephone) www.californialifeline.com
California Low Cost Auto Insurance Plan www.insurance.ca.gov
SDG&E Care Program (Gas & electricity) www.sdge.com

Employment training/ assistance:

Comprehensive Training Systems www.ctsjobs.org
San Diego Workforce Partnership www.sandiegomatwork.org
Goodwill Industries www.sdgoodwill.org
Jewish Family Service www.jfssd.org
MAAC Project www.maacproject.org
Urban League of San Diego www.sandiego.urbanleague.us

Healthcare:

Consumer Center for Health Education www.healthconsumer.org
Council of Community Clinics www.ccc-sd.org
Elder Help www.elderhelpofsandiego.org
Family Health Centers www.fhcsd.org
VA Medical Center www.sandiego.va.gov
La Maestra Community Health Centers www.lamaestra.org
Unite for Sight www.uniteforsight.org
Mental Health Systems www.mhsinc.org
Neighborhood Health Clinic www.nhcare.org

Family/ child/ youth services:

Southbay Community Services www.southbaycommunityservices.org
MAAC Project www.maacproject.org
YMCA www.ymca.org
YWCA www.ywcasandiego.org

Immigration/ refugee services:

International Rescue Committee www.theirc.org

Mortgage/ foreclosure advice:

Housing Opportunities Collaborative www.myhousingforall.org

Military social services:

Armed Services YMCA www.asymca.org
Vietnam Veterans of San Diego www.vvds.net