

Commission on Gang Prevention and Intervention

Community Resource Guide



Organized by
Michael Boxell, Brian Petry
and Rachel Kirchhofer
SDSU
2014

SERVICES by Areas

SERVICES COVERING ALL AREAS

Al-Anon and Al-Ateen

Phone: (619) 296-2666

Big Sister League of San Diego, Inc

92103 / Phone: (619) 297-1172

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

92101/ General Information: 1-866-933-4673/ Crisis Hotline: 1-800-479-3339

Legal Aid Society of San Diego

92101/ 1-877-534-2524

Narcotics Anonymous (NA)

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

San Diego Food Bank – Emergency Food Assistance Distribution Sites

Phone: (858) 527-1419 or
(866) 350-3663

SDYCS - The Storefront emergency shelter

Phone: (619) 325-3527 / 24-Hour Crisis Line: 1-866-715-6405

WIC (Women, Infants & Children) Phone: (800) 500-6411

CENTRAL

Barrio Station

92113/ Phone: (619) 238-0314

Boys and Girls Club of Greater San Diego Central

92102/ Phone: (858) 866-0591

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

**Mid City Family Resource Center w/
SAY San Diego** 92105 / Phone: (619)
283-9624

**Community Center - Our Lady's
School**
92102 / Phone: (619) 233-8889

**Critical Hours - Greater Golden Hill
Community Development - Youth
Education Town**
92102 /SDYCS YET (619) 232-8126

Family & Youth Revolt
92101/ (619) 546-5852

Critical Hours - Sherman Heights

Family Health Centers - Downtown

92101/ (619) 515-2525

Family Resource Center – Metro

92101 / Phone: (619) 744-5101

Family Resource Center - Southeast

92102 / Phone: (619) 266-3701

House of Metamorphosis

92101 / Phone: (619) 236-9492

Juvenile Diversion Residential-YMCA

92117, Phone: (858) 270-8213

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

92102 / Phone: (619) 264 – 0368

Metro Region Career Center 92101 /

Phone: (619) 233-2814

National Conflict Resolution Center

92101 / Phone: (619) 238-2400 or (760)
494-4728

**Palavra Tree - Central South West Teen
Recovery Center** 92102 / Phone: (619)

263-7768

San Diego Urban League

92102 / Phone: (619) 263-3115

**San Diego Youth and Community
Services- Central**

92101/ Phone: (619) 221-8600

SDYCS – NFL Youth Education Town

(YET) Golden Hills 92102 / Phone: (619)
232-8126

Sherman Heights Community Center

92102 / Phone: (619) 232-5181 Ext 17

Social Advocates for Youth (SAY)

92104/ Phone: (858) 565-4148

Stand Up For Kids

92101 / Phone: 1-800-365-4KID

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

92102 / Phone: (619) 687-1080

**UPAC - Pan Asian High Risk Youth
Mentorship**

92102 / Phone: (619) 232-6454

**UPAC - San Diego Asian Youth
Organization (SDAYO)**

92102 / Phone: (619) 232-6454

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, Central, c/o SAY San Diego **serves parts of Eastern* 92105 / Phone: (619) 283-9624

CRC Health Group – Fashion Valley Clinic

92108 / Phone: (877) 637-6237

Family Resource Center - Mission Valley (619) 491-0438

Fred Finch Youth Center -

91920 / Phone: (619) 281-3706 Ext 333

Home Start

92108 / Phone: (619) 692-0727

Jewish Family Services –

92123 / Phone: (858) 637-3000

Juvenile Courts

92123 / Phone: (858) 634-1600

Mental Health Systems Inc. (MHS)

92123 / Phone: (858) 573-2600

MHS - Caring Helpers

92123 / Phone: (858) 292-0903

MHS – Moving Families Forward

92123 / Phone: (858) 380-4676

Metro-United Methodist Urban Ministry

92116 / Phone: (619) 285-5556

San Diego Youth and Community Services- East

(SAY) San Diego

92123 / Phone: (858) 565-4148

SAY San Diego - Juvenile Diversion and Prevention: Family Support Center

92123, 92124 & 92116 / Phone: (619) 582-9056 Ext 211

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

92123 / Phone: (858) 573-2227

San Diego Girls' Alliance

92116 / Phone: 563-3918

YMCA

92116/ (619) 281-8313

92123 / Phone: (858) 492-2300

**YMCA - Child Care Resource
Services**

92108 / Phone: (619) 521-3055

YMCA - Toby Wells

92123 / Phone: (858) 496-9622

SDYCS - Breaking Cycles Program

MID-CITY

Able-Disabled Advocacy (A-DA)

92105 / Phone: (619) 231-5990

Community Assessment Team, Central, c/o SAY San Diego

92105 / Phone: (619) 283-9624

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) 229-3660

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 (619) 285-5556

Metro Youth One Stop 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) 791-2610 Ext 302

Reality Changers (Agentes de Cambio)

92105 / Phone: (619) 516-2222

SAY San Diego - Juvenile Diversion and Prevention: Family Support Center

92105 & 92115 / Phone: (619)

582-9056 Ext 211

San Diego Youth and Community Services (SDYCS) - Central East Teen Recovery Center

(619) 521-2250

SDYCS - Teen Options (Perinatal)

92105/ Phone: (619) 521-2250

SDYCS -City Heights Youth Center

92105 / Phone: (619) 325-4696

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

Beach Area Family Health Center

92109 / Phone: (619) 515-2444

**Boys & Girls Club –Roberts Family
Branch Linda Vista**

92111 / Phone: (858) 277-6670

**Center for Community Solutions
(CCS) - CCS Coastal Location**

92109 / Phone: (858) 272-5777

Continuation and alternative schools

92111 / Phone: (858) 292-3500

**County of San Diego - Emergency
Screening Unit (ESU)**

91911 / Phone: (619) 421-6900

**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**

Phone: (858) 277-4663

**Phoenix House - Beach Area - Teen
Recovery Center**

(619) 226-2663

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

92111 / Phone: (858) 966-8659

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

92117 / Phone: (619) 582-9056 Ext 211

San Diego Center for Children

92111 / Phone: (858) 277-9550

**San Diego Youth and Community
Services (SDYCS)**

92110 / Phone: (619) 221-8600

Tariq Khamisa Foundation (TKF)

Phone: (619) 955-8777

YMCA - La Jolla YMCA

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 - Children's
Programs** 92126 / Phone: (858)
684-3080

**Harmonium - Counseling
Programs** 92126 / Phone: (858)
566-5740

**Harmonium/ Epicentre - Youth
Programs-** T (858) 684-3080 F
(858) 684-3181 counseling Office:
858-684-3080 ext. 203 for
appointments

**Jewish Family Services - North
County Inland**
OPTUMHealth Access & Crisis Line:
(888) 724-7240
National Suicide Hotline:
1-800-SUICIDE or 1-800-784-2433
San Diego County Domestic Violence
Hotline: 1-888-DV-LINKS or
1-888-385-4657

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: (800) 952-JOBS
(5627)

**Casa Familiar - Social Services
Center/ Community &
Recreation Center** 92173 / Phone:
(619) 428-1115

**Community Assessment Team,
South County, c/o South Bay
Community Services
Communities: Otay Mesa, San
Ysidro** 91932, 92154, 92173/
Phone: (619) 420-3620

**Family Resource Centers –
National City** 91950 / Phone:
(619) 336-8360 /

**Family Resource Center - Rayo
de Esperanza**
91911 / Phone: (619) 425-4458

**Family Resource Center -
Summercrest Community Center**
91950 / Phone: (619) 475-2080

MAAC Project - San Ysidro Service Center 92173 / Phone: (619) 428-1139

McAlister Institute (MITE) - South Bay East Teen Recovery Center 91914 / Phone: (619) 482-9300

Metro-United Methodist Urban Ministry - Good Neighbor Centers - Nestor 92154 / Phone: (619) 285-5556

National Conflict Resolution Center 92173 / Phone: (619) 238-2400

South Bay Community Services 91910/ Phone: (619) 420-3620

South County Career Center 91911 / Phone: (619) 628-0300
San Ysidro Health Center 92173 / Phone: (619) 662-4100

San Ysidro Health Center - Behavioral Health 92173 / Phone: (619) 428-1330

San Ysidro Health Center - Youth Enhancement Services 92173/ Phone: (619) 428-5533

San Ysidro Health Center - Otay Family Health Center 91911 / Phone: (619) 205-1360

Turning the Hearts Center - 91910 / Phone: (619) 691-9643

YMCA - Border View 92154 / Phone: (619) 428-1168

SOUTHEASTERN

Barrio Station 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, Central, c/o SAY San Diego 92105 / Phone: (619) 283-9624

CNC - Youth Opportunity & Employment Program & Gang Prevention Initiative Program- Phone: (619) 266-7333

Holly Drive Leadership Academy 92113 / Phone: (619) 266-7333

Inner City Youth of San Diego (ICY) Phone: (619) 527-7154

Family Health Centers – Diamond Neighborhoods Family Health Center 92114 / Phone: (619) 515-2560

Family Health Centers – Teen

Health Center

92113 / Phone: (619) 515-2333

**Family Health Centers –
Logan Heights Family Health
Center**

92113 / Phone: (619) 515-2300

**MAAC Project - Barrio Logan
Service Center** 92113 / Phone:
(619) 255-7284

**Palavra Tree – Central
Southeast Teen Recovery
Center**
92113 / Phone: (619) 263-7768

**SAY San Diego - Project
L.I.V.E.**
92114 / Phone: (619) 263-3009
Ext 2255

**Southcrest Park Recreation
Center**
92113 / Phone: (619) 527-3413
Teen Center: (619) 527-3442

South Metro Career Center
92113 / Phone: (619) 266-4200

WESTERN

**Alpha Project for the
Homeless**
92103 / Phone: (619) 232-4785

Chicano Federation
92104 / Phone: (619) 285-5600

**The Center - The San Diego
Lesbian, Gay, Bisexual,
Transgender Community
Center- Youth Center- Phone
(619) 692-2077**

92103 / Phone: (619) 497-2920
Ext 113

**SAY San Diego - Juvenile
Diversion and Prevention:
Family Support Center**
92104 / Phone: (619) 582-9056
Ext 211

**SDYCS - The Bridge group
home**
92104 / Phone: (619) 521-3939
24-Hour Hotline: (866)
715-6405

**Union of Pan Asian
Communities (UPAC) (Drug
Medi-Cal only)**
92104 / Phone: (619) 521-5720

**YMCA - Peninsula Family-
Phone- (619) 226-8888**

**YMCA - Turning Point
Transitional Living Program**
92104 / Phone: (619) 640-9774

**YMCA - Youth & Family
Services (YFS)**
92103 / Phone: (619) 543-9850

SERVICES BY COUNCIL DISTRICT

District 1

Access Inc.

Phone: (858) 560-0871 ext.106

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

Phone: (760) 753-6351

Jewish Family Services

Phone: (858) 550-5998

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) 280-2300

Alcohol and Drug Services ADS- San Diego Youth and Community Services (SDYCS) - Teen

Options (Perinatal)

Phone: (619) 521-2250

AL-ANON and ALATEEN

Phone: (619) 296-2666

Beach Area Family Health Center

Phone: (619) 515-2444 or (619) 876- 4420

Big Sister League of San Diego, Inc

Phone: (619) 297-1172

Catholic Charities

Phone: (619) 231-2828

Center for Community Solutions

Phone: (858) 272-5777

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

Phone: (619) 692-2077

City Heights Community Development Corporation (CHCDC)

Phone: (619) 584-1535

Mid City Family Resource Center

Phone: (619) 283-9624

**Community Initiatives for Children and Families Health and Human Services Agency (858)
581-5880**

County Health and Human Services Agency- Transmitted Disease Clinic
(619) 692-8550

CRC Health Group - Home Ave Clinic

Phone: (877) 637-6237

Family & Youth Revolt

(619) 546-5852

Family Health Center Downtown

Phone: (619) 515-2525

Family Justice Center

Phone: (619) 533-6000

Family Resource Center – Metro

Phone: (619) 744-5101

Family Resource Center - Southeast

Phone: (866) 262-9881

Garfield High School (continuation school)

Phone: (619) 362-4500

Home Start

Phone: (619) 229-3660

House of Metamorphosis

Phone: (619) 236-9492

International Rescue Committee (IRC)

Phone: (619) 641-7510

La Maestra Community Health Center

Phone: (619) 280-4213

La Jolla YMCA

Phone: (858) 453-3483

Metro-United Methodist Urban Ministry-

Phone: (619) 264 –0368

Metro Youth One-stop Center Phone:

(619) 233-2814

MHS Outpatient

For the Deaf & Hard of Hearing

Phone: (619) 398-2441

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) 516-2222

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

Metro Region

Phone: (619) 233-2814

San Diego Youth and Community Services

(619) 221-8600

San Diego Youth and Community Services

(619) 521-2250

San Diego Urban League

Phone: (619) 263-3115

SAY San Diego - Juvenile Diversion and Prevention: Family Support Center

Phone: (619) 582-9056, x211

San Diego Workforce Partnership

Phone: (619) 228-2900

Sherman Heights Community Center

Phone: (619) 232-5181 Ext 17

Stand Up For Kids Phone: (619)

237-5437

Star/Pal

Phone: (619) 531-2718

Toussaint Academy of the Arts and Sciences (TAAS)

Phone: (619) 687-1080

UCSD BRIGHT Families Project (858)

530-3200

UPAC - Pan Asian High Risk Youth Mentorship

Phone: (619) 232-6454

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 Toby Wells

Phone: (858) 496-9622

YMCA Peninsula Family- Phone- (619) 226-8888

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

Alcohol and Drug Services ADS- San Diego Youth and Community Services - Central East Teen Recovery Center- Crisis Line, phone 1-888-724-7240.-phone (619)-584-5007

Big Sister League of San Diego, Inc

Phone: (619) 297-1172

Boys and Girls Club of Greater San Diego Central

Phone: (858) 866-0591

Boys and Girls Club Clairemont Branch

Phone: (858) 273-1645

San Diego Youth & Community Services, The Bridge

Phone: (619) 521-3939

Catholic Charities

Phone: (619) 231-2828

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

Phone: (619) 692-2077

Central San Diego Teen Recovery Center (TRC) phone- 619-263-7768

Chicano Federation: Youth and Family Services Phone: (619) 285-5600

City Heights Family Health Center

Phone: (619) 515-2400

City Heights Wellness Center

Phone: (619) 321-2920

Mid City Family Resource Center

Phone: (619) 283-9624 x208

Critical Hours Programs/ Six to Six program

YMCA - Balboa Park Community Center

Phone: (619) 543-9850

The Critical Hours After School Program- San Diego Youth & Community Services (SDYCS) - Youth Education Town- (619)-521-2250 ext 316

CRC Health Group / Home Ave Clinic
Phone: (877) 637-6237

Downtown Family Health Center
Phone: (619) 515-2525

Dress For Success
(619) 533-6014

Family Health Centers (FHC) of San Diego
Ciaccio Memorial Clinic
Phone: 619-515-2587

Family Justice Center
Phone: 1-866-933-4673

Family Resource Center – Metro
Phone: (619) 744-5101

House of Metamorphosis
Phone: (619) 236-9492

Jewish Family Services
HIV Services Phone: (858) 637-3000

Jewish Family Services- OPTUMHealth
Access & Crisis Line: (888) 724-7240
National Suicide Hotline: 1-800-SUICIDE or 1-800-784-2433
San Diego County Domestic Violence
Hotline: 1-888-DV-LINKS or 1-888-385-4657
College Avenue Older Adult Center
Phone: (619) 583-3300
Metro Career Center (619) 516-2200
Metro-United Methodist Urban Ministry
Phone: (619) 285-5556
MHS Outpatient
Phone: (619) 398-2441

National Conflict Resolution Center
Phone: (619) 238-2400
Youth Center Golden Hills Phone:
(619) 232-8126

North Park Family Health Center
Phone: (619) 515-2424

Palavra Tree, Central South West
Phone: (619) 238-7393

Public Health Center
Phone: (619) 229-5400

San Diego Girl's Alliance Phone:
(619) 852-5773

San Diego Youth & Community Services (SDYCS) – The Bridge
Phone: (619) 521-3939
24-Hour Hotline: 1-866-715-6405

San Diego Youth and Community Services- Central
Phone: (619) 221-8600

San Diego Urban League
Phone: (619) 263-3115

San Diego Youth and Community Services (SDYCS): Teen Options
Phone: (619) 521-2250

Social Advocates for Youth (SAY)
Phone: (858) 565-4148

SAY San Diego - Juvenile Diversion and Prevention: Family Support Center
Phone: (619) 582-9056 Ext 211

**School-to-Career Intermediary System
San Diego Workforce Partnership, Inc.**
Phone: (619) 228-2900
Sherman Heights Community Center
Phone: (619) 232-5181 Ext 17

Stand Up For Kids Phone:
(800)365-4KID
Teen Options
Phone: (619) 521-2250

**Toussaint Academy of the Arts and
Sciences: Community Day School**
Phone: (619) 687-1080

**Union of Pan Asian Communities
(UPAC)**
Phone: (619) 232-6454

Unity Tech
Phone: (619) 287-8182

YMCA Downtown
Phone: (619) 232-7451

YMCA - Youth & Family Services (YFS)
Phone: (619) 543-9850
**YMCA Turning Point Transitional
Living Program**
Phone: (619) 640-9774

Youth One-Stop Career Center Phone:
(619) 233-2814

CRC Health Group / Home Ave Clinic
Phone: (877) 637-6237

**Euclid Avenue - Francis Torbert Center:
Planned Parenthood** Phone: (888)
743-7526

**City Heights Community Development
Corporation (CHCDC)**
Phone: (619) 584-1535

Mid City Family Resource Center
Phone: 283-9624

**Community Development
Corporation (CHCDC)** Phone: (619)
584-1535

Mid City Family Resource Center
Phone: 283-9624

**CRC Health Group / Home Ave
Clinic**
Phone: (877) 637-6237

Boys and Girls Club
Logan Heights / W.J. Oakes Branch
Phone: (619) 525-1739

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) 263-7768

Barrio Station
Phone: (619) 238-0314

**Black Contractors Association (BCA)
-Youth Build**
Phone: (619) 263-9791

Boys and Girls Club
Encanto Branch
Phone: (619) 263-6407

**Francis Torbert Center: Planned
Parenthood** Phone: (888) 743-7526

Diamond Neighborhoods Family Health Center

Phone: (619) 515-2560

Family Health Centers of San Diego

Phone: (619) 515-2300

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

International Rescue Committee (IRC)

Phone: (619) 641-7510

La Maestra Community Health Center

Phone: (619) 280-4213

Logan Heights Family Health Center

Phone: (619) 515-2300

MAAC – National City

Phone: (619) 409-1697

Metro Career Center

Phone: (619) 516-2200

Metro-United Methodist Urban Ministry

Phone: (619) 264-0368

Youth Center-Golden Hills

Phone: (619) 640-8993

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) 516-2222

San Diego Urban League

Phone: (619) 263-3115

San Diego Youth and Community Services: Teen Options

Phone: (619) 521-2250

San Diego Youth and Community Services- Central

Phone: (619) 221-8600

San Diego Workforce Partnership

Phone: (619) 228-2900

Sherman Heights Community Center

Phone: (619) 232-5181 Ext 17

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

South Metro Career Center / Youth Services

Phone: (619) 266-4298

Southerest Park Recreation Center

Teen Center: (619) 527-3442

Phone: (619) 527-3413

Star/Pal

Phone: (619) 531-2718

Teen Health Center

Phone: (619) 515-2333

Teen Options

Phone: (619) 521-2250

Toussaint Academy of the Arts and Sciences (TAAS)

Phone: (619) 687-1080

UPAC - San Diego Asian Youth Organization (SDAYO)

Phone: (619) 232-6454

YMCA Copley Family

Phone: (619) 283-2251

YMCA Jackie Robinson Family

Phone: (619) 264-0144

YMCA – Youth and Family Services Hillcrest

Phone: (619) 543-9850

Youth One – Stop Career Centers

Phone: (619) 266-4200

District 5

Epicentre

Phone: (858) 271-4000

Harmonium - Counseling , Youth, and Children Programs

Phone: (858) 684-3080

MHS Outpatient

Phone: (858) 487-9050

UPAC

Phone: (619) 232-6454

District 6

Alcohol and Drug Services (ADS)

Phone: (858) 694-3900

McAlister Institute (MITE) - North Central Teen Recovery Center

Phone: (760) 806-1495

Beach Area Family Health Center

Phone: (619) 515-2444 Ext.3705

Boys and Girls Club Linda Vista / Roberts Branch

Phone: (858) 277-6670

Center for Community Solutions (CCS) Coastal Location Phone: (858) 272-5777

Children's Outpatient Psychiatry - Riley School

Phone: (858) 966-8659

Continuation and alternative schools

Phone: (858) 292-3500

County Health and Human Services Agency – Sexually Transmitted Disease Clinic

Phone: (619) 692-8550

CRC Health Group / Fashion Valley Clinic

Phone: (877) 637-6237

Home Start

Phone: (619) 692-0727

Jewish Family Services

Main Office

Phone: (858) 637-3000

Jewish Family Services Phone: (858) 637-3000

Juvenile Courts

Phone: (858) 634-1600

Juvenile Diversion Residential-YMCA

Phone: (858) 270-8213

Mark Twain High School, Alternative School

Phone: (858) 800-5300

McAlister Institute (MITE)

Phone: (619) 442-0277

Mental Health Resources

Phone: (858) 573-2227

Mental Health Systems Inc. (MHS)

Phone: (858) 573-2600

Mental Health Systems Inc. (MHS)– Families Forward

Phone: (858) 380-4676

Mental Health Systems Inc. (MHS) Steps – Adolescent Day Treatment and Outpatient

Phone: (858) 565-2510

Mental Health Systems Inc. (MHS) Caring Helpers

Phone: (858) 292-0903

MHS Outpatient

Phone: (858) 966-5817

MHS Outpatient

Countywide Children, Adolescents & Young Adults Therapeutic Behavioral Services (TBS)

Phone: (619) 584-5095

Rady Children’s Hospital - Developmental Evaluation Clinic

Phone: (858) 966-5817

Riley School - 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 Workforce Partnership’s Youth Division ACCESS, Inc. - YES Transition

Phone: (858) 560-0871

San Diego Youth and Community Services (SDYCS)

Phone: (619) 221-8600

San Diego Youth and Community Services (SDYCS)

Breaking Cycles Program

Phone: 858-492-2300

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

SAY San Diego - Juvenile Diversion and Prevention: Family Support

Phone: (619) 582-9056, x211

Tariq Khamisa Foundation (TKF)

Phone (619) 955-8777

Youth One Stop Career Center

Phone: (619) 516-2200

YMCA - Childcare Resource Service (CRS)

Phone: (619) 521-3055

YMCA- Mission Valley/ Toby Wells

Phone: (619) 298-3576/(619) 496-9622

District 7

Able-Disabled Central San Diego
Phone: (619)231-5990

Central San Diego Teen Recovery Center (TRC) Phone: (619) 325-4696

City Heights Community Development Corporation (CHCDC)
Phone: (619) 584-1535

Planned Parenthood - City Heights Express Clinic Phone: (888)743-7526

City Heights Family Health Center
Phone: (619) 515-2400

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 Resource Center - Northeast
Phone: (866) 262-9881

Health Center- San Ysidro
Phone: (619) 662-4100

Home Start
Phone: (619) 229-3660

Horn of Africa
Phone: (619) 583-0532

International Rescue Committee (IRC)
Phone: (619) 641-7510

Jewish Family Services
College Avenue Older Adult Center
Phone: (619) 583-3300
La Maestra Community Health Center
Phone: (619) 280-4213

Metro Career Center Phone: (619) 516-2200

Mid City Family Resource Center
Phone: (619) 283-9624

Planned Parenthood
Phone: 1-888-743-PLAN (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) 516-2222

San Diego Youth & Community Services (SDYCS) -Teen Options
Phone: (619) 521-2250

Social Advocates for Youth (SAY)
Phone: (858) 565-4148

SAY San Diego - Juvenile Diversion and Prevention: Family Support Center
Phone: (619) 582-9056, x211

School-to-Career Intermediary System
San Diego Workforce Partnership, Incorporation Phone: (619) 228-2900

Sherman Heights Community Center

Phone: (619) 232-5181 Ext.17

Star/Pal

Phone: (619) 531-2718

Unity Tech

Phone: (619) 287-8182

YMCA -Copley Family

Phone: (619) 283-2251

YMCA -Hillcrest

Phone: (619) 543-9850

District 8

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

Phone: (619) 238-7393

**Alternative School
Garfield High School**

Phone: (619) 362-4500

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

Phone: (858) 866-0591

**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

Mid City Family Resource Center

Phone: (619) 283-9624

Downtown Family Health Center

Phone: (619) 515-2525

Dress for Success

Phone: (619) 533-6014

Family Justice Center

Phone: 1-866-933-4673

Family Youth and Revolt

Phone: (619)546-5852

Family Resource Center – Metro

Phone: (858) 694-3900

Family Resource Center - Southeast

Phone: (619) 266-3701

Holly Drive Leadership Academy

Phone: (619) 266-7333

House of Metamorphosis

Phone: (619) 236-9492

MAAC – National City

Phone: (619) 409-1697

MAAC - 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
Re-entry Program (17-24 to Adults)**

Phone: (619) 285-5556

**Metro-United Methodist Urban Ministry
GOOD NEIGHBOR CENTERS**

Emergency Food and Clothing

Phone: (619) 264-0368

**Metro-United Methodist Urban Ministry
GOOD NEIGHBOR CENTERS**

Emergency Food Phone: (619) 264-0368

**MHS Outpatient South Adults, Older
Adults CRF/Maria Sardinias Center**

Phone: (619) 428-1000

National Conflict Resolution Center

Phone: (619) 238-2400

Youth Center Golden Hills Phone: (619)

232-8126

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

Phone: (619) 263-7768

**San Diego County Office of Education and
Juvenile Court and Community Schools
(SDCOE/JCCS), Transitioning Youth N'**

Motion Metro Youth One Stop 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 and Community
Services- Central**

Phone: (619) 221-8600

San Ysidro Health Center

Phone: (619) 662-4100 Phone: (619)
662-4123

**South Metro Career Center / Youth
Services** Phone: (619) 516-2200

South Bay Community Services

Phone: (619) 420-3620

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

Phone: (619) 420-3620

Stand Up For Kids Phone: (619) 237-5437
Teen Health Center

Phone: (619) 515-2333

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

Phone: (619) 687-1080

Southcrest Park Recreation Center

Phone: (619) 527-3413

Teen Center: (619) 527-3442

**UPAC - Pan Asian High Risk Youth
Mentorship**

Phone: (619) 232-6454

**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 Ext 102

Boys & Girls Club - Linda Vista Branch

Phone: (858) 277-6670

Boys & Girls Club - Encanto Branch

Phone: (619) 263-6407

Boys & Girls Club- Valley Center Middle School

Phone: (760) 749-9822

Boys & Girls Club of Solana Beach

Phone : (858) 755-9371

Center For Community Solutions (CCS) –

Mission Bay Drive

Phone: (858) 272-5777

Child Care Resource Services-YMCA

Phone: (619) 521-3055

Communities Against Substance Abuse (CASA) - Bostonia Recreation Center

Phone: (619) 442-2727

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

Harmonium - Counseling Programs

Phone: (858) 566-5740

Hope through Housing Foundation - Vista del Sol (After School & Beyond program) Phone: (619) 477-6708

Our Lady of the Sacred Heart School

Phone: (619) 284-1715

Sherman Heights Community Center

Phone: (619) 232-5181 Ext 17

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

Unity Tech

Phone: (619) 287-8182

YMCA - Balboa Park Community Center

Phone: (619) 543-9850

YMCA- Border View

Phone: (619) 428-1168

YMCA - Childcare Resource Service (CRS)

Phone: (619) 521-3055

South County Office Phone: (619) 474-4707

YMCA - County Southwest Middle

Phone: (619) 543-9850

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- Toby Wells

Phone: (858) 496-9622

Child Care & Child Care Resources

Chicano Federation

Phone: (619) 285-5600

Harmonium - Children's Programs

Phone: (858) 684-3080

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

YMCA - Balboa Park Community Center

Phone: (619) 543-9850

YMCA- Border View

Phone: (619) 428-1168

YMCA - Castle Park Middle School

Phone: (619) 543-9850

YMCA - Childcare Resource Service (CRS)

Phone: (619) 521-3055

South County Office Phone: (619) 474-4707

YMCA - Chula Vista Middle School

Phone: (619) 543-9850 x112

YMCA - County Hilltop Middle School

Phone: (619) 543-9850 x112

YMCA - County Southwest Middle

Phone: (619) 543-9850

YMCA- Copley Family

Phone: (619) 283-2251

YMCA - DePortola Middle School

Phone: (619) 543-9850

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 - Mar Vista Middle School

Phone: (619) 543-9850

YMCA - Mercado Apartments

Phone: (619) 543-9850

YMCA- Toby Wells

Phone: (858) 496-9622

YMCA - San Diego County President John Adams Apartments

Phone: (619) 543-9850

Counseling Services

Catholic Charities - The Center for Counseling

Phone: (619) 231-2828

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, x113

Center for Community Solutions (CCS)

24-hour toll-free crisis line:
(888)-DVLINKS (385-4657)

CCS Coastal Location Phone: (858) 272-5777

CCS East County Location:

Phone: (619) 697-7477

City Heights Wellness Center

Phone: (619) 321-2920

Family Youth & Revolt

Phone: (619) 546-5852

Fleet & Family Support Center

Naval Base San Diego (619)556-7404
Naval Base Coronado (619) 545-6071
Murphy Canyon Branch (858) 277-4259

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

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

Home Start

Phone: (619) 692-0727

Jewish Family Services North County

Phone: (858) 674-1123

Jewish Family Services Turk Center

Phone: (858) 637-3000

Jewish Family Services College Ave. Center

Phone: (619) 583-3300

Jewish Family Services Town Park Villas

Phone: (858) 453-0182

Jewish Family Services

Phone: (858) 637-300

Riley School - Children's Outpatient Psychiatry

Phone: (858) 966-8659

SAY San Diego - Juvenile Diversion and Prevention: Family Support Center

Phone: (619) 582-9056, x211

South Bay Community Services (SBCS)

Phone: (619) 420-3620

Jewish Family Services University City Senior Center Phone: (858) 550-5998

YMCA - Balboa Park Community Center Phone: (619) 543-9850

YMCA- Border View

Phone: (619) 428-1168

YMCA - Castle Park Middle School

Phone: (619) 543-9850

YMCA - Childcare Resource Service (CRS)

Phone: (619) 521-3055

South County Office Phone: (619) 474-4707

YMCA - County Hilltop Middle School

Phone: (619) 543-9850 x112

YMCA - County Southwest Middle

Phone: (619) 543-9850

YMCA- Copley Family

Phone: (619) 283-2251

YMCA - DePortola Middle School

Phone: (619) 543-9850

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- Toby Wells

Phone: (858) 496-9622

YMCA - San Diego County

President John Adams

Apartments

Phone: (619) 543-9850

County Government Services

Family Resource Center – Metro

Phone: (619) 744-5101

Family Resource Center - Northeast

Phone: (866) 262-9881

Family Resource Center - Southeast

Phone: (619) 266-3701

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

International Rescue Committee

(IRC) phone-(619) 641 7510

Phone: (619) 641-7510

Disabled Services

Able-Disabled Advocacy (A-DA)

Phone: (619) 231-5990

Education & Adult Literacy

Continuation and alternative schools

Phone: (858) 292-3500

Metro Youth One Stop Career Center

Phone: (619) 516-2200

Youth Center Golden Hills

Phone: (619) 232-8126

(619) 420-3620

Reality Changers (Agentes de Cambio)

Phone: (619) 516-2222

South County Career Center Phone: (619) 424-1112

San Diego Center for Children

Phone: (858) 277-9550

South Metro Career Center Phone: (619) 266-4200

San Diego Girls' Alliance Phone: (619) 384-2573

San Diego Workforce Partnership
Phone: (619) 228-2900

San Diego Urban League

Phone: (619) 263-3115

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: (858) 560-0871, ext. 106

Youth One Stop Career Center
Phone: (619) 266-4298

San Diego County Office of Education and Juvenile Court & Community Schools-phone -(619) 233-2814
(SDCOE/JCCS) - Transitioning Youth N' Motion / Youth One-Stop Career Centers phone-(619) 470-5218
(619) 233-2814

Youth One Stop Career Center-Metro Region
Phone: (619) 233-2814

South Bay Community Services - South Bay Transitioning Youth Project Phone:

East County Youth One Stop Career Center, East Region Community Schools
Phone: (619) 233-2814

San Diego Food Bank

Phone: (858) 527-1419 or (866) 350-3663

Emergency Food Programs

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: (800) 952-JOBS (5627)

Center for Employment Training (CET) of San Diego

Phone: (619) 233-6829

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) 233-8214

Family Resource Center – Metro

Phone: (619) 744-5101

Family Resource Center - Northeast

Phone: (619) 464-5701

Family Resource Center - Southeast

Phone: (619) 236-7501

Fleet & Family Support Center

Naval Base San Diego (619)556-7404

Naval Base Coronado (619) 545-6071

Murphy Canyon Branch (858) 277-4259

**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

MAAC Project

Phone: (619) 426-3595

MAAC – National City

Phone: (619) 409-1697

MAAC - San Ysidro Service Center

Phone: (619) 428-1139

San Diego Workforce Partnership's Youth Division
ACCESS, Inc. - YES Transition Network
Ext. 106

Phone: (858) 560-0871

Coalition of Neighborhood Councils (CNC)

Phone: (619) 325-3580

South Metro Career Center Phone: (619) 266-4200

South Bay Community Services - South Bay Transitioning Youth Project Phone: (619) 420-3620

South County Career Center

Phone: (858) 560-0871 ext.106

Turning The Hearts Center Phone: (619) 691-9643

Youth One Stop Career Center Phone: (619) 266-4298

Youth One Stop Career Center Metro Region Phone: (619) 233-2814

FAITH BASED SERVICES

Chollas View Good Neighbor Center Phone: (619) 264 – 0368

Metro-United Methodist Urban Ministry

Phone: (619) 285-5556 **Nestor Good Neighbor Center** Phone: (619) 429 – 0802

Reality Changers (Agentes de Cambio)

Phone: (619) 516-2222

Teen Challenge of Southern California

Phone: (619) 265-0337

New Harvest Christian Fellowship

Phone: (619) 326-8450

Family Support Services

New Alternatives

Phone: (619) 590-1988

San Diego Urban League

Phone: (619) 263-3115

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

Phone: (619) 590-3900

Metro Youth One Stop Career Center Phone: (619) 516-2200

Metro Region Career Center

Phone: (619) 233-2814

Mid City Family Resource Center

Phone: (619) 283-9624

San Diego Workforce Partnership's Youth Division

ACCESS, Inc. - YES Transition Network

Phone: (858) 560-0871

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

East County Youth One Stop Career Center, East Region Community Schools Phone: (619) 233-2814

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) 424-1112

South Metro Career Center Phone: (619) 266-4200

Prevention Services

Tariq Khamisa Foundation (TKF)

Phone: (619) 955-8777

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

Phone: (619) 691-9643

South County Region, Chula Vista Mall Phone: (858) 560-0871 Ext 106

Unity Tech

Phone: (619) 287-8182

UPAC - Pan Asian High Risk Youth Mentorship

Phone: (619) 232-6454

Youth One Stop Career Center Phone: (619) 266-4298

Health Care Services

Beach Area Family Health Center

Phone: (619) 515-2444

Beach Area Family Health Center

Phone: (619) 876-4420

Chase Avenue Family Health Center

Phone: (619) 515-2499

Family Health, Ciaccio Memorial Clinic

Phone: 619-515-2587

City Height Family Health Center

Phone: 619-515-2400

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

CC Health Group – Fashion Valley Clinic

Phone: (619) 718-9890

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 Ext 4875

Diamond Neighborhoods Family Health Center

Phone: (619) 515-2560

Downtown Family Health Center

Phone: (619) 515-2525

Family Health Centers of San Diego

Phone: (619) 515-2300

La Maestra Community Health Center

Phone: (619) 280-4213

North Park Family Health Center

Phone: (619) 515-2424

Planned Parenthood

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

WIC (Women, Infants & Children) Phone:
(800) 500-6411

Rady Children’s Hospital - Developmental Evaluation Clinic

Phone: (858) 966-5817

Health Education & Prevention

Teen Health Center

Phone: (619) 515-2333

Breaking Cycles Program

Phone: (858) 492-2300

Union of Pan Asian Communities (UPAC)

Phone: (619) 521-5720

City Heights Wellness Center

Phone: (619) 321-2920

WIC (Women, Infants & Children)

Phone: (800) 500-6411

Otay Family Health Center

Phone: (619) 205-1360

WIC Chula Vista

Phone: (888) 942-7942

Planned Parenthood

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

WIC Imperial Beach

Phone: (619) 429-0354

WIC National City

Phone: (619) 477-0873

WIC San Ysidro

Phone: (619) 662-4179

Project B.R.O.

(Brotherhood, Responsibility and Outreach)

Phone: (619)791-2610, ext 302

Youth Enhancement Services

Phone: (619) 428-5533

Phone: (619) 582-9056

HIV & STD Services

San Diego Urban League

Phone: (619) 263-3115

San Ysidro Health Center

Phone: (619) 662-4100

SAY San Diego - Vision Achievement Mentoring Partnership-

Phone: (619)-582-9056

Beach Area Family Health Center

Phone: (619) 515-2444

Beach Area Family Health Center

Phone: (619) 876-4420

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

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

Phone: (619) 692-2077

Chase Avenue Family Health Center
Phone: (619) 515-2499

Ciaccio Memorial Clinic
Phone: (619) 515-2587

City Height Family Health Center
Phone: (619) 515-2400

Diamond Neighborhoods Family Health Center
Phone: (619) 515-2560

Downtown Family Health Center
Phone: (619) 515-2525

Family Health Centers of San Diego
Phone: (619) 515-2300
Logan Heights Family Health Center
Phone: (619) 515-2300

Otay Family Health Center
Phone: (619) 662-4179

North Park Family Health Center
Phone: (619) 515-2424

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

San Diego Urban League
Phone: (619) 263-3115

San Diego Youth & Community Services (SDYCS) - Teen Options
Phone: (619) 521-2250

San Ysidro Behavioral Health
Phone: (619) 428-5561

San Ysidro Health Center
Phone: (619) 662-4100
WIC Chula Vista
Phone: (888) 942-7942

WIC Imperial Beach
Phone: (619) 429-0354

WIC National City
Phone: (619) 477-0165

San Ysidro WIC
Phone: (619) 426-7966
Teen Health Center
Phone: (619) 515-2333

Youth Enhancement Services
Phone: (619) 428-5533

Housing Assistance

MAAC Project
Chula Vista Service Center
Phone: (619) 426-3595

MAAC – National City
Phone: (619) 409-1697
MAAC - San Ysidro Service Center
Phone: (619) 428-1139

San Diego Youth & Community Services (SDYCS) – The Bridge
Phone: (619) 521-3939 / 24-Hour
Hotline: (866) 715-6405

San Diego Youth & Community Service (SDYCS) - The Storefront
Phone: (619) 325-3527

**San Diego Youth & Community Services (SDYCS) - Teen Options
South Bay Community Services (SBCS)**

Phone: (619) 420-3620

Stand Up For Kids

Phone: (619) 237-5437

Immigrant & Refugee Services

Horn of Africa

Phone: (619) 583-0532 / (619) 583-0256

International Rescue Committee (IRC)

Phone: (619) 641-7510

Jewish Family Services

Phone: (858) 637-3000

Jewish Family Senior Services Information & Referral

Phone: (858) 637-3040

Jewish family Services, University City Senior Center

Phone: (858) 550-5998

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

Phone: (619)791-2610 Ext 302

Juvenile Courts and Juvenile Diversion Services

Barrio Station

Phone: (619) 238-0314

Boys and Girls Club of Greater San Diego Central

Phone: (858) 866-0591

San Diego Youth and Community Services- Central

Phone: (619) 221-8600

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

South Bay Community Services

Phone: (619) 420-3620

Toussaint Academy of the Arts and Sciences (TAAS)

Phone: (619) 687-1080

YMCA - Turning Point Transitional Living Program

Phone: (619) 640-9774

Legal Services

Legal Aid Society of San Diego

Phone: (877) 534-2524

Mental Health Services

Child Welfare Services (CWS)

Phone: (858) 694-5191

Harmonium - Children's Programs

Phone: (858) 684-3080

Mental Health Systems Inc. (MHS)

Phone: (858) 573-2600

Mental Health Systems (MHS) – Families Forward

Phone: (858) 380-4676

San Diego Center for Children

Phone: (858) 277-9550

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

Phone: (858) 573-2227

Second Step at Baker Elementary

Phone: (619) 344-4800

Second Step at Knox Elementary

Phone: (619) 344-5500

Second Step at Perkin Elementary

Phone: (619) 344-5300

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

South Bay Community Services (SBCS)

Phone: (619) 420-3620

Teen Challenge of Southern California

Phone: (619) 265-0337

Union of Pan Asian Communities (UPAC)

Phone: (619) 521-5720

Military

Fleet & Family Support Center

Naval Base San Diego (619)556-7404 / Murphy Canyon Branch (858) 277-4259 /
Naval Base Coronado (619) 545-6071

Parent Education

Child Care Resource Services

Phone: (619) 521-3055

Fleet & Family Support Center

Naval Base San Diego (619)556-7404
Naval Base Coronado (619) 545-6071
Murphy Canyon Branch (858)
277-4259

Phone: (858) 684-3080

Harmonium - Children's Programs

Home Start

Phone: (619) 692-0727

Jackie Robinson Family YMCA

Phone: (619) 264-0144

WIC (Women, Infants & Children)

Phone: (800) 500-6411

YMCA of San Diego County President

John Adams Apartments

Phone: (619) 543-9850

YMCA - Balboa Park Community Center
Phone: (619) 543-9850

YMCA- Border View
Phone: (619) 428-1168

YMCASouth County Office Phone: (619) 474-4707

YMCA - Castle Park Middle School
Phone: (619) 543-9850

YMCA - Childcare Resource Service (CRS)
Phone: (619) 521-3055

YMCA - Chula Vista Middle School
Phone: (619) 543-8850 x112

YMCA - County Hilltop Middle School
Phone: (619) 543-9850 x112

YMCA - County Southwest Middle
Phone: (619) 543-9850

YMCA- Copley Family
Phone: (619) 283-2251

YMCA - DePortola Middle School
Phone: (619) 543-9850

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

YMCA- La Jolla
Phone: (858) 453-3483

YMCA- Mission Valley
Phone: (619) 298-3576

YMCA - Mar Vista Middle School
Phone: (619) 543-9850

YMCA - Mercado Apartments
Phone: (619) 543-9850

YMCA- Toby 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, Central
Phone: (619) 283-9624 x208

Family & Youth Revolt
Phone: (619) 546-5852

Family Justice Center
Crisis Hotline: 1-800-479-3339

Family Justice Center
General Information: (866) 933-4673

Fred Finch Wraparound
Phone: (619) 281-3706 Ext 230. **Harmonium - Children's Programs**
Phone: (858) 684-3080

Jewish Family Services
Senior Services Information & Referral
Phone: (858) 637-3040

Jewish Family Services
University City Senior Center
Phone: (858) 550-5998

Mid-City Family Resource Center, SAY San Diego
Phone: (619) 283-9624

New Harvest Christian Ministries
Phone 619-326-8450

Rescue Social Change Group
Phone: (619) 231-7555

SAY San Diego- Vision Achievement Mentoring Partnership
Phone: (619) 582-9056 x 211

Union of Pan Asian Communities (UPAC)
Phone: (619) 521-5720

Social Services

Alpha Project for the Homeless
Phone: (619) 232-4785

Casa Familiar
Phone: (619) 428-1115

Catholic Charities
Phone: (619) 231-2828

Center for Community Solutions (CCS)
24-hour toll-free crisis line: 1-888-DVLINKS (385-4657)
CCS Coastal Location Phone: (858) 272-5777
CCS 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

Crisis Hotline: (800) 479-3339

General Information: (866) 933-4673

Rayo de Esperanza Family Resource Center – Chula Vista

Phone: (619) 425-4458

Family Resource Center – Metro

Phone: (619) 744-5101

Family Resource Center - Northeast

Phone: (866) 262-9881

Family Resource Center - Southeast

Phone: (619) 266-3701

Family Resource Centers – National City

Phone: (619) 336-8659

Fleet & Family Support Center

Naval Base San Diego: (619)556-7404

Naval Base Coronado: (619) 545-6071

Murphy Canyon Branch: (858) 277-4259

Harmonium - Children's Programs

Phone: (858) 684-3080

Home Start

Phone: (619) 692-0727

Stand Up For Kids

Phone: 1-800-365-4KID

Substance Abuse Services

Al-Anon and Al-ateen

Phone: (619) 296-2666

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) 236-9492

International Rescue Committee (IRC)

Phone: (619) 641-7510

Chula Vista Service Center

Phone: (619) 426-3595

MAAC –National City

Phone: (619) 409-1697

MAAC - 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 East Teen Recovery Center

Phone: (619) 482-9300

Mental Health Systems (MHS) – Steps Adolescent Day & Outpatient Treatment

Phone: (858) 565-2510

Narcotics Anonymous (NA)

Phone: (619) 584-1007

Toll-free: (800) 479-0062

New Alternatives

Phone: (619) 590-1988

Palavra Tree - Central South East Teen Recovery Center

Phone: (619) 263-7768

Palavra Tree - Central South West Teen Recovery Center

Phone: (619) 238-7393

South Bay Community Services - South Bay West Teen Recovery Center

Phone: (619) 420-3620

San Diego Youth and Community Services (SDYCS) - Teen Options (Perinatal)

Phone: (619) 521-2250

Union of Pan Asian Communities (UPAC) (Drug Medi-Cal only)

Phone: (619) 521-5720

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

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

UPAC - Pan Asian High Risk Youth Mentorship

Phone: (619) 232-6454

Violence Prevention / Conflict Resolution

Center for Community Solutions (CCS)

24-hour toll-free crisis line: 1-888-DVLINKS (385-4657)

CCS Coastal Location Phone: (858) 272-5777

CCS 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 or (760) 494-4728

National Conflict Resolution Center

South Bay Office Phone: (619) 428-3200

Second Step Program at Baker Elementary

Phone: (619)344-4800

Second Step Program at Knox Elementary

Phone: (619)344-5500

South Bay Community Services (SBCS)

Phone: (619) 420-3620

Tariq Khamisa Foundation (TKF)

Phone: (858) 565-0800

East County

Phone: (619) 593-4530

Youth Services

Access Inc.

Phone: (858) 560-0871

The Barrio Youth Center

Phone: (619) 238-0314

Big Brothers Big Sisters of San Diego

Phone: (858) 536-4900

Big Sister League of San Diego, Inc

Phone: (619) 297-1172

Black Contractors Association (BCA) - YouthBuild

Phone: (619) 263-9791

Boys & Girls Club – Clairemont Branch

Phone: (858) 273-1645

Boys & Girls Club – Encanto

Phone: (619) 263-6407

Boys & Girls Club – Logan Heights / W.J. Oakes Branch
Phone: (619) 525-1739

Boys & Girls Club –Roberts Family Branch Linda Vista
Phone: (858) 277-6670

Boys & Girls Club – Santee
Phone: (619) 440-1600

Breaking Cycles Program
Phone: (858) 492-2300

City Heights Youth Center
Phone: (619) 232-8126

Continuation and alternative schools
Phone: (858) 292-3500

Child Care Resource Services
Phone: (619) 521-3055

Dual Diagnosis Residential
Comprehensive Stabilization and Assessment Service (CASS) program (foster youth)
Phone: (619) 281-3706 Ext 333

Family & Youth Revolt
Phone: (619) 546-5852

Fred Finch Wraparound (for foster and/or dependent youth)
Phone: (619) 281-3706 Ext 230

Fred Finch Youth Center
Phone: (619) 797-1090

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

Mental Health Systems (MHS) - Caring Helpers
Phone: (858) 292-0903

The Palavra Tree
Phone: (619)263-7768 / Phone: (619)238-7393

Pro Kids (The First Tee San Diego)
Phone: (619) 582-7884

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

Phone: (619)791-2610 Ext 302

Rescue Social Change Group

Phone: (619) 231-7555

Riley School - Children's Outpatient Psychiatry

Phone: (858) 966-8659

San Diego Center for Children

Phone: (858) 277-9550

San Diego Girls' Alliance

Phone: (619) 852-5773

San Diego Youth and Community Services (SDYCS)

Phone: (619) 221-8600

San Diego Youth & Community Services (SDYCS) - The Bridge

Phone: (619) 521-3939 / 24-Hour Hotline: (866) 715-6405

San Diego Youth & Community Service (SDYCS) - The Storefront

Phone: (619) 325-3527

San Diego Youth & Community Services (SDYCS) - Teen Options

Phone: (619) 521-2250

SAY San Diego - Vision Achievement Mentoring Partnership

Phone: (619) 582-9056

Sherman Heights Community Center

Phone: (619) 232-5181, ext. 17

Social Advocates for Youth (SAY)

Phone: (858) 565-4148

South Bay Community Services (SBCS)

Phone: (619) 420-3620

Southercrest Park Recreation Center

Phone: (619) 527-3413

Star/Pal

Phone: (619) 531-2718

Turning The Hearts Center Phone: (619) 691-9643

Unity Tech

Phone: (619) 287-8182

UPAC - San Diego Asian Youth

Organization (SDAYO) Phone: (619) 232-6454

YMCA of San Diego County President John Adams Apartments

Phone: (619) 543-9850

YMCA - Balboa Park Community Center

Phone: (619) 543-9850

YMCA- Border View

Phone: (619) 428-1168

YMCA - Castle Park Middle School

Phone: (619) 543-9850

YMCA - Childcare Resource Service (CRS)

Phone: (619) 521-3055

South County Office Phone: (619) 474-4707

YMCA - County Hilltop Middle School

Phone: (619) 543-9850 x112

YMCA - County Southwest Middle

Phone: (619) 543-9850

YMCA- Copley Family

Phone: (619) 283-2251

YMCA - DePortola Middle School

Phone: (619) 543-9850

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 - Mar Vista Middle School

Phone: (619) 543-9850

YMCA - Mercado Apartments

Phone: (619) 543-9850

YMCA- Toby Wells

Phone: (858) 496-962

Service and Program 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 Boulevard, Ste. 110, San Diego, California 92105

Phone: (619) 231-5990

Website: www.abledisabledadvocacy.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 Avenue, San Diego, CA 92111

Phone: (858) 560-0871

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. Suite E, San Diego, CA 92103

Phone: (619) 296-2666

Website: 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.

Address: 3255 Camino Del Rio S, San Diego, CA 92108

Phone: (619) 584-5007

LOCAL SERVICE PROVIDERS of ADS:

McAlister Institute (MITE) - North Central Teen Recovery Center

7867 Convoy Court Bldg: #5 Suite 302 San Diego, CA. 92111

Phone: (858) 277-4633

Palavra Tree - Central South East Teen Recovery Center
1212 South 43rd Street, Suite 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

Phoenix House - Beach Area - Teen Recovery Center (Drug Medi-Cal only)
3274 Rosecrans Street, San Diego, CA 92110
Phone: (619) 226-2663

San Diego Youth and Community Services - Central East Teen Recovery Center
2250 4th Ave #301, San Diego, Ca. 92101
Phone (619) 525-9902

San Diego Youth and Community Services (SDYCS) - Teen Options (Perinatal)
2250 4th Ave #301, San Diego, Ca. 92101
Phone (619) 525-9902

Union of Pan Asian Communities (UPAC) (Drug Medi-Cal only)
3288 El Cajon Boulevard, Suite 13, San Diego, CA 92104
Phone: (619) 232-6454

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

South Bay Community Services - South Bay West Teen Recovery Center
430 F st. Chula Vista, Ca. 91910
Phone: (619) 420-3620
24 hour hotline: (800) 640-2933

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 Avenue, Suite 203, San Diego, CA 92103
Phone: (619) 232-4785

The Barrio 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 Avenue, San Diego, CA 92113
Phone: (619) 238-0314

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 Drive, Ste. A, San Diego, CA 92126
Phone: (858) 536-4900
Website: www.bbbs.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 Street , San Diego, CA 92103
Phone: (619) 297-1172
Website: 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 Avenue, San Diego, California 92114

Phone: (619) 263-9791/ Website: 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 Woodward Ave, Escondido, CA 92025

Phone: (760) 746-3315

Website: www.sdyouth.org

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 – 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 Avenue, San Diego, CA 92113

Phone: (619) 525-1739

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 92116 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 Avenue, San Diego, CA 92114 Phone: (619) 263-6407

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 Camberli 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 Street, Suite A, National City, CA 91950
Phone: 1-800-952-JOBS (5627)
Kris LeCourt, (619) 409-4380, Kris.Lecourt@ccc.ca.gov or recruit@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.

Social Services Center – Casa Familiar
Contact: 119 West Hall Avenue , San Ysidro, CA 92173
Phone: (619) 428-1115
www.casafamiliar.org

Community & Recreation Center – Casa Familiar
Contact: 212 West Park Avenue, San Ysidro, CA 92173 and 268 East Park Avenue, San Ysidro, CA 92173
Phone: (619) 428-1115
www.casafamiliar.org

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.

Catholic Charities Diocese of San Diego
Contact: 349 Cedar Street, San Diego, CA 92101
Phone: (619) 231-2828
Website: 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 Street, San Diego, CA 92101

Phone: (619) 231-2828

Website: www.ccdsd.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.

Main Center 3909 Center St. San Diego, Ca 92103

Phone: (619) 692-2077

Website: www.thecentersd.org

Youth Center

1807 Robinson Avenue Suite 106, San Diego CA 92103

Contact: hyc@thecentersd.org

Phone: (619) 497-2920, x101

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

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/index.html>

4508 Mission Bay Dr, San Diego, CA 92109

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: 4153 Market Street, San Diego, CA 92102 Phone: 619-233-6829
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 Avenue, San Diego, Ca 92104 Phone: (619) 285-5600

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.

Contact: (858)560-2191 / Toll free: (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.

8965 Balboa Avenue, San Diego CA 92123

Contact: (858) 694-5191

Website: www2.sdcounty.ca.gov/hhsa

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: 4001 El Cajon Blvd. Suite 205, San Diego, CA 92105 Phone: (619) 584-1535
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 Street, Suite 200, San Diego, CA 92105 Phone: (619) 321-2920

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
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.

CAT@saysandiego.org
(619)283-9624 x211

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 Road, San Diego, 92111

Phone: (858) 292-3500

Website: www.sdcoe.net/jccs

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.

Contact: (888) 724-7240

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 Group - El Cajon Clinic, Fashion Valley Clinic, Home Avenue Clinic

Phone: (877) 637-6237

Critical Hours Programs/ Six to Six program

Critical Hours is an after-school program for middle school youth (ages 11-14) offering the following components between 2pm and 6pm: education enrichment activities (e.g. homework assistance, tutoring, public speaking, computers, cultural arts, field trips); recreation activities (e.g. physical fitness, intramural sports, skills clinics, team building); health education (e.g. substance abuse prevention, nutrition, health instruction, anger management); and interpersonal/life skills and self-esteem development (e.g. career exploration, leadership development, providing positive reinforcement for success and positive attitudes, healthy relationships, community service projects).

Organizations in San Diego offering Critical Hours/Six to Six:

Barrio Youth Center

2175 Newton Avenue, San Diego, CA 92113

Phone: (619) 238-0314

Borrego Springs Middle School

2281 Diegueno Road, Borrego Springs, CA 92004

Phone: (760) 767-5335 X102

Boys & Girls Club - Linda Vista Branch

2230 E. Jewett Street, San Diego, CA 92111

Phone: (858) 751-0611

Boys & Girls Club - Encanto Branch

6785 Imperial Ave., San Diego, CA 92114

Phone: (619) 263-6407

Boys & Girls Club of San Dieguito - Polster Branch

3800-A Mykonos Lane, San Diego, CA 92130

Phone : (858) 720-2180

Center For Community Solutions (CCS) - Pacific Beach Middle School

4676 Ingraham Street, Pacific Beach, CA 92109

Phone: (858) 272-5777

Communities Against Substance Abuse (CASA) - Bostonia Recreation Center

1049 Bostonia Street, El Cajon, CA 92021

Phone: (619) 442-2727

Communities Against Substance Abuse (CASA) - Cajon Valley Middle School

395 Ballantyne Street, El Cajon, CA 92021

Phone: (619) 441-1680

Communities Against Substance Abuse (CASA) - El Cajon Boys & Girls Clubhouse
1171 E. Madison, El Cajon, CA 92021
Phone: (619) 440-1600

County of San Diego, Parks and Recreation - Lakeside Community Center
9911 Vine Street, Lakeside, CA 92040
Phone: (619) 443-4169

County of San Diego, Parks and Recreation - Spring Valley Teen Center
8735 Jamacha Blvd., Spring Valley, CA 91977
Phone: (619) 479-1832

Gompers Charter School 1005 47th Street, San Diego, CA 92102 Phone:(619) 263-2171

Mason Elementary School
10340 San Ramon Dr, San Diego, Ca. 92126 Phone: (858) 271-0410

Our Lady of the Sacred Heart School
4106 42nd Street, San Diego, CA 92105
Phone: (619) 284-1715

Sherman Heights Community Center - Our Lady's School
650 24th Street, San Diego, CA 92102
Phone: (619) 233-8888

South Bay Community Services - National City Middle School
1701 D Avenue, National City, CA 91950
Phone: (619) 336-2600

South Bay Community Services - San Ysidro Middle School
4345 Otay Mesa Road, San Ysidro, CA 92173
Phone: (619) 428-5551

YMCA Youth Services
4080 Center St. Suite #103 San Diego, Ca. 92103
Phone: (619) 543-9850

DePortola Middle School
11010 Clairemont Mesa Blvd., San Diego, CA 92124
Phone: (858) 496-8080

Castle Park Middle School

160 Quintard Street, Chula Vista, CA 91911
Phone: (619) 691-5490

Chula Vista Middle School

415 Fifth Street, Chula Vista, CA 91910
Phone: (619) 498-6800

County Hilltop Middle School

44 East J Street, Chula Vista, CA 91910
Phone: (619) 498-2700

YMCA - Jackie Robinson Family YMCA

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

Mar Vista Middle School

1267 Thermal Ave., San Diego, CA 92154
Phone: (619) 628-5100

Southwest Middle

2710 Iris Street, San Diego, CA 92154
Phone: (619) 628-4000

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., Suite 102, El Cajon, CA 92021
Phone: (619) 441-1907

Dental Hygiene Clinic – Southwestern College

Offers free dental services from students in its Dental Hygiene Program. Services include: dental cleaning, oral screening, dental x-rays, fluoride treatments, and sealants (children 6-18 years of age).
Contact: 880 National City Boulevard, National City, CA 91950 , room 7217
Phone: (619) 216-6663

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.

Family Health Centers of San Diego

823 Gateway Center Way, San Diego, California, USA 92102 Phone: 619-515-2300 Website: www.fhcsd.org

Teen Health Center

1643 Logan Avenue, San Diego, CA 92113
Phone: (619) 515-2333

Beach Area Family Health Center

3705 Mission Blvd., San Diego, CA 92109
Phone: (619) 515-2444

Chase Avenue Family Health Center

1111 W. Chase Avenue, El Cajon, CA 92020
Phone: (619) 515-2499

City Height Family Health Center

5454 El Cajon Blvd., San Diego, CA 92115
Phone: 619-546-9900

Diamond Neighborhoods Family Health Center

4725 Market Street, San Diego, CA 92102
Phone: 619-515-2560

Downtown Family Health Center

1250 6th Avenue, San Diego, CA 92101
Phone: (619) 515-2430

Logan Heights Family Health Center

1809 National Avenue, San Diego, CA 92113
Phone: (619) 515-2300

North Park Family Health Center

3544 30th St, San Diego, CA 92104
Phone: (619) 515-2424

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, Suite 200, (7th and Broadway), San Diego, 92101 Phone for General Information: 1-866-933-4673 National Hotline: 1-800-799-7233 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 Center – Metro

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

Family Resource Center - Northeast

5001 73rd Street, San Diego, CA 92115, Phone-(619) 464-5701

Family Resource Center - Southeast

4588 Market Street, San Diego, CA 92102, phone-(858) 694-3900

Family Resource Center - Kearny Mesa

5055 Ruffin Road, San Diego, CA 92123, Phone-**Clinic Main Phone Line: 858-573-7300**

Family Resource Center - Mission Valley

7947-49 Mission Center Court, San Diego, CA 92108, Phone-(858) 694-3900

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.

Naval Base San Diego (619)556-7404
Murphy Canyon Branch (858) 277-4259
Naval Base Coronado (619) 545-6071
Website: navylifesw.com/sandiego/families/ffsc/

**Fred Finch Youth Center
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 Street, Lemon Grove, CA 91945.
Phone: (619) 281-3706

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: 3434 Grove Street, Lemon Grove, CA 91945
Phone: (619) 281-3706
Program Director is Ali Freedman, PsyD – email: alifreedman@fredfinch.org

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 Road Suite 200, San Diego, CA 91920
637 Third Avenue, Suite I, Chula Vista, California 91910.
504 W. Mission Avenue, Suite 106, Escondido, California 92025.
3845 Spring Drive, Spring Valley, California 91977.
Info: (619)873-4075
Program Director Ben Blake – email: benblake@fredfinch.org

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 (www.epicentre.org).

Website: www.harmonium-inc.org

Harmonium - Children's Programs 9245 Activity Road, Suite #105, San Diego, CA 92126 Phone: (858) 684-3080 x128 Harmonium - Counseling Programs 10717 Camino Ruiz, Suite 104, San Diego, CA 92126

Phone: (858)684-3080 x203

Harmonium/ Epicentre - Youth Programs 8450 Mira Mesa Boulevard, San Diego, CA 92126

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: 4801 Elm St. San Diego, Ca. 92102

Phone: (619)266-7333

Website: 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: Main Office

5005 Texas Street, Suite 203, San Diego, CA 92108 Phone: (619) 692-0727

Mid-City Office 4305 University Avenue, Suite 410, San Diego, CA 92105 Phone: (619) 229-3660

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" Avenue, 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., San Diego, CA 92105
Phone: (619) 583-0532 / (619) 583-0256
Website: 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) 236-9492

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., San Diego, 92113
Phone: (619)527-7154
Website: <http://icysd.org/home.html>

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., Suite 205, San Diego, 92105
Phone: (619) 641-7510
Website: www.theirc.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.

Website: www.jfssd.org

Office & Counseling Locations:

Main Office Turk Family Center 8804 Balboa Avenue, San Diego, CA 92123 Phone: (858) 637-3000

North County Inland 15905 Pomerado Road, Poway, CA 92064

Senior Services Information & Referral Phone: (858) 637-3040

College Avenue Senior Center Beth Jacob Congregation 4855 College Avenue, San Diego, CA 92115
Phone: (619) 583-3300

University City Senior Center Congregation Beth Israel 9001 Towne Centre Drive, San Diego, CA 92122
Phone: (858) 550-5998

CO-OP (Town Park Villas) 6245 Kantor Street, San Diego, CA 92122 Phone: (858) 453-0182

On the Go 8788 Balboa Avenue, San Diego, CA 92123 Phone: (858)637-7320

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 the stay with the program, the more one's 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, Imperial Beach, CA 91932
Phone: (619) 429-8500

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 Meadow Lark Drive, 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.

Main Medical Clinic
Contact: 4060 Fairmount Ave., San Diego, CA 92105
Phone: (619) 280-4213
Website: 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.

Phone: 1-877-534-2524

Main Office

110 S. Euclid Avenue, San Diego, 92114

Midtown Office

1764 San Diego Avenue, Suite 200, San Diego, CA 92110

Website: 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. Phone- (619) 426-3595

Chula Vista Service Center

1355 Third Avenue, Chula Vista, CA 91911

Phone: (619) 426-3595

MAAC COMMUNITY CHARTER SCHOOL 1385 Third Avenue, Chula Vista, CA 91911 Phone: (619) 476-0749

MAAC - San Ysidro Service Center 663 E. San Ysidro Blvd., San Ysidro, CA 92173 Phone: (619) 428-1139

McAlister Institute for Treatment and Education (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: (MITE)/North Coastal Regional 1400 North Johnson Avenue, Suite 101, El Cajon CA 92020

Phone: 619.442.0277

http://mcalisterinstitute.org/resources_contactus.htm

Mental Health Systems Inc. (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 Street, San Diego, CA 92123 Phone: (858) 573-2600
Website: www.mhsinc.org

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.

Website: www.metroandiego.org

OFFICE 6154 Mission Gorge Rd. Suite 104 Phone: (619) 285-5556 Email: info@metroandiego.org

PROGRAM OFFICES Gompers Middle School 1005 47th Street, San Diego, CA 92102 Johnson Elementary School

1355 Kelton Road, Room B-9, San Diego, CA 92114 **GOOD NEIGHBOR CENTERS** 906 North 47th Street, San Diego, CA 92102 Phone: (619) 264 – 0368 Nestor Good 1120 Nestor Way, San Diego, CA 92154 Phone: (619) 429 – 0802

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>

MHS – Families Forward

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., Suite 100, San Diego CA 92123 Phone: (858) 380-4676

Website: www.mhsinc.org/families-forward-wraparound

MHS – Steps – Adolescent Day Treatment and Outpatient

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: www.mhsinc.org/steps-adolescent-day-treatment

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) 546-0774

Toll-free: (800) 479-0062

Website: www.sandiegona.org / In Spanish: 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. **Phone- (619) 336-8659**

Family Resource Center 304 West 18th Street, National City, CA 91950 Phone: (619) 336-8360

Family Resource Center 2325 Euclid Avenue, National City, CA 91950 Phone: (619) 336-8659 **Vista del Sol Community Center** 1545 Q Avenue, National City, CA 91950 Phone: (619) 477-3275

Summercrest Community Center 2721 East Plaza Boulevard, National City, CA 91950 Phone: (619) 475-2080

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.

Main Office

625 Broadway, Suite 1221, San Diego, CA 92101

Phone: 619-238-2400 or 760-494-4728

Email: Info@ncrconline.com

South Bay Office 663 East San Ysidro Boulevard, 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: 2535 Kettner Boulevard Suite 3C-2, San Diego, CA 92101
(619)615-0701

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 street, Suite C San Diego CA, 92113
Phone: (619)263-7768

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.

Website: www.planned.org
Appointments for all clinics: 1-888-743-PLAN (7526)

Clinics in San Diego:

City Heights Express Clinic 4305 University Avenue, Suite 350, San Diego, CA 92105, Phone- (888) 743-7526

Chula Vista Clinic 1295 Broadway, #201, Chula Vista, CA 91911, phone-(888) 743-7526

Sarah Weddington Center 4575 College Avenue, San Diego, CA 92115, Phone- (888) 743-7526

First Avenue Family Planning Clinic - Michelle Wagner Center 2017 First Avenue, Suite 301, San Diego, CA 92101, Phone- (888) 743-7526

Euclid Avenue Clinic - Francis Torbert Center 220 Euclid Avenue, Suite 30, San Diego, CA 92114, Phone- (888) 743-7526

Kearny Mesa Clinic 7526 Clairemont Mesa Boulevard, San Diego, CA 92111, phone- 1-888-743-7526

Mission Bay Clinic 4501 Mission Bay Drive, #1C&D, San Diego, CA 92109, phone number (888) 743-7526

Mission Valley Express 1333 Camino del Rio South, Suite #306, San Diego, CA 92108, (619) 881-4594

Pacific Beach Express - Mimi Brien Center 1602 Thomas Avenue, San Diego, CA 92109, Phone- (888) 743-7526

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 Street, San Diego, 92105 Phone: (619) 582-7884

Website: 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: David Kiragu, dkiragu@projectconcern.org

Phone: (619)269-1436

Website: http://www.pciborderhealth.org/en/BHI_Project_BRO

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: 3 Children's Way, MS 3, San Diego, CA 9 1 3
Phone: (858) 966-5817
Johanna Boucher, Program Manager

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: 300 Park Blvd. (8th Floor) San Diego, CA 92114-2209
Phone: (619) 238-6603
Email: readstaff@sandiego.gov
Website: 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. 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 #300, San Diego, CA 92105
Phone: (619) 516-2222
Email: info@RealityChangers.org
Website: www.realitychangers.org

Riley School - 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: 5650 Mt. Ackerly Dr., San Diego, CA 92111
Phone: (858) 573-0729

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 92111-5798 Phone: (858) 277-9550
Website: 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 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 Avenue, San Diego, California 92121 Phone: (858) 527-1419 or (866) 350-3663
Website: www.sandiegofoodbank.org

Call 2-1-1 to talk to social services and find the location closest to you

Emergency Food Assistance Program distribution sites and distribution hours:

Amistad Rancho Hills Church

5901 Rancho Hills Dr
San Diego, CA 92139
2nd Friday 9:00 am - 11:00am phone-(619) 470-7500

Casa De Sol

1157 30th St 3rd
San Diego, CA 92154
3rd Wed 3:00pm - 4:00pm
Phone: (619) 429-1937

Casa Familiar

212 W. Park Ave
San Ysidro, CA 92173
2nd Friday 9:00am - 11:00am (619) 428-1115

Community Food Bank

2nd Friday 9:00AM
2605 Highland Ave
National City, CA 91950 **Call** 1-866-350-FOOD Toll Free
1-858-527-1419 Local

Nestor Methodist Church

1120 Nestor Way
Nestor, CA 92154
2nd Friday 6:00am (619) 423-2068

Project Hand- Lutheran Social Services

580 Hilltop Drive
Chula Vista, CA 91910
2nd Friday 9:00am Phone-(619) 425-4061

Together Hearts & Hands Working

2242 Enchanted Place
San Ysidro, CA 92173
MON - FRI 5:00PM-6:00PM (619) 428-1196

Metro Good Neighbor

Mon, Tues, Thurs, Fri, 9 AM-12:30 PM
1120 Nestor Way
Nestor, CA 92154 phone-619-662-7592

Ascension Lutheran Church

1ST Friday 9:30-11:00 AM
5106 Zion Ave
San Diego, CA 92120 (619) 582-2636

City Of Refuge

1ST Saturday 9:00 - 10:00AM
2001 Oceanview Blvd
San Diego, CA 92113 (619) 236-1775

Climb Grace Covenant Church

1ST Friday 9:00 AM- 11:00 AM
2885 Clay Ave
San Diego, CA 92113 (619) 531-0901

Christian Fellowship Church

1ST Friday 9:00AM
1601 Kelton Road
San Diego, CA 92114 (619) 262-8095

Grace Missionary Baptist Church

1ST Thursday 3:00-5:00PM
6328 Brooklyn Ave
San Diego, CA 92114 (619) 263-3595

Good News Missionary Baptist

1ST Friday 8:00 AM-12:00 PM
4106 Swift Ave
San Diego, CA 92104 (619) 280-7335

House of David

1ST Friday 8:00AM
5930 Division St
San Diego, CA 92114(619) 264-1200

Mercado Apartments

1ST Thursday 5:00- 6:30 PM
2001 Newton Ave
San Diego, CA. 92113 (619) 531-9400

MT. Olive Church

1ST Thursday 9:00AM-10:30AM
4907 A ST
San Diego, CA 92102 (619) 262-1355

Nazarene Church

1ST Friday 10:00AM-12:00PM
3535 Market St
San Diego, CA 92102, Phone-(619) 234-0586

New Harvest Christian Fellowship

Facilitate ongoing round table meetings for the youth & families. Pair young people with a mentor and parent partner. Identify the specific resources the families will need. Spiritual support services. Children's ministry - for siblings. Food pantry 4 times a month. Wednesday worship family night. Pastor Sandoval 619-326-8450

New Hope SDA Church

2ND WED 9:00AM-11:00AM
2420 52nd ST
San Diego, CA 92105, Phone- (619) 263-5660

North Park Apostolic Church

1ST Friday 9:00AM -11:00AM
5577 University Ave
San Diego, CA 92115, Phone-(619) 578-2721

North Park Recreation Center

1ST Thursday 8:00AM - 9:30 AM
4044 Idaho
San Diego, CA 92113, Phone-(619) 235-1152

San Diego Broadway Spanish 7th Day Adventist Church

1ST Saturday 3:00-5:00PM
2411 Broadway St
San Diego CA 92102, Phone- (619) 234-5790

SD Coalition For The Homeless

1st Friday 9:00 - 12:00 AM
4101 University Ave
San Diego, CA 92105, phone-(619) 281-1815

Sherman Heights Community Center

1ST Thursday 9:00AM-10:30PM
2258 Island Ave
San Diego, CA 92102

St. Jude's Shrine Of The West

1st Saturday of the Month 9:00-12:00PM Every Thursday 3- 6:00 PM
3751 Boston Ave
San Diego CA 92113

Ladle Fellowship of First Presbyterian Church

Saturdays 8:30 TO 11:30
320 Date St.
San Diego, CA 92101, phone-619-232-7513

Mid City Christian- (619) 286-1100

Tue & Thur 9:00-3:00
6182 University Ave, San Diego, CA 92115

Neighborhood House Association

Mon-Wed-Fri 1:30-4:00 PM
841 South 41ST
San Diego, CA 92113,phone- 619-263-7761

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: 3295 Meade Avenue, San Diego, CA 92116
Website: www.girlsalliance.org San Diego Girls Alliance
a California 501(c)3 Nonprofit Corporation
Email: info@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 Drive, San Diego, CA 92102

Phone: (619) 263-3115

Email: jimmam@sdul.org

Website: 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. **Phone-** (619) 228-2900

Workforce Partnership's Youth Programs in 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

South County Region, Chula Vista Mall 555 Broadway, Suite 2026, Chula Vista, CA 91911 Contact:

Nona Spooner - Director of Operations, nlsponer@msn.com Phone: (858) 560-0871, ext. 106 Website: www.access2jobs.org

Coalition of Neighborhood Councils (CNC)

Offers both *Youth Opportunity and Employment Program & Gang Prevention Initiative* program 415 N. Euclid Ave., San Diego, CA 92114 Phone: (619) 325-3580 Website: www.cncsandiego.org

Grossmont Union High School District/East County Career Center

GUHSD Out-of-School Program 924 E. Main Street, El Cajon, CA92021

Phone: (619) 590-3900 **Website:** <http://eccc.guhsd.net/>

Email: maryw@workforce.org

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 assists students with educational goals, financial aid, scholarship information, apprenticeship program, military service /vocation, permanent/temporary employment, dollars for scholars, career goals, etc.

East County Youth One Stop Career Center, East Region Community Schools 8374 Hercules Street, San Diego, CA 91942

Sonya Moreno, jobready@sdcoe.net Website: www.sdcoe.net phone-(619) 590-3950

Metro Youth One Stop Career Center 3910 University Ave., San Diego, CA 92105 Phone: (619) 516-2200

Website: www.sdcoe.net

Work Readiness - Youth One Stop Career Center 6401 Linda Vista Road, San Diego, CA 92111

Phone: (858) 571-7259

Metro Region 210 West Ash St., San Diego, CA 92101 Phone: (619) 233.2814 Website: www.sdcoe.net

South County Youth One Stop Career Center 800 National City Boulevard, National City, CA 91950
Phone: (619) 470-5218 **Website:** www.sdcoe.net

South Metro Career Center 4389 Imperial Ave., San Diego, CA 92113 **Phone:** (619) 266-4200

South Bay Community Services - South Bay Transitioning Youth Project 1124 Bay Blvd., Suite D, Chula Vista, CA 91911 Frank Lopez - Youth in Transition Director, flopez@csbcs.org **Phone:** (619) 420-3620
Website: www.southbaycommunityservices.org

South County Career Center

1111 Bay Boulevard, Suite E, San Diego, CA, 91911 **Phone:** (619) 628-0300

San Diego Youth and Community Services (SDYCS)

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 Street, San Diego CA 92110 **Phone:** (619) 221-8600
Website: <http://www.sdycs.org>

Breaking Cycles Program

7798 Starling Drive # 200, San Diego, CA 92123 **Phone:** 858-492-2300

San Diego Youth & Community Services (SDYCS) - The Bridge

This program provides short and long term group home placement to youth 12 to 17. The primary goal is to provide a safe and stable living environment while trying to reunify the youth with their families. If reunification is not possible, SDYCS is prepared to assist youth in finding permanent housing. Services include a 24/7 referral hotline for information and crisis counseling, as well as walk-in counseling.

Contact: 3151 Redwood Street, San Diego, CA 92104 **Phone:** (619) 521-3939 / 24-Hour Hotline: 1-866-7156405

San Diego Youth & Community Service (SDYCS) - The Storefront

The Storefront is a 20-bed emergency shelter for homeless, runaway, and “street” youth. Its goals are to return young people to their families or to find alternative living arrangements, and to prevent their sexual exploitation. Services begin with Street Outreach teams that find and offer resources to homeless young people. The Storefront Day Drop-In Center provides street kids with a safe place between the end of the school day and the opening of the night shelter.

Phone: (619) 325-3527

24-Hour Crisis Line: 1-866-715-6405

San Diego Youth & Community Services (SDYCS) - Teen Options

Teen Options is a safe, supportive environment for pregnant and parenting adolescents (ages 14-25) who have a history of substance abuse. Services support youth to maintain sobriety and deliver a healthy and drug-free baby, while increasing their child development, parenting, and life skills. Services include: case management, child development and parenting classes and groups, substance abuse education and recovery support, individual and family counseling, independent living skills training, health education (including STI testing), academic support, assistance with transportation, access to food, diapers, clothing and other baby/parent needs (provided as an incentive for achievement), and ongoing support through an aftercare program.

Contact: 3660 Fairmount Avenue, San Diego, CA 92105 **Phone:** (619) 521-2250

Email: cjohnson@sdycs.org

San Diego Youth and Community Services (SDYCS) - Youth Education Town

Our two National Football League (NFL) Youth Education Town (YET) Centers are high-tech educational and recreational centers promoting academics and prevent juvenile delinquency in young people who are working to overcome detrimental barriers to success. All of the services are free of charge and available to anyone between the ages of 9 and 17. Those who are over 18-years old can participate as a volunteer mentor.

2220 Broadway, San Diego, CA 92102 **Phone:** (619) 232-8126

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.

San Ysidro Health Center
4004 Beyer Blvd., San Ysidro, CA 92173
Main phone number: (619) 662-4100 Appointments and information: (619) 662-4123
Website: www.syhc.org

Otay Family Health Center 1637 3rd Ave Stes B F H & I, Chula Vista, CA 91911 **Phone:** (619) 205-1360

San Ysidro Health Center phone numbers for WIC:
San Ysidro WIC: (619) 426-7966 Imperial Beach WIC: (619) 429-0354 National City WIC: (619)
477-0873 Chula Vista WIC: (619) 426-7966

SY Health Center's Behavioral Health services phone numbers: San Ysidro Behavioral Health: (619)
428-5561 LifeSchool: (619) 575-4590 Youth Enhancement Services: (619) 428-5533 Healthy Steps:
(619) 662-4199

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. • Call 800-634-4449 • Email clientsupport@cfchildren.org

Baker Elementary

4041 T Street San Diego, CA 92113
Phone: (619)264-3139
Principal Johnson

Knox Elementary

1098 S. 49th Street San Diego, CA 92113
Phone: (619)262-2473
Principal Ana Biffle

Perkin Elementary

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

Sherman Heights Community Center

Offer a variety of classes: zumba, aerobics, violin, karate, ballet folklórico, *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 Avenue, San Diego, CA 92102

Chelita Florez, Director

Phone: (619) 232-5181, ext. 17

Website: www.shermancenter.org

Social Advocates for Youth (SAY)

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., Suite 100, San Diego CA 92123 Phone: (858) 565-4148

Website: www.saysandiego.org

SAY San Diego - Juvenile Diversion and Prevention

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

Phone: (619) 582-9056, x211

Email: jdp@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

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: 430 Fst. Chula Vista, Ca. 91910

Phone: (619) 420-3620

Website: www.southbaycommunityservices.org

Southcrest Park 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 Street, 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: 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 Street 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 Road Suite 202, San Diego, CA 92111

Phone: (619) 955-8777 Email: info@tkf.org

Website: <http://tkf.org/index.htm>

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.

San Diego Teen Challenge

P.O. Box 15637, San Diego, CA 92175

Phone: (619) 265-0337 Email: sdteencourt@pacbell.net Website: www.teenchallenge.com/sandiego

Teen Court

Teen Court is a non-profit organization offering a juvenile diversion program made up of staff members and volunteers (both youth and adults) who care about the decisions that young people make. Teen Court partners include a number of local residents from many different professions and many different communities.

Teen Court offers two versions of offender sentencing hearings (the Student Attorney Session and the Peer Jury Panel) as an alternative to juvenile court. High school students serve as attorneys, jury panelists, etc. Real cases of actual juvenile offenders are heard and sentences are imposed that are recognized by Juvenile Court. Both daytime and evening sessions are held. Contact:

San Diego Teen Court, Inc. 4390 Genesee Ave. Suite 207, San Diego, Ca. 92117

Monica Evans, Program Coordinator, monica@sdteencourt.org **Phone:** (858) 974-3603 Website: www.sdteencourt.org

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).

1404 5th Ave. San Diego, Ca. 92101

Phone: (619) 687-1080

Website: 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 Avenue, Chula Vista, CA 91910 Doug Luffborough – Executive Director,
doug@turningtheheartscenter.org Alejandra Aceves – Program Director,
alejandra@turningtheheartscenter.org **Phone:** (619) 691-9643 Website: 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 Avenue, Chula Vista, CA 91910 Manny Castro, Program Coordinator

Phone: (619) 691-9643

Website: 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: 200 W. Arbor Drive San Diego, Ca. 92103

Website: www.bright-families.org

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.

Phone: (619) 521-5720

3288 El Cajon Boulevard, Suite 13, San Diego, CA 92104

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/index.htm>

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 Street, San Diego, CA 92102 **Phone:** (619) 232-6454

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 Street, San Diego, CA 92102 **Phone:** (619) 232-6454

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: www.sandiegowic.org

A partial list of WIC offices in San Diego:

University Ave WIC Office 5821 University Ave., San Diego, CA 92115 Phone- Please call for locations
San Diego, CA(800) 500-6411

Naval Medical Center (NMCSD) ARC Office Bldg. 1, 34800 Bob Wilson Dr., San Diego, CA 92134
Phone- (619) 532-6400

Linda Vista WIC Office 7612 Linda Vista Rd. Suite 111, San Diego, CA 92111 **Phone-** (800) 500-6411

Euclid Ave WIC Office 292 Euclid Ave. Suite 80, San Diego, CA 92114 **Phone-** (800) 532-1579

Southeast WIC Office 3177 Oceanview Boulevard, San Diego, CA 92113 **Phone-** (858) 514-2301

North Park WIC Office 3078 El Cajon Blvd. #100, San Diego, CA 92104 **Phone-** (888) 999-6897

Chula Vista WIC Office 542 Broadway Suite Q, Chula Vista, CA 91910 **Phone-** (858) 514-2302

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.

Email: email@ymca.org

Website: www.ymca.org

YMCA branches across the city:

Border View YMCA

3085 Beyer Blvd., Suite A-103, San Diego, 92154

Phone: (619) 428-1168

Website: borderview.ymca.org

Downtown YMCA

500 West Broadway, Suite B, San Diego, 92101

Phone: (619) 232-7451

Website: downtown.ymca.org

Peninsula Family YMCA

4390 Valeta St., San Diego, 92107
Phone: (619) 226-8888
Website: peninsula.ymca.org

Child Care Resource Services

3333 Camino del Rio South, Suite 400, San Diego, 92108
Phone: (619) 521-3055/ Website: ymcacrs.org

Copley Family YMCA

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

Jackie Robinson Family YMCA

151 YMCA Way, San Diego, 92102
Phone: (619) 264-0144
Website: jackierobinson.ymca.org

La Jolla YMCA

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

Mission Valley YMCA

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

Toby Wells YMCA

5105 Overland Ave., San Diego, 92123
Phone: (858) 496-9622
Website: missionvalley.ymca.org

YMCA - Childcare 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 #400, San Diego, CA 92108-3808 Phone: (619) 521-3055

South County Office 2602 Hoover Avenue, National City, CA 91950-6608 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 City Heights area of San Diego. 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 Avenue #1, San Diego, CA 92104 Phone: (619) 640-9774

Website: http://yfs.ymca.org/ymcasd_ilservices.htm

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). School-based services, in addition to providing safe after-school programming countywide, provides 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., Suite 101, San Diego, 32103

Phone: (619) 543-9850

Website: www.yfs.ymca.org

This project was constructed by the CGPI team

Stephanie Griffin

Nini Hafoka

Sol-Maria Lopez

Aaron Meng

Taryn Prosnitz

Evelyn Ramirez

Martha Vuki

Monica Espinoza

Sarah Lebov

Santisha Lemmons

Updated by Vanessa Drake 10/25/2013

Updated by SDSU interns Boxell, Petry, Kirchhofer 12/14