



RESOURCE GUIDE FOR NEW SAN DIEGANS

OCTOBER 2021

KNOW YOUR RIGHTS

MAKE A PLAN IN CASE YOU OR A LOVED ONE IS DETAINED OR DEPORTED.

TO FIND A PERSON IN DETENTION:

- Use ICE's online detainee locator at <https://locator.ice.gov>
- Call the Southern California field office at 213-830-7911
- Use the detained individual's "A Number" (alien registration number) which can be found on immigration documents.
- If you are detained by ICE and do not already have an A number, you will receive an A Number when processed by immigration. Memorize this number and share it with your family when you get the chance so they can use it to find you.

MAKE A CHILD CARE PLAN:

- Make sure a trusted adult agrees to care for your child if you cannot. They should fill out and print a [Caregiver's Authorization Affidavit \(CAA\)](#) so that they enroll children in school and consent to school-related medical treatment if the parent is detained or deported. Though the CAA should be filled out by the trusted adult, it should not be signed until the legal parent or guardian gets detained or deported. The form can be found here: <https://www.courts.ca.gov/documents/caregiver.pdf>
- Make sure the child has a list of emergency contact numbers. Parents and children should have the number of the trusted adult memorized.
- Have important legal documents organized in a location that children or trusted adults can access. Documents should include: passports, birth certificates, marriage license, Caregiver's Authorization Affidavit, any restraining orders, A-number and any immigration documents (work permit, visas, greencard, etc), documents demonstrating residence in the U.S. and the amount of time you have been physically present in the U.S., driver's license, social security card or ITIN number, registry of birth, and important children's information (dentist, doctor, health insurance, and school contacts).

HAVE IMPORTANT NUMBER MEMORIZED OR AVAILABLE:

- Have the number of family members or trusted friends memorized so you can call them from within a detention facility.
- Have your A Number (alien registration number) memorized or available for family members to find if you get deported. If you do not have an A Number, you will receive one when you are taken into detention.
- Have a number to a trusted legal organization or attorney memorized and available to family and trusted friends.

YOUR RIGHTS IF AN IMMIGRATION AGENT COMES TO YOUR DOOR

Note: You always have the right to remain silent, whether in your home, on the street, or while being detained. You do not need to answer questions about your legal status or your place of birth. Below is a “Red Card” you can print or cut out to keep in your wallet or in your house to refer to in case Immigration Agents approach you.

Usted tiene derechos constitucionales.	
-NO ABRA LA PUERTA SI UN AGENTE DEL SERVICIO DE INMIGRACION ESTA TOCANDO LA PUERTA.	I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.
-NO CONTESTE NINGUN PREGUNTA DEL AGENTE DEL SERVICIO DE INMIGRACION SI EL TRATA DE HABLAR CON USTED. Usted tiene derecho a mantenerse callado.	I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant to enter, signed by a judge or magistrate with my name on it that you slide under the door.
No tiene que dar su nombre al agente.	I do not give you permission to search any of my belongings based on my 4th Amendment rights.
Si esta en el trabajo, pregunte al agente si esta libre para salir y si el agente dice que si, váyase.	I choose to exercise my constitutional rights.
usted tiene derecho de hablar con un abogado.	
ENTREGUE ESTA TARJETA AL AGENTE. NO ABRA LA PUERTA	These cards are available to citizens and noncitizens alike.

- 1) **DO NOT OPEN THE DOOR:** you are not legally required to let agents or law enforcement inside your house unless they have a **warrant** signed by a judge.
- 2) **ASK WHY THE AGENTS ARE THERE:** you have the right to an interpreter.
- 3) **IF THEY WANT TO ENTER, ASK TO SEE A WARRANT:** enforcement agents, including ICE, cannot enter your house unless they have a valid court-ordered **warrant** signed by a judge. You can ask the officer to slip the **warrant** under the door or hold it up to the window so you can read it.

A LEGALLY ENFORCEABLE WARRANT (BELOW) - notice on the bottom, it is signed by a Judge and that the document comes from a U.S. Court System

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NOT A LEGALLY ENFORCEABLE WARRANT (BELOW) - notice the warrant does not come from a U.S. Court System

U.S. DEPARTMENT OF HOMELAND SECURITY

Warrant for Arrest of Alien

File No. _____

Date: _____

To: Any immigration officer authorized pursuant to sections 236 and 287 of the Immigration and Nationality Act and part 287 of title 8, Code of Federal Regulations, to serve warrants of arrest for immigration violations

I have determined that there is probable cause to believe that _____ is removable from the United States. This determination is based upon:

- ☐ the execution of a charging document to initiate removal proceedings against the subject;
- ☐ the pendency of ongoing removal proceedings against the subject;
- ☐ the failure to establish admissibility subsequent to deferred inspection;
- ☐ biometric confirmation of the subject's identity and a records check of federal databases that affirmatively indicate, by themselves or in addition to other reliable information, that the subject either lacks immigration status or notwithstanding such status is removable under U.S. immigration law; and/or
- ☐ statements made voluntarily by the subject to an immigration officer and/or other reliable evidence that affirmatively indicate the subject either lacks immigration status or notwithstanding such status is removable under U.S. immigration law.

YOU ARE COMMANDED to arrest and take into custody for removal proceedings under the Immigration and Nationality Act, the above-named alien.

(Signature of Authorized Immigration Officer)

(Printed Name and Title of Authorized Immigration Officer)

Certificate of Service

I hereby certify that the Warrant for Arrest of Alien was served by me at _____
(Location)

on _____ on _____, and the contents of this
(Name of Alien) (Date of Service)

notice were read to him or her in the _____ language.
(Language)

Name and Signature of Officer

Name or Number of Interpreter (if applicable)

Form I-200 (Rev. 09/16)

IF YOU ARE ARRESTED BY ICE OR THEY ENTER YOUR HOUSE TO ARREST YOU:

- 1) **YOU HAVE THE RIGHT TO REMAIN SILENT:** It is recommended you limit talking while being arrested because anything you say can be used against you. You do not need to and should not report your immigration status or your family's immigration status to any law enforcement officers or agents. Say: "I plead the 5th amendment and choose to remain silent."
- 2) **IF THEY FORCE THEIR WAY INSIDE YOUR HOUSE, DO NOT RESIST.** Remain calm and do not share any information.
- 3) **YOU ARE ENTITLED TO SPEAK TO A LAWYER.** Individuals have the right to speak to their attorney if they have one. If you are detained, you have the right to contact an attorney immediately. You or your family should have a number memorized or available. You do not need to sign anything you do not understand even when in custody. Unlike in criminal proceedings, in immigration proceedings the U.S. government is not required to give you a public defender or legal representation.

IF ICE COMES TO YOUR WORKPLACE:

- 1) **DO NOT CONSENT:** Though ICE can enter areas open to the general public (such as parking lots and waiting rooms), they do not have the authority to detain, question, or make arrests without a warrant. However, if your employer gives permission to agents to enter, they have the right to ask you about immigration status. In this case you still have:
 - The right to remain silent and not disclose any information about your status, or any documents that reveal your status
 - The right to speak to an attorney before answering any questions
- 2) **ASK IF THEY HAVE A WARRANT WITH THE CORRECT ADDRESS.** Ensure that the warrant is signed by a judge and from a U.S. Court System. ICE warrants or Warrants by the Department of Homeland Security that are signed by ICE agents are not legally enforceable. If the address is incorrect, the warrant cannot be used for your establishment. If they do not have a valid warrant, ask them to leave.
- 3) **STAY CALM AND DO NOT RUN:** ICE can use running as a reason to arrest you.
- 4) **KNOW THE LAW:** In California, employers cannot turn over employee records or voluntarily allow immigration agents to enter non-public areas of the workplace without a warrant signed by a judge.
- 5) **RECORD DETAILS OF THE INCIDENT:** Employers should write down the name, contact information, and badge number of officer agents. Document any abuse, violence, or refusal to provide documentation (such as a warrant or officer information). Call the rapid response hotline to report an ICE incident: 619-536-0823

Note: If you are part of a labor union, check the labor union contract to see if there is any language that protects you as a member. For example:

- The employer won't participate in online verification of an employee's immigration status.
- The employer won't allow ICE officers to enter the workplace without a warrant signed by a judge.

ADDITIONAL RESOURCES:

FOR MORE INFORMATION ABOUT RIGHTS YOU HAVE, as an immigrant in the United States, visit the American Civil Liberties Union website: <https://www.aclu.org/know-your-rights/immigrants-rights/>

YOU CAN ALSO VISIT <https://www.aclu.org/know-your-rights/>, to find resources about the following rights issues:

- Stopped by police
- Religious freedom
- Students' rights
- LCBTQ rights
- Voting rights
- Protesters' rights
- Sex discrimination
- Prisoners' rights
- Race, ethnicity, or national origin-based discrimination
- Disability rights

HOUSING AND TENANT RIGHTS

PROTECTION FROM DISCRIMINATION

CALIFORNIA LAW PROTECTS INDIVIDUALS FROM ILLEGAL DISCRIMINATION BY HOUSING PROVIDERS (SUCH AS LANDLORDS, REAL ESTATE AGENTS, HOME SELLERS, BUILDERS, MORTGAGE LENDERS, AMONG OTHERS) BASED ON THE FOLLOWING:

- Race, color
- Ancestry, national origin
- Citizenship, immigration status
- Primary language
- Age
- Religion
- Disability, mental or physical
- Sex, gender
- Sexual orientation
- Gender identity, gender expression
- Genetic information
- Marital status
- Familial status (whether you have children)
- Source of income
- Military or veteran status

EXAMPLES OF THINGS LANDLORDS CANNOT DO BECAUSE OF YOUR IMMIGRATION STATUS, RACE, OR ETHNICITY:

- Refuse to sell or rent rooms, apartment, condos, or houses to you
- Cancel a sale or rental agreement
- Implement rules that target immigrants or families with children
- Threaten to deport you if you file a complaint
- Ask you to show extra forms of identification to prove any form of immigration status. Proof of immigration status as part of a housing application or requirement for staying in the apartment is illegal

For assistance in handling fair housing disputes, tenant rights, seeking guidance, or completing forms needed to file claims with DFEH, contact the CSA San Diego County:

619-444-5700

Languages: English, Spanish, and limited Arabic

www.c4sa.org

info@c4sa.org

To report housing discrimination in San Diego, contact the Legal Aid Society of San Diego's Fair Housing Center:

1-844-449-3500

<https://www.lassd.org/area/housing-discrimination>

To formally file a housing discrimination claim, contact California Department of Fair Employment and Housing:

1-800-884-1684

<https://www.dfeh.ca.gov/complaintprocess/>
contact.center@dfefh.ca.gov

TENANT RIGHTS TO LIVABLE CONDITIONS

ALL LANDLORDS ARE LEGALLY REQUIRED TO OFFER LIVABLE OR HABITABLE PREMISES WHEN THEY RENT A UNIT IN CALIFORNIA, AND TO MAINTAIN IT IN THAT CONDITION THROUGHOUT THE RENTAL TERM. ACCORDING TO STATE LAWS, AT MINIMUM EVERY RENTAL MUST HAVE:

- 1) **WATER AND WEATHERPROOF ROOFS AND WALLS**, including unbroken windows and doors
- 2) **FUNCTIONAL PLUMBING, HEATING, AND ELECTRICAL SYSTEMS SUCH AS:**
 - o hot and cold running water
 - o a working toilet
 - o a kitchen sink
- 3) **CLEAN AND SANITARY BUILDING AND GROUNDS** (free of rodents, vermin, and debris)
- 4) **NO LEAD PAINT HAZARDS**
- 5) **NO NUISANCES:** this means things or activities that are dangerous to human life or detrimental to health or that is morally offensive (such as allowing drug dealing) are not permitted.

IF YOU EXPERIENCE A DISPUTE WITH YOUR LANDLORD OVER THE QUALITY OF LIVING CONDITIONS, THE CITY OF SAN DIEGO ASKS THAT YOU FOLLOW THESE STEPS:

- 1) **CONTACT THE LANDLORD AND REPORT ISSUES.** For assistance in how to talk to landlords about the issues, contact the National Conflict Resolution Center at 619-238-2400 (<https://www.ncrconline.com/>)
- 2) **REQUEST AN INVESTIGATION BY THE CITY OF SAN DIEGO** by mail, in person, or by phone: 619-236-5500

Forms can be downloaded in English and Spanish on the city website:

<https://www.sandiego.gov/development-services/code-enforcement>

Forms can be mailed to or submitted here:

Code Enforcement Division

1222 First Ave., Fifth Floor

MS 511

San Diego, CA 92101

Note: The city will not take anonymous requests, however complainant information is kept confidential. There are rare instances when the City may be required to reveal this information in a judicial proceeding.

IF A LANDLORD FAILS TO TAKE CARE OF IMPORTANT MAINTENANCE (SUCH AS A LEAKY ROOF OR A BROKEN HEATER), TENANTS MAY HAVE THE LEGAL RIGHTS TO:

- withhold rent
- pay for repairs themselves and deduct the cost from their rent ("repair and deduct")
- call state or local building health inspectors
- sue the landlord, or move out without notice

It is illegal for landlords in California to retaliate against tenants who exercise their statutory rights, such as the right to repair and deduct.

LEGAL SERVICES

A NOTE ABOUT “NOTARIO” FRAUD:

The U.S. immigration system is complicated and often requires the assistance of a lawyer. However, one must be careful when seeking out legitimate lawyers, attorneys, and consultants because there are cases of individuals who pretend to be immigration professionals and commit fraud. Oftentimes, this means that individuals seeking legal assistance lose hundreds and sometimes thousands of dollars.

WAYS TO PREVENT NOTARIO FRAUD:

- 1) **CHECK THAT A LAWYER OR LAW FIRM IS ACCREDITED BY THE BOARD OF IMMIGRATION APPEALS (BIA).** You can check for accreditation by visiting: <https://www.calbar.ca.gov/>
- 2) **SEEK GUIDANCE FROM LOCAL COMMUNITY AND NONPROFIT ORGANIZATIONS.** They sometimes have relationships with accredited and trusted lawyers and law firms.
- 3) **ONCE YOU DECIDE ON AN ATTORNEY, GET A WRITTEN CONTRACT OF SERVICES AND COSTS.** Throughout your time working with the attorney, request copies of all documents. Feel free to reach out to your attorney and local organizations to help you understand what these documents are.

IMMIGRATION LAWYERS/SERVICES

LIST OF PRO BONO LEGAL SERVICE PROVIDERS IN CALIFORNIA:
[HTTPS://WWW.JUSTICE.GOV/EOIR/FILE/PROBONOCA/DOWNLOAD](https://www.justice.gov/eoir/file/probonoca/download)

ALLIANCE SAN DIEGO

P.O Box 12266

San Diego, Ca 92112

619-269-1823

www.alliancesd.org

We provide high-quality and trusted immigration services, including education on different forms of immigration relief, one-on-one consultations, and application assistance in San Diego County. Alliance San Diego also gives referrals to trusted attorneys in San Diego. Contact information for private attorneys can be found on Alliance San Diego's website. Our friendly bilingual staff (English and Spanish) regularly offers community workshops to help keep you informed on the latest immigration news and provide you with the tools you need to protect yourself by knowing your rights.

BEHAR INTERNATIONAL COUNSEL, PLC

402 W Broadway #770,

San Diego, Ca 92101

619-234-5962

Behar International Counsel is a full-service law firm headquartered in San Diego, California, with an additional location in Los Angeles, CA. We concentrate solely on U.S. immigration & naturalization law. This law firm provides legal services related to family-based visas, work and business visas, employment-based green cards, citizenship, deportation defense, and special cases. They are available for phone and Skype consultations.

BORDER ANGELS

2258 Island Avenue,

San Diego, Ca 92102

619-487-0249

www.borderangels.org/immigration

admin@borderangels.org

Every Tuesday at 6PM a lawyer will be available for free, walk-in consultation to provide legal advice in the Sherman Heights Community Center. Every 1st Sunday of the month at 12 noon, free legal consultation is available at the International Friendship Park on both the San Diego and Tijuana side. Everything discussed is confidential between you and the attorney.

CASA CORNELIA LAW CENTER

2760 Fifth Avenue, Suite 200

San Diego, Ca 92103

619-231-7788

www.casacornelia.org

LawCenter@CasaCornelia.org

Casa Cornelia Law Center is a 501(c)(3) public interest law firm providing quality legal services to victims of human and civil rights violations. Casa Cornelia provides free legal services for asylum seekers, including for those detained. They provide legal representation for children and legal services for undocumented victims of crime, including domestic violence.

CSA SAN DIEGO COUNTY

327 Van Houten Ave

El Cajon, CA 92020

619-444-5700

www.c4sa.org

info@c4sa.org

Languages: English, Spanish, and limited Arabic

We ensure protection under fair housing laws that address discrimination and harassment. We can assist in handling a fair housing dispute and completing the forms needed to file a claim with the Department of Fair Employment and Housing (DFEH). Services include: Fair housing counseling and dispute mediation, educational fair housing seminars for tenants and landlords (English and Spanish), services to tenants, landlords, and apartment managers, real estate and rental practice discrimination audits, and free rental housing handbooks in English, Spanish, and Arabic.

EMPLOYEE RIGHTS CENTER

4265 Fairmount Avenue Suite 200

San Diego, Ca 92105

619-521-1372

www.weberc.net

Employee Rights Center offers all San Diego area workers, especially disadvantaged workers without union representation, education and advocacy regarding their workplace issues. ERC offers legal services regarding employment and labor law. ERC focuses specifically on workplace issues involving immigration, health, and employment/unemployment.

JEWISH FAMILY SERVICE

Immigration Services

(858) 637-3210

www.jfssd.org

From answering questions about legal status to translating and submitting paperwork, to assisting with removal defense, we offer clear information and free or low-cost legal assistance for immigrants and their families. We provide pro-bono legal services for families and minors in removal proceedings, higher education legal services, assistance in preparing immigration and naturalization documents and work authorization applications, notary services, citizenship classes and tutoring, know your rights resources, and family safety planning.

LEGAL AID SOCIETY OF SAN DIEGO

Central San Diego Office:

**1764 San Diego Ave.,
San Diego, Ca 92110**

South San Diego Office:

**110 S. Euclid
San Diego, Ca 92114**

877-534-2524

www.lasdd.org

We provide low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation. Free drop-in clinics are also available. LASSD can help with evictions, defense against deportation, restraining orders for domestic violence and elder abuse, bankruptcy, and federal tax debt.

MEXICAN CONSULATE

**1549 India Street
San Diego, Ca 92101 [Central San Diego]**

619-231-8414

consulmex.sre.gob.mx/sandiego

info@consulmexsd.org

The Mexican Consulate provides services to Mexican citizens living and traveling in the United States. The Mexican Consulate can provide assistance with retrieving records and documents and navigating the U.S. legal system. The Consulate can offer assistance with legal representation and translation and the protection of labor, immigration, and civil rights. The Consulate can also help locate missing relatives and ship human remains to Mexico.

SAN DIEGO VOLUNTEER LAWYER PROGRAM, INC. (SDVLP)

**707 Broadway, Suite 1400
San Diego, Ca 92101**

619-235-5656

www.sdvlp.org

info@sdvlp.org

SDVLP provides legal services to support individuals with family law, such as divorce and child custody; restraining orders for domestic violence, elder abuse, or civil harassment; guardianship of a minor; applying for small business or nonprofit status; supporting foster youth in education; HIV/AIDs law; and landlord and tenant law.

UNIVERSITY OF SAN DIEGO (USD) SCHOOL OF LAW

**5998 Alcalá Park
San Diego, Ca 92110**

619-260-7470

<https://www.sandiego.edu/law/free-legal-assistance/>

jdinfo@sandiego.edu

Free legal assistance is available to lower income individuals for appellate, civil, disability-related, education, immigration, and workers' rights cases. USD does not provide assistance to cases related to government programs, tenant rights, or domestic violence.

SOCIAL SERVICES AND COMMUNITY CENTERS

AFGHAN COMMUNITY CULTURE CENTER

619-922-0041

<https://afghanccc.org/>

info@afghanccc.org

The ACCC is a non-profit organization and the general objectives of ACCC are to establish a mosque (Masjid) and provide services in the social, cultural, religious, educational, civil and charitable sectors at all levels.

ALLIANCE FOR AFRICAN ASSISTANCE

5952 El Cajon Blvd.

San Diego, Ca 92115

619-286-9052

<https://alliance-for-africa.org/>

info@alliance-for-africa.org

Our mission is to assist refugees, immigrants, the economically challenged, and underserved to become self-sufficient, productive members of their communities. AAA provides assistance with accessing government benefits, home care services, and opportunities to engage in micro-enterprise programs for personal economic development.

BAYSIDE COMMUNITY CENTER

2202 Comstock St

San Diego, CA 92111

(858)278-0771

www.baysidecc.org

Languages: Spanish and Vietnamese

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

CASA FAMILIAR

119 W Hall Ave,

San Ysidro, Ca 92173

(619) 428-1115

www.casafamiliar.org

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

HOME START - COMMUNITIES IN ACTION PROGRAM

Jacobs Center For Neighborhood Innovation

**404 Euclid Avenue, Suite 328
San Diego, CA 92114**

619-229-3660

home-start.org

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

THE IMMIGRATION CENTER FOR WOMEN AND CHILDREN

**427 C Street, Suite 208
San Diego, Ca 92101**

619-515-2200

www.icwclaw.org

ICWC strives to provide security and stability for children who are abused, abandoned or neglected and for immigrants who are victims of domestic violence, sexual assault and other violent crimes. ICWC assists immigrant women and children to access immigration benefits, such as lawful permanent residents for children who have been abandoned or neglected, and for women survivors of domestic violence. ICWC also provides services related to U and T visas (Victims of Trafficking and Violence), Violence Against Women Act (VAWA), Special Immigrant Juvenile Status (SIJS), Probate Guardianships, and Deferred Action for Childhood Arrivals (DACA).

IRISH OUTREACH SAN DIEGO

**2725 Congress Street,
Suite 2G, San Diego, Ca 92110**

619-291-1630

www.irishoutreachcenter.org

help@irishoutreachcenter.org

The Irish Outreach Center is a vibrant, multi-service center serving the Irish community and recently arrived Irish immigrants in Southern California. We are committed to promoting the interests of our community while also providing opportunities to give something back in our adopted home through charitable projects. This organization serves Irish Citizens, those of Irish ancestry, and Irish visitors (summer students) in San Diego. We provide support Immigration and US Citizenship Legal Services; Irish Citizenship and Passport Application services, J1 Summer Program assistance; J1 Graduate and New Arrivals Program; and Community Outreach Events.

KAREN ORGANIZATION OF SAN DIEGO

**5354 University Ave #1
San Diego, Ca 92105**

619-582-0783

www.karensandiego.org

nao@karensandiego.org

Karen Organization of San Diego is committed to educational and social enhancement of various ethnic minority groups from Burma who reside in San Diego, California. The Karen Organization provides opportunities for job development and case management, including connecting clients to schools, health clinics, housing, and immigration resources. Karen Organization also has programs for women, youth, and seniors. The organization also puts on events to come together as a community to celebrate culture.

SAN DIEGO ALLIANCE FOR ASIAN PACIFIC ISLANDER AMERICANS

**8650 Genesee Avenue,
Suite 214, #927263,
San Diego, Ca 92192**

858-405-3326

www.sdalliance.weebly.com

San Diego Alliance for Asian Pacific Islander Americans builds community through communication, collaboration and celebration of the cultural heritage and diversity of our Asian Pacific Islander American communities, and advocates for APIA rights and empowerment through service, education and philanthropy.

SAN DIEGO REFUGEE COMMUNITIES COALITION

<https://ucsdcommunityhealth.org/work/refugee-health-unit/san-diego-refugee-communities-coalition/>

The San Diego Refugee Communities Coalition (SDRCC) is a collective of ethnic-community based organizations (ECBOs) located within San Diego County. Members have been on the front lines of providing essential services to low-income disenfranchised refugee families for years. Collectively SDRCC members serve thousands of some of San Diego's most vulnerable residents.

LITTLE SAIGON SAN DIEGO FOUNDATION

**4444 El Cajon Blvd, Ste 11
San Diego, Ca 92115**

619-786-7573

www.littlesaigonsandiego.org

Languages: Vietnamese and English

Little Saigon Foundation provides activities to celebrate Vietnamese literature, music, and poetry, as well as leadership programs for youth and teenagers. This organization also hosts a soccer club for those of all ages and skill levels, as well as opportunities for civic engagement, and support groups for those battling cancer. Little Saigon also has tutoring in both English and Vietnamese to support individuals in passing citizenship, driver's license, cosmetology, esthetician, manicurist, and barbering exams. There is also a resource center for assistance in emergency situations, translation, counseling and guidance, filling out forms, checking for grammar, applying for jobs, and also planning affordable funerals that keep with the families' wishes.

THE SAN DIEGO LGBT COMMUNITY CENTER

**3909 Centre Street
San Diego, CA 92103 US**

www.thecentersd.org

Languages: English and Spanish

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

SAN YSIDRO HEALTH: CHALDEAN-MIDDLE EASTERN SOCIAL SERVICES

**436 S Magnolia Ave,
El Cajon, Ca 92020**

619-401-7410

www.syhc.org/cmss-social-services

Languages: Spanish; Arabic; Aramaic (Chaldean); Chaldean; Turkish

The mission of San Ysidro Health is to improve the health and well-being of the communities we serve with access for all. This program provides job training, financial literacy, business development, citizenship and naturalization workshops, public assistance, food distribution, and college enrollment assistance.

UNITED WOMEN OF EAST AFRICA

**6523 University Ave,
San Diego, Ca 92115**

619-487-1188

www.uweast.org

hello@uweast.org

UWEAST's mission is to be the force for culturally competent health services, education and advocacy for the well-being of the East African community. We are meeting the overwhelming physical and mental health related needs of East African refugee women and families primarily in the City Heights neighborhood of San Diego. UWEAST provides physical and mental health programs in group settings for women, men, boys, and girls. UWEAST also provides empowerment and skill development programs for women and youth.

REFUGEES AND ASYLUM SEEKERS

BORDER ANGELS

**Border Angels 2258 Island Ave
San Diego CA 92102**

(619) 487-0249

<https://www.borderangels.org/>

admin@borderangels.org

Border Angels promotes a culture of love through advocacy, education, by creating a social consciousness, and engaging in direct action to defend the rights of migrants and refugees.

CATHOLIC CHARITIES

Refugee Services

**3888 Paducah Drive,
San Diego 92117**

619-323-2841

www.ccdsd.org

Catholic Charities assists children, families, immigrants, and the marginalized. Their refugee services include resettlement services such as access to affordable housing and registering children for school, employment, acculturation, case management, and health-related services.

INTERNATIONAL RESCUE COMMITTEE (IRC)

**5348 University Ave, Suite 205
San Diego, Ca 92105**

619-641-7510

www.rescue.org

SanDiego@Rescue.org

IRC provides opportunities for refugees, asylees, victims of human trafficking, survivors of torture, and other immigrants to thrive in America. Programs and services include settlement services, employment, micro-enterprise, and financial education. IRC also offers English language development, immigration and citizenship services, and youth programs. Assistance with food needs, shelter, health services, and legal rights are also available.

HORN OF AFRICA

**5296 University Avenue, Suite F
San Diego, Ca 92105**

619-583-0532

www.hornofafrica.org

info@HornAfrica.org

Horn of Africa promotes the successful integration and physical and emotional health of the East African refugee population in San Diego, the largest in California and second largest nationwide. Horn of Africa provides economic and business development training, childcare training, enrollment in health insurance programs, refugee case management, and asylum seeker support.

JEWISH FAMILY SERVICES

Refugee Resettlement

Turk Family Center

8804 Balboa Avenue,
San Diego, Ca 92123

858-637-3210

www.jfssd.org/our-services

This program provides services for refugees, asylees, and SIV Holders. Services include pre-arrival preparation, reception and placement; immigration and naturalization; case management; cultural orientation classes and acculturation services; employment assistance; and translation services.

MIRY'S LIST

<https://miryslist.org/>

welcome@miryslist.org

Miry's List is a community of welcomers using crowdsourcing and social media to connect people with families who are resettling in the United States as refugees. Our 12-month programs starts by meeting each family in their home – typically a sparsely furnished or unfurnished apartment assigned by a resettlement agency. Our team works together with the family to create a list of items needed to turn their house into a home. With the of our wonderful volunteers, each family's needs are turned into a shoppable online wishlist which we share broadly to our generous community of donors. Each family has unique needs – many with small children, elderly grandparents or members with disabilities. Housewarming gifts are sent to families directly, and many include a gift message.

NILE SISTERS

5532 El Cajon Blvd,
Ste 5, San Diego, CA 92115

619-265-2959

www.nilesisters.org

info@nilesisters.org

The mission of The Nile Sisters Development Initiative is to educate, support, and offer training to refugee and immigrant women and their families to help them overcome barriers to social and economic self-reliance. Nile Sisters provide emergency supplies such as baby, bathroom, bedroom, food, kitchen, and school essentials. Nile Sisters also provides California Certified Nursing Assistant Vocational Training, professional development training, family advocacy and education, and cultural orientation (education, employment, housing, monetary, social, transportation). Nile Sisters also provide emergency supplies such as baby, bathroom, bedroom, food, kitchen, and school essentials.

SAN DIEGO RAPID RESPONSE NETWORK (SDRRN)

Family Migrant Shelter

24-hour Emergency Hotline: 619-536-0823

www.rapidresponsesd.org

The Migrant Family Shelter provides humanitarian services to asylum-seeking families, including medical screenings, hot meals, travel assistance, legal counsel, and a safe place to sleep. Most migrants are women with two young children, and the average length of time spent at the shelter is 12 to 48 hours. After addressing a family's urgent needs, shelter staff provides transportation assistance to ensure asylum-seekers can safely reunite with loved ones in cities across the U.S.

SAN DIEGO REFUGEE FORUM

<http://www.sdrefugeeforum.org/>

SDRefugeeForum@gmail.com

The San Diego Refugee Forum is a professional association of organizations that advocates serving all populations fleeing persecution and seeking refuge in San Diego. Its members include resettlement agencies, ethnic community-based organizations, employment services, government agencies, community-based groups, refugees, advocates, educators, and supporting individuals. Members paying annual dues are entitled to vote in elections of Forum officers. The San Diego Refugee Forum meets monthly to exchange information and advocate on issues of concern to the community of people displaced by war and violent conflict who are making a new life in San Diego.

SECOND FAMILIES

<https://www.secondfamiliesd.org/>

secondfamilies@hotmail.com

We provide assistance with non-food items and resources to ease new arrivals' transition into their new homes in Southern California. Working together with resettlement agencies in San Diego, our volunteers and donors aim to support refugees and other displaced people so they have the basic necessities to rebuild their futures. We provide furniture, housewares, clothing, personal care items, school supplies, and electronics to new arrivals. We also provide enrichment programs for kids, guidance and advocacy navigating our American systems, scholarships for driving lessons for first-time women drivers, college guidance, and much more.

SURVIVORS OF TORTURE INTERNATIONAL

PO Box 151240

San Diego CA 92175-1240

619-278-2400

<https://notorture.org/>

survivors@notorture.org

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

SOMALI FAMILY SERVICES (SFS)

5348 University Ave Suite #203

San Diego, CA 92105

619-265-5821

www.somalifamilyservice.org

Somali Family Services is a community-based social service organization that provides culturally and linguistically appropriate programs and services to refugee and immigrant communities of San Diego. SFS provides micro-enterprise programs; Refugee integration; Support to access CalFresh Nutrition Program; Elder Multicultural Access & Support Services (EMASS); Somali Health Initiative for Access to Care; Men's Wellness; Community Health Events; and empowerment workshops for youth and parents.

FOOD DISTRIBUTION AND SUPPORT

FEEDING SAN DIEGO

**9455 Waples Street, Suite 135
San Diego, Ca 92121**

858-452-3663

<https://feedingsandiego.org/get-help/>

info@feedingsandiego.org

Feeding San Diego distributes more than 26 million meals a year across San Diego County in partnership with more than 300 local charities, schools, faith communities, meal sites and food pantries. All distributions that are open to the public. An updated list can be found on their website. Feeding San Diego also provides assistance in signing up for CalFresh.

JEWISH FAMILY SERVICES

Hand Up Food Pantry & Corner Market

**8804 Balboa Ave,
San Diego, Ca 92123**

858-637-3210

www.jfssd.org/our-services/

A volunteer-supported food pantry, operating an onsite Corner Market and community food distributions for military and low-income families at multiple sites in San Diego.

Shopping at the Corner Market is by appointment and visits typically last 15 minutes.

Hours:

Monday: 1:00 – 3:00pm

Tuesday & Wednesday: 10:00am – 12:00pm | 1:00 – 3:00pm

Thursday: 1:00 – 3:00pm | 4:00 – 6:00pm

Friday: 10:00am – 12:00pm

SAN DIEGO FOOD BANK

**9850 Distribution Avenue
San Diego, Ca 92121-2320**

Administration: 1-858-527-1419

Ask about programs: 1-866-350-FOOD (3663)

NEIGHBORHOOD DISTRIBUTION PROGRAM (SAN DIEGO FOOD BANK)

The San Diego Food Bank's Emergency Food Assistance Program distributes emergency food packages at 90 different locations across San Diego County every month. The majority of the food distributed at these sites includes nonperishable and shelf-stable food items. To qualify for this program, your household must meet federal income guidelines.

Proof of income is NOT REQUIRED to receive food from this program.

This is a verbal self-certification program.

Locations and distribution hours are updated each month and can be found:

<https://sandiegofoodbank.org/gethelp/> or by calling 211.

EMERGENCY FOOD ASSISTANCE PROGRAM (SAN DIEGO FOOD BANK)

The Neighborhood Food Distribution Program distributes fresh produce and nonperishable food items at 19 distribution sites every month throughout San Diego County. The majority of the food distributed at these sites is fresh produce – fresh fruits and vegetables. ANYONE can receive food at a Neighborhood Distribution Program site. Identification cards ARE NOT required. There are NO INCOME restrictions for this program. Locations and distribution hours are updated each month and can be found:

<https://sandiegofoodbank.org/gethelp/> or by calling 211.

SENIOR FOOD PROGRAM (SAN DIEGO FOOD BANK)

The Senior Food Program provides a monthly 35-pound box of food and a 2-pound block of cheese to senior citizens aged 60 and over who meet income guidelines. The Food Bank distributes food to 13,000 low-income senior citizens at 65 sites throughout San Diego County every month.

Call 1-866-350-FOOD (3663) to speak with a staff member who can assess if you qualify for the program. If you qualify, you will be provided information about the location and hours of your nearest food distribution site based on your zip code. For new participants, proof of address (such as a utility, water, or phone bill) & date of birth are REQUIRED to register for the program. Income eligibility is a verbal self-certification; no documentation of income is required.

Locations and distribution hours are updated each month and can be found:

<https://sandiegofoodbank.org/gethelp/> or by calling 211.

To see if you meet the income guidelines for this program, please refer to the household income chart below.

Senior Food Program	Income Guidelines	
Household Size	Gross Monthly Income*	Gross Annual Income*
1	\$1,383	\$16,588
2	\$1,868	\$22,412
3	\$2,353	\$28,236
4	\$2,839	\$34,060
Each Additional Member	\$486	\$5,824

**Income guidelines are provided by the USDA on a yearly basis and were last updated 2/12/2020.*

CALFRESH OUTREACH PROGRAM (SAN DIEGO FOOD BANK)

Income eligible individuals and families can get help buying healthy food through California's CalFresh Program, formerly known as Food Stamps. CalFresh can help stretch food budgets and ensure that families are able to access healthier, culturally appropriate foods. Households that qualify for the program receive, on average, \$200 per month for food benefits in California.

Income Guidelines October 1, 2019 – September 30, 2020

Household Size	Gross Monthly Income
1	\$2,082
2	\$2,820
3	\$3,556
4	\$4,292
5	\$5,030
6	\$5,766
7	\$6,502
8	\$7,240
*Add this amount for each additional member	+ \$738

Legal permanent residents, victims of trafficking, U visa applicants and holders, and other “qualified immigrants” may be eligible for CalFresh. For more details about who is a “qualified immigrant,” visit <http://mycalfresh.org/immigrants/>

Immigration information asked during the CalFresh application process is considered private and will **NOT** be shared, it can only be used to determine eligibility. Applicants will **NOT** be denied U.S. citizenship for applying for or receiving CalFresh benefits.

Apply for calfresh directly online: <https://www.mybenefitscalwin.org/>

Or go to <https://sandiegofoodbank.org/calfresh-help/> or call 211 for assistance in filling out an application.

Or download the Calfresh application from www.sandiegocounty.gov and mail, fax, or drop off your filled application.

EDUCATION, EMPLOYMENT, AND BUSINESS SUPPORT

EDUCATION:

FOR A LIST OF COMMUNITY COLLEGES IN SAN DIEGO COUNTY, VISIT careered.org

MIRA COSTA COMMUNITY COLLEGE

**1831 Mission Avenue
Oceanside, CA 92058**

760-795-8710

www.miracosta.edu/instruction/continuingeducation

Mira Costa College offers a wide variety of tuition-free noncredit courses at the Community Learning Center in Oceanside and at several locations throughout Oceanside and Carlsbad. These courses are listed in the Continuing Education schedule (PDF), published two times per year. Special programs include English as a Second Language, Adult High School, and Short-Term Vocational Programs.

SAN DIEGO CONTINUING EDUCATION

**4343 Ocean View Boulevard
San Diego, Ca 92113-1915**

619-388-4956

www.sdce.edu

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

SAN DIEGO UNIFIED SCHOOL DISTRICT

Adult Education Programs

www.sandiegounified.org/adult-education

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

SWEETWATER UNION HIGH SCHOOL DISTRICT

Adult Education

<http://adulthoodeducation.sweetwaterschools.org/>

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

EMPLOYMENT AND BUSINESS SUPPORT:

ACCESS INC.

**2612 Daniel Ave,
San Diego, CA 92111, USA
858-560-0871**

www.access2jobs.org

info@access2jobs.org

Access' mission is to address the needs of the most vulnerable and underserved populations in San Diego County by promoting self-sufficiency and economic independence through education and employment opportunities. Access provides job fairs, connections to employment and internships, and job training. Access also provides adult education, including English and computer classes, and programs to prepare for GED. Access also conducts community markets where individuals can become a vendor and provides small business assistance.

ALLIANCE FOR AFRICAN ASSISTANCE

**5952 El Cajon Blvd.
San Diego CA. 92115**

619-286-9052

www.alliance-for-africa.org/

info@alliance-for-africa.org

The overarching goal of the Economic Development Program is to empower marginalized community members in order to improve the economic stability of low-income individuals, families, and their host communities. The Economic Development Department consists of four fundamental programs: 1) Microenterprise Child Care Program, 2) Volunteer Income Tax Assistance (VITA) Program, 3) Bridge Fund Emergency Loan Program, and 4) Individual Development Account (IDA) Program.

ASIAN BUSINESS ASSOCIATION OF SAN DIEGO (ABASD)

**7675 Dagget Street, Suite 340
San Diego, CA 92111**

858-277-2822

www.abasd.org

info@abasd.org

Asian Business Association of San Diego represents more than 30,000 Asian Pacific Islander owned businesses. We provide advocacy, technical assistance, mentorship and access to capital to help grow our small business community. ABASD hosts networking events, mentorship, monthly speakers, educational programs, and economic development training.

PHILIPPINE AMERICAN CHAMBER OF COMMERCE

415 Laurel St, PMB 218

San Diego, Ca 92101

858-333-6893

www.faccsandiego.org

This organization's mission is to unite and solidify the members of the Filipino American business community of San Diego. They host networking events and workshops.

INTERNATIONAL RESCUE COMMITTEE: SAN DIEGO SMALL BUSINESS DEVELOPMENT CENTER

**5348 University Ave #205
San Diego, Ca 92105**

(619) 440-6208

www.sdivsbdc.org/ircsbdc-2

adriana.taboada@rescue.org

Languages: English, Spanish, Arabic, Persian (Farsi), Dari, Swahili

The IRC SBDC offers language technical assistance, training, and access to microloans to support entrepreneurs to start or expand their business with a focus on helping refugees, immigrants and other low-income individuals. Consultations for the following are available: Access to Capital, Business Plan Assistance, Sales and Customer Service, Financial Analysis/Cash Flow Management, and E-commerce and Online Sales.

NILE SISTERS

**5532 El Cajon Blvd, Ste 5
San Diego, CA 92115**

619-265-2959

www.nilesisters.org

info@nilesisters.org

The mission of The Nile Sisters Development Initiative is to educate, support, and offer training to refugee and immigrant women and their families to help them overcome barriers to social and economic self-reliance. Nile Sisters provide emergency supplies such as baby, bathroom, bedroom, food, kitchen, and school essentials. Nile Sisters also provides California Certified Nursing Assistant Vocational Training, professional development training, family advocacy and education, and cultural orientation (education, employment, housing, monetary, social, transportation). Nile Sisters also provide emergency supplies such as baby, bathroom, bedroom, food, kitchen, and school essentials.

SAN DIEGO JOB CORPS CENTER

**1325 Iris Ave
Imperial Beach, CA, 91932-3751**

619-429-8500

sandiego.jobcorps.gov

Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 to 24 improve the quality of their lives through career technical and academic training. Participants must be a U.S. resident or citizen, and receive public assistance, earn poverty-level income, is homeless, is a foster child, or qualifies for free or reduced-price lunch. An admissions representative will help determine eligibility.

SAN YSIDRO HEALTH: CHALDEAN-MIDDLE EASTERN SOCIAL SERVICES

**436 S Magnolia Ave,
El Cajon, Ca 92020**

619-401-7410

www.syhc.org/cmss-social-services

Languages: Spanish; Arabic; Aramaic (Chaldean); Chaldean; Turkish

The mission of San Ysidro Health is to improve the health and well-being of the communities we serve with access for all. This program provides job training, financial literacy, business development, citizenship and naturalization workshops, public assistance, food distribution, and college enrollment assistance.

HOUSING ASSISTANCE, EMERGENCY SHELTER, AND HOUSING RIGHTS SUPPORT

TO ACCESS FAIR HOUSING INFORMATION IN A VARIETY OF LANGUAGES, VISIT THE CITY OF SAN DIEGO'S "PRACTICE FAIR HOUSING" PAGE TO LEARN MORE ABOUT YOUR RIGHTS AS A TENANT. www.sandiego.gov/cdbg/fairhousing

SAN DIEGO 211

Call: 211

<https://211sandiego.org/>

Calling 211 will connect you to an operator who can give you a list of homeless centers, domestic violence shelters, emergency childcare, and more. You can also visit their website for lists of shelters and resources.

CASA FAMILIAR

**119 W Hall Ave,
San Ysidro, Ca 92173**

619-428-1115

www.casafamiliar.org/housing

Casa Familiar has partnerships with properties in San Ysidro and National City with affordable housing options.

CATHOLIC CHARITIES DIOCESE OF SAN DIEGO

Shelter and Homelessness

Women's Programs

619-323-2841

www.ccdsd.org

Drop-in day and overnight centers for homeless and very-low income women to provide a safe, supportive, and sober environment. To create opportunities for women with few or no resources to gather, begin, and continue self-help efforts. Services include bathroom, shower and laundry facilities; lunch services; clothing; mailing address; recovery services; mental health screenings and referrals; and social activities. There are also opportunities for affordable housing. Addresses and phone numbers to shelters can be found on the website provided above.

CHICANO FEDERATION

**3180 University Ave Suite 400
San Diego, CA 92104-2074**

619-285-5600

www.chicanofederation.org

info@chicanofederation.org

We provide affordable housing for families, seniors and people with disabilities. For listing and eligibility, please visit: www.chicanofederation.org/housing

CSA SAN DIEGO COUNTY

**327 Van Houten Ave
El Cajon, CA 92020**

619-444-5700

www.c4sa.org

info@c4sa.org

Languages: English, Spanish, and limited Arabic

We ensure protection under fair housing laws that address discrimination and harassment. We can assist in handling a fair housing dispute and completing the forms needed to file a claim with the Department of Fair Employment and Housing (DFEH). Services include: Fair housing counseling and dispute mediation, educational fair housing seminars for tenants and landlords (English and Spanish), services to tenants, landlords, and apartment managers, real estate and rental practice discrimination audits, and free rental housing handbooks in English, Spanish, and Arabic.

SAN DIEGO HOUSING COMMISSION

**1122 Broadway, Suite 300
San Diego, CA 92101**

619-231-9400

www.sdhc.org/housing-opportunities

SDHC provides resources to find low-income housing and lists for emergency shelter.

HOME START

Women's Maternity Housing

**5005 Texas Street Suite 203
San Diego, Ca 92108**

619-692-0727

www.home-start.org

housing@home-start.org

Home Start's Maternity Housing Program offers housing and additional services, such as parental education, Child Development Specialists, counseling, financial literacy training, higher education and employment resources, and so much more. Our goal is to provide affordable, supportive housing and the services needed to build secure, loving, and self-sufficient families.

FATHER JOE'S VILLAGE

San Diego Day Center

**299 17th St.
San Diego, Ca 9210**

619-230-7390

<https://my.neighbor.org/>

The San Diego Day Center for Homeless Adults (no children) offers a safe place to rest during the day, along with other essential resources like restrooms, laundry, storage, showers, mail, phones, fax and access to employment and education services, including a computer lab. Individuals can also meet with case managers to figure out resources in the community and their next steps.

JEWISH FAMILY SERVICES

Safe Parking Lot Programs

To enroll, call: 858-637-3373

Every night, JFS operates a Safe Parking Program for unsheltered San Diegans living out of their vehicles, many of whom are experiencing homelessness for the first time. With holistic services focused on basic needs assistance, employment, family wellness, school success, financial education, credit repair, and housing, our goal is to create a pathway out of homelessness while being a support to people where they are now.

The program operates seven nights per week at four secured lots at Balboa Avenue, Aero Drive, Mission Village Drive, and our newest lot in Encinitas.

SAN DIEGO INTERFAITH HOUSING FOUNDATION

**7956 Lester Avenue
Lemon Grove, CA 91945**

619-668-1532

www.sdihf.org

This organization's mission is to enrich the lives of low and moderate-income families, seniors and persons with disabilities through the provision of affordable housing. Visit their website to find properties and contact information for affordable housing options.

SAN DIEGO RESCUE MISSION

619-687-3720

www.sdrescue.org

sdrminfo@sdrescue.org

SDRM provides 12-month residential shelter with supportive programming for men and women, including women with children. There is also overnight emergency shelter for women and children.

The women's emergency shelter is located at:

120 Elm Street San Diego, Ca 92101

Call in advance: 619-819-1844

THE TEMPORARY BRIDGE SHELTER

**3737 Fifth Ave, Suite 203
San Diego, Ca 92103**

619-542-1877

www.alphaproject.org

info@alphaproject.org

The Temporary Bridge Shelter for single adults ages 18 years and older, offers a safe place for persons experiencing homelessness to receive shelter and appropriate services needed while preparing for permanent housing placement. Residents will receive shelter, meals, access to partner service providers on and off-site, and a variety of other resources. This organization can connect you with rapid rehousing services, treatment services, and employment services.

HEALTH, PARENTING, AND INFANTS

CHICANO FEDERATION

**3180 University Ave Suite 400
San Diego, CA 92104-2074**

619-285-5600

www.chicanofederation.org

info@chicanofederation.org

We invest in underserved communities through programs that promote self-sufficiency. The Chicano Federation provides in-home parenting and child development education, services for children with disabilities, transportation, childcare, and preschool. This organization also provides affordable housing services, and a child nutrition program.

FAMILY HEALTH CENTERS OF SAN DIEGO

**823 Gateway Center Way
San Diego, Ca 92102**

619-515-2300

www.fhcsc.org

FHCSD offers a wide range of health care services throughout the region, including 24 primary care clinics, eight dental clinics, 12 behavioral health facilities, an outpatient substance use treatment program, vision and physical therapy departments, three mobile medical units and a pharmacy to support services throughout San Diego County. FHCSD serves those without insurance. Clinic locations can be found on their website.

PREGNANCY AND FAMILY SUPPORT CENTER, NORTH CENTRAL

Birthline of San Diego County, Inc.

**3660 Clairemont Dr, Suite 4
San Diego, Ca 92117**

858-270-2491

www.birthlineofsandiego.org/

info@birthlineofsd.org

Eligibility:

No age limitations. Limited to pregnant women and families with children 5 years and under. Low-income requirements for food eligibility, food can only be received once in a month.

SAN DIEGO FOOD BANK

**9850 Distribution Avenue
San Diego, CA 92121-2320**

Administration: 1-858-527-1419 Local

Ask about programs: 1-866-350-FOOD (3663) | Diaper Bank Program (San Diego Food Bank)

The Diaper Bank Program is available for families struggling to make ends meet during this heightened time of need. The Food Bank partners with nonprofit organizations throughout San Diego County to distribute emergency supplies of diapers to families with infants and toddlers who are facing financial hardship. If you are a family in need of diapers for your infant or toddler, each distribution hub has different operating hours, and may have different eligibility criteria to receive diapers. Up to date information and a full list of locations can be found on the "2020 Diaper Bank Program Distribution List" at <https://sandiegofoodbank.org/gethelp/> or by calling 211. Each location has different operating hours and may have different eligibility criteria to receive diapers.

SAN DIEGO WOMEN, INFANTS, AND CHILDREN (WIC) OFFICES

<https://sandiegowic.org/>

WIC is a California welfare program that helps families by providing nutrition education, breastfeeding support, vouchers for healthy foods, and referrals to healthcare and other community services.

WIC serves babies and children up to age 5, pregnant women, and new mothers. Dads, grandparents, foster parents of young children, and working families may be eligible for support.

Multiple WIC offices are available throughout San Diego County. Specific locations can be found on the website, as well as eligibility criteria, programs, and services.

SAN YSIDRO HEALTH

619-662-4100

www.syhc.org

San Ysidro Health is dedicated to providing high quality, accessible and affordable medical, dental, behavioral health and special support services.

SYH also provides support in accessing pediatric care, child development support, teen services, women's health, senior services, transportation, HIV/AIDS services, and optometry services. SYH has many locations throughout San Diego County and can be found on their website.

UNION OF PAN ASIAN COMMUNITIES

**1031 25th Street
San Diego, CA 92102**

619-232-6454

www.upacsd.com

The mission of the Union of Pan Asian Communities is to improve the general well-being and education of the Asian, Pacific Islander and other ethnic communities of San Diego County. This organization provides mental health services for children, adolescents, and adults, including services to treat addictions.

HOTLINES

SUICIDE AND MENTAL HEALTH:

SAMHSA'S NATIONAL HELPLINE – Mental health, behavioral health, or substance abuse support: 1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

This is a confidential, free, 24-hour-a-day, 365-day-a-year, information and treatment referral service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

SAMHSA'S DISASTER DISTRESS HELPLINE – Immediate counseling support and referrals: 1-800-986-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

This free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-986-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

The National Suicide Prevention Lifeline is a free, confidential, 24/7 support for people in distress, as well as provides crisis resources and best practices for professionals. There are also online chat options available on their website.

SUICIDE OR MENTAL HEALTH CRISIS LINE – It's Up 2 Us San Diego: 888-724-7240

<https://up2sd.org/hotline/>

Please call if you or someone you care about is experiencing a suicidal or mental health crisis. Trained and experienced counselors are available 7 days a week, 24 hours a day to provide support, referrals, and crisis intervention. You can also call the crisis line if you are concerned about someone, just need to talk, have questions about how to offer support, or if you are looking for information about community resources, mental health referrals, and alcohol and drug support services.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) SAN DIEGO – Helpline: 619-543-1434

<https://namisandiego.org/>

This is a resource for free, safe, confidential information, referrals, and support for peers (individuals with lived mental health experience) and their loved ones. This is not an emergency number. Services and programs for family support are also available.

LGBTQ SUICIDE AND CRISIS LINE: THE TREVOR PROJECT – 886-488-7386

www.thetrevorproject.org

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to LGBTQ youth and young adults, ages 13–24, over the phone, online and via text.

The crisis intervention and suicide prevention phone service available 24/7.

For counseling and support via text, text the word “Trevor” to (202) 304-1200 on Fridays from 1–5 p.m. Confidential chat services are available 7 days a week, from 12 noon–6 p.m. on the website.

VETERANS CRISIS LINE: 800-273-8255 and press 1

Or text 838255

Support for deaf and hard of hearing: 1-800-799-4889

www.veteranscrisisline.net

Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders. Online chat options are available online

HATE CRIMES AND REPORTING LAW ENFORCEMENT:

SAN DIEGO RAPID RESPONSE NETWORK – Report ICE: 619-536-0823

<http://www.rapidresponsesd.org/>

Report ICE Raids, arrests, harassment or check points, please call the 24-hour emergency.

IF YOUR RIGHTS HAVE BEEN VIOLATED BY FEDERAL AGENTS – American Civil Liberties Union San Diego & Imperial Counties: 619-232-2121

www.aclusandiego.org

info@aclusandiego.org

If you think your rights have been violated by federal agents, contact the ACLU of San Diego & Imperial Counties for support. Immigrants, regardless of status, still have rights. For more information about your rights, please visit their website.

REPORT A HATE CRIME – San Diego Hate Crimes Hotline: 619-515-8805

The San Diego County District Attorney's Office considers hate crimes to be very serious and is committed to prosecute hate crimes aggressively through vertical prosecution by the Hate Crimes Unit, within the Special Operations Division. If you are seriously hurt, call 911 and seek medical attention. If you had any physical injuries or if property damage was done, take pictures. Alternatively, you can make an online report: <https://www.sdcda.org/helping/hate-crimes.html>

REPORT A HATE CRIME OR DISCRIMINATORY INCIDENT – Anti-Defamation League (ADL):

<https://www.adl.org/reportincident>

If you have experienced or witnessed an incident of bias, hatred or bigotry, please fill out the online form. ADL will do their best to investigate your situation and respond to you quickly.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT:

NATIONAL DOMESTIC VIOLENCE HOTLINE: 800-799-SAFE (7233)

Support for deaf and hard of hearing: 1-800-787-3224

Our highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. We also provide support to friends and family members who are concerned about a loved one. Additionally, advocates who are Deaf are available 24/7 through the National Deaf Hotline by video phone at 1-855-812-1001, Instant Messenger (DeafHotline) or email (nationaldeafhotline@adwas.org). El chat en español está disponible de 12 p.m. a 6 p.m. Hora Central.

RAPE ABUSE INCEST NATIONAL NETWORK (RAINN) - NATIONAL SEXUAL ASSAULT
TELEPHONE HOTLINE: 800-656-HOPE (4673)

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

When you call, you will be routed to a local RAINN affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider.

**DOMESTIC VIOLENCE OR SEXUAL ASSAULT HOTLINE – Center for Community Solutions
San Diego: 888-385-4657**

<https://www.ccssd.org/get-help/hotline.html>

Our hotline provides person-to-person crisis counseling by trained staff and volunteers. All hotline services are free and confidential. CCSSD can provide immediate support and crisis counseling, assistance with safety planning, provide information about Temporary Restraining Orders, and assist with finding emergency shelter.

DOMESTIC VIOLENCE SHELTERS IN SAN DIEGO:

YWCA (Central San Diego): 619-234-3164

Center for Community Solutions (East County): 619-697-7477

Center for Community Solutions (North County): 760-747-6282, 888-385-4657

Community Resource Center (North County): 877-633-1112

Women's Resource Center (North County): 760-757-3500

Center for Community Solutions (Coastal): 858-272-5777, 888-385-4657

South Bay Community Services (South County): 800-640-2933

LICENSE TO FREEDOM – (619) 401-2800

<https://licensetofreedom.org/>

We promote peaceful, loving, and safe relationships within the diverse immigrant and refugee communities of San Diego. This is accomplished through services and strategies that build resilience and self-sufficiency, support healing from trauma and violence, and advocacy for equity and justice.

CRISIS HOTLINE – South Bay Community Services (SBCS) San Diego: (800) 640-2933

www.southbaycommunityservices.org

SBCS is a local organization. If you or a loved one are experiencing suicidal thoughts or are a survivor of domestic violence, or are in need of emergency shelter, please call the hotline. There are English and Spanish speaking representatives.

FEDERAL, STATE, AND COUNTY RESOURCES

FEDERAL GOVERNMENT

U.S. Citizenship and Immigration Services: <https://www.uscis.gov/>

U.S. Department of Health & Human Services, Administration for Children and Families, Office of Refugee Resettlement: <https://www.acf.hhs.gov/orr>

Benefits.Gov: <https://www.benefits.gov/categories/Immigration%20and%20Refugee%20Assistance>

STATE OF CALIFORNIA

California Department of Social Services: <https://www.cdss.ca.gov/>

Resources and Information: <https://www.cdss.ca.gov/inforesources/refugees/whats-trending/resources-and-info>

Refugee Programs Bureau: <https://www.cdss.ca.gov/inforesources/refugees>

State Advisory Council on Refugee Assistance and Services:
<https://www.cdss.ca.gov/inforesources/refugees/stakeholders/sac>

COUNTY OF SAN DIEGO

Health and Human Services Agency: <https://www.sandiegocounty.gov/hhsa/>

Office of Immigrant and Refugee Affairs:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/sd/community_action_partnership/OfficeofRefugeeCoord.html