

An aerial photograph of a city street, likely in San Diego, showing a multi-lane road with cars, various buildings including residential houses and commercial structures, and a large white text overlay. The text 'COMMUNITY' is written in large, bold, white capital letters across the center of the image. Below it, the words 'RESOURCES & INFORMATION' and 'SAN DIEGO COUNTY' are written in smaller, white capital letters.

COMMUNITY

RESOURCES
& INFORMATION
SAN DIEGO COUNTY

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The material contained in this resource book is for information and reference purposes only and is not intended as medical, legal, or other professional advice. North Coast Church does not warrant or guarantee the accuracy, completeness, timeliness or usefulness of any information contained herein. Updated 3/2022.

EMERGENCY INFORMATION

Ambulance – Police – Fire – Rescue 911
Life threatening or true emergencies

Boys Town National Hotline 800-448-3000

California Missing Children Hotline 800-222-3463

California Youth Crisis Line 800-843-5200

Center for Community Solutions, CCS
 Sexual Assault Hotline 888-385-4657
 Domestic Violence Hotline 888-385-4657
 Shelter, transitional housing, emergency services, counseling

Child Abuse Hotline 858-560-2191, 800-344-6000

Domestic Violence and Rape Crisis Hotline 888-385-4657

Information Help Line: Countywide Resources 211
www.211sandiego.org Free 24-hour Referral Service:
 Dial 211 for community health or disaster information, including food,
 employment, health, housing and transportation assistance.

Interfaith
 550 West Washington Avenue, Escondido CA 92025 760-489-6380
 4700 North River Road, Oceanside, CA 92057 760-721-2117
 1617 Mission Ave., Oceanside, CA 92058 (Veterans) 760-529-9979
 5731 Palmer Way Suite A, Carlsbad, CA 92010 760-448-5738
Provides food, basic needs, shelter, housing, employment, and more.

National Suicide Hotline/Crisis 800-273-8255 / 800-SUICIDE
 or text Home to 741 741

National Human Trafficking Hotline 1-888-373-7888

National Runaway Safeline 800-786-2929 / 800-RUNAWAY

National Suicide Prevention Lifeline 800-273-8254 / 800-273-TALK

Suicide & Mental Health Crisis Team 888-724-7240

San Diego's County's Behavioral Health Access and Crisis Line, including Live Chat is open 24/7: dial 0 for operator assistance. Counselors are well trained in mental health crisis and specific issues, including but not limited to alcohol or drug abuse, suicide prevention, medication needs, with Medi-Cal or no insurance.

Turning Point Crisis Center 800-610-4673 / 760-439-2800
Accredited Mental Health Crisis Stabilization Program

VCA: Vanished Children's Alliance 800-826-4743

ADOLESCENT PROGRAMS

Alabaster Jar Project

858-598-3238

www.alabasterjarproject.org

A resource that provides clothing, toiletries, nonperishable food items, and baby needs to support survivors of human trafficking. The center provides a safe living environment and transitional housing that fosters self-understanding for personal and spiritual growth. Recommended opportunities are made available to work towards independence in a therapeutic atmosphere. Visit the website or call for hours and location.

Awana Christian Leadership

866-292-6227

www.awana.org

Visit website for locations, additional resources and tools for children's ministry. Involves parents and church leaders, and provides discipleship programs in weekly clubs, ages 2-18 years old, whether attending church or not. Creates new and innovative ways to share the gospel, guidance to learn, love and serve Jesus Christ.

- | | |
|--|--------------|
| ● Bethel Baptist Church 855 Brotherton Rd, Esc. | 760-745-4995 |
| ● Carlsbad Comm. Church 3175 Harding St, Csbd | 760-729-2331 |
| ● Coastline Church 2215 Calle Barcelona, Csbd | 760-753-0886 |
| ● Emmanuel Faith Comm. Church 639 E 17 Ave, Esc. | 760-745-2541 |
| ● Horizon Christian Fellowship 6365 El Apajo Rd, RSF | 858-756-5599 |
| ● Life Bridge Church 17645 W. Bernardo Dr, SD | 858-487-7676 |
| ● LifePoint Church 125 W Hawthorne St, Flbrk | 760-728-7771 |
| ● Maranatha Chapel 10752 Coastwood Rd, SD | 858-613-7800 |
| ● SonRise Christian Flwsp 463 S Stage Coach Ln, Flbrk | 760-728-5804 |
| ● Tri-City Church 302 N Emerald Dr, Vista | 760-724-3000 |
| ● Valley Bible Church 2111 Industrial Ct. Ste A, Vista | 760-744-0274 |
| ● Valley Center Comm. Church 29105 Valley Ctr Rd, VC | 760-749-5151 |

California Youth Crisis Lines and Help Lines

1- 800-843-5200

www.calyouth.org/ca-youth-crisis-line/

Provides 24-hour counseling services and referrals; includes medical, crisis centers, AIDS testing, shelters and transportation. Confidential assistance for runaway children or those considering running away, and foster youth services and supports.

Casa de Amparo

760-754-5500

www.casadeamparo.org

325 Buena Creek Rd., San Marcos CA 92069

Stops cycles of family violence and prevents activities that endanger children who have been traumatized by child abuse or neglect, prenatal through 18 years old. Trains toward new life skills and resources from abuse and neglect. Services include outpatient and counselling, protected family visitations, residential settings, young parents, foster and former foster youth, child development.

Center for Community Solutions
Hope, Healing and Prevention

HOTLINE: 888-385-4657

www.ccssd.org

210 Juniper St. Suite 101, Escondido CA 92027

Assists in crisis intervention of domestic violence or sexual assault. An adult with a child, or parents with children, who need help and shelter are naturally welcomed.

Children of the Night National Hotline

800-551-1300

www.childrenofthenight.org

Children of any age in trouble or crisis at night can call for help; includes services for teens forced to live outside their homes.

Children's Outpatient Psychiatry

760-758-1480

www.rchsd.org

Rady Children's Hospital: 3605 Vista Way Suite 258, Oceanside CA 92056

Monday-Friday 8:00am-12:00pm, 1:00pm-4:30pm

Crisis Text Line

Text CONNECT to 741 741

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

Evolve San Diego Treatment for Teens

866-205-0864

www.evolutetreatment.com

Visit the web or call to connect with an advisor. Evolve Treatment centers provide solution-focused therapy, to include but not limited to teens struggling with mental health, addiction, or behavioral issues. The four primary levels of care are Intensive Outpatient, PHP/Day Treatment, Residential Treatment, Detox.

Mental Health America of San Diego County, MHASD

Suicide Prevention

www.mhasd.org

800-273-8255 / 800-273-TALK

4069 30th St., San Diego CA 92104

619-543-0412

Maintains a data base of all the support groups in the county, and helps to obtain low-cost mental health services, sliding scale fee, parenting, and

domestic violence classes. Call for further information, programs and locations.

National Runaway Safeline, NRS

800-786-2929 / 800 RUNAWAY

www.1800runaway.org

Provides crisis intervention to runaway children, at-risk youth and homeless families. Offers reliable support, education, resources for youth, teens and parents. Commits to preventing runaway behavior and to understanding and identifying problems.

Nineline, Covenant House

HOTLINE 800-999-9999

www.covenanthouse.org/homeless-youth-programs/nineline

Provides assistance and recommendations to youth in crisis and who have run away.

Orphans First

760-231-1780

www.orphansfirst.org

PO Box 5086, Oceanside CA 92052-5086

Focus is to assist hurting children through church establishments, provides food, education and shelter. Well informed of reputable agencies to point families in the right direction. Children learn of God's grace, His Word, and to serve with others.

Rady Children's Hospital San Diego

858-576-1700

www.rchsd.org

- Sam S. and Rose Stein Emergency Care Center 858-966-8800
3020 Children's Way, First Floor, San Diego CA 92123
- Rady Children's Urgent Care 760-739-1543
625 W Citracado Parkway Suite 100, Escondido CA 92025
- North Coastal Center 760-547-1000
3605 Vista Way Suite 172, Oceanside CA 92056

The largest children's hospital dedicated exclusively to pediatric healthcare, the only pediatric trauma center in San Diego.

Rady Children's Outpatient Psychiatry Clinics

<https://www.rchsd.org/programs-services/behavioral-health-2/>

Services provided for any child or youth struggling with urgent emotional and/or behavioral concerns (up to age 21 if in school or dependent). Medical only.

Reaching Orphans and Children-in-Crisis, ROCC

www.orphansfirst.org

The help suffering children worldwide and create children's homes and programs in India, Mexico and Europe—as well as advocating for orphans in the USA. Contact Janey Demeo, janey@orphansfirst.org

RedCliff Ascent Inc.

800-898-1244

www.redcliffascent.com

801-921-8488

757 S Main St., Springville UT 84663

Troubled youth 13-17 years join camp with outdoor therapeutic involvement that gives teen youth new inner strength and appreciation for the home and family.

San Diego County Office of Education

<https://www.sdcoe.net/Pages/Home.aspx>

A hub of educational information, resources, and technological support for school districts and communities throughout the San Diego County.

San Diego Regional Center

760-736-1200

www.sdrc.org

5931 Priestly Dr. Suite 100, Carlsbad CA 92008

Serves clients and their families who have developmental disabilities such as intellectual disabilities, cerebral palsy, epilepsy, autism, and other disabling conditions Services include Individual Program Plan (IPP) or Individual Family Service Plan (IFSP), coordination of services, training, referral and linkage to support services.

San Diego Youth Community Services – Teen Options

www.sdyouthservices.org

619-221-8600

3255 Wing Street, San Diego CA 92110

888-724-7240

Community Assessment Team (CAT) provides resources for prevention of youth involvement in the juvenile justice system. Helps parents clarify their options and available resources to families after hours and weekends.

Teen Adolescent Placement Services, TAPS

760-439-2087

www.taps14.org

888-975-7283

Teen and Young Adults Wake-Up Call

888-975-SAVE

Devoted to help families with trouble and out-of-control young adults of drug and alcohol abuse, behavior issues and violence. Services include, but not limited to the following: immediate placement assistance, adolescent transportation, counselors, parent support groups, short-term crisis centers, residential treatment, liaison to probation, substance abuse education, schools, camps and alternatives.

Teen Challenge

619-265-0337

www.teenchallenge.org

P.O. Box 15637 San Diego, CA 92175

Faith-based settings toward change in life for 18+-year old men, only. Offers a live-in residential program schooling, employment service and other valuable resources.

YMCA Youth and Family Services

www.yfs.ymca.org

Provides a residential home for teens 12-17 years old, in trouble or have problems at home. Program involves a two-week in-house plan, family and individual counseling, and after-care services for eight weeks.

- Magdalena Ecke Family YMCA, Encinitas 760-942-9622
200 Saxony Road, Encinitas, CA 92027
- Joe and Mary Mottino Family YMCA, Oceanside Branch 760-758-0808
4701 Mesa Drive, Oceanside, CA 92056
- Palmar Family YMCA, Escondido 760-745-7490
1050 N. Broadway, Escondido, CA 92026

ADOPTION / FOSTER CARE

I Adopt U

877-423-6788

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

The County of San Diego Foster and adoptive resource family services.

Nightlight Christian Adoptions

714-693-5437

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

1528 Brookhollow Dr. #100, Santa Ana, CA 92705

A trusted Adoption Service since 1959 offering full-service, Hague accredited child placement agency, that includes adoption counseling services to women and men facing an unplanned pregnancy, home study, pre-adoption education and post-adoption services for families.

Olive Crest - Foster Care Orange County

714-543-5437

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

San Diego County 619-291-9347

Abused or neglected children in the welfare system is staggering and heart-breaking. At-risk situations are rising, and reports of abuse are increasing. Contact them for Fostering and Foster-to-Adopt programs.

Orphans First

<https://orphansfirst.org/>

877-423-6788

They create children's homes and programs in India, Mexico and Europe, as well as advocate for orphans in the USA.

Safe Families

24/7 Hotline: 800-550-1234

safefamilies@olivecrest.org

Provides temporary housing to children whose parents are facing a short-term crisis. Missy Bell, 619-291-9347. xt.1807

AIDS / HIV

Fraternity House, Inc. and Michaelle House

www.fraternityhouse-inc.org

- Fraternity House, Escondido
- Michaelle House, Vista

760-736-0292

760-758-9165

They meet the housing needs by providing two warm and caring homes for very low-income men & women, who are a minimum of 18 years old, chronically-ill or disabled by HIV/AIDS. Support with medications given 24-hours, regimens and long-term or hospice care. Provides nutritious meals and coordinates appointments, transportation, and recreation.

North Coastal Public Health Center

760-967-4401

www.sdcounty.ca.gov

Oceanside, Fallbrook, Solana Beach, and Rosecrans locations

3609 Ocean Ranch Blvd. Suite 104, Oceanside CA 92056

Hours: Mon., Tues., Thurs., Fri. 8-11am and 1-4pm

All County of San Diego STD Clinics offer conventional blood testing for HIV.

CHILD ABUSE

Casa de Amparo

760-754-5500

Residential care for children. Must be referred by CPS or Police.

Children's Family Violence Program

858-966-5803

Children's Hospital, Center for Child Protection

760-967-7082

760-545-1190

Children's Services Bureau, Child Abuse Hotline

800-344-6000

Mental Health America

619-543-0412

4069 30th St., San Diego CA 92104

Maintains database of support groups and low-cost mental health services.

CHILD CARE

Boys and Girls Club, Inc.

● 410 W. California Ave., Vista CA 92083

760-724-6606

Provides programs that will inspire youth, particularly those from low-income families to become responsible and productive members of the community.

● 401 Country Club Ln., Oceanside CA 92054

760-433-8920

\$55.00/year, Monday, Tuesday, Thursday, Friday, 2:00pm–6:00pm (during school), and Monday–Friday 7:00am–6:00pm (summer term)

Open door policy, but not a babysitting service.

Boys and Girls Club – Bressi Clubhouse

2730 Bressi Ranch Way, Carlsbad, CA 92009

760-683-5107

\$50/year, Monday–Friday from school dismissal to 6pm

Boys and Girls Club, Inc. – Village Clubhouse

3115 Roosevelt, Carlsbad CA 92008

760-729-0956

\$50.00/year, Monday–Friday 2:00pm–6:00pm

Offers programs and camps; children stay until parents pick up.

Boys and Girls Club, Inc. – The Club Teen Center

1 Positive Pl., San Marcos CA, 92069

760-471-2490

\$40.00/year, Drop-in service, Monday–Friday 2:00pm–6:00pm

CalWORKs Working Families

www.sdcounty.ca.gov/CalWORKs: Check eligibility through this website.

1315 Union Plaza, Oceanside CA 92054: apply in person at this location.

Post welfare, free childcare, bus pass, car repair, and help during work or training.

Childcare Resource Service (YMCA)

619-521-3055

Childcare referral line

800-481-2151

1310 Union Plaza Ct. #200, Oceanside CA 92054

Monday–Friday 8:00am–5:00pm

Offers free childcare referrals and resources to families in San Diego County so parents and guardians can make informed decisions.

e-mail: myreferral@ymca.org

<https://www.ymcasd.org/community-support/childcare-resource-service>

Childcare San Diego County

Connects families in S.D. County to subsidized early care, early education and childcare programs. <http://www.childcaresandiego.com/>

Children's Protective Services, Child Abuse Hotline

800-344-6000

Emergency childcare if there is a threat of abuse; parent can call for respite care.

MAAC Project Early Head Start

760-471-4210

www.maacproject.org

739 Olive Ave., Vista CA 92083

Serves children (0-5yrs) and their families, children with disabilities and pregnant women. The program delivers national school readiness at no cost to eligible families. Eligibility is based on family size and income.

2322 Catalina Cir, Oceanside, CA 92056

760-941-7616

1587 Linda Vista Dr, San Marcos, CA 92078

760-744-7995

405 W Fallbrook St, Fallbrook, CA 92028

760-723-4189

1307 Laurel Tree Ln, Carlsbad, CA 92011

760-930-0749

20286 T Off San Jacinto Rd, Camp Pendleton N. 92055

760-430-7065

MAAC Project Head Start

760-966-7135

1501 Kelly St., Oceanside CA 92054

28-part-day classes that run 3.5 hours per day, four days per week. Working families or individuals in a training program may enroll their children in one of the three full day or full year centers.

Metro Area Advisory Committee

760-471-4210

800 Los Vallecitos #J, San Marcos CA 92069

Preschool children 0-5 years

North County Community Services Preschools

Call for information to enroll children of 3–5 years

760-471-5483

- Escondido: Eucalyptus, 1805 S Escondido Blvd.

760-745-1302

Oak Hill, 1317 Oak Hill Dr.

760-739-9195

- Oceanside: Balderrama, 709 San Diego St.

760-757-1931

Thunder, 2860 Thunder Dr.

760-940-0062

North River Road: 4510 N River Rd.

760-529-0020

- Vista: 160 Nettleton Rd.

760-630-9123

CLOTHING

Bread of Life Restore Thrift Store

760-722-0800

<https://bolrescue.org/restore-thrift-store/>

1919 Apple St, Suite H, Oceanside, CA 92054

Monday-Friday, 9:00 a.m.-4:00 p.m.

The store serves as a platform to equip people with biblical truth and practical job skills for renewed purpose and restored life.

Brother Benno's

760-439-1244

www.brotherbenno.org

3955 Mission Ave., Oceanside CA 92057

Tuesday – Friday, 10:00 a.m. to 6:00 p.m. & Saturday, 10:00 a.m. to 5:00 p.m. Closed Sundays and Mondays.

They sell new and gently used items at low prices everyone can afford. The organization provides service for the homeless, working poor, disabled, low-income senior citizens.

Catholic Charities of Vista – Thrift Store

760-631-2819

917 E. Vista Way, Vista CA 92084

Monday-Friday, 9:00am-5:00pm, Saturday 10:00am-4:00pm

On-site vouchers are available from on-site emergency services to maternity and children 0–8 years for clothing, furniture and food.

Community Resource Center, CRC Resale Stores

- Carlsbad Resale Store

760-729-5209

1055 Carlsbad Village Drive, Carlsbad, CA 92008

- Encinitas Resale Store

760-753-8222

1331 Encinitas Blvd., Encinitas, CA 92024

between Beechtree Drive and El Camino Real

- San Marcos Resale Store

760-734-3872

210 S. Rancho Santa Fe Rd., San Marcos, CA 92078

CRC Resale Stores generate critical funds in our community for those recovering from domestic violence, hunger and homelessness. Shop or donate to support a change in someone's life. Find the bargains, treasures, clothing, designer items, furniture and more in our thrift stores

COUNSELING

Community Resource Center Counseling

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

760 753-2919 ext. 1509

They offer individual, couples, family, child and adolescent therapy and bilingual counseling.

Counseling Center, North Coast Church

760-724-6700 ext. 220

www.northcoastchurch.com/connect/care/the-counseling-center

Counseling services are provided for individuals, couples, families, children and adolescents. Counselors are trained to help in many areas, including but

not limited to premarital counseling, marriage counseling, crisis, depression, anxiety, women's issues, men's issues, physical abuse, sexual abuse, relationship issues, grief, conflict, divorce recovery, addictive behaviors, anger management, blended family, trauma, eating disorders, parenting, mood disorders. Services are provided to North Coast Church attendees and the community at large.

Stress and Coping – CDC Website

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

Coping with stress for adults, veteran, teens and children.

North County Lifeline Counseling

<https://www.nclifeline.org/services>

760-842-6214

200 Michigan Avenue, Vista, CA 92084

760-726-4900

707 Oceanside Blvd., Oceanside, CA 92054

760-757-0118

Counseling for individual youth, family counseling and support for victims of human trafficking. No individual adult counseling services are provided.

DOMESTIC VIOLENCE

Becky's House

24-hour Hotline 619-234-3164

For men, women and children. A residential program for immediate protection from domestic violence. The shelter offers a confidential, temporary home for survivors of domestic violence.

Carol's House

24-hour hotline 877-633-1112

Encinitas, CA 92024

A 24-bed emergency shelter for all victims of domestic violence. Residents receive comprehensive social services to facilitate transition to healthier, happier and safer lives. Call the 24-hour hotline for services.

CCS: Center for Community Solutions, Domestic Violence and Sexual Assault

www.ccssd.org

4508 Mission Bay Dr., San Diego CA 92109

888-385-4657

- Coastal: 4508 Mission Bay Dr., San Diego

858-272-5777

- East County: 460 N. Magnolia, El Cajon

619-697-7477

210 S. Juniper St. Suite 101, Escondido

760-747-6282

- Family Justice Center, 1122 Broadway, San Diego

866-933-4673

- Mountain Empire Region:

619-378-5115

Community Center, 976 Sheridan Rd., Campo

CCS serves adults and children to heal and prevent relationship and sexual violence as a catalyst for caring communities and social justice. The following services include, but not limited to counseling, residential facilities, emergency shelters, prevention and education.

Community Resource Center, CRC

www.crcncc.org Toll-Free Domestic Violence Crisis Hot Line 877-633-1112

Contact: Sibo Montoya at: smontoya@crcncc.org

Main Office, 650 Second St., Encinitas CA 92024 760-753-1156

Housing, Case Management & Integrative Services 760-753-8300

Counseling Program 760-753-2919 ext. 1509

Provides basic needs for families in crisis. Offers extensive programs that facilitate the safety, stability, and self-sufficiency of low-income and episodically homeless households, including victims of domestic violence. Additional services include, but not limited to the following: transitional housing, therapeutic children's center, integrative services, food, and nutrition.

Community Services, Families, Home Start

www.home-start.org

● North County Coastal 760-439-7513

1320 Union Plaza Court, Oceanside CA 92054

Hours: Monday-Friday 8:30am-5:00pm

● North County Inland 760-489-4811

649 W. Mission Ave. #4, Escondido, CA 92027

Counselors offer families practical, educational and therapeutic services. Parents are taught accurate expectations of their children, how to interact with them and use positive and appropriate discipline.

Domestic Violence Infoline 714-992-1931

<http://wtlc.org> 24-hour bilingual hotline 877-531-5522

Referral service for counseling and shelters and provides support to end the cycle of violence and exploitation.

El Nido Transitional Living 619-563-9878

Interfaith Shelter Network

A safe, confidential place where homeless women with children can heal from trauma, gain new knowledge and job skills, and become financially solvent. It is a 12-month program that offers families stable housing and supportive services while clients move towards self-sufficiency. Close relationship with Interfaith.

Helpline for Domestic Violence and Sexual Assault

888-385-4657

Hidden Valley House and Safe House

760-480-0055

No-cost 28-day emergency shelter program for domestic violence victims and their children. Men and women 18 years or older. Safe, confidential locations. Case management services.

Las Valientes

760-439-1133

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

1330 E Vista Way #7, Vista, CA 92084

Monday-Friday 9:00am-5:00pm

Las Valientes is a program designed to assist women in the Hispanic community with legal issues associated with domestic violence.

National Center for Victims of Crime

www.victimsofcrime.org

855-4842846 / 855-4VICTIM

Online Chat <https://chat.victimconnect.org/online>

202-467-8700

Online chat is open 10:00am-6:00pm, Monday-Friday.

855-484-2846

Visit website, as it is continually updated with a wide range of easily accessible resources for victims, families, and victim-service providers. Assistance is available to victims in need or require an attorney. The above National Center help line and Victim Connect Chat Line is dedicated to serving all victims.

National Domestic Violence Hotline

www.thehotline.org

800-799-7233 / 800-799-SAFE

The National Domestic Violence Hotline provides lifesaving tools and support to enable victims to find safety and to live their lives free of abuse.

North County Family Violence Prevention Center

330 Rancheros Dr. Suite 116, San Marcos CA 92069

760-798-2835

Domestic violence, sexual assault, stalking resources, legal advocacy and court accompaniment.

Palomar Family Counseling Service, Inc.

945 Vale Terrace Dr., Vista CA 92084

760-630-3505

Counseling and comprehensive mental health services for children, adolescents, couples and families. Medi-Cal, Sliding scale low income.

Escondido - 760-741-2660, Fallbrook - 760-731-3235

Vista - 760-630-3505, Poway - 760-741-2660

<https://www.palomarfamilycounseling.com/>

Rape and Crisis Hotline at Women's Resource Center

www.wrcsd.org

760-757-3500

1963 Apple St., Oceanside CA 92054

Provides emergency shelter and support for women and their children.

Victims of Crime Resource Center

www.1800victims.org

800-842-8467

Database of help in California: resources and referrals only. No walk-ins. Helpful and essential information towards domestic abuse, elder abuse, child abuse, child sexual assault, rape support, food and shelter referrals, identity theft and legal aid referrals. Can apply for aid that pays for increased security, relocation, counseling, funeral and burial costs.

Women's Resource Center

www.wrcsd.org

24-hour hotline: 760-757-3500

1963 Apple St., Oceanside CA 92054

Serves individuals and families threatened or victimized by domestic violence and sexual assault. Services include, but not limited to the following: advocacy and accompaniment, crisis intervention, emergency shelter, and referrals.

YMCA/Battered Women's Service

619-234-3164

112 Sea St., San Diego CA 92101

Homeless shelters provided with application process.

YWCA 24-Hour Hotline

619-234-3164

www.ywcasandiego.org

Young Women's Christian Association (YWCA) Programs and services offer emergency food, housing and shelter to women, men, children who are victims of domestic violence. 30-day stay.

EMPLOYMENT / JOB TRAINING

America's Job Center of California

<http://www.americasjobcenter.ca.gov/>

Hours: Monday - Friday 8 a.m. - 5 p.m.

1949 Avenida Del Oro Suite 106, Oceanside, CA 92056

760-631-6150

613 W Valley Parkway Suite 220, Escondido, CA 92025

760-871-1962

A job center that provides job search, skills assessment, access to training programs, employment services, placement assistance, and other activities to assist job seekers and employers.

Apprenticeship – Department of Industrial Relations

<https://www.dir.ca.gov/das/das.html>

619-767-2045

Apprenticeships are a combination of on-the-job training and related classroom instruction in which workers learn the practical and theoretical aspects of a highly skilled occupation.

Employment Development Department – California Covid Update

<https://www.edd.ca.gov/>

https://www.edd.ca.gov/about_edd/coronavirus-2019/faqs.htm

Resources to file for unemployment, disability, or Paid Family Leave benefits and how to get back to work quickly, plus answers to Covid-19 programs.

Career One Stop

877-872-5627 / 877-US2-JOBS

<https://www.careeronestop.org/LocalHelp/EmploymentandTraining/find-employment-networks.aspx>

If you receive Social Security (SSI) or Social Security Disability Insurance (SSDI), Employment Networks can help you with free career counseling, job placement, and then ongoing support once you have started working.

Community Interface Services

www.communityinterfaceservices.org

2621 Roosevelt St., Carlsbad, CA 92008

760-729-3866

A nonprofit that provides services to children and adults with developmental disabilities including intellectual disability, cerebral palsy, autism, seizure disorder and other similar conditions. Services range from help learning essential life skills to job training and work placement, home ownership, respite and self-determination.

Goodwill San Diego County

<https://sdgoodwill.org/jobs/>

414 N. Coast Highway, Oceanside CA 92054

760-722-8582

329 W. Grand Avenue, Escondido CA 92025

760-739-0600

Monday–Friday, 9:00am–4:00pm

Provides employment and training opportunities to people with disabilities and other barriers; includes free assistance in searching and applying for a job. Goodwill operates through the Community Employment Centers throughout San Diego County.

Interfaith Carlsbad Services

<https://www.interfaithservices.org>

5731 Palmer Way, Carlsbad, CA 92010

760-448-5696

550 W. Washington Ave. Escondido, CA 92025

760-489-6380

Services include career assessments, resume and online application prep, interview prep, self-esteem mentoring, filing for unemployment/CALJOBS and more. Also provides a “transitional youth academy” for youth. Veteran programs also available to help find sustainable employment opportunities and become job ready.

Oceanside Adult Education

760-805-8710

[www.miracosta.edu/instruction/continuing education/esl/index.html](http://www.miracosta.edu/instruction/continuing%20education/esl/index.html)

Community Learning Center 1831 Mission Ave., Oceanside CA 92058

Monday–Thursday 7:30am–8:00pm, Friday, 8:00am–12:00pm

Program offers seven levels of ESL and classes for Citizenship. Other schools, community centers and libraries throughout the district are also offered. Visit the Mira Costa Free English web page for current schedule and locations.

Training Education Research Innovation, TERI Inc.

www.teriinc.org

760-721-1706

251 Airport Rd., Oceanside CA 92058

Specializes in helping those who have needs other programs cannot meet. Programs include job training, transportation, respite and a learning academy.

Unemployment Benefits

Information and links to file for benefits in the event of job

loss. [https://www.edd.ca.gov/unemployment/filing a claim.htm](https://www.edd.ca.gov/unemployment/filing_a_claim.htm)

Vista Adult Ed Literacy Center

760-758-7122

www.vistaadultschool.org

111 W. California, Vista CA 92083

Monday–Thursday, 8:00am–8:00pm, Friday 8:00am–3:00pm

A variety of job training classes and certificate programs are offered to assist in making a career change and/or seeking additional education in present career.

Vista Adult Transition Center - School

760-758-3400

www.vistaadultschool.org

325 E. Bobier, Vista CA 92084

Visit website for available services. This is a special education school.

Vista Town Site Community Partnership

760-806-8980

602-B E. Vista Way, Vista CA 92084

Assists to define work goals and develop plans for achievement: English classes, mock interviews, assessments, writing and language skills.

FOOD

All Saints Episcopal Church

760-726-4280

651 Eucalyptus Ave., Vista CA 92084

Sunday - Thursday, 11am-12pm

Bread of Life Rescue Mission

760-722-0800

1919 Apple St., Oceanside CA 92054

Food pantry is open Monday-Wednesday-Friday from 9am-noon, on a first come, first serve basis. Dinner served Sunday-Friday from 6-6:30pm. Sack lunches are also available. Winter shelter is open from Nov-March.

Brother Benno's Center

760-439-1244

3260 Production Ave., Oceanside CA 92058

Sack lunch distribution, Monday-Saturday, 6:30am-10:00am

Provides food boxes to the disabled, senior citizens, and families with children. No age limit. Accessible showers and laundry are made available.

- Sack lunch distribution (Monday – Saturday) 6:30 a.m. to 11 a.m.
- Saturday only drive-through food distribution (in partnership with Feeding San Diego) 10:00 a.m. until supplies run out.

CalFresh – Food Stamp Program

CalFresh is California's food stamps (SNAP) program. Apply online.

<https://www.getcalfresh.org/?source=sandiegoweb>

Catholic Charities

Main Office: 349 Cedar St., San Diego CA 92101

619-231-2828

Mon.–Fri. 8:00am: first 40 people accepted for breakfast at sign-in time

Mon.–Fri. 12:00pm: first 40 people accepted for lunch at sign-in time

Saturday is scheduled for Food Pantry service and counseling, simultaneously giving only a short-term access to food.

Community Lutheran Church

760-722-3337

www.cloceanside.com

4507 Mission Ave., Oceanside CA 92057

Third Saturday, 9:30am-10:30am

Distributes fresh seasonal produce and bread in a farmer's market style set up.

Community Resource Center, CRC

<https://crcncc.org/food-nutrition-services/>

650 2nd Street, Encinitas CA 92024

877-633-1112

Monday-Friday, 8:30am-12:30pm, INTAKE@CRCNCC.ORG

760-753-8300

Monthly emergency food assistance consisting of a 2 to 3-day supply of food for individuals. Also offers bus passes, emergency food, winter shelter only, hotel, counselors, rental services and voucher programs.

Fallbrook Food Pantry

760-728-7608

1042 S. Mission, Fallbrook CA 92028

Mon.–Fri., 9:30am–12:30pm **NOTE:** Seniors call for extended hours.

Food pantry, clothing and food distribution is open on the last Wednesday of each month, 8:30am–10:00am. The location is at the parking lot corner of Pico and Hawthorn, across from the Oink and Moo Restaurant, 121 N. Pico. Pantry is closed during food distribution; no pre-registration required.

Feeding San Diego - Member of Feeding America

<https://feedingsandiego.org>

858-452-3663

They distribute meals a year across San Diego County in partnership with more than 320 local charities, schools, faith communities, meal sites and food pantries. Visit website for ALL distribution sites.

Got Your Back, San Diego – Located in Oceanside

760- 575-4571

Provides meals to food insecure children in the Oceanside and Vista School Districts for weekends when the school cafeteria is not available.

Sue McLeod, sue@gotyourbacksd.org,

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

Grace Presbyterian Church

760-724-0077

1450 E. Vista Way, Vista CA 92084

Food pantry groceries distributed Tuesdays, 9:00am–12:00pm

ID: can come once monthly for groceries.

Soup Kitchen Hours: Tuesdays Worship at 5:15pm with food following

Iglesia Latina Emmanuel

760-432-6240

152 E 5th Ave., Escondido CA 92025

Thursday at 6:00pm

Call to confirm the food distribution will be available.

In His Steps, Christian Recovery Home

760-788-4716

1619 La Brea St., Ramona CA 92065

Men's Facility is at the Grange.

Hot meals Monday, 6:00pm.

Food is available on the third Wednesday each month.

Offers help to troubled families of drug, alcohol or other life-controlling struggles.

Interfaith Community Services

760-489-6380

550 W Washington Suite B, Escondido CA 92025

The Nutrition Center serves breakfast at 6:30am–7:30am, daily and provides free sack lunches.

Meals with Love

760-726-1225

Hot meals every day, lunch and sack lunch delivery.

Food Pantry: Monday–Friday, 11:00am–12:00pm

Mission San Luis Rey- Department of Social Concerns

4070 Mission Ave., Oceanside CA 92057

760-547-0708

Emergency canned foods: Tuesday–Saturday, 9:00am–4:00pm, appointment only.

Mission Vida Nueva Food Bank

760-500-9327

www.missionvidanueva.org

Pioneer Elementary School: 980 N Ash St., Escondido CA 92027

Farmer's Market Style distribution, Saturdays, 11:00am

Tickets are given as early as 7:00am, then come by at 11:00am. Food is distributed until supplies run out, or until 1:00pm. Disabled are given line preference and do not need to arrive early for tickets. Please present doctor's proof of dietary limits, restrictions, if any; for example, diabetic.

North City Presbyterian Church

858-748-4642

11717 Poway Rd., Poway, CA 92064

Office Hours: 9:00am – 12:00pm, Tuesday-Thursday

Food Hours: Second Friday of every month, 1:00pm – 3:00pm

North Coastal: Interfaith Community Services

www.interfaithservices.org

View website for detailed information: housing and shelter, employment, nutrition and basic needs, self-sufficiency and support, behavioral health and recovery.

- 4700 N River Rd., Oceanside CA 91057 760-721-2117
- 550 W. Washington Ave. Suite B, Escondido CA 92025 760-489-6380
- Veterans Service Center:
 - 1617 Mission Ave., Oceanside CA 92058 760-529-9979
 - 5731 Palmer Way Suite A, Carlsbad 92010 760-448-5696

North County Community Services Food Bank

www.buckheart.org

760-738-8878

Buckheart Ranch, 16881 Old Survey Rd., Escondido CA 92025

Community Food Distribution is 1st, 3rd, 5th Fridays of the month, 4:00pm.

Provision SD Backpack Program - Escondido

Provides meals to food insecure children in the San Marcos and Escondido School Districts for weekends when the school cafeteria is not available.

Lisa M. Skinner

760-580-7562

Spanish Speaking Families: Gema Cosio

760-443-5801

Backpacks@CrossingChurch.com

Salvation Army, Oceanside

760-631-8212

3935 Lake Blvd., Oceanside CA 92056

Social services programs for clothes, food, and reduced rent for senior housing.

Senior Food Program, The Unity Center of San Diego

8999 Activity Rd., San Diego, CA 92126

866-350-3663

Provides food and nutrition education to eligible low-income seniors 60 yrs. or older once a month. For more senior food programs, look under the "seniors" section of this booklet.

<https://sandiegofoodbank.org/programs/senior-food-program/>

St. Francis of Assisi Catholic Church

760-945-8000

www.stfrancis-vista.org

Emergency Sandwiches after 2pm

Ministry Hospitality Center, 525 W Vista Way, Vista CA 92083

Monday-Friday 8:30am – 11:45am, 1pm -5pm

Sack lunch: Monday-Friday 8:45am-10am, Saturday 7am-8am

Sunday-Saturday Breakfast 7:30am-9am, Lunch 11:30am-1pm

The Movement Church – Free Food Distribution

1609 Capalina Rd., San Marcos CA 92069

760-510-1160

Third Monday of every month, 12:00pm. Bring a couple of bags.

The Summit Church

760-471-6267

292 E Barham Dr. #202, San Marcos CA 92078

Second and fourth Tuesday of every month, 1pm. Line up begins at 12pm.

Tribes 4 Christ – Food and Clothing Bank

760-533-1481

<https://tribes4christ.com/food-clothing-bank/>

La Jolla Tribal Hall Gym

22000 Hwy 76, Pauma Valley, CA 92061

For struggling families. Clothing shopping occurs fourth Monday of every month at 3:00pm, first come first served. Bring your own bag.

Tri City Pantry - Vista

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

Committed to helping families and individuals so they don't go hungry.
Checkout website for distribution sites at local schools and churches.

Women, Infant and Children, WIC

800-500-6411

www.sandiegowic.org

View web for details and income guideline information, or log on to
www.wicworks.ca.gov

Locate an office near your area by using the locator tool: <http://sdwic.com>

Please call first: office hours may vary, and address locations are subject to change. The WIC program serves pregnant women, infants, and children up to their fifth birthday. The Special Supplemental Nutrition Program provides nutritious foods, nutritious education, breastfeeding support, and referrals to health care and other social services for low-income families, and it performs a crucial role in improving lifetime health for women, their infants, and young children.

HOUSING

CalHome Rehabilitation Program

619-282-6647

www.chworks.org

Monday-Thursday, 8:00am-5:00pm

- CHW, Community Housing Works:
2815 Camino del Rio S., San Diego CA 92108
Develops new affordable homes in communities and helps to find stable homes in affordable rental communities for families, seniors and individuals.
- Vista CalHome Rehabilitation Loans: Funding available for Vista residents to upgrade current home, combine first mortgage, or purchase a renovator.
- CHW Lending is now a Springboard CDFI (a.k.a. Springboard Home Loans). A not-for-profit mortgage lender offering unique homeownership opportunities, affordable home loans, renovations, refinancing, or honest assessments of home purchasing power in a no-pressure setting.

City of Vista

760-639-6191

www.citiyofvista.com

200 Civic Center Dr., Vista CA 92084

Information on affordable housing.

Foreclosure Help Hotline

888-995-4673 / 888-995-HOPE

www.99Shope.org

HUD: Housing Section 8

877-478-5478

www.sandiegocounty.gov/sdhcd/homeowners/dcca.trml

San Diego County rental assistance programs for low-income households, down payment and closing programs.

Interfaith Community Services, Inland

760-489-6380

550 W Washington, Suite B, Escondido CA 92025

Monday–Friday, 8:00–10:00am: walk-in hours for information

Housing for individuals, families, seniors and veterans.

North County Lifeline

www.nclifeline.org

● 200 Michigan Ave., Vista CA 92084 760-726-4900

● 707 Oceanside Blvd., Oceanside CA 92054 760-757-0118

● Access and Crisis Line, Live Chat 888-724-7240

Community Housing Works program provides transitional housing for former homeless families. Program also helps with mediation with landlord or manager.

North County Lifeline, City of Oceanside

● 321 N Nevada, Oceanside CA 92054 760-842-6226

● 110 Copper Wood Way, Suite Q, Oceanside CA 92058 760-757-0118

Housing and Neighborhood Services Department develops and implements housing and community development programs, operates neighborhood resource centers and coordinates childcare services for low and moderate-income households.

Operation HOPE-Vista. Assisting Homeless Women and Families

www.operationhopeshelter.org

760-536-3880

859 East Vista Way, Vista CA 92084

Monday-Friday 9:00am-4:00pm

Operation HOPE-Vista offers shelter, involving a private family bedroom for families and a shared bedroom for single women; accommodations include, but not limited to, laundry, shower, food, computer, playground, courtyard, homework activities and adult education. The goal is to end homelessness by allowing them to reclaim stability and to recover self-sufficiency.

Solutions for Change

760-941-6545

www.solutionsforchange.org

722 W California Ave., Vista CA 92083

Breaks pattern of poverty and homelessness and focused on transforming lives for good. Offers counseling services, parenting classes, training and work experience, programs. Learn skills to rebuild, maintain careers, employment,

self-sufficiency, independence, physical health, mental fitness and responsibility. Programs also focus on youth and teens, with support to emotional state and academic needs.

LEGAL AID

Legal Aid Society of San Diego, Oceanside Branch

216 S. Tremont St., Oceanside CA 92054

877-534-2524

Monday–Friday, 9:00am–5:00pm

Providing free legal assistance for people living in San Diego County who qualify for their services. <https://www.lasds.org/>

Support Kids Services

866-656-6642

www.supportkids.com

Largest private child support collection company in the country offering an alternative to government agencies. Based in Austin Texas with locations in California.

San Diego Rapid Response Network

<http://rapidresponsesd.org>

24hr. Hotline: (619) 536-0823

A coalition of human rights and service organizations, attorneys, and community leaders dedicated to aiding immigrants and their families.

MEDICAL SERVICES

Americare Adult Day Healthcare Center, ADHC

www.americareadhc.com

760-682-2424

340 Rancheros Dr. Suite 196, San Marcos CA 92069

Center Hours: Mon - Fri, 8:00am – 4:00pm. Closed Saturday and Sunday

Community-based adult day healthcare program providing a variety of therapeutic and social services to adults with medical, social or psychological conditions.

Brother Benno's Prescription Assistance Program

<https://www.brotherbenno.org/services/>

760-439-1244

3260 Production Ave., Oceanside CA 92058

Guests without medical insurance may periodically apply to receive assistance for payment of necessary prescription medications. Prescriptions are filled at participating Walgreen Pharmacies only.

NOTE: narcotic and psychotropic drugs of any kind will not be covered.

Children in Need – San Diego County

858-616-5900

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

Petra Montiel, 2750 Womble Rd. Suite 201, San Diego, CA 92103

A collaboration of local community-based organizations, hospitals, government agencies, health plans and schools working together to provide medical and dental insurance coverage for all children in San Diego County.

Community Interface Services

888-676-3786

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

2621 Roosevelt St., Carlsbad CA 92008

Monday-Friday, 8:00am–4:30pm Closed Saturday and Sunday

Provides training, support, and advocacy for adults with developmental disabilities.

Department of Health Care Services

www.dhcs.ca.gov

http://www.dhcs.ca.gov/Pages/dhcs_contact.aspx

Visit the website for direct contact and services. The mission of DHCS is to provide Californians with access to affordable, integrated, high-quality health care, including medical, dental, mental health, substance use treatment services and long-term care. Our vision is to preserve and improve the overall health and well-being of all Californians.

Hospice of the North Coast

760-431-4100

www.hospicenorthcoast.org

2525 Pio Pico Dr. Suite 301, Carlsbad CA 92008

Office Hours: Monday–Friday, 8:30am–5:00pm

Hospice of the North Coast provides an array of programs and services to the terminally ill, their families and the community.

Kaiser Permanente, Child Health Program

www.info.kp.org/childhealthprogram

800-464-4000

The Child Health Program (CHP) helps pay for health coverage for children up to age 19 who don't have access to other health coverage.

Kids Health Assurance Network, San Diego, SD KHAN

www.sandiegocounty.gov

619-542-4195

Monday-Friday, 8:00am – 5:00pm

A collaboration of local community-based organizations, hospitals, government agencies, health plans and school working together to provide medical and dental insurance coverage for all children in San Diego County.

Major Risk Medical Insurance Program, MRMIP

<http://www.dhcs.ca.gov/services/Pages/MajorRiskMedicalInsuranceProgram.aspx> 800-289-6574

This government program provides health insurance for Californians unable to obtain coverage in the individual health insurance market because of their pre-existing conditions.

Neighborhood Health Care

760-520-8100

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

460 N. Elm St. Escondido, CA 92025

Monday-Friday, 8am – 5:00pm. Provides Medical, Dental, Behavioral services. View link or call for detailed service information. The closest locations are below:

- Escondido 760-520-8100

460 North Elm Street, Escondido, CA 92025

Hours: 8:00am-5:00pm Monday-Friday, Closed Saturday and Sunday.

Services Include: Behavioral Health, Medical and Chiropractic. English and Spanish speaking Practitioners.

- Escondido 760-520-8200

1001 East Grand Ave., Escondido, CA 92025

Hours: 8:00am-5:00pm Monday-Friday, Closed Saturday and Sunday.

Closed for Lunch: 12:00pm-1:00pm on Mon., Tues., Thurs., Fridays

Closed 12:00pm-1:30pm on Wednesdays.

Services Include: Medical. English and Spanish speaking Practitioners.

- Escondido

425 N Date St., Escondido, CA 92025

Dental Hours: 8:00am-5:00pm Mon.-Fri., Closed Saturday and Sunday.

North Coastal Health and Human Services

866-262-9881

www.mybenefitscalwin.org

Family Resource Center

1315 Union Plaza Ct., Oceanside CA 92054

North Coastal Public Health Center

760-967-4401

3609 Ocean Ranch Blvd. Suite 104, Oceanside CA 92056

Medical care for the under and uninsured.

North County Health Services

760-763-6767

Offers medical, dental and other services, assists with Medi-Cal eligibility.

- Carlsbad Family Medicine

1295 Carlsbad Village Dr. Suite 100, Carlsbad CA 92008

- Encinitas Health Center

1130 2nd St., Encinitas CA 92024

- Grand Ave Family Medicine

727 W San Marcos Blvd. Suite 112, San Marcos CA 92078

- La Mission Family Health Center
3220 Mission Ave. Unit #1, Oceanside CA 92057
- Mission Mesa Dental
2216 El Camino Real Suite 121-122, Oceanside CA 92056
- Mission Mesa Pediatrics
2210 Mesa Dr. Suite 300, Oceanside CA 92054
- Oceanside Health Center
605 Crouch St., Oceanside CA 92054
- Ramona Health Center
217 Earlham St., Ramona CA 92065
- San Marcos Health Center
150 Valpreda Rd., San Marcos CA 92069

San Diego Network of Care

www.sandiego.networkofcare.org

Visit the website for local services, resources, and vital information, including but not limited to the following: in-home assistance, personal care, medications, childcare, housing, homelessness, assistive devices, crime prevention, crisis, and emergency.

San Diego Regional Center

760-736-1200

www.sdrc.org

5931 Priestly Dr. Suite 100, Carlsbad CA 92008

Serves clients and their families who have developmental disabilities such as intellectual disabilities, cerebral palsy, epilepsy, autism, and other disabling conditions. Services include: Individual Program Plan (IPP) or Individual Family Service Plan (IFSP), coordination of services, training, referral and linkage to support services.

Social Security/Supplemental Security Income

www.ssa.gov

800-772-1213

2160 S El Camino Real, Oceanside CA 92054

855-287-4793

Hours: Mon., Tues., Thurs., Fri., 9am–4pm, and Wed. 9:00am–12:00pm

State MediCAL Ombudsman

888-452-8609

www.dhcs.ca.gov

Manages complaints or problems and intervenes in programs, politics and agencies.

Vista Community Clinic, VCC

760-631-5000

www.vistacommunityclinic.org

844-308-5003

Visit web or call for clinic locations and after-hours nurse lines

Services offered but not limited to Pediatrics, Immunizations, Optometry, Women's Health, HIV, Family Planning, Behavioral Health, Adults and Families, Dental.

WIC Office, SDSU

858-514-2304

Mon.-Fri. 8:00am-5:00pm, second and third Saturday 8:00am-4:30pm

Women, Infants, and Children (WIC): helps pregnant women, infants and children, new mothers, and young children eat well and stay healthy.

- 1000 Vale Terrace, Vista CA 92083

Mon.-Fri. 8am-5pm, Closed 3rd Friday, Open 3rd Saturday 8am-4:30pm

- 1131 E Washington Ave. Suite K, Escondido CA 92025

Mon.-Fri. 8:00am-5:00pm, 2nd Saturday 8:00am-4:30pm, Closed Friday

- 1328 S Mission Rd., Fallbrook CA 92028

Mon.-Fri. 8am-5pm, Closed 12-1pm, Open 3rd Saturday 8am-4:30pm,
Closed 3rd Friday

MENTAL HEALTH & CRISIS CENTERS

Catholic Charities North County Center for Counseling

www.ccdsd.org

619-231-2828

349 Cedar St., San Diego CA 92101

Monday-Friday 8:00am-5:00pm

Children's Outpatient Psychiatry

760-758-1480

www.rchsd.org

Rady Children's Hospital: 3605 Vista Way Suite 258, Oceanside CA 92056

Monday-Friday 8:00am-12:00pm, 1:00pm-4:30pm

Community Research Foundation

888-724-7240

www.comresearch.org

1202 Morena Blvd. Suite 300, San Diego CA 92110

619-275-0822

Programs are focused on the treatment, education, and rehabilitation of individuals with mental health problems who may have co-occurring substance use problems that maybe culturally sensitive. Promotes recovery to decrease the stigma of mental illness and co-occurring substance use problems.

- North Region

Turning Point Crisis Center

760-439-2800

1738 S Tremont St., Oceanside

Esperanza Crisis Center

760-975-9939

490 South Grape St., Escondido

- Central Region

Vista Balboa Park Crisis Center

619-233-4399

Bankers Hill, 545 Laurel St., San Diego
New Vistas Crisis Center-Downtown 619-239-4663
734 10th Ave., San Diego
Jary Barreto Crisis Center-Logan Heights 619-232-4357
2865 Logan Ave., San Diego

Exodus Recovery 760-305-4777

<http://www.exodusrecovery.com/>

They provide psychiatric and chemical dependency treatment services.
Patients can be seen without insurance and medication can be prescribed.
Multiple San Diego County locations.

Focus on the Family 800-232-6459 800-23AFAMILY

www.focusonthefamily.com

Mon.-Fri. 6am-8pm Mountain Time: ask for the Counseling Department

Mental Health America 619-543-0412

www.mhasd.org

Monday-Friday 9:00am-5:00pm
4069 30th St., San Diego CA 92104

Mental Health Emergency Evaluation Centers:

If you feel you or a loved one is experiencing a mental health emergency, contact 911.

Access and Crisis Line 888-724-7240

For Children and Adolescents:

Aurora Behavioral Health 858-487-3200

Sharp Mesa Vista Hospital 858-836-8434

Emergency Screening Unit-San Diego 619-876-4502

North County Crisis and Intervention Response Team 760-233-0133
(Escondido), limited hours.

Mental Health Systems 858-573-2600

www.mhsinc.org

9465 Farnham St., San Diego CA 92123

Counseling for all ages. North Coastal Mental Health Center serves adults living with severe and persistent mental illness by providing a wide range of services to assist in their recovery and enhance their well-being. Offers mental health, corrections and alcohol and drugs services through a network of statewide programs.

National Alliance on Mental Illness (NAMI) San Diego

namisandiego.org

Help Line: 800-523-5933

Information: 858-634-6580

Provides support and education for people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders.

New Alternatives: Therapeutic Behavioral Services – 21yrs and younger

Individualized, one-to-one behavioral coaching program available to children/youth up to age 21 who are experiencing a current emotional or behavioral challenge or experiencing a stressful life transition.

858-277-9550

<https://www.centerforchildren.org/resources/new-alternatives-therapeutic-behavioral-services-tbs/>

North Coastal Mental Health

760-712-3535

www.mhsinc.org

1701 Mission Ave Suite A, Oceanside, CA 92058

Counseling for all ages. North Coastal Mental Health Center serves adults living with severe and persistent mental illness by providing a wide range of services to assist in their recovery and enhance their well-being. Offers mental health, corrections and alcohol and drugs services through a network of statewide programs. Applicants must meet criteria.

Rady Children's Outpatient Psychiatry Clinics

Services provided for any child or youth struggling with urgent emotional and/or behavioral concerns (up to age 21 if in school or dependent).

Medi-cal only, 760-294-9270 (Escondido), 858-966-8268 (San Diego)

858-966-5484, Mid-city San Diego

<https://www.rchsd.org/programs-services/behavioral-health-2/>

Recovery International, RI

619-787-5458

www.recoveryinternational.org

619-383-2084

Carlsbad Senior Center, 799 Pine Ave., Carlsbad CA 92008

Offers reassurance and fellowship in a safe and healthy place of support. Services include counseling, mental health support and meetings throughout the county. These services are to help those suffering from, but not limited to the following medical concerns: Alcoholism, Anxiety, Bipolar Disorder, Depression, Mental Stress, Panic Attacks, Poor Self-Image, Schizophrenia.

San Diego County Psychiatric Hospital, SDCPH

www.sandiegocounty.gov

619-692-8200

3853 Rosecrans St., San Diego CA 92110

Provides emergency assessment for individuals. Houses County's Emergency Psychiatric Unit. Services: Safety and Intervention of Domestic Violence.

San Diego County Health & Human Services Behavioral Health Services

888-724-7240

The Behavioral Health Services (BHS) Division provides mental health and alcohol or other drug services for children, youth, families, adults, and older adults. <https://www.sandiegocounty.gov/>

San Diego County Health & Human Services - Aging and Independence Services, AIS

800-339-4661

www.sandiegocounty.gov

1250 Moreno Blvd., San Diego CA 92110

Offer assistance, information, and referrals to older adults, those with disabilities, and their family members.

San Diego County Psychiatric Hospital

888-724-7240

www.sandiegocounty.gov

Hospital Services are available for behavioral health emergencies and situations that require intensive supervision and the medical necessity of a hospital setting at the San Diego County Psychiatric Hospital. Walk-in emergency behavioral health services are available for adults and older adults who are experiencing a health emergency or crisis at the Emergency Psychiatric Unit.

Suicide and Mental Health Crisis Team

888-724-7240

<https://up2sd.org/> County's Behavioral Health Access and Crisis Line, including Live Chat is open 24/7: dial 0 for operator assistance. Counselors are well trained in mental health crisis and specific issues, including but not limited to alcohol or drug abuse, suicide prevention, medication needs, with Medi-Cal or no insurance.

Turning Point Crisis Center

760-439-2800

www.comresearch.org

The Short Term Acute Residential Treatment (START): residential program offers an alternative to hospitalization for adults who are suffering an acute psychiatric crisis that is not manageable on an outpatient basis. Accommodates clients with limited mobility. Ask for the Admission Coordinator to help find a current open bed or the next available in the system. This is an inpatient adult mental health facility. Multiple locations.

MILITARY SUPPORT & SERVICES

Christian Credit Counselors

800-557-1985

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

A non-profit credit counseling and debt management organization that has helped over 300,000 Americans to get out of debt, since the last 25 years.

Community Counseling Program - Camp Pendleton

<http://www.mccscp.com/ccc>

760-763-3222

For help to combat operational stress.

CRU Military

800-444-6006

<http://crumilitary.org>

A mission organization that connects with the military for Jesus; mobilizes and trains churches, counselors, and communities across America and around the world for effective ministry services to military members, veterans and families in their midst. Their goal is to spiritually build military community by meeting their greatest need.

DSTRESS Hotline

877-476-7734

The DSTRESS Hotline provides 24 hours, 7 days a week anonymous phone and chat and referral service, 'Marine-to-Marine' approach. The call center is staffed with veteran Marines, Fleet Marine Force Navy Corpsmen who were previously attached to the Marine Corps, Marine spouses and other family members, and licensed behavioral health counselors specifically trained in Marine Corps culture.

Family Advocacy Program, FAP

www.mccscp.com/familyadvocacy

Camp Pendleton, Mainside Bldg. 1122 East Street

760-725-9051

San Onofre, School of Infantry Bldg. 520512

760-763-6940

Monday-Friday, 7:30am -5:00pm

FAP is a multi-faceted, multi-disciplinary resource that is designed to address child abuse and domestic abuse within the Marine Corps community through prevention, intervention, and treatment.

Mighty Oaks Warrior Program, MOWP

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

No cost to warriors for mighty oaks programs. The Mighty Oaks Foundation is committed to serving the brokenhearted by providing intensive peer-based discipline through a series of programs, outpost meetings, and speaking events. Each Warrior is focused solely on his or her recovery and identifying purpose moving forward

Military Missions Network

<http://militarymissionsnetwork.com/>

Email: HelpDesk@MilitaryBeliever.com

Service is available for military needs. The main vision is to expand the global network of evangelical movements among military people and communities. The missions provide personal assistance to inquiring military regarding connections with ministries, churches, chaplains; and related activities, service opportunities, and resources.

National Domestic Violence Hotline

800-799-7233

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

The National Domestic Violence Hotline provides lifesaving tools and support to enable victims to find safety and live lives free of abuse.

Navy Marine Corps Relief Society

760-725-5337

Marine Corps Base, E St & 14th St, Bldg. 1121,
Camp Pendleton CA 92055
Servicing members or their dependents.

New Parent Support Program – Camp Pendleton

Bldg. 13150, Mainside – Marine and Family Programs HQ 760-725-3884

A professional team of marriage and family therapists, licensed social workers, and registered nurses. Provides assistance, education and support to USMC families, offers in-home visits, and parenting-education classes. Active-duty and their family members are eligible.

PTSD Foundation of America

877-717-7873 / 877-717 PTSD

<http://ptsdusa.org>

951-805-2734

Call Ret. HMC (FMF/AW) Aaron Seibert:

View the web or call direct for assistance. Support groups are available for those who experience or witnessed a life-threatening event, to include but not limited to military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault in adult or childhood.

PTSD Foundation - Southern California Locations

www.ptsdusa.org

877-717-7873 / 877-717-PTSD

- The Warrior Built Foundation

31881 Corydon #140, Lake Elsinore CA 92532 Tues. 7:30pm-8:30pm

- Wounded Warrior Battalion West- USMC Camp Pendleton

20250 Vandegrift Blvd. Oceanside CA 92058 Tues. 10:00am-11:00am

- Warriors: Combat Wounded PT Program, Tri City Wellness Center

- 6250 El Camino Real, Carlsbad CA 92009 Tues. 6:00am-8:30am

The mission is to combat Post Traumatic Stress with results in healing to our military (Active Duty, Reserves and National Guard, Veterans, and families). All locations are faith-based offering support; all activities are strictly confidential. The teams consist of Veterans, Active and Reserve Service Members, and civilians with a heart for the military and families. Many

active, reserve and/or Veterans from every war up to World War II are involved in our physical-therapy settings. A Pro Bono program put together utilizing the Hydro Works Pool and workouts designed around one's injuries; underwater treadmill therapy is also available.

School Liaison Office – Camp Pendleton 760-763-7385

Building 1160 Camp Pendleton, CA 92055-5010

Coordinate education support services to maximize opportunities for academic success for transitioning military children/youth. Provide referral services to family support agencies aboard MCB Camp Pendleton and in the local community.

Veteran Crisis Line 800-273-8255

Veteran Crisis Line for Deaf & Hard of Hearing

800-799-4889

Free, confidential, 24/7 support for all Veterans, all service members, National Guard and their family members and friends.

VA Oceanside Clinic

1300 Rancho Del Oro Drive,
Oceanside, CA 92056

Main 760-643-2000

Mental Health 760-466-2080

VA Escondido Clinic

815 East Pennsylvania Avenue
Escondido, CA 92025-3424

Main 760-466-7020

Mental Health 760-466-7032

VA San Diego Medical Center

3350 La Jolla Village Drive
San Diego, CA 92161-0002

Main 858-552-8585

PREGNANCY SERVICES

Alternatives Medical Clinic

760-741-9796

www.alternativespregnancyclinic.org

257 E 2nd Ave., Escondido CA 92025

Mon., Tues., Wed., Fri. 9:00am-5:00pm, Closed 12:00pm-1:00pm

Helps with free pregnancy tests, counseling, and has limited obstetrical ultrasound exam.

Birth Choice

www.birthingchoice.net

760-744-1333

- 277 S Rancho Santa Fe Rd. Suite S, San Marcos CA 92078

Mon., Tues., Thurs., Fri. 9:00am-5:00pm, Wednesday 9:00am-6:30pm

- 611 Mission Ave., Oceanside CA 92054

760-410-4540

Tuesday by appointment

A pro-life center for pregnancy tests, medical services, maternity clothes, and baby blankets. Offers referrals for housing, adoption, and monetary support services.

Hope Clinic for Women

800-712-4357

hopefallbrook.com

760-728-4105

125 E Hawthorne, Fallbrook, CA 92028

Call for appointments and office hours. They provide free pregnancy tests, ultrasounds, and referrals to specifically support a healthy pregnancy and delivery. Assists in unplanned pregnancies, abusive relationships, post abortion, sexual health issues; offers early intervention programs and supports first-time parenting. They are not an abortion clinic and do not refer clients for abortions.

Medi-Cal Access Program, MCAP for Infants and Mothers

<http://mcap.dhcs.ca.gov/About/>

800-433-2611

Monday-Friday 8:00am-8:00pm, Saturday 8:00am-5:00pm

Affordable health care for pregnant women, mothers and babies. The program targets middle income families without insurance coverage, or those with coverage with a deductible greater than \$500.

Pathway Medical Clinic

760-945-4673

pathway-healthclinic.com

Text Hotline: 760-208-8811

1830 Hacienda Dr. Suite 8, Vista CA 92081

Mon. and Wed. 9:00am-4:00pm, Tuesday and Thursday 1:00pm-8:00pm,

Saturday by appointment, 9:00am-12:00pm

Clinic provides, but not limited to free pregnancy tests, ultrasounds, parenting classes, community resources. They are a pro-life clinic.

Ramona Pregnancy Care Clinic

<https://ramonapregnancy.org/>

760-789-7059

1530 Main Street. Ste #6, Ramona, CA 92065

They provide help and hope to women considering their choices in an unplanned pregnancy. Education for both men and women in addition to many free services such as pregnancy tests, prenatal vitamins, STD testing and more.

SENIOR SERVICES

Aging and Independence Senior, AIS In-Home Support Services

www.sandiegocounty.gov

800-510-2020

Provides services to older adults, people with disabilities and their family members. Helps clients safely in their homes, adult day care, promotes healthy and vital living. Visit the website for additional services, including but not limited to the following: Aging and Independence, Caregiver and Family Support, Disability Resources, Disaster Preparedness, Health Insurance, Home-Delivered Meals, In-Home Support, Outreach and Education Team, Project CARE, Veterans Benefits and Services.

Alzheimer's for San Diego

www.alzsd.org

858-492-4400

California Department of Aging

800-510-2020

www.aging.ca.gov

Services include but are not limited to Aging and Disability Resource Connection, Health Care, Disease Prevention and Health Promotion.

Community Interface Services

760-729-3866

2621 Roosevelt St., Carlsbad CA 92008

Monday-Friday 8:00am-4:30pm

Developmentally disabled, 18-65 years

Country Club Senior Center

760-435-5250

<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/country.asp>

455 Country Club Ln., Oceanside CA 92054

Monday-Thursday 8:00am-4:00pm, Friday 8:00am-12:30pm

Food distribution: second Monday 10:15am-12:00pm

Lunch daily: Monday-Friday 11:15am-12:00pm

Home delivery also available. (\$3.00 suggested donation)

Disability Rights

800-776-5746

www.disabilityrightscsca.org

Assistance, support, direct legal representation and enforce rights of the disabled.

El Corazon Senior Center

760-435-5300

3302 Senior Center Drive, Oceanside, CA

Monday - Thursday 9:00 am - 5:00 pm; Fridays 9:00 am - 4:00 pm

The Center offers a wide variety of classes, programs and activities for seniors.

Eldercare Locator

800-677-1116

www.eldercare.gov

Public service to connect older adults and their families to services.

Fallbrook Foundation for Senior Care

760-723-7570

www.foundationforseniorcare.org

135 S Mission Rd, Fallbrook CA 92028

Monday-Friday, 9:00am-5:00pm

Offers adult day care and transportation. Members may be disabled or dealing with cognitive impairment. Activities include, but not limited to computer training, cooking, crafts, discussions, entertainment.

Home Instead Senior Care

www.homeinstead.com

Call Toll-Free Number to locate nearest office: 888-330-8210

Visit website for location, or call within the U.S.: 888-331-3242

901 Hacienda Dr. Unit B, Vista CA 92081 Open 24 Hours 760-639-6472

41880 Kalmia St., Unit 140, Murrieta CA 92562: 951-696-2100

Supports families and elders to independently live in their own home. Provides safety measures to protect elders from wandering, meets individualized care and dignity.

Hope Team Program

619-533-3508

Elder abuse legal and advocacy services.

Interfaith—North County Senior Connections Food Truck

Monday 11:30am-2:30pm: Vista Village Mobile Home Park, Vista

Tuesday 11:30am-2:30pm: Palomar East Mobile Home Park, San Marcos

Wednesday 10:30am-2:00pm: St. Francis of Assistance, Vista

Thursday 11:30am-2:30pm: El Dorado Mobile Home Park, San Marcos

Meals on Wheels

760-736-9900

www.mealsonwheelsamerica.org

Monday-Friday 7:30am-12:30pm

Delivers nutritious meals to seniors with a friendly visit and safety check: Carlsbad, Encinitas, Escondido, Oceanside, Rancho Bernardo, San Marcos, Vista.

Out and About Vista

760-639-6161

www.sdcvdc.org

Monday-Friday 8:00am-4:30pm

1400 Vale Terrace Dr., Vista CA 92084

Seniors receive reimbursement in transportation, shuttle service and mileage for Zip Codes: 92081, 92083, and 92084.

Salvation Army, Oceanside

760-631-8212

3935 Lake Blvd., Oceanside CA 92056

Social Service Programs: Clothing Vouchers, Food Pantry, Food Distribution, and Senior Housing (reduced rent).

Senior Food Program, Carlsbad Community Center

3235 Eureka Pl., Carlsbad, CA 92008

866-350-3663

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. Proof of residency. 2nd Monday of the Month, 1-2pm

Senior Food Program – San Diego Food Bank

1-866-350-FOOD (3663)

<https://sandiegofoodbank.org/programs/senior-food-program/>

Provides monthly supplemental food packages to income-eligible senior citizens aged 60 and over. The Food Bank administers the program and distributes food at 45 distribution sites every month in communities throughout the county.

Seniors on the Go, Transportation Program Specialist

Country Club Senior Center – Contact Janet Batchelor

760-435-5253

455 Country Club Lane, Oceanside, CA 92054

<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp>

Provides Oceanside residents 65 years of age or older with three economical transportation options to easily get to and from doctor's appointments, pharmacies, grocery stores, and other daily outings.

Southern Caregiver Resource Center

800-827-1008

www.caregivercenter.org

758-268-4432

3675 Ruffin Rd. #230, San Diego CA 92123

Monday-Friday 8:00am-5:00pm

Provides free support services for family caregivers caring for adults with chronic and/or disabling conditions.

State Department of Rehabilitation

760-510-4705

www.rehab.cahwnet.gov

570 Rancheros Drive, San Marcos, CA 92069

Monday-Friday 8:00am-5:00pm

Helps to obtain employment, retraining, prosthesis and special equipment.

CSD Shiley-Marcos Alzheimer Disease Research and Support Center

9444 Medical Center Drive, Suite 1-100

Social workers can also meet, by appointment, in person at the office. Visit the website for support regarding Alzheimer's and dementia.

<https://medschool.ucsd.edu/som/neurosciences/centers/adrc/pages/default.aspx>

SHELTER

Alpha Project for the Homeless

760-631-1300

www.alphaproject.org

993 Postal Way, Vista CA 92083

Provides residential drug and alcohol treatment program for men, supports transitional housing, and assists in connections and employment.

Bread of Life Rescue Mission

760-722-0800

www.bolrescue.org

1919 Apple St. Suite M, Oceanside CA 92054

Provides and serves the poor, hungry, and homeless in Oceanside and operates a drug-free and sober shelter. Winter shelter is open for overnight stays from November 1st – March 31st.

Brother Benno's Center

760-439-1244 ext. 109

<https://www.brotherbenno.org/the-brother-benno-center/>

3260 Production Ave., Oceanside, CA 92058

Good Samaritan Shelter (men), House of Mary and Martha (women)

All applicants must have a caseworker to join; both houses are confidential and committed to serving the poor and homeless in the San Diego North County.

Catholic Charities of San Diego County

619-231-2828

www.ccdsd.org

Center for Community Solutions, CCS

888-385-4657

www.ccscsd.org

619-631-6442

Project Safehouse

4508 Mission Bay Dr., San Diego CA 92109

Emergency shelter, maximum 30-day stay for women, men, children and single persons. All applicants are previewed.

Community Resource Center, CRC

760-753-8300

www.crcncc.org

650 2nd St., Encinitas CA 92024

Monday-Friday 8:00am-5:00pm (Legal Clinic on Tuesday)

Offers bus tokens, counseling, case management, emergency food and shelter.

Halcyon

619-579-8685

1664 E Broadway, El Cajon CA 92021

Open 24 Hours: referral only, in-patient facility for acute psychiatric emergencies.

Hawthorne Veteran and Family Resource Center

www.interfaithservices.org

● Inland Service Center

550 W Washington Ave., Escondido CA 92025

760-489-6380

● Coastal Service Center

4700 N. River Rd., Oceanside CA 92057

760-721-2117

● Veterans Service Center

1617 Mission Ave., Oceanside CA 92058

760-529-9979

Serves homeless veterans and non-veterans, post-hospitalization, to include self-sufficiency services to veterans and their families.

Interfaith Community Services

www.interfaithservices.org

Email: housing@interfaithservices.org

Interfaith offers emergency rental or mortgage assistance to prevent imminent homelessness. Visit one of the service centers listed below.

Inland Service Center

760-489-6380 ext. 262

550 W Washington, Escondido, M-F 8-11am

Coastal Service Center

760-721-2117

4700 North River Rd., Oceanside W-F 8:00am to 12:00 pm

Carlsbad Service Center

760-448-5996

5731 Palmer Way Suite A, Carlsbad, CA 92010: Tu-Thurs 1-3pm

Haven House Year-Round Shelter

760-489-6380 ext. 274

Emergency housing for up to 49 men and women

Veteran Transitional Housing

760 529-9979

1617 Mission Ave., Oceanside, CA 92058

Monday-Friday from 9:00 a.m. - 3:00 p.m. Temporary beds for veterans.

La Posada de Guadalupe

760-929-2322

2478 Impala Dr., Carlsbad CA 92008

Monday-Friday 8:00am-10:00am to check for bed availability

Homeless shelter for men must be clean and sober. 50-bed shelter; job referrals, medical screening, English classes, and a community garden.

Mission San Luis Rey – Department of Social Concerns

4070 Mission Ave., Oceanside CA 92057

760-547-0708

Motel vouchers and rental assistance when funding is available.

North Coastal Service Center

760-721-2117

Transitional housing: 2195 Oceanside Blvd., Oceanside CA 92054

North County Case Managers

760-743-3312

474 W Vermont Ave. #101, Escondido CA 92028

Monday-Friday 8:00am-4:30pm

18-55 years old, funded housing, resources for other programs and help with SSI.

North County Lifeline Counseling

200 Michigan Ave., Vista CA 92084

760-726-4900

707 Oceanside Blvd., Oceanside CA 92054

760-757-0118

Mon.-Fri. 8:30am-5:00pm; Services after 5:00pm by appointment only.

Jobs, transportation, management, social services, food, clothing, shelter, mental health, youth and family counseling, child and teen groups, doctor, and psychologist.

Solutions for Change Shelter

760-941-6545

www.solutionsforchange.org

722 W California Ave., Vista CA 92083

Monday-Friday 8:30am-5:00pm

Supportive housing, workforce connections, life skills, physical health solutions, counseling and mental health, youth and teen programs.

Tri-City Medical Center

855-222-8262

Outpatient Services: 510 W Vista Way, Vista

760-940-5051

In-patient Services: 4002 Vista Way, Oceanside

877-299-0664

Open 24 Hours, 29 beds available, serving both in-patient and groups.

Women's Shelters

www.WomenShelters.org

Community Resource Center

760-753-1156

Libre Domestic Violence Program, 650 Second St., Encinitas CA 92024

- Bread of Life Rescue Mission

1919 Apple St., Oceanside CA 92054

760-722-0800

- Women's Resource Center

1963 Apple St., Oceanside CA 92054

760-757-3500

A nationwide directory of shelters for women. Emergency shelters are provided for homeless women, with or without family members; a variety of residential treatment centers and transitional housing are available. All types of help and resources are provided for women in need. Visit website for specific details; updates are made continually, including but not limited to the following:

- Emergency Shelters: listings nationwide.
- Transitional Housing: transitional housing and shelters.
- Domestic Violence Shelters: listings and emergency phone numbers.
- Family Shelter: shelter hours, contacts, and other communications.

SUBSTANCE ABUSE

Al-Anon Family Groups

<https://al-anon.org/>

888-425-2666

888-4AL-ANON

A community-based group that meets to help support families and friends of alcoholics and addicts.

Al-Anon Family Group, North Coast Church

Monday, 6:30pm-7:30pm, Vista Campus

760-724-6700 ext. 187

A community-based group for friends and families affected by someone else's alcoholism.

Alateen Family Groups

www.al-anon.alateen.org/for-alateen

Visit website for locations, meeting information, and scheduled live chat rooms. The Teen Corner is a place just for teens affected by someone else's alcoholism.

Alcohol and Drug Services

888-724-7240

www.sdcounty.ca.gov

Behavioral Health Access in Crisis: Provides mental health and alcohol or other drug services for children, youth, families, and adults. Promotes recovery and well-being through prevention, treatment, and intervention, integrated services for clients experiencing both mental illness and alcohol or other drug issues. Additional Behavioral Health Services are also available.

AA: Alcoholics Anonymous

760-758-2514

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

604 E Vista Way, Vista CA 92084

Monday-Friday 9:00am-5:00pm, Saturday 9:00am-1:00pm

Call or stop by for listings.

Alpha Project for the Homeless

760-631-1300

www.alphaproject.org

993 Posta Way, Vista CA 92083

An organization to serve men, women, and children with affordable housing, substance abuse treatments, medical, mental health and substance abuse counselling and treatment, on-site food bank, transportation assistance, clothing and hygiene supplies, employment readiness training, and other areas of services.

Calvary Ranch

800-404-2258

www.calvaryranch.org

619-390-9800

13610 Willow Rd., Lakeside CA 92040

Interview times: Mon.-Fri. 9:00am-4:00pm Saturday 9:00am-3:30pm

Christian drug and alcohol rehabilitation, 18 years and older; 24-Hour live-in facility for drug and alcohol recovery.

Celebrate Recovery

<https://www.celebraterecovery.com/>

CR is a Christ-centered 12 step recovery program for anyone struggling with hurt, pain, or addition of any kind. Check website for group locations.

Choices in Recovery

760-945-5290

www.choicesinrecovery.org

733 S Santa Fe, Vista CA 92083

Outpatient treatment services and residential facilities for chemically dependent. Life-skills counseling is one-on-one, available "as-needed" to address issues, such as, stress, job search, financial planning, relationship and codependency.

Community Resources and Self Help, CRASH Inc.

www.crashinc.org

619-233-8054

1081 Camino del Rio S. #129, San Diego CA 92108

619-297-5131

Short-term/long-term residential treatment, day treatment, outpatient recovery services and community education for drug and alcohol abuse.

Evolve San Diego Treatment for Teens

866-205-0864

<https://evolvreatment.com/locations/san-diego/>

Many locations are available. The company offers individualized mental health and substance abuse treatment programs in a quiet, peaceful neighborhood; Inpatient or Outpatient programs are included.

Family Recovery Center

760-439-6702

<https://www.mhsinc.org/listing/family-recovery-center-2/>

1100 Sportfisher Dr., Oceanside CA 92054

Monday-Friday 8:00am-8:00pm

A residential and outpatient treatment program dedicated to assisting women recover from substance abuse, while promoting healthy family reunification.

Fellowship Center

888-533-9555

www.thefellowshipcenter.org

737 E Grant Ave., Escondido CA 92025

7 days a week, 6:30am-9:30pm

Provides an abstinence-based method for rehabilitation from addiction; support services are available on or off the residence. The structured program of recovery is accomplished through a blend of educational sessions, experiential learning, individual and group counseling, and community service support. Assisted by trained and credentialed specialists and welcomes anyone with an alcohol/drug problem and demonstrates voluntary willingness to participate a life of recovery.

Focus on the Family

800-232-6459

www.focusonthefamily.com

Counseling Line 855-711-4537

Mon.-Fri. 6am-8pm (Mountain Time) Ask for the counseling department.

Helping families thrive by providing resources for marriage, parenting, life challenges, faith, and social issues.

Foundations Mental Health Support, North Coast Church

Friday, 2:00pm, Adult Meeting, Room A, Vista Campus

Cares and helps those of a mood disorder toward an abundantly divine fulfilled life.

Green Oak Ranch

760-727-0251

www.greenoakranch.org

1237 Green Oak Rd., Vista CA 92025

Monday-Friday 8:00am-4:30pm

Christian based residential program for men and women.

Hope, Help, and Healing Southern California

www.hopehelpandhealingsoca.org

760-945-4707

Monday 9:00am-7:00pm, Wednesday, Friday 10:00am-7:00pm

Intakes: Mon. 9am-4pm, Wednesday and Friday by appointment only

Faith-based residential treatment, sober living, and outpatient services.

In His Steps, Christian Recovery Home

760-788-4716

www.inhisstepsramona.com

1619 La Brea St., Ramona CA 92065

A residential home with a family discipleship specializing in alcohol and other drugs.

Kimberly's Transitional Housing

760-496-4227

260 Lustross St., Oceanside CA 92057

For clean and sober women, only: must be clean and sober. Nine beds, \$400 per month. Women responsible for own food, toiletries and personal items.

Life Skills and Support Ministry, North Coast Church

<http://groups.northcoastchurch.com/find-a-group/> 760-724-6700 ext. 257

Visit the website for support services. Offers a wide variety of educational groups, a learning process of how to incorporate God into daily struggles, such as, job seeking, losing weight, recovering from addiction or managing symptoms of mental illness. Provides Christian leadership in safe locations with assurance of confidentiality.

McAlister Institute: MITE

760-721-2781

www.mcalisterinc.org

2821 Oceanside Blvd., Oceanside CA 92054

Monday-Friday 9:00am-5:30pm

Adult outpatient, detox, education, relapse prevention, counselor- facilitated groups and case management. Medical insurance is accepted; \$25-\$37 per week.

Meier Clinics: Christian Counseling Service 888-725-4642

23441 S Pointe Dr. #250, Laguna Hills CA 92653

800-698-9317

Outpatient counseling.

Men's 12-Step Recovery Group, North Coast Church

760-724-6700

Thursdays, 7:00pm, Vista Campus, 2405 N. Santa Fe. Vista, 92084

Tuesdays, 7pm, San Marcos/Escond. Campus, 1451 Montiel Rd. Escondido

Email: LifeSkillsandSupportGroup@northcoastchurch.com

This group is for men to learn how to reclaim their lives after a substance or alcohol use problem. Through accountability and support, they will learn how to use Christ as the focus of your recovery and find strength with those on the same journey. This is an open group and meets year-round.

Mental Health Systems Teen Recovery Center

www.mhsinc.org

760-744-3672

Monday-Friday 9:00am-6:00pm

Substance abuse treatments, outpatient, drug tests: first test is free, then \$25 each.

Rehabilitation Centers

24-Hour Helpline: 800-481-6320

www.rehabcenters.com

Offers a wide variety of addiction and illness treatment centers, counselors address specific needs to include but not limited to peer support, detoxification. Provides many resources for outpatient and residential programs, and helps to link up with the following foundations:

- Alcohol Rehabilitation Centers: Treatment of dependency on alcohol.
- Chronic Pain Management: Improve quality of life.
- Eating Disorders: Abnormal eating habits, treatments, methodologies.
- Gambling: Get rid of the urge to continuously gamble.
- Internet: Live a true life offline and reach your potential.
- Mental: Health therapy can improve your neurocognitive functions.
- Physical: Healing sports and other activities tailored to levels of motion and mobility.
- Sexual: Take control over your sexual drive.

Salvation Army Recovery

800-728-7825

<https://gethelp.salvationarmyusa.org/>

The rehabilitation Center is a faith-based work therapy program for those struggling with alcohol and substance abuse. It is provided at NO COST.

San Diego Access and Crisis Line

www.sandiegocounty.gov

888-724-7240

Competent counselors offer help to people of mental health crisis, includes, but not limited to alcohol or drug abuse, suicide prevention, and medication needs.

Serenity House

760-747-1015 xt 2

<https://www.healthright360.org/agency/north-county-serenity-house>

1341 N Escondido Blvd., Escondido CA 92026

Program assistance to women only, in a residential setting for substance abuse. They operate a residential facility that serves up to 120 women (with capacity for up to 20 children under 5 years of age) seeking recovery from substance use disorders.

Union of Pan Asian Communities

760 295-9830

<https://www.upacsd.com/index.php/services-2/adult-older-adult-mental-health/upac-new-leaf-recovery-center/>

Program Supervisor: Edgar Capacio, 3998 Vista Wy. #E, Oceanside 92056

Monday – Friday: 8:30am – 5:00pm

Provides culturally sensitive services to adults with substance abuse issues and mental health issues. Free to Medi-Cal recipients or anyone without insurance. Serves clients 18 years or older. It is a comprehensive co-occurring recovery center and includes groups, therapy, and psychiatry.

Women's Life Recovery Group, North Coast Church

Email: LifeSkillsandSupportGroup@northcoastchurch.com 760-724-6700

Mondays 6:00pm, Vista Campus, 2405 N. Santa Fe Ave., Vista, 92084

Provides a practical recovery approach to help women seeking recovery from drugs or alcohol sobriety.

SUPPORT GROUPS

Anger Management: North County Lifeline

www.nclifeline.org

760-726-4900

707 Oceanside Blvd. Oceanside, CA 92054

760-757-0118

Provides in-home family support, parenting classes, and positive relationship groups.

Bipolar/Unipolar Support Group: Tri-City 760-940-5050

www.tricitymed.org

510 W Vista Way, Vista CA 92083

Fellow peers-lead meetings on Wednesday, 2:30pm-4:00pm.

Caregivers Support Group, North Coast Church

Fourth Thursday, 3:30pm, Family Room, Vista Campus

Focus on self-care for caregivers. Discover and understand help from others, where to find support and comfort, and learn how to manage responsibilities.

Celebrate Recovery: Christian 12-Step 760-929-0029

North Coast Calvary Chapel

www.northcoastcalvary.org

Thursday, 8-9:00pm, in Room B-201

Ministries, Counseling, Recovery: First hour is an open meeting with combined gender. Second hour is divided by gender and topic, such as, substance abuse, eating disorders, sexual addictions, depression, financial issues, relationship issues, and sexual, physical, emotional abuse and anger.

Chronic Illness/Pain Support Groups 858-486-4685

www.restministries.com

Rest Ministries, Inc., San Diego CA 92150

Visit website or call for resources and support. Serves those who live with chronic illness or pain, and their families, by providing spiritual, emotional, relational, and practical support.

Emmanuel Faith Community Church

760-745-2541

www.efcc.org

639 E 17th, Escondido CA 92025

Second Tuesday, 7:00pm-8:30pm, Room EC-20

Chronic Illness Support Groups offer encouragement, help and medical information to anyone facing health challenges.

Focus on the Family

800-232-6459

www.focusonthefamily.com

Monday-Friday 6:00am-8:00pm (Mountain Time)

Helping families thrive by providing resources for marriage, parenting, life challenges, faith, and social issues. Ask for the counseling department.

Grief Group, North Coast Church, Vista

760-724-6700 ext. 187

Fridays at the Vista Campus, 2405 N. Santa Fe Ave. Vista, 92084

This is a group for those learning to live after the death of a loved one. The supportive environment helps those at all stages of grief. The leaders are professional grief counselors who are dedicated to teaching and supporting those mending a broken heart. This group is sponsored by Hospice of the North Coast. All are invited.

Human Trafficking Project LIFE

760 842-6526

North County Lifeline

<https://www.nclifeline.org/project-life>

An advocacy program to work with all ages who have been or are currently victims or survivors of Sex and Labor Trafficking.

Military Connections, A Ministry of North Coast Church

www.northcoastmilitaryconnection.com

760-724-6700 ext. 380

Email: military@northcoastchurch.com

A service of devoted prayer and encouragement; includes events and care packages to military husbands and wives and deployed men and women. Offers help to military families, help around the home, baby supplies, childcare and counseling.

Moms in Prayer through North Coast Church

www.northcoastchurch.com/moms-in-prayer

760-519-8755

Ask for Susan Looney. Pray to make a difference in lives of children and their schools. View website to join us for Moms in Prayer, International.

MOPS: Mothers of Preschoolers, North Coast Church

www.northcoastchurch.com/mothers-of-preschoolers

Meetings first and third Thurs., 9:30-11:30am, The Edge, Vista Campus
Moms of all ages with children, from birth through kindergarten. Offers breakfast, inspirational speakers, crafts, and opportunities to connect with others while children participate with care in the MOPPETS program.

Prison Ministry of North Coast Church

Contact: Mark Watkins, Email: mark@truthfreesus.org

North Coast volunteers help prison inmates professing Christianity while working towards re-entry into civilian life.

Safe Parenting Intervention – North County Lifeline

760-842-6218

Program is a 52-week court-approved child abuse treatment program.

Scripps Well Being Center

www.scripps.org

Provides health and wellness classes. Free to those who qualify.

- Scripps Well Being Center: Chula Vista 619-862-6600
237 Church Ave., Chula Vista CA 91910
- Scripps Well Being Center: San Diego 619-321-2920
4440 Wightman St. Suite 200, San Diego CA 92105

Sex Addiction Group

North Coast Church

760-724-6700 ext. 187

Monday at 6:30pm Study & Prayer, Vista Campus, Men Only

Suicide Survivor Support Group

760-724-6700 ext. 187

North Coast Church

A Christ-centered support group for those who have lost a loved one to suicide. The encouraged focus is to learn how to grieve the loss.

TRANSPORTATION

California Department of Consumer Affairs

www.dca.ca.gov

800-952-5210

1625 N Market Blvd. Suite N112, Sacramento CA 95834

Monday-Friday, 8:00am-5:00pm

Financial assistance with smog related vehicle repairs.

Department of Social Concerns

760-547-0708

Mission San Luis Rey 4070 Mission Ave., Oceanside CA 92057

Tuesday-Saturday, 8:00am-4:00pm: by appointment only.

Emergency canned goods, and day-pass bus tokens, when available.

Gloria McClellan Center

gmacvista.com

760-639-6160

1400 Vale Terrace Vista, Vista CA 92084

Call for details. Monday-Saturday, 8:00am-4:00pm

Door-to-door transportation to Vista Senior Nutrition Program.

Interfaith Community Services

www.interfaithservices.org

760-489-6380

550 W Washington, Escondido CA 92027

Walk-In bus tokens Mon.-Fri, 8am-10am; closed first Friday each month.

Assistance to job interviews, medical appointments, and court.

Lift Transportation

www.ADARIDE.com

877-232-7433

ADA certified passengers in North County: Curb-to-curb transportation, small fee.

Metropolitan Transit System – San Diego County

<https://www.sdmts.com/>

619-233-3004

Bus schedules, maps and trip planners can be found online.

North Coastal Service Center

760-721-2117

www.Interfaithservices.org

4700 N River Rd. Suite A, Oceanside CA 92057

Assistance to job interviews, get to other agencies, medical appointments, and court.

North County Transit District

<http://www.gonctd.com/breeze/>

760-966-6500

North County Coaster, Sprinter and Breeze Bus information found online to include fares and passes, how to ride, schedules and maps

Out and About

760-639-6161

1400 Vale Terrace Dr., Vista CA 92084

Transportation to medical appointments and grocery stores for seniors.

Seniors on the Go, Transportation Program Specialist

Country Club Senior Center Contact Janet Batchelor

760-435-5253

455 Country Club Lane, Oceanside, CA 92054

Provides Oceanside Residents 65 years or older with three economical transportation options to easily get to and from doctor's appointments, pharmacies, grocery stores, and other daily outings.

<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp>

Tri-City Patient Express

760-940-7433

Monday-Friday, 7:30am-3:00pm

Clients have free bus transportation to and from Tri-City Medical Center.

UTILITIES

Interfaith Community Services: Coastal

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

4700 N River Rd., Oceanside CA 92054

760-721-2117

550 W Washington Ave. Suite B, Escondido CA 92025

760-489-6380

Services provide connections to benefits and utility programs.

SDG&E

800-411-7343

www.sdge.com

If you have an electrical or gas emergency or if you suspect a gas leak, immediately evacuate the area, and call for help from a safe location.

Utility Billing

760-435-4500

www.ci.oceanside.ca.us

300 North Coast Highway, Oceanside CA 92054

View website for other city areas.

Waste Management

www.wm.com

800-596-7444

Think Green: reduce, reuse, and recycle.

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NORTH COAST CHURCH LOCATIONS

Visit our website for detailed service
information: www.NorthCoastChurch.com
Email: info@northcoastchurch.com Telephone: 760-724-6700

Vista Campus: 2405 N Santa Fe Ave., Vista CA 92084
Office Hours: 8:30am–5:00pm, Monday–Friday
Service Times:
Saturday: 5pm
Sunday: 9am, 11am

Carlsbad Campus: 2310 Camino Vida Roble Suite 104, Carlsbad CA 92011
Office Hours: 9am–4pm, Monday–Thursday
Service Times:
Saturday: 5pm
Sunday: 7:30am, 9am, 11am

Fallbrook Campus: 1375 S. Mission Rd., Fallbrook CA 92028
Office Hours: 8:30am–5:00pm, Monday–Thursday
Service Times:
Saturday 5:30pm
Sunday: 9am, 11am

San Marcos Escondido Campus: 1451 Montiel Rd., Escondido CA 92026
Office Hours: 9am–4pm, Monday–Thursday
Service Times:
Sunday: 7:30am, 9am, 11am, and 5pm

Ramona Campus:
Midweek Campus/Church Offices: 1710 Montecito Rd., Ramona CA 92065
Office Hours: Call to check
Weekend Services: Ramona High School, 1401 Hanson Ln., Ramona CA 92065
Service Times: Sunday 8:30am and 10:30am

Rancho Bernardo Campus:
Midweek Office/Campus: 12245 World Trade Dr. Ste G. San Diego 92128
Office Hours: Monday–Thursday, 9am–3pm
Weekend Services: Performing Art Center at Rancho Bernardo High School
13010 Paseo Lucido, San Diego, CA 92128
Service Times: Sunday 10am

Pauma Valley Campus

32077 Community Church Drive, Pauma Valley, 92061

Office Hours: 9am–12pm, Monday & Wednesday, Thursday 9am–4pm

Service Times: Sundays 9:30am

Beyond San Diego County

North Coast has several alternate locations where you can attend a service and watch the message. Questions, contact Trent Jenkins at trent@northcoastchurch.com



NORTH COAST
CHURCH

NORTHCOASTCHURCH.COM