

SAN DIEGO COUNTY

Access and Crisis Line

Hotline

Monday-Sunday; 24 hours a day, 7 days a week

(888) 724-7240

<https://www.optumsandiego.com/content/sandiego/en/access---crisis-line.html>

Information: Open 24/7 for those struggling with mental health challenges during this time.

Affordable Housing Resource Guide

Homeless Resources

Monday-Friday; 7 AM-6 PM

1122 Broadway, Suite 300, San Diego, CA 92101

(619) 231-9400

<https://my211.force.com/s/service/a1j41000000fAauAAE/affordable-housing-resource-guide>

Information: Provide information about affordable housing and emergency shelters.

Assurance Wireless

Technology/WiFi Aid

Monday-Sunday; 5 AM-8 PM

(888) 321-5880

<https://my211.force.com/s/service/a1j2M000003T0MwQAK/assurance-wireless>.

AT&T

Technology/WiFi Aid

Monday-Saturday; 5 AM-7 PM (Monday-Friday); 5 AM-2 PM (Saturday)

(855) 220-5211

<https://www.att.com/shop/internet/access/#!/#%2F>

Information: AT&T is temporarily offering 2 free months of access to new users.

Basic Needs Emergency Assistance

Financial Assistance

Monday-Friday; 9 AM-5 PM

4560 Alvarado Canyon Rd., Suite 2G, San Diego, CA 92120

(760) 505-6647

Information: Assist the community by providing financial support in emergency situations.

Boys and Girls Club of Vista

On-Going Food Distribution

11 AM - 1 PM

1370 Oak Dr. W California Ave., Vista, CA 92083

Information: Any student age 2 to 18 can go to any school site providing meals between 11am-1pm and receive food during this period of school closure

Business Relief and Support

Financial Assistance

24 hours a day, 7 days a week

<https://www.sandiego.gov/economic-development/resources/relief>

Information: Provide financial assistance through grants and loans to small businesses.

CalWORKs Educational Support - Grossmont College

Financial Assistance

Monday-Friday; 8 AM-6 PM (Monday & Tuesday); 8 AM-5 PM (Wednesday & Thursday); 8 AM-1 PM (Friday)

8800 Grossmont College Dr., Bldg. 38-E, El Cajon, CA 92020

(619) 644-7552

<https://my211.force.com/s/service/a1j41000000fBCGAA2/calworks-educational-support-grossmont-college>

Information: Provide services to CalWORKS recipients.

Child Care Development - Fallbrook

Childcare Services

Monday-Friday; 6:30 AM-5 PM

320 Iowa St., Fallbrook, CA 92028

(760) 728-5402

<https://my211.force.com/s/service/a1j41000000fAqNAAU/child-care-development-fallbrook>.

Information: This resource provides child care services and offers health, nutrition, social development assistance.

Child Development Center, Escondido, Oakhill

Childcare Services

Monday-Friday; 8 AM-5 PM

1317 Oak Hill Dr., Escondido, CA 92027

(760) 739-9195

<https://www.sdnccs.org/preschool>

Information: Offer free to low cost part time preschool programs to children 3-5 years of age.

Chula Vista Adult School

Childcare Services

Monday-Thursday & Friday; 7 AM-9:30 PM (Monday-Thursday) & 7 AM-2:45 PM (Friday)

1034 Fourth Ave., Chula Vista, CA 91911

<https://my211.force.com/s/service/a1j41000000fAK9AAM/teen-parent-chula-vista-adult-school>

Information: They provide assistance with a program that allows pregnant adolescents to continue their education.

City of San Diego Eviction Ban

Legal Aid

Monday - Sunday; 24 hours a day

<https://my211.force.com/s/service/a1j3h000000LESzAAO/covid19-city-of-san-diego-eviction-ban>

Information: Eviction ban aid

College Apps Academy - City Heights

Monday-Friday; 9 AM-3 PM

3910 University Ave., Suite 300-RC, San Diego, CA 92105

(619) 516-2222

<https://realitychangers.org/blog/2020/03/reality-changers-covid-19-response/>

Information: Offer counseling and guidance to 12th grade students during college applications.

Connect2Compete

Technology/WiFi Aid

Monday-Saturday; 6 AM-8 PM (Monday-Friday); 6 AM-6 PM (Saturday)

5651 Copley Dr., San Diego, CA 92111

(855) 222-3252

<https://www.cox.com/residential/support/coronavirus-response.html?camcode=tnt-home-alert>.

Information: Help families in need to receive free internet for 60 days and \$9.95 after per month after the initial 60 days.

COVID-19 Business Information

Financial Assistance

24 hours a day, 7 days a week

<https://my211.force.com/s/service/a1j3h000000LDuv/covid19-business-information>.

Information: Help with financial and technical assistance for small businesses.

Default and Foreclosure Prevention Counseling

Financial Assistance

Monday-Saturday; 5 AM-7:30 PM (Monday-Friday); 6 AM-5 PM (Saturday)

3530 Camino Del Rio N., Suite 110, San Diego, CA 92108

(866) 472-4557

<https://my211.force.com/s/service/a1j41000000fAgkAAE/default-and-foreclosure-prevention-counseling>.

Information: Assist with housing counselors who advise homeowners with delinquent mortgage or conventional mortgage.

Diaper Distribution Site

Childcare Services

3293 Santo Rd., San Diego, CA 92124

(858) 751-5755

Information: Provides diapers for families with infants and children.

805 Docufund

Financial Assistance

(805) 673-2068 or (805) 673-2537

<https://805undocufund.org>

Information: Economic assistance for undocumented individuals and/or families that have been impacted by disasters, currently with a focus on COVID-19. Point of contact: Natalie or Beatriz, to volunteer, email aldo@futureleaders.org or sign up on the website provided.

Early Care and Education Full Day Centers/Vista Child Development Center

Childcare Services

Monday-Friday; 6:30 AM-6 PM

410 W. California Ave., Vista, CA 92083

(760) 726-2530

<https://www.educ-enrichment.org/north-county/>

Information: Provide subsidized childcare and education for low income families.

Emergency Food Assistance Program (EFAP)

- **Bethlehem Food Pantry**

Food Distribution

Monday & Tuesday; 9-11 AM

772 S. Johnson Ave., El Cajon, CA 92020

(619) 442-9491

Information: Hand out diapers and food. The name of their representative is Daniel Elanore.

- **Christian Credit Counselors**

Food Distribution

Monday-Friday; 8:00 AM- 4 PM

5838 Edison Pl., Suite 130, Carlsbad, CA 92008

(800) 377-4469

<https://my211.force.com/s/service/a1j41000000fBRHAA2/emergency-food-assistance-program-efap-christian-credit-counselors>

Information: No documents required. First come, first served.

- **The Movement Church**

Food Distribution

Monday before the 3rd Tuesday of the month; 2-3:30 PM

1609 Capalina Rd., San Marcos, CA 92069

(860) 350-3663

Faith Lutheran Church of Vista

On-Going Food Distribution

2nd & 4th Friday of each month; 3-4:30 PM

700 E. Bobier Dr., Vista, CA 92084

Family Resource Center - San Diego Kroc Center

Childcare Services

Monday-Friday; 8 AM-12 PM & 1 PM-4:30 PM

6605 University Ave., San Diego, CA 92115

(619) 269-1430

<https://my211.force.com/s/service/a1j41000000fA32AAE/family-resource-center-san-diego-kroc-center>

Information: Provide food boxes, hygiene kits, diaper/wipes and formula. Closed for the month of December.

Family Services, Escondido Corps

Food Distribution

Monday, Wednesday, Friday; 9 AM-2 PM

1301 Las Villas Way, Escondido, CA 92026

(760) 745- 8685

Information: Offering Salvation Army Meals to students in need. This is a pre-packed 5 days of breakfast and lunch items. Also have some food, homeless and hygiene items.

Financial Counseling and Coaching Program for Families

Financial Assistance

Monday-Friday; 9 AM-6 PM

5660 Copley Dr., San Diego, CA 92111

(858) 285-0474

<http://www.neighborhoodhouse.org/#sthash.24pMJaKa.ZmD3Z7go.dpbs>

Information: This resource helps families through coaching in financial education.

Financial Management Services, Gateway Village Branch

Financial Assistance

Monday - Friday; 7:30 AM - 4:30 PM

3207 Rosecrans Pl., San Diego, CA 92110

(619)556-7404

<https://sandiego.navylifesw.com/programs/3e6ff518-d6b6-49cc-9d55-183db24d2b00>

Financial Management Services - Naval Base San Diego

Financial Assistance

Monday- Friday; 7:30 AM-4:30 PM

3005 Corbina Aly, Suite 1, Building 259 & 263, San Diego, CA 92136

<https://my211.force.com/s/service/a1j41000000fBULAA2/financial-management-services-naval-base-san-diego>

Information: Provide financial counseling and conduct workshops on, for example, basic money management, budgeting, and savings.

Grace Presbyterian 1

On-Going Food Distribution

Intake hours: Pre-bagged meals to go: 5:00 PM, Tuesdays Distribution: 8-9:30 AM, Wednesdays 8-11 AM, Friday

1450 E Vista Way, Vista, CA 92084

(760) 724-0077

Information: Call beforehand.

Grapevine Elementary

On-Going Food Distribution

11 AM - 1 PM

630 Grapevine Dr., Vista, CA 92083

Information: Any student age 2 to 18 can go to any school site providing meals between 11am-1pm and receive food during this period of school closure

Home Delivered Meals

On-Going Food Distribution

4021 Goldfinch St., San Diego, CA 92103

(619) 297-7373

Information: Deliver meals to the homes of people with AIDS.

Hope Inc.

Food Distribution

Tuesdays; 9 AM-12 PM

2701 E 8th St., National City, CA 91950

(619) 267-8990

<https://my211.force.com/s/service/a1j41000000f9xfAAA/food-distribution>

Information: Food distribution to the community.

Housing Program

Legal Aid

Monday-Friday; 8:30 AM-2:30 PM

3450 Bonita Rd., Suite 201, San Diego, CA 91910

(619) 946-4333

<https://my211.force.com/s/service/a1j41000000fB5nAAE/housing-program>.

Information: Offer workshops for first time homebuyers.

Imperial Valley Housing Authority

Homeless Resources

Monday-Friday; 8 AM-5 PM

690 Adams Ave., El Centro, CA 92243

(760) 351-7000

<https://my211.force.com/s/a/0014100000aV5IhAAK/imperial-valley-housing-authority>

Information: They assist with affordable housing solutions to low income residents. Their representative is Robert Palacio

Interfaith Community Services

Homeless Resources

Monday-Friday; 8-11AM & 1-3 PM

550 W. Washington Ave., Escondido, CA 92025

(760) 489-6380

Information: Distribute food, hygiene products, and diapers.

Jacobs and Cushman - San Diego Food Bank

Food Distribution

Monday-Friday; 8 AM-12 PM & 1-3 PM

(866) 350-3663

Low Income Home Energy Assistance Program (LIHEAP)

Financial Assistance

Monday-Friday; 8-11:50 AM & 1-4:50 PM

(866) 675-6623

<https://www.csd.ca.gov/Pages/LIHEAPProgram.aspx>

Information: Provide assistance with utility bill and energy education.

Meals on Wheels - San Diego County

On-Going Food Distribution

270 F St., Suite 22, Chula Vista, CA 91910

(619) 420-2782

Information: Delivers two meals a day to seniors.

Migrant Office

Financial Assistance

Monday-Friday; 9 AM-5 PM (Monday-Thursday); 9 AM-12 PM (Friday)

640 Civic Center Dr., Suite 108, Vista, CA 92084

(760) 966-0511

<http://www.crla.org>

Information: Assist by providing community education and programs to low income workers.

Ministerio Tiempo Nuevo and Interfaith Community Services

On-Going Food Distribution

Saturdays; 5:30 AM-10:30 AM

1703 East Valley Parkway, Escondido, CA 92027

(760) 270-0902

Information: Food bank distributor.

Minority Small Business

Financial Assistance

Monday-Friday; 8:00 AM - 4:30 PM

550 W C ST, Suite 550, San Diego, CA 92101

(619) 557-7250

<https://www.sba.gov/offices/district/ca/san-diego>

Monthly Emergency Food Assistance

Food Distribution

Monday-Friday; 8:30 AM-12:30 PM

650 2nd St., Encinitas, CA 92024

Information: Documents required: Intake/Application Form. Provide assistance with food pantry- possibly provide travel assistance, donate clothes, housing assistant- rental assistance (only to Encinitas residents). Their representative is Cesar Hernandez.

Neighbor to Neighbor, Oceanside Corps

Financial Assistance

Tuesday-Thursday; 8-11 AM

3925 Lake Blvd., Oceanside, CA 92056

(760) 631-8212

<https://my211.force.com/s/service/a1j41000000fA35AAE/neighbor-to-neighbor-oceanside-corps>

Information: Assist those who are unable to pay their energy bills.

North County San Diego

On-Going Food Distribution

11 AM-1 PM

- **Boys and Girls Club of Vista**
1370 Oak Dr. W California Ave., Vista, CA 92083
- **Carlsbad High School**
3557 Lancer Way, Carlsbad, CA 92008
- **Foothill Oak Elementary**
1370 Oak Dr., Vista, CA 92084
- **Grapevine Elementary**
630 Grapevine Dr., Vista, CA 92083
- **Knob Hill Elementary School**
1825 Knob Hill Rd., San Marcos, CA 92069
- **La Costa Meadows Elementary**
6889 El Fuerte St., Carlsbad, CA 92009
- **La Mirada Academy K8**
3697 La Mirada Dr., San Marcos, CA 92078
- **Rancho Buena Vista High School**
Longhorn Dr., Vista, CA 92081
- **Richland Elementary School**
910 Borden Rd., San Marcos, CA 92069
- **San Elijo Elementary School**
1615 Schoolhouse Way, San Marcos, CA 92078
- **San Luis Rey Elementary**
3535 Hacienda Dr., Oceanside, CA 92054
- **Scholarship Prep Oceanside**
4070 Mission Ave., Oceanside, CA 92057
- **Vista High School**
1 Panther Way, Vista, CA 92084

Information: Any student age 2 to 18 can go to any school site providing meals between 11 AM and 1 PM and receive food during this period of school closure.

North Star Assertive Community Treatment

Wellness/Mental Health

Monday-Friday; 9 AM-4:30 PM

474 West Vermont Ave., Suite 104, Escondido, CA 92025

(760) 432-9884

<https://www.mhsinc.org/listing/north-star-act-2/>

Information: Provide case management and outpatient rehabilitation services.

Office of Military and Veterans Affairs - Oceanside Office

Wellness/Mental Health

Monday-Friday; 8 AM-12 PM & 1 PM-4 PM

1300 Rancho Del Oro Rd., Oceanside, CA 92056

(760) 643-2049

<http://www.sandiegocountyveterans.com>

Information: Provide benefits such as counseling and information about public assistance programs to veterans.

Ombudsperson, Community Services Liaison

Legal Aid

Monday-Friday (closed every other Friday); 7 AM-6 PM

1122 Broadway Suite 300, San Diego, CA 92101

(619) 578-7553

<https://www.sdhc.org/about-us/contact-us/ombudsperson/>.

Information: Serve as advisors for clients experiencing problems with the agency. Their representative is Shantilay Reed.

Pre-Purchase Education and Counseling and Foreclosure Prevention

Legal Aid

Monday-Friday; 8 AM-5 PM

1031 25th St., San Diego, CA 92102

<http://www.upacsd.com/index.php/services-2/housing-counseling>.

Information: The representative is Huan Le. Assist low income/moderate income individuals in home buyer awareness and offer foreclosure prevention education and counseling.

Residential and Community Services

Monday-Friday & online; 9 AM-5 PM

Residential Services; 2 PM-6:30 PM & Senior Resident Services; 10 AM-2:30 PM

16935 W. Bernardo Dr., Suite 238, San Diego, CA 92127

(858) 675-0506

<https://pacificsouthwest.wixsite.com/pswcdc/our-covid-19-response>

San Diego County

Financial Assistance

<http://www.123formbuilder.com/form-5359477/form>

Information: Provide grants up to \$500 to immigrant families who have lost all or part of their income.

San Diego Food Bank (Virtual Food Drive)

On-Going Food Distribution

San Diego, CA

<https://www.fooddriveonline.org/sandiegofoodbank/index.php?s=covid19response>

San Diego Zoo

kids <https://kids.sandiegozoo.org/>

San Dieguito Academy

On-Going Food Distribution

11 AM - 1PM

800 Santa Fe Rd, Encinitas, CA 92024

Information: Any student age 2 to 18 can go to any school site providing meals between 11am-1pm and receive food during this period of school closure

San Marcos High School

On-Going Food Distribution

11 AM - 1 PM

1615 W San Marcos Blvd., San Marcos, CA 92078

Information: Any student age 2 to 18 can go to any school site providing meals between 11am-1pm and receive food during this period of school closure

San Marcos Middle School

Food Distribution

11 AM - 1 PM

650 W Mission Rd., San Marcos, CA 92069

Information: Any student age 2 to 18 can go to any school site providing meals between 11am-1pm and receive food during this period of school closure

Section 8 Housing Choice Voucher Rental Assistance and SDHC Managed Units

Homeless Resources

1122 Broadway, Suite 300, San Diego, CA 92101

(619) 578-7777

<https://www.sdhc.org/about-us/contact-us/>.

Information: They provide rental assistance to those with low income

Section 8 Rental Assistance Program

Homeless Resources

- **El Centro Program**

1690 Adams Ave., El Centro, CA 92243

(760) 337-7500

<https://www.ivha.org/housing-programs/>

- **Encinitas Program**

Monday-Friday; 8 AM-5 PM

505 S. Vulcan Ave., Encinitas, CA 92024

<https://my211.force.com/s/service/a1j41000000fB3dAAE/section-8-rental-assistance-program>

Information: Provide assistance to low income families to find affordable and adequate housing.

Senior Options Advocacy and Referral (SOAR)

Disability Services

Monday-Friday; 8 AM-5 PM

5560 Overland Ave., San Diego, CA 92123

Information: Provide assistance with developing a care plan to seniors to remain as independent as possible instead of being institutionalized.

Senior Food Program

- **Carlsbad Community Center**
On-Going Food Distribution
2nd Monday of the month; 1-2 PM
3368 Eureka Pl., Carlsbad, CA 92008
(866) 350-3663
- **Warner Springs Community Resource Center**
On-Going Food Distribution
3rd Tuesday of the month; 8-10 AM
30950 Hwy 79, Warner Springs, CA 92086
(866) 350-3663

Small Business Finance Center

Financial Assistance

24 hours a day, 7 days a week

<https://my211.force.com/s/service/a1j3h000000Cv0PAAS/small-business-finance-center>

Information: Provide loan programs for small businesses.

Standup for Kids - San Diego

Homeless Resources

Monday-Friday; 8 AM-6 PM

San Diego, CA

(619) 237-5437

<https://my211.force.com/s/service/a1j41000000fBFRAA2/standup-for-kids-san-diego>.

Information: Assist with resources and services to homeless youth.

Supported Employment Program

Disability Services

Monday-Friday; 8 AM-5 PM

1214 W. State St., Suite A, El Centro, CA 92243

(760) 353-1350

<https://www.dor.ca.gov/Home/VocationalRehabilitation>

Information: Provide employment services to people with disabilities.

Teen Recovery Center - North Inland

Wellness/Mental Health

Monday-Friday; 9 AM-6 PM

340 Rancheros Dr., Suite 166, San Marcos, CA 92069

(760) 744-3672

<https://www.mhsinc.org/listing/teen-recovery-center-north-inland-2/>

Information: Provide services to adolescents experiencing substance abuse.

Tenant Help

- **Legal Aid Society of San Diego**

Homeless Resources

Monday-Friday; 9 AM-5 PM

110 Euclid Ave., San Diego, CA 92114

(877) 534-2524

<https://www.lassd.org>

Information: Provide free counseling or advice to people with housing questions.

- **Tenant Help - North Central Office**

Legal Aid

Monday-Friday & online; 9 AM-5 PM

1764 San Diego Ave., Suite 200, San Diego, CA 92110

(844) 449-3500

<https://my211.force.com/s/service/a1j41000000f9qiAAA/tenant-help-north-central-office>

Information: Provide counseling, advice, and/or representation in court to people who are, for example, facing eviction. Representative: Greg Knoll.

- **Tenant Help - North County Office**

Homeless Resources

216 S. Tremont St., Oceanside, CA 92054

<https://www.lassd.org>

Information: Provide help with housing questions.

To Go Meals (Various Sites)

Food Distribution

- **Central Elementary**
122 W. Fourth Ave.
- **Del Dios Academy**
1400 W. Ninth Ave.
- **Mission Middle School**
939 E. Mission Ave.
- **Farr Elementary**
933 Farr Ave.
- **Glen View Elementary**
2201 E. Mission Ave.
- **Juniper Elementary**
1809 S. Juniper St.
- **Oak Hill Elementary**
1820 Oak Hill Drive
- **Rock Springs Elementary**
1155 Deodar Road
- **Escondido High School**
535 N. Broadway
- **Orange Glen High School**
2200 Glenridge Road
- **San Pasqual High School**
3300 Bear Valley Parkway

(760)432-2400

<https://eusd.org/covid/free-to-go-meals>.

Information: This resource provides breakfast and lunch to anyone under the age of 18.

Transportation Referral Service

Disability Services

516 Civic Center Dr., Oceanside, CA 92504

(888) 924-3228

Information: Offers free transportation for any essential needs.

Veterans Affairs Office - Miramar College

Wellness/Mental Health

Monday-Friday; 8 AM-7 PM (Monday/Tuesday); 8 AM-6 PM (Wednesday/Thursday); 8 AM-3 PM (Friday)

10440 Black Mountain Rd., San Diego, CA 92126

(858) 388-7862

<http://www.sdmiramar.edu/campus/veterans>

Information: Provide counseling and guidance to veterans in selection of educational programs.

YMCA Childcare

- **YMCA Childcare Services**

3333 Camino Del Rio S. Suite 400, San Diego, CA 92108

(619) 521-3055

Information: Provides childcare for eligible workers in San Diego.

- **YMCA Childcare Resource Service Respite Unit**

Monday-Friday; 8 AM-5 PM

3333 Camino Del Rio S. Suite 400, San Diego, CA 92108

(619) 521-3055 ext. 1435

<https://www.ymcasd.org/community-support/childcare-resource-service/family-resources/special-needs-care>

Information: Assist families with short-time care relief for children with developmental disabilities.