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/#!/#/F
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/a1j41000000fAqNAU/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
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
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
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: Provides 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  
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  
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/0014100000aV5hAAK/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

San Diego County
Financial Assistance
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
San Diego Zoo
kids [https://kids.sandiegozoo.org/](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/](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/](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](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
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
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.