

Name of Org	Hours	Contact	Phone	Email	City	Address	Food	Shelter	Beds	Showers?	Services	Affiliation	Targeted Population	Website
Affordable Childcare														
Boys and Girls Club (Escondido)	7am-6:00pm M-F	Olga Camacho and Giselle Flores	(760) 746-3315 ext 217 and 219		Escondido	115 W. Woodward Ave. Escondido, CA 92025	N/A	N/A	N/A	N/A	Licensed care for infants and toddlers / After school program for K-8th graders. Main fee \$60.00 but extra charges may apply	Nonprofit/Funded through the state	Infants and toddlers.	www.sdyouth.org
Boys and Girls Club (San Marcos)			(760) 471-2490		San Marcos	1 Positive Pl. San Marcos, CA 92069	N/A	N/A	N/A	N/A	After school program only. Accepts children ages 6 years old (and in 1st grade) up to 18 years old. Please call for additional services & fees	Nonprofit/Funded through the state	Youth ages 6-18 years old	www.boysgirlsclubsm.org
Child Protective Services (CPS)	24hours/7days a week		1 (800) 344-6000		San Diego County	County of San Diego 1600 Pacific Highway, Room 206 San Diego, CA 92101	N/A	N/A	N/A	N/A	24-Hour Hotline to report child abuse, molestation, and neglect			www.sandiegocounty.gov
Escondido Community Child Development Center -Lorraine H. Boyce Child Development Center	8AM – 4PM Monday through Friday	Marcela Johnston	(760) 745-9215		Escondido	819 W. 9th Ave. Escondido, CA 92025	N/A	N/A	N/A	N/A	Subsidized child care based on family size and family income. Accepts infants and children ages 4 months-5years old.	Non-profit	Infants and children ages 4 months-5years old.	www.eccdc.com
Escondido Community Child Development Center -Ruth E. Clothier Child Development Center	8AM – 4PM Monday through Friday	Monique Gapuz	(760) 839-9330		Escondido	613 E. Lincoln Ave. Escondido, CA 92026	N/A	N/A	N/A	N/A	Subsidized child care based on family size and family income. Accepts infants and children ages 4 months-5years old.	Non-profit	Infants and children ages 4 months-5years old.	www.eccdc.com
Growing Minds Early Education Program	9:00am - 5:00pm		(760) 471-5483		San Marcos	1557 Grand Ave, Suite C San Marcos, CA 92078	N/A	N/A	N/A	N/A	Affordable childcare based on income and need for children ages 3-5.	Non-profit	Children 3-5 years old.	www.sdncs.org
MAAC Project	Monday through Friday, between 8:00AM - 5:00PM		(760) 489-0233		Escondido	1300 N. Escondido Blvd. Escondido, CA 92026	N/A	N/A	N/A	N/A	Offers early childhood education for low-income infants and children ages 0-5. Fees are based on income.		Infants and children ages 0-5.	www.maacproject.org

Palomar College Early Childhood Education Lab School (San Marcos)	7:00 AM- 5:45 PM M-F	Rene Robelin	(760) 744-1150 ext. 2575	rrobelin@palomar.edu	San Marcos	1140 West Mission Rd. San Marcos, CA 92069	N/A	N/A	N/A	N/A	For children ages 18months through Pre-kindergarten. Subsidized services are provided to the children of Palomar College students, faculty, staff, and to the children of any family in the community. Fees are based on need, family size, and income. If interested please fill out an on-line Wait List Application.	Non-profit, YMCA,	Children 18months-Kindergarten	www.palomar.edu/ecelabschool
Palomar College Early Childhood Education Lab School (Escondido)	8:00 AM - 4:00 PM M-F	Lisa Casas	(760) 744-1150 ext. 8155	lcasas@palomar.edu	Escondido	1951 E. Valley Parkway, Escondido, CA 92027	N/A	N/A	N/A	N/A	For children ages 3-5 years. Subsidized services are provided to the children of Palomar College students, faculty, staff, and to any family in the community. Fees are based on need, family size, and income. If interested please fill out an on-line Wait List Application.	Non-profit	Children ages 3-5 years old.	www.palomar.edu/ecelabschool
YMCA (Escondido)	7:45am-12:00pm, 3:45pm-7:30pm (Monday-Friday), 7:45am-1:00pm (Saturday), Closed on Sundays		760) 745-7490		Escondido	1050 N. Broadway, Escondido, CA 92026	N/A	N/A	N/A	N/A	We offer preschool, early-learning readiness, and before-and-after-school programs for each stage of your child's development and more.	Non-profit	For children grades Kindergarten through Middle School.	https://www.ymca.org/locations/palomar-family-ymca
Counseling Services														
Deaf Community Services of San Diego, Inc.	8:30am-5:00pm M-F		(619) 398-2441 (619) 368-2440 TTY for hearing impaired	info@dcsfisd.org	San Diego County	1545 Hotel Circle South, Suite 300 San Diego, CA 92108	N/A	N/A	N/A	N/A	Counseling and interpreting services available for the deaf and hard of hearing. Medi-Cal and Medicare accepted. Languages: American Sign Language	Non-profit	Individuals who are deaf and hard of hearing.	www.deafcommunityservices.org
Exodus Recovery, Inc.	Monday through Friday 8:00 a.m. to 4:00 p.m.	Tina Klotz	(760) 796-7760		Escondido	1520 South Escondido Blvd. Escondido, CA 92025	N/A	N/A	N/A	N/A	Provides walk-in mental health services to individuals. Services include crisis intervention, medication, case management, and resource referrals to other mental health agencies for ongoing services. No private insurance.		Adults with a mental health crisis or urgent need for mental health services.	www.exodusrecovery.com
Exodus Recovery, Inc.	Monday through Friday 9:00 a.m. to 4:30 p.m.	Blair Ibarra	(760) 758-1150		Vista	524 W. Vista Way Vista, CA 92083	N/A	N/A	N/A	N/A	Provides walk-in mental health services to individuals. Services include crisis intervention, medication, case management, and resource referrals to other mental health agencies for ongoing services. No private insurance.		Adults with a mental health crisis or urgent need for mental health services.	www.exodusrecovery.com
Mental Health Systems (MHS)	8:00 am-5:00 pm Monday-Friday		(760) 747-3424	contact@mhsinc.org	North Inland and Coastal Regions of San Diego County	125 W. Mission Ave. Escondido, CA 92025	N/A	N/A	N/A	N/A	Provides adults with persistent psychiatric disabilities with individual counseling, group therapy, homeless outreach, case management.	Non-profit	Severe mental illness. Spanish;Arabic;Vietnamese	www.mhsinc.org

North County Lifeline, Inc.	8:00 am-5:00 pm Monday-Thursdays; 8:00 am-2:00 pm Friday (Office)		(760) 726-4900	info@nclifeline.org	Carlsbad; Oceanside; San Marcos; Vista; San Dieguito; Fallbrook	200 Michigan Avenue Vista, CA 92084	N/A	N/A	N/A	N/A	Offers individual, family, and group counseling for emotional concerns, relationship issues, family conflict, and substance abuse. Spanish speaking.	Non-profit	Medi-Cal and private insurance accepted.	www.nclifeline.org
Palomar Family Counseling	8:30 am-5:00 pm Monday-Friday		(760) 741-2660		Bonsall; Carlsbad; Escondido; Fallbrook; Oceanside; Poway; Ramona; San Marcos; Valley Center; Vista; Miramar; San Dieguito;	1002 East Grand Ave. Escondido, CA 92025	N/A	N/A	N/A	N/A	Individual, family, couples, and group counseling. Play therapy for children. Offers support groups and parenting classes, anger management, domestic violence, and youth issues.	Non-profit	Sliding scale based on family size and income. Spanish speaking.	www.palomarfamilycounseling.com
Education and Training														
Center for Employment Training- San Diego	M-F: 8:00am-5:00pm		(619) 527-4895		San Diego County	4153 Market Street C, San Diego, CA 92102	N/A	N/A	N/A	N/A	CET has certificate programs including medical assistance, welding, and green building construction.	Council of Occupational Education.	Anyone	www.cetweb.org
Deaf Community Services, Inc. - Employment Development Dept. (San Diego)	8:30am-5:pm M-F		Voice: (619) 266-4270 Video Phone: (619) 550-3399 or (619) 550-3388	info@dcsosfd.org	San Diego County	4389 Imperial Avenue, San Diego, CA 92113	N/A	N/A	N/A	N/A	Provides job search and development, resume writing, support groups and interpreting for interviews. No fees. American Sign Language.	Non-profit	Deaf, hard-of-hearing, and late-deafened children and adults	www.deafcommunityservices.org
Deaf Community Services, Inc. - Employment Development Dept. (Oceanside)	8:30am-5:00pm M-F		Voice: (760) 414-3529 Video Phone: (760) 230-5440 or (760) 230-5441	info@dcsosfd.org	San Diego County	1949 Avenida Del Oro, Suite 106, Oceanside, CA 92056	N/A	N/A	N/A	N/A	Provides job search and development, resume writing, support groups and interpreting for interviews. No fees. American Sign Language.	Non-profit	Deaf, hard-of-hearing, and late-deafened children and adults	www.deafcommunityservices.org
Escondido Adult School	9:00am-8:30pm M-Th and 8:00am-2:00pm F		(760) 739-7300		Escondido	220 W. Crest St., Escondido, CA 92025	N/A	N/A	N/A	N/A	ESL classes, GED/HiSet, HS Diploma, and Career Technical Education. Morning and evening classes. ESL and Academic Advising available.	State of California, Western Association of Schools and Colleges (WASC).	Anyone 18 years old and up	www.eusd.org
McKinney Vento	7:30am-5:00pm M-F	Omar Ivan Zavalza	(760) 432-2469	ozavalza@eusd.org	Escondido	1029 N. Broadway, Suite A-8 Escondido, CA 92026	N/A	N/A	N/A	N/A	Designed to help homeless families enroll their children into school (k-8). This program also provides families information to get food assistance, bus passes, and clothing. For high school students, please speak with the school counselor.	Escondido Union School District	Homeless youth and their families	https://eusd.org/
San Marcos Adult School			(760) 290-2550		San Marcos	158 Cassou Road San Marcos, CA 92069	N/A	N/A	N/A	N/A	Offers a high school diploma program and GED preparation. The program is conducted at Twin Oaks High School.		Anyone 18 years old and up	www.smusd.org
Second Chance Program	8:00am-5:00pm M-F	Deb Furlong	(619) 234-8888	dfurlong@secondchanceprogram.org	San Diego County	6145 Imperial Avenue San Diego, CA 92114	N/A	N/A	N/A	N/A	Designed to help with the transition into the community after prison. Provides GED preparation. Offers a four-week readiness training, job search assistance, job placement assistance and post-placement services to lead to permanent employment and self-sufficiency. Please call for eligibility screening.	Non-profit	Reentry programs are designed to assist incarcerated individuals with a successful transition to their community.	www.secondchanceprogram.org

Vista Adult School	Monday - Thursday, 8 am - 9 pm. Friday, 8am-3:30pm and Saturday, 8am-12Noon		(760) 758-7122		Vista	510 Sunset Drive, Vista CA, 92081	N/A	N/A	N/A	N/A	GED-Hiset (English and Spanish), business education certificated programs, culinary arts programs, medical occupation classes, bookkeeping/ accounting, information and technology, and exercise classes. Please call or visit their website to inquire about fees and locations.		Anyone 18 years old and up	www.vistaadultschool.org
Food Assistance														
Bread of Life Rescue Mission	Varies (see 'services')	Pastor Alan Lauer	760-722-0800	bolrescue@gmail.com	Oceanside	1919 Apple Street, Suite M, Oceanside, California 92054	Yes	Yes	50 beds (32 for men & 18 for women) from Dec 1 through Mar 31. Waitlist for shelter opens in Nov.		Soup kitchen and free clothing 6 nights per week 4:30pm-6:30pm. Food Pantry 9am-12pm (M, W, F). Parking lot food distribution 3pm-5pm (1st Tuesday & last Thursday of the month).	Non-Profit	Everyone	www.bolrescue.org
Brother Benno's	M-F 6:30am-1:00pm (specific times for each resource - see 'services')		(760) 439-1244		San Diego North County	3260 Production Ave Oceanside, CA 92058	Yes	N/A	N/A	Yes	Hot meal and sack lunches provided daily. Families with children, senior citizens, and the disabled are eligible to receive one or more family boxes (depending on size of household) once a month.	Non-profit	homeless and low income	www.brotherbenno.org
Buckheart Ranch	1st,3rd,5th Fridays of the month at 4pm	July Dilts	(760) 738-8878		Escondido	16881 Old Survey Road, Escondido, CA 92025	Yes	N/A	N/A	N/A	Emergency food assistance.	Non-profit, North County Food Bank	Anyone in need.	http://sandiegofoodbank.org/northcounty/
Cal Fresh	7am-4:30pm M-F	Maria Lewis Maritza Guardian	1-858-527-1419	mlewis@sandiegofoodbank.org mguardian@sandiegofoodbank.org	San Diego County	Miramar	Yes	N/A	N/A	N/A	Cal Fresh, EBT application assistance.	State	Low-income families	http://sandiegofoodbank.org/programs/CalFresh/
Catholic Charities-Emergency Food Assistance Program (EFAP)	9:00 am-12:00 pm and 1:00 pm-4:00 pm Tuesday-Saturday. Closed 1st Thursday of the month.		(760) 631-2819		North Coastal and North Inland areas	917 E. Vista Way, Vista, CA 92084	Yes	N/A	N/A	N/A	Provides emergency food assistance to low-income individuals and families. Picture ID required for all family members only on first initial intake meeting.	Religious/Non-profit	Low-income individuals and families in the North County.	www.ccdsd.org
Circle of Care	11:30am Mon, Tue, Thurs	Chuck and Terri Keim	(951) 973-3582	terri@circleofcareministries.org	Temecula	26090 Ynez Road Temecula, CA 92591	Yes	N/A	N/A	N/A	Food distribution	Non-profit	homeless/ low income	http://www.circleofcareministries.org/
Community Lutheran Church Oceanside	3rd Sat of the month, 9:30am-10:30am		760-722-3337		Oceanside	4507 Mission Ave., Oceanside CA 92057	Yes	N/A	N/A	N/A	Food assistance	Religious/Feeding America	Anyone in need.	http://www.feedingamerica.org
Community Resource Center-Emergency Food Assistance Program (EFAP)	8:00 am-5:00 pm, Monday-Thursday; 8:00 am-1:00 pm, Friday		(760) 753-1156		Encinitas	650 2nd St Encinitas, CA 92024	Yes	Yes	N/A	N/A	Emergency food assistance. Cal Fresh (Food Stamps) application assistance available. Nutrition classes provided for participants who sign up.	Non-profit	Low-income individuals and families.	http://crcncc.org/
Fallbrook Food Pantry	M-F 9:30am to 12:30pm. Closed last Wednesday of the month.		(760)728-7608		Fallbrook	1042 South Mission Rd Fallbrook, CA 92088	Yes	N/A	N/A	N/A	Food assistance (food for 5-6 meals) once per week for up to four weeks with Photo ID card.	Non-profit	Low income families and individuals	http://www.fallbrookfoodpantry.org
Health and Human Services Agency, County of San Diego, North Inland Family Resource Center	7:00 am - 5:00 pm Monday thru Friday		(866) 626-9881		Escondido	649 West Mission Avenue, Escondido, CA 92025	Yes	N/A	N/A	N/A	Provides Cal Fresh benefits (Food Stamps/SNAPS) to low-income households and public assistance recipients (individuals or families) to enable them to extend their food services. Issues Cal Fresh benefits through the Electronic Benefit Transfer (EBT) cards, which are used at point-of-sale machines in local grocery stores.	County	Low-income families and individuals that meet certain income guidelines	www.sandiegocounty.gov

Interfaith Community Services - Food Assistance at Coastal Service Center	8am-10am M-F with picture ID (Closed first Friday of every month)	Veronica Blea	(760) 721-2117	vblea@interfaithservices.org	Oceanside and surrounding communities	4700 North River Road Oceanside, CA 92057	Yes	N/A	N/A	N/A	Provides emergency food assistance.	Religious/Non-profit	Homeless, low-income individuals and families.	www.interfaithservices.org
Interfaith Community Services - Food Assistance at Inland Service Center	8am-10am M-F with picture ID (Closed first Friday of every month)	Veronica Blea	(760) 489-6380	vblea@interfaithservices.org	Escondido, Ramona, Valley Center, San Marcos, Vista,	550 W. Washington Ave Escondido, CA 92025	Yes	Yes	40 beds Call to get on waitlist	Yes	Provides emergency food assistance to low-income individuals and families. Hot breakfast to the homeless and low-income in the area held from 6:30 a.m. - 7:15 a.m. every day of the week. To-go sack lunches are also provided to attendees of the morning meal.	Religious/Non-profit	Homeless, low-income individuals and families.	www.interfaithservices.org
North County Food Bank	8:00 am-11:30 am, Monday, Tuesday, Wednesday, Friday; 1:00 pm-2:00 pm, Thursday		(760) 761-1140		Vista, Oceanside, San Marcos, Encinitas, Escondido, Fallbrook, Camp Pendleton, Borrego Springs, and Valley Center	680 Rancheros Drive #100, San Marcos, CA 92069	Yes	N/A	N/A	N/A	Provides food and nonfood items to hunger relief charities throughout San Diego County.	Non-profit	Food Pantries/ Food Banks. Individual clients are eligible for one time food assistance only.	http://sandiegofoodbank.org/northcounty/
Office of Social Concerns - Mission San Luis Rey Parish	Tuesday-Saturday: 9:00 am-4:00 pm	Carmen Parra	(760) 757-3250 ext 404	(760) 547-0708	Oceanside & Camp Pendleton	4070 Mission Avenue, Oceanside, CA 92057	Yes	N/A	N/A	N/A	Provides emergency food and shelter referrals. A 4-day supply of canned food. Diapers and formula (when available). Photo ID and proof of residence required.	Religious/ Non-profit	Low-income 18 years and older.	www.sanluisparish.org
Ramona Food and Clothes Closet	M-F 9:30am-5pm		(760) 789-4458		Ramona, Santa Ysabel, Julian, Ranchita, Borrego Springs, Warner Springs and outlying rural areas.	773 Main Street, Ramona, California 92065	Yes	N/A	N/A	N/A	Emergency food boxes, clothing, toiletries for homeless individuals, and household items with referral from a church	Non-profit, in collaboration with the Jacobs and Cushman San Diego Food Bank, and the Emergency Food Assistance Program (EFAP)	Homeless, low-income, seniors.	http://www.foodandclothescloset.org/
Riverview Evangelical Free Church	2nd & 4th Monday, 10:00am-11:30am		(760) 941-1430		Bonsall	4980 Sweetgrass Lane, Bonsall, CA 92003	Yes	N/A	N/A	N/A	Food assistance for low-income individuals and families.	Religious/Feeding America	Low-income individuals and families.	http://www.feedingamerica.org/
Saint Francis Catholic Church	Office Hours 8:30 am-6:00 pm Monday-Friday		760-945-8000		Vista and surrounding communities	525 W. Vista Way, Vista, CA 92083	Yes	N/A	N/A	N/A	Offers a hot meal every Monday (5:00pm-7:00pm) to anyone in need and a sack lunch Monday-Friday (8:45am-9:30am) and Saturday (7:00am to 7:45am).	Religious/Non-profit	Serves all populations	http://www.stfrancis-vista.org/

San Diego Dream Center	2nd & 4th Tuesday of the Month; 12pm-1pm;	Peter Whittet	(760) 471-6267	peter@aare.org	San Marcos	292 E. Barham Dr., Suite 202, San Marcos, CA 92078 (At Summit Church located Outside Cal State San Marcos)	Yes	N/A	N/A	N/A	Food bank; offers food assistance to college students and the surrounding communities.	Religious/Non-profit	Everyone in need	http://www.sandiegodreamcenter.org
SonRise Christian Fellowship (Formerly Fallbrook Presbyterian Church)	1st and 3rd Tuesday of the month from 7am - 10am		(760) 728-5804		Fallbrook	463 S. Stage Coach Lane, Fallbrook, CA	Yes	N/A	N/A	N/A	Food assistance.	Religious/Feeding America	Everyone in need	https://feedingsandiego.org/
Southern CA Tribal Chairman's Association- Food Commodity Program	7:00 am-2:30 pm Monday-Friday		Main Phone (760) 749-5608		Campo, Jamul, Pala, Valley Center,	33509 Valley Center Rd Valley Center, CA 92082	Yes	N/A	N/A	N/A	Food assistance. Food Stamps and SSI recipients are not eligible.	Non-profit	Low income households living at various Indian reservations in San Diego. Must have proof of residence, be low income, and show proof of income source	https://www.sctca.net/
Temecula-Murrieta Community Pantry	M/W/F 8:30am-12pm		951-676-8022		Temecula-Murrieta	28922 Pujol St. Temecula, CA 92590	Yes	N/A	N/A	N/A	Food distribution	Non-profit	Low-income families and individuals experiencing homelessness	http://www.temeculapantry.com/
The Foundry Community Church	Tuesdays and Thursdays 11am-1pm & Wednesdays 4pm-				Escondido	120 N. Ash St. Escondido, CA 92027	Yes	N/A	N/A	N/A	Weekly food distribution to families and seniors in the area once a week	Religious/ San Diego Food Bank	Low income families, low income seniors	http://sandiegofoodbank.org/
The Movement Church	3rd Mondays at 1pm	Heidi Rogers	(760) 510-1160	heidi@themovement.org	San Marcos	1609 Capalina Rd., San Marcos, CA 92069	Yes	N/A	N/A	N/A	Emergency food assistance.	Religious/San Diego Food Bank	Anyone in need.	http://sandiegofoodbank.org/
Western Eagle Foundation Bargain Store	M-F 9am-6pm; Sat & Sun 9am-4pm		(951) 695-7206		Temecula	40940 County Center Dr., Temecula, CA 92591	Yes (discounted)	N/A	N/A	N/A	Food box (\$25.00), clothing and personal items	Non-profit	Welcomes everyone, especially single moms, senior citizens, foster homes and the unemployed	www.western-eagle.org/
Women, Infants, and Children (WIC); North County Health Services Department	M-F, some Saturdays		(888) 477-6333		San Marcos, Escondido, Valley Center, Ramona, Borrego Springs	*150 Valpreda Road, Suite 102 San Marcos, CA 92069 *649 West Mission Avenue Escondido, CA 92025 *28246 Lilac Road Valley Center, CA 92082 *1039 D Street, Ramona, CA 92065 *1315 Palm Canyon Drive, Borrego Springs, CA 92004	Yes	N/A	N/A	N/A	Offers food vouchers for nutritious foods, nutrition and breastfeeding education, and referrals for healthcare and social services agencies in the area.	Non-profit	WIC serves the following groups: pregnant women, post-partum (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications	http://www.wicprograms.org/li/nchs_wic_san_marcos
Women, Infants, and Children (WIC); San Diego State University Research Foundation	M-F, some Saturdays		(888) 999-6897		Escondido, Vista, Fallbrook	*1131 E Washington Avenue, Suite K, Escondido, CA 92025 *1000 Vale Terrace Vista, CA 92084 *1328 S. Mission Rd Fallbrook, CA 92028	Yes	N/A	N/A	N/A	Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.	Non-profit	WIC serves the following groups: pregnant women, post-partum (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications	https://sdsuwic.org/

Homeless Day Centers

San Diego Day Center, St Vincent de Paul, Father Joe's Villages (Formerly known as Neil Good Day Center)	7:00 am-3:00 pm weekdays and 6:00am-2:00pm weekends		(619) 230-7390		San Diego	299 17th Street San Diego, CA 92101 & 1501 Imperial Avenue San Diego, CA 92101	N/A	N/A	N/A	Yes	Serves homeless and at risk of homelessness adults in the City of San Diego. Services include mail distribution, laundry, storage, computer access, printer access, fax access, resume assistance, phone calls, showers, limited case management and CAHP intake.	Non-profit	homeless and low income	https://my.neighbor.org/
Homeless Shelters														
Bread of Life Rescue Mission	Varies (see 'services')	Pastor Alan Lauer	760-722-0800	bolrescue@gmail.com	Oceanside	1919 Apple Street, Suite M, Oceanside, California 92054	Yes	Yes	50 beds (32 for men & 18 for women) from Dec 1 through Mar 31. Waitlist for shelter opens in Nov.	0	Soup kitchen and free clothing 6 nights per week 4:30pm-6:30pm. Food Pantry 9am-12pm (M, W, F). Parking lot food distribution 3pm-5pm (1st Tuesday & last Thursday of the month).	Non-Profit	Everyone	www.bolrescue.org
Casa Nueva Vida, South Bay Community Services	M-F 9am-5pm		(619) 420-3620		Chula Vista	430 F Street Chula Vista, CA 91910	Yes	Yes	82	Yes	Provides temporary housing primarily for homeless families in the South Bay area. Individuals in the program are offered shelter, groceries (not prepared meals), case management, counseling, job training, child care, literacy classes, and tutoring.	Non-profit	Families and pregnant women	http://www.southbaycommunityservices.org/
Catholic Charities-La Posada de Guadalupe	Call M, W, F between 8am-10am for bed availability and to be referred for an intake appointment in the afternoon.		(760) 929-2322		San Diego County	2476 Impala Dr, Carlsbad, CA 92008	Yes	Yes	100 beds (Bed availability changes daily. First come first served)	Yes	Shelter for men. Breakfast, dinner, and bagged lunch provided. Maximum stay is 60 days. Does not accept persons who are emotionally disabled. Residents have to be clean, sober and physically independent.	Non-profit/Catholic	Men 18 years+	https://www.ccdsd.org/www.friendsolaposada.org
Catholic Charities of San Diego - Rachel's Women's Center	Intake hours are 7am-2pm M-F.		(619) 696-0873		San Diego	759 8th Ave, San Diego, CA 92101	Yes	Yes	34 beds (Please call at 11am for bed availability)	Yes	Offers bathroom, shower, lunch service, replacement clothing, alcohol/drug recovery services, mental health consultations, socialization activities, education, resources to aid in finding locations.	Non-profit/Catholic	Women 18+	https://www.ccdsd.org/
Interfaith Community Services- Inland Service Center	8am-10am M-F with picture ID (Closed first Friday of every month)	Veronica Blea	(760) 489-6380 ext. 202	vblea@interfaithservices.org	Escondido, Ramona, Valley Center, San Marcos, Vista,	550 W. Washington Ave Escondido, CA 92025	Yes	Yes	40 beds Call to get on waitlist	Yes	Case Management, employment services, food assistance, and shelter (accepts men and women).	Religious/Non-profit	Homeless, low-income individuals and families.	www.interfaithservices.org
Interfaith Community Services- Haven House	5:30pm-6:30am 7days/ week	Virgil Garduque	(760) 489-6380 ext. 274		Escondido, Ramona, Valley Center, San Marcos, Vista,	550 W. Washington Street, Escondido, CA 92025	Yes	Yes	49-beds	Yes	Shelter, hot meal, showers, case management.	Religious/Non-profit	Homeless; ID required	www.interfaithservices.org
Interfaith Community Services -Men's Shelter	8am-5pm M-F (office hours)		(760) 489-6380		Escondido, Ramona, Valley Center, San Marcos, Vista,	550 W. Washington Ave Escondido, CA 92025	Yes	Yes	6	Yes	The Men's Shelter provides temporary housing for up to six men living with mental illness. Residents have access to mental health services, life skills training, and on-site support staff.	Religious/Non-profit	Men - homeless mentally or emotionally disturbed	www.interfaithservices.org
Nueva Vida Haven Emergency Shelter,	Shelter is open 7:00 pm-7:00 am, 7 days a week. Intake M-Sunday 5:30pm - 7:30pm	Tiffany Newby	(619) 819-1844	tnewby@sdrescue.org	San Diego	120 Elm Street, San Diego, CA 92101	Yes	Yes	60	Yes	Shelter	Non-profit	women (adults) & children up to 17 years old	http://www.sdrescue.org/our-programs/emergency-shelter-for-women-and-children/
Operation Hope Vista	4:00 pm-7:30 am Monday-Friday, open 24 hours Saturday and Sunday		(760) 536-3880		Vista	859 East Vista Way, Vista, CA 92084	Yes			Yes	Provides shelter & case management to transition to housing and self-sufficiency	Non-profit	Limited to single women, or families with children, (no single men).	https://www.operationhopeshelter.org/

Storefront, Overnight & Day Shelter for Youth	24/7 for shelter and intake		(619) 325-3527			Main Office: 3255 Wing Street San Diego, CA 92110	Yes	8	Yes	Provides overnight shelter and day center for homeless youth (including pregnant teens on a case-by-case basis) and runaways. Services include family reunification, information and referral, counseling, case management, independent living and social skills development, job development, transportation assistance, food, and clothing.	Non-profit	Youth 12 to 17 years of age (Accepts males and females)	http://www.sdyouthservices.org	
Housing Assistance														
County of San Diego Department of Housing and Community Development (HUD).			(858) 694-4801		San Diego County	3989 Ruffin Road, San Diego, CA 92123	N/A	N/A	N/A	N/A	Call or visit www.sdhcd.org for an affordable housing list as well as information on rental assistance and other housing services and resource.			http://www.sandiegocounty.gov
Housing (Transitional Living)														
Casa de Amparo New Directions	9:00 am-5:00 Monday-Friday		(760) 295-4600	info@casadeamparo.org	North Coastal and North Inland areas of San Diego County.	4055 OCEANSIDE BLVD OCEANSIDE, CA 92056	Transitional Housing		Yes	Casa Kids, ages 18 to 25, who are foster and former foster youth, can participate in New Directions, a transitional housing program that equips youth with the necessary skills and resources to make a successful transition from foster care to independent living.	Non-profit	Foster and former foster youth	www.casadeamparo.org	
Centro Las Casitas			(760) 432-6878		Escondido	1820 S. Escondido Blvd, Escondido, CA 92025	N/A	Transitional Housing	Yes	Affordable transitional housing for formerly homeless families.		Rental communities serve people with disabilities, individuals with HIV or AIDS, homeless families reuniting after recovery from drug and alcohol abuse, homeless and disabled veterans, people with developmental disabilities, seniors with disabilities and victims of domestic violence.	http://chworks.org/	
Solutions for Change	M-F 8:30am-5pm		(760) 941-6545		Vista; Oceanside; Carlsbad; Encinitas; Escondido; San Marcos and Fallbrook	722 West California Avenue Vista, CA 92083	N/A	Transitional Housing	120-bed transitional housing program (Rent is 30% of income)	Yes	Affordable housing, educational opportunities, employment training and health related solutions.	Non-profit	Homeless families with children, homeless pregnant women and single fathers.	www.solutionsforchange.org
Turning Point	8:00 am-5:00 pm Monday-Friday		(760) 439-2800		All areas	4145 SWIFT AVE SAN DIEGO, CA 92104	N/A	Transitional shared apartment living.	Yes	Offers an 18-month program that provides transitional shared apartment living for homeless male and female adolescents and young adults with or without children.		Homeless, Ages 16 to 21 years. If younger than 18 years, must have proof of emancipation.	http://www.ymca.org/yfs/residential-services/turning-point-tip.html	
Immigrant and Minority Services														
Casa Cornelia Law Center	9:00 am-5:00 pm, Monday-Friday		(619) 231-7788 or 800-704-4041	lawcenter@casacornelia.org	San Diego and Imperial Counties	2760 5th Ave. Suite 200, San Diego, CA 92103	N/A	N/A	N/A	N/A	Provides legal services.	Non-profit	Immigrants, victims of domestic violence, abused children, and asylum seekers.	www.casacornelia.org
Catholic Charities Immigrant Services	9:00 am-12:00 pm and 1:00 pm-4:00 pm Monday-Friday		(760) 631-5890		San Diego County	328 Vista Villa Drive Suite D Vista, CA 92083	N/A	N/A	N/A	N/A	Provides assistance in filing apps w/ INS, family visas, permanent residence, political asylum, citizenship and re-entry permits.	Non-profit	Refugees/Entrants/Asylees. Undocumented People. Immigrants	www.ccdsd.org

Interfaith Community Services-Immigration Clinic	Mondays 3pm-5pm. First Friday of each month 1pm-5pm. Third Friday of each month 9am-1pm		(760) 489-6380	info@interfaithservices.org	North San Diego County	550 W. Washington Avenue Escondido, CA 92025	N/A	N/A	N/A	N/A	Free legal advise for people dealing with immigration issues, or need information about DACA, U-Visas, VAWA, and SJIS applications.	Non-profit	Anyone with immigration issues	www.interfaithservices.org
Jobs/Works/Day Labor														
Goodwill Employment Center-Escondido	M-F 9am-4pm		(760) 739-0600			329 W Grand Ave Escondido, CA 92025	N/A	N/A	N/A	N/A	Offers workshops, job leads, Internet job searches, and job counseling and guidance to anyone looking for a job. Free cost services.	Non-profit	Anyone	www.sdgoodwill.org/jobs/employment-centers/
Goodwill Employment Center-Oceanside	M-F 9am-4pm		(760) 722-8582			414 N. Coast Hwy., Oceanside, CA 92054	N/A	N/A	N/A	N/A	Offers workshops, job leads, Internet job searches, and job counseling and guidance to anyone looking for a job. Free cost services.	Non-profit	Anyone	www.sdgoodwill.org/jobs/employment-centers/
Hireground Personnel Services Inc.	M-F 9am-5pm		(760) 747-9944		San Diego North County	1340 W. Valley Parkway Suite 207, Escondido, CA 92029	N/A	N/A	N/A	N/A	Recruiting, Staffing and Personnel		Anyone	www.hiregrounds.us
Interfaith Community Services-Employment Services Department	9:00 am-12:00 pm and 1:00 pm-4:00 pm; Monday - Friday; Closed the first Friday of every month.		(760) 489-6380	mgoodson@interfaithservices.org	North Inland	550 W. Washington Ave., Escondido, CA 92025	N/A	N/A	N/A	N/A	The Employment Services Department at Interfaith offers clients the opportunity to receive resume assistance, online job application assistance, advocacy to resolve legal issues affecting employability, researching and/or applying for school and training opportunities	Non-profit	Not limited.	www.interfaithservices.org
People Ready	M-F 6am-6pm		(760)738-8355	1520-br@peopleready.com	San Diego, Carlsbad, San Marcos	330 W. Felicita Ave., Suite D2 Escondido, CA 92025	N/A	N/A	N/A	N/A	Recruiting, Staffing and Personnel		Anyone	www.peopleready.com/
North County Inland Career Center-Escondido	M-F 8:00am-5pm		(760) 871-1962	NCCC@workforce.org	Inland Northern San Diego County	613 W. Valley Parkway Suite 220, Escondido, CA 92025	N/A	N/A	N/A	N/A	Offers assistance to people who are unemployed and need assistance obtaining a job. Provides resume writing workshops, interview preparation, career exploration, job leads, and case management	America's Job Center of California Network.	Anyone	www.northcountycareercenters.com
North County Career Center-Oceanside	Monday – Friday 8:00 a.m. to 5:00 p.m.		(760) 414-3537	NCCC@workforce.org	Coastal Northern San Diego County	1949 Avenida Del Oro Suite 106, Oceanside, CA 92056	N/A	N/A	N/A	N/A	Offers assistance to people 18 and up for job interview preparation, resume development, job leads, help with the EDD application, and provides information on local job fairs. All services are free of charge.	America's Job Center of California Network.	Anyone	www.northcountycareercenters.com
State Disability Insurance Program			1 800-480-3287 (English) 1 866-658-8846 (Spanish)				N/A	N/A	N/A	N/A	For assistance with disability insurance.		You may be eligible for Disability Insurance if you are unable to work due to non-work-related illness or injury, pregnancy, or childbirth. You may be eligible for Paid Family Leave to care for a seriously ill family member or to bond with a new child.	www.edd.ca.gov/disability
The ARC of San Diego	M-F 8:30am-4:30pm		(619) 685-1175		San Diego County	3030 Market Street, San Diego, CA 92102	N/A	N/A	N/A	N/A	The Arc's Community Employment Services (ACES) Program finds employment for people with disabilities in a variety of positions and industries throughout the community.	Non-profit	Provider of services for people with disabilities in San Diego County.	www.arc-sd.com/community-employment-services

Unemployment Insurance	1 800-300-5616 (English) 1 800-326-8937 (Spanish)		1 800-300-5616 (English) 1 800-326				N/A	N/A	N/A	N/A	For assistance with unemployment insurance.		Unemployed individuals	www.edd.ca.gov/Unemployment
Legal Assistance Services														
Family Law Facilitator Office	8:30 am-3:30 pm Monday-Thursday; 8:30 am-12:00 pm (3:30 pm for Restraining Orders) Friday		(760) 201-8200			325 S. Melrose Drive., Vista, CA 92081	N/A	N/A	N/A	N/A	Vista County Court House, info. on education for people acting as their own attorney in family law cases.	State Funding	Not limited	www.sdcourt.ca.gov
Center for Community Solutions			(760) 747-6282			210 S. Juniper St. Suite 101., Escondido, CA 92025					Temporary restraining orders, child custody, court, legal domestic issues.			www.ccssd.org
Legal Aid Society SD	9:00 am-5:00 pm Monday-Friday		(760) 722- 1935		San Diego County	216 S. Tremont Street., Oceanside, CA 92054	N/A	N/A	N/A	N/A	Free Legal services for a variety of laws such as housing, family, criminal and person law.	Non-profit	Immigrants and Low Income	www.lasds.org
Lawyer Referral Services	8:30 am-5:00 pm Monday-Friday		(760) 758-4755	info@lawreferral.org	Carlsbad, Del Mar, Escondido, Fallbrook, Oceanside, Poway, San Marcos, Valley Center, Vista, San Dieguito	249 South Indiana Ave., Vista, CA 92083	N/A	N/A	N/A	N/A	Lawyer referral service, providing the community with free referrals to experienced attorneys licensed to practice law by the State Bar of California.	Bar Association of Northern San Diego County	Anyone; not limited	www.lawreferral.org
Medical Services														
CoveredCA Insurance			1-888-9775-1142				N/A	N/A	N/A	N/A	Allows individuals and families to get free or low- cost health insurance through Medi-Cal, or to get help paying for private health insurance.		Low income individuals and families	www.coveredca.com
Medi-Cal Insurance			1-866-262-9881				N/A	N/A	N/A	N/A	Health care services for low-income individuals including families with children, seniors, persons with disabilities, foster care, pregnant women, and low income people with specific diseases such as tuberculosis, breast cancer, or HIV/AIDS.		Low income individuals and families	www.coveredca.com/medi-cal/
Neighborhood Clinic	8:00 am-8:00 pm Monday- Wednesday; 8:00 am-5:00 pm Thursday and Friday; 8:00 am-7:00 pm Saturday		(760) 520-8100		Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista	460 N. Elm Street, Escondido, CA 92025	N/A	N/A	N/A	N/A	General out patient medical care, dental, and behavioral health for low-income and homeless individuals.	Non-profit	No age or income limitations.Medicare/Private Insurance;Medi-Cal	www.nhcare.org
North County Health Services	8:00 am-5:00 pm, Monday-Friday		(760) 736-6767			150 Valpreda Road, San Marcos, CA 92054	N/A	N/A	N/A	N/A	Adult medicine, pediatric care, dental care, women's health, and behavioral health.	Non-profit		www.nchs-health.org
Planned Parenthood	Clinic schedules vary, call for specific hours.		888-743-7526			347 W. Mission Ave. Escondido, Ca 92025	N/A	N/A	N/A	N/A	Education, contraceptives, pregnancy, and pre-natal care etc.	Non-profit		www.planned.org
Rincon Clinic	M-F 8am-6:30pm		(760) 749-1410			50100 Golsh Rd., Valley Center, CA 92082	N/A	N/A	N/A	N/A	Services include medical, dental, and behavioral health services.			www.indianhealth.com
Santa Ysabel Clinic	M-F 8am-4:30pm		(760) 765-4203			110 1/2 School House Canyon Rd., Santa Ysabel, CA 92070	N/A	N/A	N/A	N/A	Services include medical, dental, and behavioral health services.			www.indianhealth.com
Vista Community Clinic			(760) 631-5000	info@vistacommunityclinic.org		1000 Vale Terrace, Vista, CA 92084	N/A	N/A	N/A	N/A	OBGYN, family and pediatrics for low-income/sliding scale.	Non-profit	for adults, children, and families	www.vistacommunityclinic.org
Military/Veterans														
Community Housing Works	M-F 9:00 am-5:00 pm		(888) 884-4249	supportivehousing@chworks.org	Escondido & Fallbrook	2815 Camino Del Rio South, Suite 350 San Diego, CA 92105	No	Yes	28 homes		homes for single adult veterans & homes for single adult veteran + child	grant funded	homeless veterans (and children)	http://chworks.org/rental-communities/s-supportive-housing/

Department of Defense (DoD) Safe Helpline Sexual Assault Support for the DoD Community	24/7 Telephone Helpline		877-995-5247				N/A	N/A	N/A	N/A	24/7 Secure Worldwide Confidential Telephone Helpline. Safe Helpline staff helps Department of Defense community members affected by sexual assault access supportive services including crisis intervention, emotional support, referrals to both military and civilian resources in your area, information on military reporting options		Department of Defense community members affected by sexual assault	www.safehelpline.org/telephone
Family Advocacy Program (Camp Pendleton)	M-F 7:30am-5pm		(760) 725-9051			E Street Building #1122 Camp Pendleton, CA 92055	N/A	N/A	N/A	N/A	Walk-in screenings and referrals for mental health related programs, DV counseling, resources referrals, and offender treatment.		Provides a variety of services designed to support our Marines, Sailors, and their families with personal and family concerns.	www.mccscp.com/familyadvocacy
Hawley Veterans Services Center	8am-5pm M-F		(619) 561-9808		El Cajon	9980 Hawley Road El Cajon, CA 92021	Yes	Transitional Housing for Homeless Veterans	20	Yes	Case management and two year transitional housing program.	U.S. Department of Veterans Affairs and Volunteers of America	Single male homeless veterans with mental health diagnoses	www.voa-swcal.org
Interfaith Community Services, Coastal Services Center, Veteran's Transitional Housing	Office Hours M-F 8:00 am-5:00 pm closed from 12:00 pm-1:00 pm.	Dana Ibarra	(760) 721-2117	dibarra@interfaithservices.org	San Diego County and North County	4700 North River Road Oceanside, CA 92057	N/A	Transitional Housing	82	Yes	Offers case management, vocational counseling, referrals to other services in the community.	Religious/Non-profit	Single veterans open for men and women.	www.interfaithservices.org
Navy Legal Assistance Office			(619) 556-2211			3395 Sturtevant Street, Suite 2 San Diego, CA 92136	N/A	N/A	N/A	N/A	Services include legal advice, preparation of basic wills, power of attorney, uncontested marital dissolution, stepparent adoptions, notarization, and other basic legal documents.		Must be active duty military personnel, families of military personnel, or retired military personnel.	www.jag.navy.mil
Navy-Marine Corps Relief Society	Mon.-Fri. 0800-1600		(760) 725-5337/(760)725-5338			E St & 14th St, Bldg 1121 Camp Pendleton, CA 92055	N/A	N/A	N/A	N/A	Financial Assistance and Counseling, quick assist loan (QAL), disaster relief assistance, and emergency travel.	Non-profit	Active duty and retired military and families	www.nmcrs.org/locations/entry/sandiego
San Marcos Vet Center	Monday 7am-8:30pm, Tuesday 6:30am-9pm, Wednesday 8am-8pm, Thursday 6:30am-10:30pm, Friday 7am-5:30pm, Saturday 7am-5:30pm		(855) 898-6050			1 Civic Center Drive Ste 150., San Marcos, CA 92069					Individual and group counseling, substance abuse and referral, and screening and referral for medical issues.		Veterans and their family members	www.va.gov
VA San Diego Healthcare System - Escondido Clinic	M-F 7:30am-4:30pm		(760) 466-7020			815 East Pennsylvania Avenue Escondido, CA 92025	N/A	N/A	N/A	N/A	Primary care, Laboratory services, emergency medications, educational services, and mental health services.			www.sandiego.va.gov/locations/escondido.asp
Veterans Transportation Services (VTS)			(858) 552-7572				N/A	N/A	N/A	N/A	VTS provides FREE round-trip transportation from home to the VA Medical Center and to the Mission Valley clinic for patients with medical appointments Monday-Friday. Call 2 to 10 days in advance.			

Social Security

Oceanside Social Security Administration Office	9:00 am-4:00 pm, Monday, Tuesday, Thursday and Friday; 9:00 am-12:00 pm, Wednesday		800-772-1213		San Diego County	2160 S. El Camino Real Oceanside, CA 92054	N/A	N/A	N/A	N/A	Services include issuing of Social Security Cards, application assistance for SSDI/SSI and Medicare, replacement of Medicare Cards, review of application status, and appeals.		Low Income, Medicare Beneficiaries, Social Security Retirement Recipients, Social Security Issues, Disability Benefit Recipients	www.ssa.gov
San Marcos Social Security Administration Office	9:00 am-4:00 pm, Monday, Tuesday, Thursday and Friday; 9:00 am-12:00 pm, Wednesday		866-614-4769		San Diego County	367 Via Vera Cruz, San Marcos, CA 92078	N/A	N/A	N/A	N/A	Services include issuing of Social Security Cards, application assistance for SSDI/SSI and Medicare, review of application status, and appeals.		Low Income, Medicare Beneficiaries, Social Security Retirement Recipients, Social Security Issues, Disability Benefit Recipients	www.ssa.gov
Senior Centers														
Aging and Independent Services (AIS)			800-510-2020								AIS provides services to older adults, and people with disabilities and their family members, to help keep clients safely in their homes and promote healthy and vital living.	Federal and State County Funds	Primarily serves seniors, disabled adults, abused, elderly and dependent adults and others requiring home-based care to prevent institutionalization	www.sandiegocounty.gov
In-Home Supportive Services (IHSS)			(858) 694-3900			1600 Pacific Highway, San Diego, CA 92101					IHSS provides homemaker and personal care assistance to eligible individual who are receiving Supplemental Security Income or who are low income and need help in the home to remain independent.	Federal and State County Funds	Be blind, disabled, or age 65-plus	www.sandiegocounty.gov
Jocelyn Center	Monday–Friday, 8:00 a.m.–3:00 p.m.		(760) 839-4688			210 E. Park Avenue, Escondido, CA 92025					Social Services for adults 50+	City of Escondido and County of San Diego	Seniors 50 and over.	www.escondido.org/escondido-senior-center.aspx
Out and About	M-F 8am-2:30pm		(760) 639-6161		Vista	1400 Vale Terrace, Vista, CA 92084	N/A	N/A	N/A	N/A	Affordable and accessible transportation for seniors within Vista city limits to medical appointments and special events. Please call 24-hours in advance to schedule transportation arrangements.	City of Vista	Must be age 60 years or older and a resident of Vista (zip code areas 92081, 92083, 92084)	http://www.cityofvista.com/departments/parks/OutAboutVista.cfm
Senior Service Council	Monday through Thursdays from 9:00 a.m. to 3:00 p.m. and Fridays 9:00 a.m. to noon.		(760) 480-0611	Information@escondido-senior-services.org	Escondido	728 N. Broadway, Escondido, CA 92025		Yes			Health Screenings, Legal/Finances Assistance, shelter assistance/programs, transportation for 55+adults.	Non-profit	Seniors 50 and over living in Escondido.	www.escondido-senior-services.org
Small Business														
Action San Diego	M-F 9am-5pm		(619) 795-7250	loans@accioneast.org		404 Euclid Avenue, Suite 271 San Diego, CA 92114	N/A	N/A	N/A	N/A	Action San Diego connects small business owners with the financing and advice it takes to create or grow healthy enterprises. North County office is at Lifeline (760) 298-9513	nonprofit micro-and small business lending network		us.accion.org
Small Business Administration	8:00 a.m. to 4:30 p.m. Monday thru Friday		(619) 557-7250	sandiego@sba.gov		550 West C Street Suite 550 San Diego, CA	N/A	N/A	N/A	N/A	Provides small business loan and assistance programs.			www.sba.gov
Substance Abuse/Recovery														
Amity Vista Ranch	8:00 am-5:00 pm Monday-Friday		(760) 599-1882		North County	2260 Watson Way, Vista, CA92083		Residential teaching and therapeutic community for men.			Amity provides services designed primarily for individuals and groups who have a history of substance abuse or criminality. Amity is a residential teaching and therapeutic community for men.		Must be male and must be involved in a in prison SAP or AB109 program	www.amityfdn.org

Brother Benno's-Alcohol and Drug Rehabilitation Program	6:30 am-12:00 pm Monday-Friday		(760) 439-1244 ext. 101		Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista	3260 Production Ave. Oceanside, CA 92058	Sober living environ- ment				Brother Benno's offers a 26-week, 2-phase, 12-Step recovery support, work program for men and women. Must be 18 years of age or older. Must be free from pain or psychiatric medications. English/Spanish.		Ages 18 years and older. Must be a legal resident of the United States. Can't be on medication. Can't be physically disabled. Must be clean and sober for 3 days prior to admittance to program. Can't have mental health issues. Must pass background check and drug test.	www.brotherbenno.org
Casa Raphael- Alpha Project for the Homeless	10 am:2:00 pm Monday-Friday- Assessment	Jason Rodriguez	(760) 630-9922	Jason@alphaproject.org	San Diego County	993 Postal Way Vista, CA 92083	Yes	Yes	140	Yes	Shelter, food, recovery workshops, counseling, employment training, budgeting classes, etc.	State-licensed	Single men ages 18 through 62 with alcohol and drug problems (must be at least 72 hours clean and sober)	https://www.alphaproject.org/
Catholic Charities of San Diego - Rachel's Women's Center	Intake hours are 7am-2pm M-F.		(619) 696-0873		San Diego	759 8th Ave, San Diego, CA 92101	Yes	Yes	34 beds (Please call at 11am for bed availability)	Yes	Offers bathroom, shower, lunch service, replacement clothing, alcohol/drug recovery services, mental health consultations, socialization activities, education, resources to aid in finding locations.	Non- profit/Catholic	Women 18+	https://www.ccdsd.org/
Choices in Recovery	M-F 8am-4pm		(760) 945-5290	choicesnrecovery@aol.com		733 South Santa Fe Ave., Vista, CA 92083	Residen- tial Drug Treatm- ent Progra- m				Residential and outpatient drug and/or alcohol recovery program.	Nonprofit	(Co-ed; 4 mos. to 1 year)	www.choicesinrecovery.org
Emerald Serenity House			(760) 622-5072			Vista, CA					Sober living facility for women.			www.sdslc.org/emeraldserenityhouse
Family Recovery Center			(760) 439-6702			110 Sportfisher Dr., Oceanside, CA 92054	Residen- tial recovery progra- m				Services for women w/family, recovery programs, shelter, and case management.	County of San Diego	Pregnant and parenting women that are currently struggling to overcome alcohol or drug addiction.	www.mhsinc.org/listing/family-recovery-center-2
Fellowship- Men	6:30 am-9:30 pm Monday-Friday; 12:00 pm-9:30 pm Saturday		(760) 745-8478 / (760) 745-1089	info@thefellowshipcenter.org	San Diego County	737 E Grand Ave Escondido, CA 92025	long- term residen- tial care progra- m				For Men 18 years and older, residential alcohol/drug counseling, and vocational training program.	Private nonprofit	Men ages 18 years and older. Accepts men who have abused prescription drugs. Does not accept men with a physical disability requiring custodial care.	www.thefellowshipcenter.org
First Step House of North County	7:00 am-10:00 pm Monday to Sunday		(760) 230-9353		Carlsbad	3808 Adams Street, Carlsbad, CA 92008	Yes	Progra- m Facility	6	Yes	Alcohol and detox 10 day program facility for men working to overcome alcohol addiction.	Nonprofit	Men 18 years+	https://fshnc.org/
Green Oaks Ranch			(760) 727-0251	greenoakranch1237@gmail.com	North San Diego County area	1237 Green Oaks Road, Vista, CA 92081					Provides a Christian-based social model residential substance abuse treatment program for men who abuse alcohol or drugs. Offers social and spiritual counseling. Accepts men ages 18 to 50 years old.	Religious nonprofit	Men 18 to 50 years old	www.greenoakranch.org
North Inland Regional Recovery	9:00 am-9:00 pm, Monday-Thursday 9:00 am-6:00 pm, Friday		(760) 741-7708	contact@mhsinc.org	Escondido, Fallbrook, San Marcos, Valley Center, Vista Fallbrook, Valley Center	620 N Ash Street	N/A	N/A	N/A	N/A	Drug and alcohol outpatient recovery program, 90 day program, testing, counseling.	Non-profit	General Addictions/Substance Use Disorder Support Groups	www.mhsinc.org
Substance Abuse Hotline			1800-662-4357				N/A	N/A	N/A	N/A	Substance abuse treatment referral hotline.			
Victory Outreach			(760) 745-9727			215 S. Hickory St. Escondido, CA 92026					Faith based, Alcohol/drug recovery program for men and women.	Religious	Men and women	

Vietnam Veterans of San Diego New Resolve Program	8am – 5pm PST Monday through Friday.		(760) 745-7829	info@vvsd.net		1207 S Escondido Blvd. Escondido, CA 92025		Residential long-term treatment care facility			Provides drug rehab and alcohol addiction treatment.		All veterans facing mental health and substance abuse issues.	www.vvsd.net
Turning Point Home	8:00 am-5:00 pm Monday-Friday/Office		(619) 233-0067			1315 25th Street San Diego, CA 92102	Yes	Residential recovery home.			Turning Point Home is a community-based, peer-oriented, residential recovery home which provides shelter, food and recovery services to alcoholic women.	Nonprofit	Women ages 18 years and older. Must be ambulatory and alcohol and drug free for 72 hours.	www.turningpointhome.org
Utilities Assistance														
CUI Heap Program	8:00 am-11:30 am and 1:00 pm-3:30 pm, Monday and Wednesday		(619) 391-9790		San Diego County	885 Gateway Center Way, San Diego, CA 92102	N/A	N/A	N/A	N/A	Provides non-emergency financial assistance with utility bills to low-income individuals and families through the Home Energy Assistance Program (HEAP).	SDG&E, Campesinos Unidos Inc of San Diego	Ages 18 years and older. Must be legal US resident and have a valid Social Security Number.	www.campesinosunidos.org
SDG&E CARE Program	Intake Hours of Operation 8:00 am-5:00 pm, Monday-Friday. Service Hours of Operation 24 hours a day, 7 days a week, Customer Service Line		888-340-4030		San Diego County	San Diego Gas & Electric P.O. Box 129831 San Diego, CA 92112	N/A	N/A	N/A	N/A	CARE offers a 30% or more discount on the SDGE bill every month. Eligibility is based on household size and yearly income or by household participation in certain public assistance programs.	SDG&E	CARE eligibility is based on income and household size. Income Guidelines	www.sdge.com/residential/available-assistance-programs#1
Unions United			(858) 636-4116		San Diego County	4699 Murphy Canyon Road San Diego, CA 92123	Yes				For utility assistance during emergency situations.	Nonprofit	Unions United supports San Diego's union members and their families, as well as other struggling working families.	www.uwsd.org
United States Postal Service	Mon-Fri 9:00am - 5:00pm; Sat 10:00am - 4:00pm; Sun Closed		760-744-2371		San Marcos	420 N TWIN OAKS VALLEY RD SAN MARCOS, CA 92069	N/A	N/A	N/A	N/A	Free one-year mail delivery service		People without an address	http://about.usps.com/postal-bulletin/2013/pb22375/html/updt_006.htm