

Grossmont College CalWORKs

A CULTURE OF *Caring* RESOURCE BOOK 2020



CaWORKs Student Resource Book 2020



GROSSMONT COLLEGE, 8800 GROSSMONT COLLEGE DRIVE, EL CAJON, CA 92020
BUILDING: 38E PHONE: 619.644.7552

GCCCD GOVERNING BOARD: Linda Cartwright, Elena Adams, Bill Garrett, Debbie Jesteson, Brad Monore
STUDENT MEMBERS: Amy Bianchi, Sonia Mendoza-Reyes CHANCELLOR: Cindy L. Miles, Ph.D.
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Introduction

Dear Resource Book User,

The initial development of this book was to help Grossmont College CalWORKs student parents who daily were walking through our doors, struggling to meet basic needs. According to the Hungry and Homeless in College 2017 study published by the Association of Community College Trustees, 70 community colleges within 24 states nationwide reported that 67% of students and 63% of student parents experience food insecurity and 14% of students are experiencing homelessness. In addition, less than half received any food-related public assistance, and just 18% got any support from housing-related public assistance.

The National Center for Education Statistics found that traditional students (those who attend four-year colleges and live on campus) make up about 15% of the undergraduate population. The remaining 85% of students are now considered “non-traditional” and are a diverse group of adult learners, full-time employees, low-income students, students who commute to school, and working parents. Thus, the non-traditional student has become the majority of the student population.

As time went on, we saw that our resources could be of great value to all of the faculty and staff that help the students that do not come to our office. Based on CalWORKs Staff experience in helping students in crisis and the aforementioned studies, we came together to compile the resources in this book. We hope this CalWORKs Resource Book helps you, the user, serve Grossmont College students and supports equal opportunity for all who wish to pursue education.

Warmly,

Gabrielle Gosselin

CalWORKs, Program Coordinator/Counselor

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♥ Use this as your first stop resource within a category

How to use this Resource

This resource book enables the user to take a holistic approach when referring services to the Grossmont College student parent population. Below are three scenarios with recommended resources for you to get an idea of how to use this resource book. There are many resources here at Grossmont and in the community; spend some time with this resource book to familiarize yourself with those resources to best support our students.

Scenario I

Zoe Wintecott is a married woman with three young children. She grew up as the eldest child in a large Native American family on an isolated reservation. She was the first to attend college in her family. She is hoping that by getting an education she can lift her family to middle-class. Her tribe provided her with a modest scholarship, which she initially used to enroll in a medical assistant program at a for-profit college. She completed that certificate but still could not find a job. Meanwhile her husband was injured in a car accident, rendering him unable to work. Shortly thereafter she returned to school, this time to Grossmont College.

The financial aid and scholarship that Zoe received through the college quickly proved insufficient support for the family of five. They turned to a local church for free food and struggled to make ends. Under economic duress, Zoe and her husband split up; she was left on her own. Without a parent with whom to share childcare, and no affordable options nearby, it became difficult for Zoe to attend classes. She switched to online courses, but she found she could not afford the bills for the internet and computer access at home. Even as she continued trying to work towards a degree, the late payments for both rent and utilities left herself and her children vulnerable to homelessness in addition to being behind in courses and dropping out.

How can you help Zoe?

Suggested Resources Off-Campus: Family Resource Centers (Cash Aid), Cal Fresh, MacProject for utilities, food banks, tribal services.

Suggested Solutions On Campus: CalWORKs/New Horizons, EOPS/CARE, financial aid/scholarships, food pantry and mental health services.

Scenario 2

Amelie came to the United States from Haiti when she was two years old. She attended a public school in Los Angeles and often figured that college would not be in her future because neither she nor her family members had documentation. After finishing high school, she moved to San Diego along with her mother and aunt in search of better work opportunities. They rented a small apartment and shared a car to help them work at irregular, menial, low-paying jobs.

Online coursework at Grossmont College was working for Amelie, because she was working full-time as she sought opportunities to do more with her life. She decided she wanted to come to campus for classes but she could not obtain regular transportation or sufficient time to regularly attend classes in person. Paying out-of-state tuition meant she could only afford one class at a time until her second year of college when she secured DACA status. Now she could pay in state tuition and pursue her degree faster by taking two courses at a time. More than that was impossible, however, as the family was barely able to pay the rent and was often at risk of missing payments. She states she gets help from churches and legal services off campus.

How can you help Amelie?

Suggested Solutions on Campus: CalGrant Fee Waiver (Need to be AB540), Work Study, Dream Center, Scholarship, OSER, EOPS (DACA students qualify), food pantry.

Scenario 3

Raised by a single mother who lost custody, Giovanni found himself spending ten years in foster care. When Giovanni left foster care and returned to his mother, he had a new baby brother and he tried to reconnect with his family. Giovanni graduated high school and he found it difficult to leave his mother and younger brother to attend university. He enrolled in Grossmont College and remained in the family home. During his initial year at Grossmont his mother lost her job making the bills difficult to pay for the family of three. His financial aid was insufficient, so he worked at a retail store, laid pavement, sold plasma, cut lawns, and did some contracting work on the side—all while taking a full course load. That didn't work, and soon his brother and mother moved out of state to live with relatives. Giovanni stayed in school, determined to make it. He moved in with a distant aunt and uncle, who charged him \$600 per month to live in their basement. He was never given keys to the home, was often locked out, and would end up sleeping in his car. He also ran short of food, relying on the local pantry. These conditions left him exhausted, sometimes causing him to fall asleep in class.

How can you help Giovanni?

Suggested Resources Off-Campus: MacProject for utilities, food banks, CalFresh (food stamps).

Suggested Solutions On Campus: Next-Up Program, EOPS, food pantry, Financial Aid, scholarships, mental health.



HOUSING RESOURCES TEMPORARY HOUSING
HOMELESS ASSISTANCE
SECTION 8
LOW INCOME HOUSING
MISCELLANEOUS

Resource	Contact Information	Additional Information
TEMPORARY HOUSING		
Becky's House Shelter 1012 C Street San Diego, CA 92101	619.239.0355 http://www.ywcasandiego.org/get-help/beckys-house/	A 30-day emergency shelter that offers services to women, men, and children in need of immediate protection from their abusers in a secure, confidential facility. Clients live in private rooms and focus on safety planning, case management, legal services, therapeutic counseling, and housing stability as they begin to recover from trauma.
Cortez Hill Family Center 550 14th Street San Diego, CA 92101	619.542.1877 https://www.alphaproject.org/programs/cortez-hill-family-center	Provides interim housing and family services for low-income, single-parent or dual-parent families with children. In the short-term program, up to 90 days, clients focus on stabilizing their family unit, increasing their income, and securing permanent housing. 8:00 am - 4:00 pm, Monday - Friday.
Door of Hope 2799 Health Center Drive San Diego, CA 92123	Hotline: 858.279.1100 http://doorofhope.salvationarmy.org/ ✉ megan.dowell@usw.salvationarmy.org	12 month women and children's shelter. 8:00 am - 4:00 pm, Monday - Friday.
Harvey Motel 7166 El Cajon Boulevard San Diego, CA 92115	Front Desk Clerk: 619.463.5700 https://ww.sandiego.com/hotels/harveys-motel/	Rates from \$75 per night on week days to \$120 per night on the weekend, do not accept hotel voucher programs.
HOMELESS ASSISTANCE		
Becky's House Transitional Housing 1012 C Street San Diego, CA 92101	619.239.0355 http://www.ywcasandiego.org/get-help/beckys-house/	Transitional housing program provides safe housing and supportive services for individuals and families, including case management, therapeutic counseling, legal assistance, children's and youth services, and employment support. Clients live in individual apartments for up to 12 months.
Home Start Homeless Assistance Program 404 Euclid Avenue, Suite 328 San Diego, CA 92114	Elizabeth Woods: 619.229.3600 https://home-start.org/contact-us-2/ ✉ ewoods@home-start.org	Homeless program. For online contact, fill out website contact form.
♥ Neil Good Day Center 299 17th Street San Diego, CA 92101	Intake: 619.230.7390 http://my.neighbor.org/ ✉ sdhcinfo@sdhc.org	San Diego County homeless shelter starting point. Monday through Friday, 6:00 am - 4:00 pm, Saturday and Sunday, 6:00 am - 2:00 pm
United Way of SD County 4699 Murphy Canyon Road San Diego, CA 92123	858.492.2000 https://www.uwspd.org ✉ info@UWSD.org	Funding for this program changes throughout the year. Call to see if funds are available.
SECTION 8 WAIT LIST		
SD Housing Authority 3989 Ruffin Road San Diego, CA 92123	858.694.4801 http://www.sandiegocounty.gov/sdhcd/	Servicing East County.
SD Housing Commission 1122 Broadway, Suite 300 San Diego, CA 92101	619.231.9400 http://www.sdhc.org/	Servicing San Diego County.


Resource	Contact Information	Additional Information
LOW INCOME HOUSING		
Bella Vista Apartments 545 North Mollison Avenue El Cajon, CA 92021	Ashley Boyle: 858.565.6400 x5 https://mcproperties.us/ ✉ ashley.bellavista@gmail.com	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.
Bradley Arms Apartments 310 East Bradley Avenue El Cajon, CA 92021	Brenda Crenshaw: 619.562.3792	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required. 8 year waiting list currently closed.
Broadway Apartments 1562 East Main Street El Cajon, CA 92021	Security Realty Corp.: 844.223.3871	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.
Campina Courts Apts. 9000 Campina Drive La Mesa, CA 91941	619.698.6440 http://www.usapropfund.com/communities.asp#	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.
Carlton Country Club Villas 9345 Carlton Oaks Drive Santee, CA 92071	Mildred Mcclung: 619.449.7343 http://affordablehousingonline.com/housing-search/california/santee/carlton-country-club-villas/10017281	Waiting list is closed and is no longer accepting applications.
Chicano Federation 3180 University Avenue Suite 317 San Diego, CA 92104	619.285.5600 https://www.chicanofederation.org ✉ info@chicanofederation.org	The Chicano Federation is committed to creating and preserving affordable housing opportunities for families, seniors, and people with disabilities who lack the economic resources to access quality, safe housing in San Diego County.
Citron Court 7383 Broadway Lemon Grove, CA 91945	844.833.1514	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.
Key Largo Apartments 380 North Mollison Ave. El Cajon, CA 92021	Angela Shepard: 619.444.6654 http://www.keylargo-apartments.com/ ✉ keylargo@awimc.com	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.
Lexington Green Apts. 1415 East Lexington Avenue El Cajon, CA 92109	619.442.8849	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.
♥ Low Income Housing Directory	http://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/housing_resource.pdf	This website directs to the low income housing directory for all San Diego County.
Murray Manor Apts. 5700 Cowles Mountain Boulevard La Mesa, CA 91942	Terry Young: 619.460.9600 http://murraymanorapts.com/	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required.
Neil Good Day Center 299 17th Street San Diego, CA 92101	Intake: 619.230.7390 http://www.my.neighbor.org/ ✉ sdhcinfo@sdhc.org	San Diego County homeless shelter starting point.
Pacific Housing Inc. 740 South 36th Street San Diego, CA 92113	619.231.7833	

Resource	Contact Information	Additional Information
LOW INCOME HOUSING		
Terrace Gardens Apts. 3281 College Place Lemon Grove, CA 91945	619-698-8455 https://www.apartments.com/terrace-gardensapartments-lemon-grove-ca/9yxwfe5/	Seniors 55+
Woodglen Vista Apts 10450 North Magnolia Avenue Santee, CA 92071	Christina: 619.562.3910 http://www.affordablesearch.com/apartments/Listing.aspx?id=13857	Call for application and waiting list openings. Each complex accepts applications different times of the year. Credit and background checks required. Wait list is currently closed.
MISCELLANEOUS		
Tenants Legal Center 5252 Balboa Avenue, Suite #408 San Diego, CA 92117	858.571.7100 http://www.tenantlegalcenter.com ✉ info@tenantslegalcenter.com	Renters' rights attorney assistance serving the community, can provide information and protect tenants and occupants in rental properties.
ADDITIONAL HOUSING RESOURCES		
Apartments.com	https://www.apartments.com	
Craigslist	https://sandiego.craigslist.org/	
Ebay	https://pages.ebay.com/realestate/rentals.html	
Interfaith Community Service	760.489.6380	Minor home repair program. Free to seniors in North County.
LGBT/North Park Senior Housing	619.282.6647	
Recovery Residences	858.609.7984	Private-owned home that provides housing for adults with substance use.



FOOD SERVICES

DISTRIBUTION SITES
LOW INCOME PROGRAMS

Resource	Contact Information	Additional Information
DISTRIBUTION SITES		
Bethlehem Food Pantry 737 Grant Avenue El Cajon, CA 92020	Gwen Johnson: 619.517.4364 https://www.foodpantries.org/li/ca-bethlehem-house	Emergency food pantry by appointment only (bread line). 9:00 am -12:00 pm, Monday-Saturday.
Chaldean & Middle Eastern Social Services 436 South Magnolia Avenue, Suite 201 El Cajon, CA 92020	619.401.7410 https://211sandiego.org/search-resources/page/21/?search=true&type=10304zip=920964count=5/rhanna@c-mss.org ✉ rhanna@c-mss.org	Weekly food distributions for members of the El Cajon refugee and immigrant community. Distributions of fresh food, fruits and vegetables occur at their parking lot. Every Tuesday from 9:00 am-12:00 pm.
City Heights CDC	619.584.1535	Emergency food pantry for Mid City residents.
Crossline Church 1280 North Johnson Avenue, Suite #102 El Cajon, CA 92020	Front Desk: 619.440.1136 ✉ info@crosslinesd.com	Food pantry hours: Monday 1:00 pm-3:00 pm Tuesday 12:00 pm-2:00 pm Wednesday 1:00 pm-3:00 pm, Thursday 12:00 pm-2:00 pm Please call before coming. Only serves homeless.
Cross Pointe Life Church 8809 La Mesa Boulevard La Mesa, CA 91942		4th Saturday of every month at 9:00am, and first 35 people every Tuesday/Thursday at 10:15am.
El Cajon Four Square Emergency Food Assistance Program 1012 East Bradley Avenue El Cajon, CA 92020	619.449.3000	Must meet low-income guidelines and reside in El Cajon. 3rd Tuesday of every month from 9:30 am-12:00 pm.
El Cajon Seventh Day Adventist Church 1630 East Madison Avenue El Cajon, CA 92019	Linda: 619.444.0763 https://ecsdafamily.org	Please bring your own boxes, bags or any other way to carry products in. Tuesday at 4:00 pm until food is gone.
Feeding San Diego Mobile Pantry	858.452.3663	
 Food Assistance Directory	http://www.sandiegocounty.gov	The directory has not been updated since 2007, however the directory lists all major non-profit organizations.
Foothills Christian Fellowship 365 West Bradley Avenue El Cajon, CA 92020	Robin Villarino: 619.442.7728 https://foothillschurch.org/ ✉ info@foothillschurch.org	

Resource	Contact Information	Additional Information
DISTRIBUTION SITES		
<p>Heaven's Windows Resource Network Center: Food Pantry Goodland Acres County Park 8848 Troy Street Spring Valley, CA 91977</p>	<p>619.825.8489 http://www.heavenswindows.org/food-and-clothes-distribution.html</p>	<p>12 boxes/bags available. Picture ID required. 9:00 am -12:00 pm, Tuesday -Friday.</p>
<p>Helping Hands Outreach Ministry 309 Prescott Ave. El Cajon, CA 92020</p>	<p>619.937.0197 http://www.elcajonresources.org/food-pantries.html</p>	<p>Feeding America distribution on 2nd and 4th Saturday every month from 10 am-11am.</p>
<p>Holy Trinity Catholic Church 405 Ballard Street El Cajon, CA 92019</p>	<p>Cindy Craig: 619.444.9425 http://www.holytrinityelcajon.org/ ✉ holytrinityoutreach@gmail.com</p>	<p>Must be a resident of East County with show picture ID. 10:00 am-11:00 am, Monday-Friday.</p>
<p>Journey Community Church 8363 Center Drive, Suite 6C La Mesa, CA 91942</p>	<p>Pastor David Merk: 619.464.4544 http://journeycommunitychurch.com/ ✉ scb@journeycom.org or office@journeycom.org</p>	<p>Four times during the month: 1st Thursday 6:30 pm, 2nd Friday at 9 am (only fresh produce), 3rd Saturday 8:30 am, 4th Thursday at 6:30 pm.</p>
<p>Laurel Apartments 10122 Buena Vista Avenue Santee, CA 92071</p>	<p>619.448.8282 https://affordablehousingonline.com/housing-search/california/santee/laurel-park-senior-apartments/4486</p>	<p>Must be at least 60 years of age and have an income that falls within the Senior Food Program guidelines established by the federal government, and be a resident of San Diego County. Every 4th Monday of each month is served.</p>
<p>MAAC San Martin de Porres 9119 Jamacha Road Spring Valley, CA 91977</p>	<p>619.589.1065 http://sandiegofoodbank.org/programs/san-martin-de-porres-apt/ ✉ scb@journeycom.org</p>	
<p>Meridian Baptist Church 660 South Third Street El Cajon, CA 92019</p>	<p>619.444.3171 http://www.meridianbaptist.com/</p>	<p>Must have a ticket from the church to receive food. 2nd and 4th Thursday of the month, starting at 5:00 pm. Tickets are given starting at 3:00 pm.</p>
<p>Our Lady of Grace 2766 Navajo Road El Cajon, CA 92020</p>	<p>Friar Peter: 619.469.013 https://olg-church.org/</p>	<p>At the Ministry Center (use Medford entrance). Must be a resident of East County, show picture ID and a birth certificate or immunization card for each child. Arrive early on the first visit to fill out paperwork. 9:00 am-11:00 am, Monday-Friday. Doors close at 11:00 am.</p>
<p>Salvation Army 1011 East Main Street El Cajon, CA 92021</p>	<p>619.440.4683 http://elcajon.salvationarmy.org/</p>	<p>Must meet low-income guidelines. 3rd Wednesday of every month, 9:30-10:30 am. Numbers are distributed at 7:45 am until they are gone. Food distribution starts at 9:30 am.</p>
<p>San Diego Food Bank</p>	<p>866.350.3663</p>	<p>Senior food program.</p>
<p>Serra Mesa Food Pantry</p>	<p>858.278.2647</p>	
<p>Stepping Higher Inc. 2778 Sweetwater Springs Boulevard #J Spring Valley, CA 9177</p>	<p>619.825.3930 http://steppinghigher.org/</p>	<p>Bring bags to carry food. Tuesday 9:00 am-11:00 am and Thursday 5:00 pm-7:00 pm. Emergency food available Tuesday, Wednesday, Thursday at 1:00 pm-3:00 pm.</p>

Resource	Contact Information	Additional Information
LOW INCOME PROGRAMS		
Home Start Little House 131 Avocado Avenue El Cajon, CA 92020	619.401.8375 x109 ✉ Gcastro@home-start.org	Gerardo Castro signs individuals up for CalFresh and Medi-Cal if qualified. Must call for an appointment. Can be found on Thursdays 8:00 am-11:30 am by the Griffin Center.
Women, Infant and Children Program (WIC) Location varies. Check website for location in your area.	888.999.6897 https://sdsuwic.org	The Women, Infants, and Children Program provides healthy foods, nutrition tips, breastfeeding support, health care referrals and community information. SDSU WIC has 11 clinics conveniently located throughout San Diego County to serve you.
ADDITIONAL FOOD SERVICES		
CalFresh Distribution Site San Diego Food Bank	866.350.3663 GetCalFresh.org https://sandiegofoodbank.org/	
Jewish Family Services-Foodmobile, Older Adult Center & Fix-it Service	858.637.3210	
Mama's Kitchen	619.233.6262	



FINANCIAL ASSISTANCE

- PUBLIC ASSISTANCE
- APPLYING FOR-PUBLIC ASSISTANCE
- TAX PREPARATION
- HOUSING MEDIATION
- MISCELLANEOUS

Resource	Contact Information	Additional Information
PUBLIC ASSISTANCE		
Collaborative and Family Resource Center 304 W 18th Street National City, CA 91950	619.336.8360 ✉ BHSContactUs.HHSA@sdcounty.ca.gov	8:00 am-12:00 pm and 1:00 am-5:00 pm, Monday-Friday.
Family Resource Center El Cajon 220 S 1st Street El Cajon, CA 92019	866.262.9881 http://www.sandiegocounty.gov/hhsa/facilities/east/family_resource_center_el_cajon.html ✉ BHSContactUs.HHSA@sdcounty.ca.gov	7:00 am-5:00 pm, Monday-Friday.
Family Resource Center (Lemon Grove) 7065 Broadway Lemon Grove, CA 91945	866.262.9881 http://www.sandiegocounty.gov/content/sdc/hhsa/facilities/east/family_resource_center_lemon_grove.html ✉ BHSContactUs.HHSA@sdcounty.ca.gov	7:00 am-5:00 pm Monday-Friday.
Family Resource Center San Diego 1130 Tenth Avenue San Diego, CA 92101	858.694.3900 http://www.sandiegocounty.gov/content/sdc/hhsa/facilities/central/family_resource_center_metro.html ✉ BHSContactUs.HHSA@sdcounty.ca.gov	7:15 am-5:00 pm Monday-Friday.
Health & Human Services Agency 5001 73rd Street San Diego, CA 92115	866.262.9881 http://www.sandiegocounty.gov/content/sdc/hhsa/facilities/central/family_resource_center_northeast_2.html ✉ BHSContactUs.HHSA@sdcounty.ca.gov	7:00 am-5:00 pm Monday-Friday
Home Start (El Cajon) 131 Avocado Avenue (Little House) El Cajon, CA 92020	Jose 619.229.3660 OR Lupita 619.229.3660 x 235 https://home-start.org/family-self-sufficiency-services/ BHSContactUs.HHSA@sdcounty.ca.gov	A program continuum of care that includes emergency food, nutrition education, benefits applicaion assistance.
APPLYING FOR PUBLIC ASSISTANCE		
Family Resource Center (El Cajon) 220 South 1st Street El Cajon, CA 92019	866.262.9881 http://www.sandiegocounty.gov/hhsa/facilities/east/family_resource_center_el_cajon.html	7:00 am-5:00 pm Monday through Friday. Apply for CalWORKs, Cal Fresh, Medical and General Relief.
Family Resource Center (Lemon Grove) 7065 Broadway Lemon Grove, CA 91945	866.262.9881 http://www.sandiegocounty.gov/hhsa/facilities/east/family_resource_center_lemon_grove.html	7:00 am-5:00 pm Monday through Friday. Apply for CalWORKs, Cal Fresh and Medical.

Resource	Contact Information	Additional Information
TAX PREPARATION HELP		
Family Self Sufficiency Services (Central SD) City Heights Community Center 4305 University Ave, Suite 410 San Diego, CA 92105	https://home-start.org/family-self-sufficiency-services/	Free tax preparation yearly. Call to set up appointment.
Family Self Sufficiency Services (East County) Little House 131 Avocado Avenue El Cajon, CA 92020	Jose: 619.229.3660 x221 Lupita: 619.229.3660 x235 https://home-start.org/family-self-sufficiency-services/	Free tax preparation yearly. Call to set up appointment.
HOUSING MEDIATION		
Center for Social Advocacy 327 Van Houten Avenue El Cajon, CA 92020	619.444.5700 http://c4sa.org/ ✉ info@c4sa.org	Help with tenant rights and discrimination based on immigration status.
MISCELLANEOUS		
Consumer Center for Health Education 110 South Euclid Ave San Diego, CA 92114	877.734.3258 https://www.lassd.org/about/what-cchea	Provides support with reconciling medical bills, advocacy, and access to medical coverage.
Department Of Child Support Services 220 West Broadway San Diego, CA 92101	866.901.3212 http://www.sdcourt.ca.gov/portal/page? _pageid=55,1524397&_dad=portal	Call number or visit website to sign up for child support services.
Employment Development Department (EDD) 9246 Lightwave Avenue, Building A, Suite 300 San Diego, CA 92123	800.480.3287 http://www.edd.ca.gov/disability/	Call to apply for unemployment benefits.
Social Security Administration (La Mesa) 7961 University Avenue La Mesa, CA 91942	800.772.1213 http://www.ssofficelocation.com/la-mesa-social-security-office-so1520	Office to apply for SSA/SSI benefits.
Social Security Office (El Cajon) 846 Arnele Avenue El Cajon, CA 92020	800.772.1213 http://www.ssofficelocation.com/el-cajon-social-security-office-so83	Social Security cards.

Resource

Contact Information

Additional Information

ADDITIONAL FINANCIAL SERVICES



HEALTHCARE COMMUNITY HEALTH CLINICS
DENTAL
THERAPISTS
12 STEP RECOVERY PROGRAMS
DOMESTIC VIOLENCE SERVICES

Resource	Contact Information	Additional Information
COMMUNITY HEALTH CLINICS		
♥ Family Health Centers of San Diego	619.515.2300 https://www.fhcsd.org/clinic-location-list/	
Family Health Center (Chase) 1111 West Chase Avenue El Cajon, CA 92020	619.515.2499 http://www.fhcsd.org/chase/	
Family Health Center (El Cajon) 525 East Main Street El Cajon, CA 92020	619.515.2498 http://www.fhcsd.org/el-cajon-family-health-center/	
Family Health Center (Spring Valley) 8788 Jamacha Road Spring Valley, CA 91977	619.515.2555 http://www.fhcsd.org/grossmont-spring-valley/	
Family Health Centers (Lemon Grove) 7592 Broadway Lemon Grove, CA 91945	619.515.2550 www.fhcsd.org/lemon-grove/	
Neighborhood Healthcare (El Cajon) 855 East Madison Avenue El Cajon, CA 92020	619.440.2751 https://www.nhcare.org/locations	
DENTAL		
♥ Family Health Center (Spring Valley) 8788 Jamacha Road Spring Valley, CA 91977	619.515.2555 http://www.fhcsd.org/grossmont-spring-valley/	8:00 am–5:00 pm, Monday–Friday
La Maestra (Broadway El Cajon) 1032 Broadway El Cajon, CA 92019	Dental: 619.795.5983 Medical: 619.795.5991 https://www.lamaestra.org/dental-care/default.html	8:30 am-5:30 pm, Monday-Friday other locations on website.
La Maestra (First Street El Cajon) 165 South First Street El Cajon, CA 92019	Medical: 619.312.0247 Dental: 619.328.1335 https://www.lamaestra.org/dental-care/default.html	Dental Hours: 8:30 am-5:30 pm, Monday-Friday. Medical Hours: 8:00 am-5:30 pm, Monday-Friday. Other locations on website.
Neighborhood Healthcare (Lakeside) 10039 Vine Street Lakeside, CA 92040	619.390.9135 https://www.nhcare.org/helthcare-centers/lakeside-healthcare-center	8:00 am-5:00 pm, Monday-Friday.
THERAPISTS		
♥ 24 Hour Hotline LGBT Questioning (LGBT) Heidorn	www.ostem.org ✉ https://www.ostem.org/contact	Online contact by website form submission.
Access And Crisis Hotline	919.231.4525 or 877.235.4525 https://www.hopeline-nc.org	Call to access help at time of crisis.

Resource	Contact Information	Additional Information
THERAPISTS		
Child Abuse Hotline - County of San Diego	858.560.2191 http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services/child_abuse_hotline.html	Online contact by website form submission.
Crisis House 1034 North Magnolia El Cajon, CA 92020	619.444.1194 https://www.crisishouse.com ✉ info@crishouse.org	Karina Hernandez, Supervisor
East County Family Counseling Center 8788 Jamacha Road Spring Valley, CA 91977	619.515.2555 http://www.fhcsd.org/grossmont-spring-valley/	Contact online via website contact form. Call 619.515.2338 for other locations.
East County Mental Health Clinic 1000 Broadway, Suite 210 El Cajon, CA 92021	619.401.5588 http://www.sandiegocounty.gov/hhsa/facilities/east/east_county_mental_health_clinic.html ✉ BHSContactUs.HHSA@sdcounty.ca.gov	Michelle Raby, Program Manager
El Cajon Courthouse 250 East Main Street El Cajon, CA 92020	619.456.4100 http://www.sdcourt.ca.gov	8:30am-4:00pm, Monday-Friday.
Helix Psychology & Counseling 500 Fesler Street, Suite 205 El Cajon, CA 92020	619.579.9346 https://www.healthcare6.com/physician/el-cajon-ca/steven-r-tess-1206417.html	Dr. Stephen Tess office open does accept the payment amount Medicare approves. Not to bill you for more than the Medicare deductible and coinsurance. 8:00 am-5:00 pm, Monday-Friday.
Home Start Varies by location	619.692.0727 x118 https://home-start.org/mental-health-services/	Parent-Child Interaction Therapy (PCIT), Child Abuse Treatment Program (CHAT), Home Start, Inc. Counseling Center With sensitivity to the needs of each individual and family we serve, our professional counselors offer therapeutic services to promote healing, personal growth, healthy interpersonal relationships, and positive life transitions.
Rady Children's Hospital San Diego 3020 Children's Way San Diego, CA 92123	800.788.9029 https://www.rchsd.org ✉ refsvc@rchsd.org	
Rape Abuse, Incest National Network (RAINN)	800.656.4673 http://www.rainn.org	
San Diego LGBT Community Center 3909 Centre Street San Diego, CA 92103	619.692.2077 x208 or x121 https://www.thecentersd.org ✉ dflores@thecentersd.org or ✉ nkrewshaw@thecentersd.org	Up to eight appointments every 12 months, price of appointments scale to income.
Survivors of Torture International PO BOX 151240 San Diego, CA 92175	619.278.2400 https://notorture.org/ ✉ survivors@notorture.org	Mental Health counseling and case management.

Resource	Contact Information	Additional Information
TWELVE STEP RECOVERY PROGRAMS		
Adult Children of Alcoholics (ACA) 4880 Zion Avenue San Diego, CA 92120	https://www.adultchildren.org	Located in the Mission Trails Church upper building in the youth meeting room. Mondays at 6:30 pm.
Alcoholics Anonymus (AA) 7075 Mission Gorge Road, Suite B San Diego, CA 92120	619.265.8762 http://www.aasandiego.org http://www.aasandiego.org/contact.html	Can contact online via email form on website. 9:00 am -5:00 pm, Monday -Friday; Saturday 9:00 am -1:00 pm.
Overeaters Anonymous Meeting (OA) San Diego Intergroup Inc. 8825 Aero Drive, Suite 310 San Diego, CA 92123	619.521.2538 www.oasandiego.org ✉ webmaster@oasandiego.org	Mary, San Diego OA Chair, direct contact at 619.962.2449.
DOMESTIC VIOLENCE SERVICES		
Center For Community Solutions East County 460 North Magnolia El Cajon, CA 92020	619.697.7477 https://www.ccssd.org	Services at this location are by appointment only. Please call and leave a message.
Crisis House 1034 North Magnolia El Cajon, CA 92020	619.444.1194 www.crisishouse.com ✉ info@crishouse.org	Transitional housing program serves women and their children who are fleeing domestic violence. We provide safe housing in apartments that are fully furnished in confidential locations throughout San Diego County. Karina Hernandez, supervisor.
Family Justice Center 1122 Broadway San Diego, CA 92101	619.533.6000 https://www.sandiego.gov/sandiegofamilyjusticecenter/fjcinfo ✉ mbejarano@pd.sandiego.gov	Mónica Bejarano, Coordinator of Client Services
License to Freedom 131 Avocado Avenue El Cajon, CA 92020	619.813.7415 http://www.licensetofreedom.org/ ✉ dilkhwaz@licensetofreedom.org	
ADDITIONAL HEALTHCARE RESOURCES		
Country Mental Health	http://www.sandiegocounty.gov/hhsa/programs/bhs/	
Public Health Nursing, HHSA	619.542.4192	
Service Referrals or Crisis Line	888.724.7240 Child Referrals: 619.563.2750 Adult Referrals: 619.563.2700 https://www.up2SD.org/resources/mental-health-local/	Offers wide variety's of treatment, rehabilitation, and recovery services. Bilingual services available.

Resource	Contact Information	Additional Information
ADDITIONAL HEALTHCARE RESOURCES		
Auntie Claire's	http://auntieclaires.com	Gender and trans-inclusive hair removal services.
Cedars-Sinai Transgender Surgery & Comprehensive Health Program	310.423.1500	Los Angeles-based.
Children's Hospital of Los Angeles	323.361.2153 https://www.chla.org/profile/johanna-olson-kennedy-md	Johanna Olson, MD. Medi-Cal director of Center for Trans Youth Health and Development. Cares for youths up to age 24. Accepts most insurances.
Dr. Anne Wallace-Plastic Surgery-UCSD 9400 Campus Point Drive La Jolla, Ca 92037	800.926.8273 https://www.providers.ucsd.edu/details/11658	Newer to the field of trans masculine gender reaffirming surgeries. Requires a 2 night hospital stay.
Dr. Diana Bresiter-Ghosh-Plastic Surgery-Top Surgery 2275 Rio Bonito Way San Diego, CA 92108	619.822.1667 https://plasticsurgeryforsandiego.com/	Has been working with the trans community for almost 2 years. Comes highly recommended. Accepts most insurances. No age restrictions.
Dr. Gil Kryger-Plastic Surgery-Top Surgery 947 East Thousand Oaks Boulevard Thousand Oaks, CA 91360	805.777.3877 https://www.drkryger.com/	Has been working with the trans community for many years. Comes highly recommended. Accepts most insurances. No age restrictions.
Dr. Manish Champaneria-Plastic Surgery-Top Surgery	858.554.9950	Christine Salomon, Intake Assistant. Scripps Health.
Dr. Morti Rizvi-Plastic Surgery-Top Surgery 39 Congress Street, Floor 2 Pasadena, CA 91105	626.486.9494 ✉ rizvioffice@gmail.com	Has several years of experience. Comes highly recommended by Dr. Jo Olson-Kennedy. Takes all PPO, some HMO and some Medi-Cal.
Dr. Scott Mosser-Plastic Surgery-Top Surgery 450 Sutter Street, Suite 1000 San Francisco, CA 94108	415.398.7778	Has been working with the trans community for almost 10 years. Accepts most insurances. No age restrictions.
Family Health Centers of SD	619.515.2300	Health Services including PrEP and PEP.

Resource	Contact Information	Additional Information
ADDITIONAL HEALTHCARE RESOURCES		
General Pediatrician CPMG 12395 El Camino Real, Suite 219 San Diego, CA 92130	858.793.1011	Trained on trans health. Does general care, but not medical transitioning.
HIV Online Information Centers	https://www.helpstopthevirus.com/hiv-education https://www.thewellproject.org/hiv-information/hiv-basics https://aidsinfo.nih.gov/understanding-hiv-aids https://www.futureswithoutviolence.org/	Websites with information about HIV and IPV (Intimate Partner Violence).
La Mesa Pediatrics	619.464.6434 https://lamesaped.com/	Rachel Gianfortune, MD. Gender trained pediatrician. Serves all youths up to age 21, can also be a primary care physician. Accepts most insurances.
Manish C. Champaneria, MD, FACS, Gender Confirmation Surgery		
Planned Parenthood	888.743.7526	Offers healthcare resources for all individuals, including trans individuals.
Rady Children’s Hospital	858.576.1700 x223095 ✉ hmarinokibbee@rchsd.org	Bixby Marino-Kibbee, Director. The Center for Gender Affirmative Care at Rady Children’s Hospital. Serves youths up to age 18. Accepts most insurances.
San Ysidro Health Center Southeast & Border	619.662.4100	LGBTQ healthcare resources.
Trans/Genderqueer Patient Advocate Program	619.876.4462 ✉ transhealth@fhcsd.org	Offers a night clinic and hormones.
UCSD Mother, Child, Adolescent HIV Program 4076 Third Avenue, Suite 301 San Diego, CA 92103	619.543.8089 ✉ mcaffery@ucsd.edu	Mary Caffery, Nurse Coordinator. May be able to provide rides to clinic for those who need it.

Resource

Contact Information

Additional Information

ADDITIONAL HEALTHCARE RESOURCES

UCSD Research Study

619.543.8080

PrEP at no cost. Participants may receive cash and check compensations for study participation.

Vista Community Clinic

760.407.1220

North County-based.



SOCIAL SERVICES

Resource	Contact Information	Additional Information
SOCIAL SERVICES		
Alliance For African Assistance 5952 El Cajon Boulevard San Diego, CA 92115	619.286.9052 x206 http://www.alliance-for-africa.org/ ✉ info@alliance-for-africa.org	Refugee resettlement within 90 days.
Center for Social Advocacy 327 Van Houten Avenue El Cajon, CA 92020	619.444.5700 http://c4sa.org/ ✉ info@c4sa.org	Help with tenant rights and discrimination based on immigration status. First time home buyer starting August 24th 2019.
Chaldean-Middle Eastern Social Services 436 South Magnolia Avenue El Cajon, California, CA 92020	619.401.7410 http://www.syhc.org/cmss-medical-services/ ✉ rhanna@c-mss.org	Besma Coda, Chief Operating Officer. 9:00 am-5:00 pm, Monday-Friday.
Chicano Federation 3180 University Ave Suite 400 San Diego, CA 92104	619.285.5600 https://www.chicanofederation.org/housing/family.aspx ✉ info@chicanofederation.org	The Chicano Federation is one of San Diego's leading social service agencies providing child education, health and nutrition, and housing programs.
Episcopal Refugee Network 4265 Fairmount Avenue, Suite 130 San Diego, CA 92105	619.283.1337 https://www.refugee-net.org ✉ info@ernsd.org	Refugee Services Jake Young, Information Contact.
Horn Of Africa P.O. Box #4125 Mountain View, CA 94040	408.828.1389 http://www.hornofafrica.org ✉ info@HornAfrica.org	Refugee services. For online contact, fill out website contact form.
International Rescue Committee (IRC) 5348 University Avenue, Suite 205, San Diego, CA 92105	619.641.7510 https://www.rescue.org/united-states/san-diego-ca ✉ SanDiego@Rescue.org	Provides opportunities for refugees, asylees, victims of human trafficking, survivors of torture.
Islamic Speakers Bureau P.O. Box 12551 La Jolla, CA 92039-2551	858.752.8788 https://isbsandiego.com ✉ isbsandiego@gmail.com	Islamic language services.
Jewish Family Services Turk Family Center 8804 Balboa Ave San Diego, CA 92123	858.637.3210 http://www.jfssd.org/ ✉ oscarg@jfssd.org	Help with food, housing, income, transportation, health care, employment, child care, etc. Oscar Gomez, Director of Parenting Services.
License to Freedom 131 Avacado Ave El Cajon, CA 92020	619.401.2800 English 619.813.7415 Arabic/Kurdish http://www.elcajonresources.org ✉ dilkhwaz@licensetofreedom.org	Advocacy for refugee and immigrant survivors of domestic and relationship abuse.
San Diego East County Resources	https://ecassist.org/ ✉ ecassistwebsite@gmail.com	

Resource	Contact Information	Additional Information
SOCIAL SERVICES		
Somali Family Services 5348 University Avenue, Suite 203 San Diego, CA 92105	619.265.5821 x206 http://www.somalifamilyservice.org/ ✉ naibrahim@sfssd.org	Contact Najla, Program Specialist, for healthcare at extention x206.
Southern Sudanese Community of San Diego 4077 Fairmount Ave San Diego, CA 92105	619.788.6511 http://www.sccsd.org ✉ http://www.sccsd.org/Contactus.html	Assist Sudanese refugees in their resettlement through education, social, economic, and cultural support. For online contact, fill out website contact form.
Survivors of Torture International PO Box 151240 San Diego, CA 92175-1240	619.278.2400 https://notorture.org/ ✉ survivors@notorture.org	Help for torture survivors' mental health counseling and case management. Referral link at top of web page, click "Refer a Client".
ADDITIONAL SOCIAL SERVICES		
211 San Diego	http://www.211sandiego.org	

Resource	Contact Information	Additional Information
ADDITIONAL SOCIAL SERVICES		
Aging & Independence Services & Adult Protective Services	800.339.4661	Hotline.
Amaze	https://amaze.org/ https://amaze.org/?topic=gender-identity	Age appropriate information on puberty for tweens and their parents.
Casa Familiar	619.428.1115	Spanish speaking hotline for domestic violence.
Center for Community Solutions - Sexual Assault Crisis Line	888.385.4657	Operated 24/7.
Children & Welfare Services & The Child Abuse Hotline	800.344.6000	
Community Resource Center - North County	877.633.1112	Domestic violence services and shelter.
Courtney Muir, LMFT	858.252.1820	Gender therapist in North County Coastal area experienced in EMDR and DBT skills. Accepts some insurances.
Cristy Mereles, LCSW	619.948.8926 https://www.merelestherapy.com/contact	Gender therapist who accepts out-of-pocket payments.
Darlene Tando, LCSW	619.948.8926 Main Website: http://darlenetando.com/ Blog: https://darlenetandogenderblog.com/	Leading expert in gender variant folks. Especially good with young children. Accepts most insurances including Medi-Cal.
Donna Chapman, LMFT	619.908.9908 https://dmchapman.com/	Gender therapist in Central San Diego experienced in EMDR and DBT skills. Accepts some insurances.

Resource	Contact Information	Additional Information
ADDITIONAL SOCIAL SERVICES		
Dr. Jessica Silsby, PsyD	619.994.3779	Gender therapist in Del Mar experienced in DBT skills. Accepts some insurances.
Facebook Groups	https://www.facebook.com/	Search for groups: Parents of Transgender Children, Parenting Transgender Kids, Moms of Trans Teen/Young Adults, TransFamily Support Services, San Diego MamaBears, FreedHearts - Affirming Christian Parents, LGBT Family support.
Family Law Mediation & Coaching	858.790.8991 http://dissolutioncoach.com/	Cheri Wood
GC2B Binders	https://www.gc2b.co/	Sells binders for trans folks. This is a queer/trans owned and operated organization. They are also available on Amazon.
Georgie Kelley Professional Clinical Counselor, Intern	858.346.7427 ✉ georgiek.pcc@gmail.com	Supervised by Darlene Tando.
Hillcrest Youth Center 1807 Robinson Avenue, Suite 106 San Diego, CA 92103;	619.497.2920 x250 ✉ HYC@thecentersd.org	Youth only space for drop in and support groups for queer (LGBTQ) youth.
Huong Diep, PsyD 3202 3rd Avenue, #2 San Diego, CA 92103	858.367.3779 http://drhdiep.com/	Gender therapist with many years of experience. Trained with Children's Hospital of Los Angeles Transgender Clinic. Offices in Encinitas, Sorrento Valley, and Bankers Hill.
Immigration Center for Women & Children	619.515.2200 https://www.icwclaw.org/	
Indian Health Council	760.749.1410	
Jennifer Tichard, MFT	619.961.5058 https://jenniferrickardmft.com/	Gender therapist in Central San Diego who does individual and family therapy for children, teens and adults.

Resource	Contact Information	Additional Information
ADDITIONAL SOCIAL SERVICES		
Jewish Family Services - Project Sarah	858.637.3210 https://www.jfssd.org/find-help/	Language services in Spanish available.
Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Heidorn	858.277.9550	Hotline.
Meth Hotline	877.789.9197	
National Center for Lesbian Rights	Asaf Orr, Attorney. http://www.nclrights.org/	Organization working for the rights of trans youth.
North County LGBTQ Resource Center 3220 Mission Avenue, Suite 2 Oceanside, CA 92058	760.994.1690 http://ncresourcecenter.org/	Offering many services to LGBTQ folks. Youth support groups and trans support groups.
North County Lifeline	760.726.4900	Spanish speakers available.
Optum San Diego	Service Inquiries & Interpreter Request: 888.724.7240 https://optumsandiego.com/content/sandiego/en/community-resources.html	List of various services available in San Diego Community. Includes: Veterans, suicide, mental illness, support groups for various individuals, post-partum health, behavioral health and trans youth.
Our Space - Poway Support Groups Saint Bartholomew's Episcopal Church 16275 Pomerado Road Poway, CA 92064	info@transfamilysos.org	LGBTBQ high schoolers, middle schoolers and allies, parents, family and friends (PFLAG).
PFLAG - San Diego	http://pflag.com/	Support and advocacy for the parents, family and friends of the LGBTQ community. Open meetings are held all over San Diego County.
Rachel's Women's Center & Night Shelter	619.696.0873	

Resource	Contact Information	Additional Information
ADDITIONAL SOCIAL SERVICES		
Rady Children’s Hospital - Chadwick Center - Trauma Counseling Program	858.966.5803	Spanish speakers available.
Rady Children’s Hospital - Chadwick Center - Trauma Counseling Program (North County)	760.967.7082	
Rady Children’s Hospital - Margaret Anello, MFT	760.294.9270	North County Inland-located. Gender therapist within the Rady System. Only works with youths that have Medi-Cal.
Rancho Coastal Humane Society - Animal Safehouse Program	760.753.6413	
Safe at Home - Confidential Mailing Address	877.322.5227 https://www.sos.ca.gov/registries/safe-home/	Provided at no cost, to be used instead of a home address for someone attempting to leave an abuser.
San Diego County District Attorney’s Office Domestic Violence Education Handbook	https://www.sdcda.org/helping/domestic-violence.html	Lanuages available are English, Spanish and Arabic.
San Diego Rescue Mission Women & Children’s Center	619.687.3720	
San Diego Unified School District	LGBTQIA Youth Advocates	Assistance with any issues that might arise in schools in the San Diego High School District.
Schools In Transition	https://www.hrc.org/resources/schools-in-transition-a-guide-for-supporting-transgender-students-in-k-12-s	National resource.
South Bay Community Services	800.640.2933	Domestic violence services and shelter. Spanish speakers available.

Resource	Contact Information	Additional Information
ADDITIONAL SOCIAL SERVICES		
Southern Indian Health Council	619.445.1188	
Sue Boyd, LCSW Personal Evolution Psychotherapy	619.787.6676	Central San Diego-located. All therapists under the guidance of Sue Boyed are gender trained. PEP offer individual psychotherapy, group therapy, family therapy as well as DBT thrapy.
Teri Cavanagh	858.617.8617 x704 ✉ tcavanaghlcsw@gmail.com	
The Center 3909 Centre Street San Diego, CA 92103	619.692.2077 x109	Offering therapy for Medi-Cal and on sliding scale. TransParent support group meets 1st and 3rd Wednesdays of the month from 6:30 pm-7:30 pm. Offers assistance with referrals for horomone replacement therapy. Offers assistance with legal name change and gender marker applications.
The National Domestic Violence Hotline	1.800.799.7233	
The Trevor Project	866.488.7386 http://thetrevorproject.org/	Provides crisis intervention and suicide prevention for LGBTQ youth.
TransFamily Support Group (North County) North County LGBTQ Resource Center 3220 Mission Avenue Oceanside, CA 92058	✉ kathie@transfamilysos.org	Northern San Diego. 3rd Sunday of every month from 1:00 pm - 2:30 pm. Peer support group for parents. Teens have their own group at the same time led by trans adults, and younger children have a play group.
TransFamily Support Group (Riverside) 41685 Date Street Murrieta, CA 92562	✉ riversideco@transfamilysos.org	1st Saturday of every month from 4:00 pm - 5:30 pm. Peer support group for parents. Teens have their own group at the same time led by trans adults.
Transforming Family Support Group First Universal Unitarian Church 4190 Front Street San Diego, CA 92104		Peer support group for parents. Teens have their own group at the same time led by trans adults and younger children have a playgroup led by volunteers.
TYFA Talk	http://imatyfa.org/	List of resources for parents and caregivers of transgender children and teens up to 18 years old.



CHILD SERVICES

Resource	Contact Information	Additional Information
CHILDCARE ASSISTANCE		
Chicano Federation 3180 University Avenue, Suite 400 San Diego, CA 92104	619.285.5600 https://www.chicanofederation.org/housing/family.aspx ✉ info@chicanofederation.org	The Chicano Federation is one of San Diego's leading social service agencies providing child education, health and nutrition, and housing programs.
Child Development Associates (CDA) 180 Otay Lakes Road, Suite 300 Bonita, CA 91902	619.427.4411 http://www.cdalandiego.com/	Anyone who has received cash aid in the last 12 months for free. Also provide low income childcare provider assistance.
Children's Home Society of California 2650 Camino Del Rio North, Suite 104 San Diego, CA 92108	619.293.3411 http://www.chs-ca.org	Childcare payment assistance.
YMCA 1201 Paseo Magda Chula Vista, CA 91910	800.481.2151 http://www.ymca.org/crs ✉ https://www.ymca.org/about-y/contact-us	For childcare referrals. For online contact, fill out website contact form.
HEADSTART		
AKA Head Start Program 620 West Madison Avenue El Cajon, CA 92020	619.270.7009 https://www.akaheadstart.org/	Call to get on waiting list. Ask for family service technician.
NHA Head Start 841 South 41st Street San Diego, CA 92113	858.715.2642 http://www.neighborhoodhouse.org	Call to get on waiting list. Ask for family service technician. Can call to find location close to them.
CHILDCARE ACTIVITIES		
50 Fun and Free Summer Activities in San Diego	619.232.3101 http://www.sandiego.org	List of free activities or children and families to do.
KPBS 20 Fun and Free Activities this Summer in San Diego	619.594.6983 ttp://www.kpbs.org	List of free activities or children and families to do.
YMCA	858.292.9622 https://www.ymca.org/community-support/scholarships	Offers scholarships to reduce membership and program fees to ensure that everyone has the opportunity to learn, grow, and thrive.
ADDITIONAL CHILD SERVICES		
Armed Services YMCA San Diego	858.751.5755 http://www.asymca.org/san-diego-home/	



VETERANS SERVICES

Resource	Contact Information	Additional Information
VETERNS SERVICES		
Armed Services YMCA San Diego	858.751.5755 http://asymca.org/san-diego-home/san-diego-home/	
Caliber Collision 1375 East Main Street El Cajon, Ca 92021	619.442.6135 https://calibercollision.com/services/on-site-car-rentals	Their services help with getting a car rental. 7:00 am-6:00 pm, Monday-Friday.
CalVet	https://www.calvet.ca.gov/home	
CalVet Resource Book 2019	https://www.calvet.ca.gov/vetservices/documents/veteran_%20resource_%20book.pdf	
Home for our Troops	https://www.hfotusa.org/help/?_gs=z.9744437.1236571092.xxxxxxxxxx-xxxxxxxxxxxxxxxxxxxxxxxx/787.6677	Online form available to fill out.
National Homeless Veteran Call Center	877.424.3838 https://www.hud.gov/sites/documents/doc_9178.PDF	
National Veterans Foundation (NVF)	888.777.4443 https://nvf.org/veteran-resources/	Can fill out a form online for assistance.
Rapid Response Referral Program	https://iava.org/rrrp-contact-us/	
Stand Downs	https://www.va.gov/homeless/events.asp	1-3 day events providing supplies and services to homeless veterans with items such as food, shelter, clothing, health screening, and VA Social Security, benefits counseling. New events added regularly.
U.S. Department of Veterans Affairs	https://www.va.gov/statedva.htm	
Veteran Crisis Line	1.800.273.8255	
Veterans Resources	619.236.6330 https://www.sandiego.gov/veterans	

Resource

Contact Information

Additional Information

VETERANS SERVICES

Veterans Services Student Service & Administration Building 10

619.644.7165
<https://grossmont.edu/student-services/office-and-services/veterans>

NOTES



UTILITIES

Resource	Contact Information	Additional Information
UTILITIES		
Campesinos Unidos Inc. (CUI) 885 Gateway Center Way, Suite 103 San Diego, CA 92102	619.391.9790 http://www.campesinosunidos.org/contact-us/	Continue calling until you get through schedule get an appointment for bill payment credit.
EFSP Unions United/United Way of San Diego 4699 Murphy Canyon Road San Diego, CA 92123	858.492.2000 http://www.uwsd.org ✉ https://www.uwsd.org/Contact-Us/	Continue calling until you get through schedule get an appointment for bill payment credit. For online contact, fill out website contact form.
MACC Project	619.409.1697 http://www.maacproject.org/main/impact/healthy-homes-health-services/energy-assistance/	Energy Assistance: 619.409.1697. If your service has been shut off: 619.409.7584. Continue calling until you get through schedule get an appointment for bill payment credit.”
SDGE Care Program El Cajon Branch Office 104 N. Johnson Ave El Cajon, CA 92020	800.411.7343 https://www.sdge.com/residential/care-video	California Alternate Rates for Energy (CARE)-You will receive a 30% or more discount on your bill every month. Eligibility is based on your household size and yearly income or by your household participation in certain public assistance programs.
ADDITIONAL UTILITIES SERVICES		



LEGAL SERVICES

Resource

Contact Information

Additional Information

LEGAL SERVICES

Legal Aid Society of San Diego
110 South Euclid Avenue
San Diego, CA 92114

1.877.534.2524
<https://www.lasds.org/>
✉ <https://www.lasds.org/comments>

Free legal help for low income people (limited some legal matters). For online contact, fill out website contact form.

University of San Diego School of Law
5998 Alcalá Park, Barcelona Hall, Room 305
San Diego, CA 92110,

619.260.7470
<https://www.sandiego.edu/law/free-legal-assistance/>

All Legal Clinic students are supervised by a practicing attorney. Appointments for qualifying individuals to meet for an intake with a law student, on a space available basis. Walk-in clients NOT accommodated. 8:30 am-5:00 pm, Monday-Friday.

YWCA of San Diego County
1012 C Street
San Diego, CA 92101

619.239.0355 x237
<http://www.ywcasandiego.org/get-help/beckys-house/legal-services/>

After hours accommodations may be considered. Gender inclusive services available for low-income individuals and children. Se habla Español. Divorce, restraining orders, paternity, child custody and visitation, child and spousal support, safe at home confidential address applications, and immigration referrals. Appointments from 9:00 am-5:00 pm, Monday-Friday.

ADDITIONAL LEGAL SERVICES

Resource	Contact Information	Additional Information
ADDITIONAL LEGAL SERVICES		
Catholic Charities - Immigration Services	619.287.9454	
District Attorney's Office - Child Abduction Unit	619.531.4345	
Jewish Family Services - Immigration Services	858.637.3210	
National Center for Transgender Equality	https://www.transequality.org/	
San Diego County Bar Association	800.464.1529	
San Diego County Sheriff	https://www.sdsheriff.net/dv/	Domestic violence restraining orders, zero cost. Interpreters are available (cannot be someone protected by the order). Can get a restraining order even if they are not a citizen.
San Diego District Attorney's Office, Victim Assistance Program	Juvenile Services: 858.694.4271; https://www.sdcda.org/helping/victims/victim-services.html	
Stalking Information Line	619.515.8900	Part of San Diego County District Attorney's Office.
Transgender Law Center	https://transgenderlawcenter.org/ ; https://transgenderlawcenter.org/resources/id/id-please	National resource.



AUTOMOTIVE TOW YARDS/AUTO PARTS
AUTO REPAIR

Resource	Contact Information	Additional Information
TOW YARDS/AUTO PARTS		
Baja's #1 Auto Wrecking 1218 Otay Valley Road San Diego, CA 92154	619.661.6060 https://www.bajaautowrecking.com/ ✉ https://www.bajaautowrecking.com/contact/	8:00 am-5:00 pm, Monday-Friday
Bebo's Auto Recycling 6401 Datsun Street San Diego, CA 92154	619.661.5595 www.bebosautorecycling.com ✉ bebosauto69@hotmail.com	8:00 am-5:00 pm, Monday-Friday; Saturday 8:00 am-2:00 pm.
Center Point Auto Wrecking 935-B Heritage Road San Diego, CA 92154	619.661.2500 http://recycler.car-part.com/CenterPointAutoWrecking ✉ centerpoint2500@gmail.com	8:00 am-5:00 pm, Monday-Friday; Saturday 8:00 am-3:00 pm.
Consumer Assistance Program 10949 North Mather Boulevard, Rancho Cordova, CA 95670	866.272.9642 ✉ https://www.bar.ca.gov/about_bar/Contact_Us.html	8:00 am-5:00 pm, Monday-Friday.
Dave's Auto Wrecking 970 Heritage Road San Diego, CA 92154	619.661.1181 https://davesautowreckingsd.com/ ✉ info@davesautowreckingsd.com	8:00 am-5:00 pm, Monday-Friday; Saturday 8:00 am-2:00 pm.
Jalos Auto Dismantling 1102 Heritage Road San Diego, CA 92154	619.661.6870 http://www.jalosautodismantling.com/ ✉ charrasasazo@hotmail.com	8:00 am-5:00 pm, Monday-Friday; Saturday 8:00 am-2:30 pm.
Silverado Truck And Auto Wrecking 1232 Otay Valley Road San Diego, CA 92154	619.661.6262	9:00 am-5:00 pm, Monday-Friday; Saturday 9:00 am-2:00 pm.
AUTO REPAIR		
Cuyamaca College Automotive Technology 900 Rancho San Diego Parkway El Cajon, CA 92109	619.660.4267 http://www.cuyamaca.edu ✉ brad.mccombs@gcccd.edu	Brad McCombs, Program Coordinator.
ADDITIONAL TRANSPORTATION RESOURCES		



ON CAMPUS RESOURCES

Resource	Contact Information	Additional Information
ON CAMPUS		
Accessibility Resource Center (ARC) Building 60-120	619.644.7112 https://grossmont.edu/student-services/offices-and-services/arc	Students with either permanent or temporary disabilities are eligible. Accessibility Resource Center provides services to any enrolled Grossmont College student who has a verified disability which may affect academic and personal success.
Adult Reentry Building 60, Room 146	619.644.7615 https://grossmont.edu/student-services/offices-and-services/adultreentry	Any student that is an adult reentering to college. Provides a variety of resources for the returning adult student who is seeking information about educational goals and career options acts as a bridge between the college and the community providing referral services, information relating to college and community agencies, job placement, professional and academic counseling, self-help programs, financial aid and transportation.
Basic Needs	https://grossmont.edu/student-services/offices-and-services/basic-needs	Any Grossmont College student. The program was created to support programs and resources that assist our students in meeting their basic needs and promoting their academic success. Services provide include: Child Care, Gizmo's Kitchen, Health Services, Mental Health Services, Shower Facilities.
CalWORKs Department Building 38E	619.644.7552 https://grossmont.edu/calworks	Must be a student at Grossmont College and be receiving county benefits such as TANF/cash aid benefits for themselves and their child/children. CalWORKs staff serves as a liaison between the college and the San Diego County of Health and Human Services [HHS] (Department of Social Services). The program provides personal/academic counseling and support services such as internship, job search employment preparation opportunities and childcare assistance, for students currently receiving TANF/CASH AID benefits. CalWORKs assists students in preparing for immediate and successful employment and with any other hardships the student might face.
Career Center Griffin Center Building 60	619.644.7615 https://grossmont.edu/student-services/offices-and-services/careercenter	Provides an on-campus site for students to explore and pursue their career goals. Assistance includes career assessment, featuring interactive computer software programs such as Sigi 3, Strong, and Keirseay Temperament Sorter II. The Career/Job Search Library contains an extensive range of the most current occupational and educational resources.
Cooperative Agencies Resources for Education (CARE) Building 60 Room 125	619.644.7698 https://grossmont.edu/student-services/offices-and-services/eops/care.aspx	Student must be receiving cash aid for themselves and/or children. Have single parent status with a child 13 yrs of age or younger. Program designed to recruit and assist single parent recipients of CalWORKs. CARE provides support services and/or grant funds to assist single parents with academic support and financial assistance. All students who participate in the CARE program are both EOPS and CalWORKs participants as well.
Counseling Center Student Services & Administration Building 10	619.644.7208 https://grossmont.edu/student-services/offices-and-services/counseling/	Any student enrolled at Grossmont College. Provides academic/transfer, career, personal/crisis counseling for any student.
Dream Center 60 Room 125A	619.668.1736 https://www.grossmont.edu/student-services/offices-and-services/dream-center/default.aspx	Be a current Grossmont College student. Be enrolled in at least 6 units. Be identified as an AB 540 student. Create a safe space within Grossmont College that offers a support system for undocumented students. We aim to promote awareness of the issues and challenges that affect undocumented students in our college and community in order to ensure respect and appreciation of diversity, while promoting equal access to education.
Ensuring College Success (Umoja) Student Services & Administration Building 10	619.644.3600 https://grossmont.edu/student-services/offices-and-services/ecs-umoja Jason Allen. 619.844.3089	Comply with all standards of being a student at Grossmont College. Complete English and Math assessments. Participate in scheduled ECS-Umoja activities. Our Umoja program is designed to support the persistence and retention of African/African American students toward defined educational goals: Certificates of Achievements, Associate Degree and University Transfer. Our program includes Instructional and Student Services support. We collaborate with local campuses and other state-wide programs.

Resource	Contact Information	Additional Information
ON CAMPUS		
Extended Opportunity Program Services (EOPS) Building 60, Room 125	619.644.7617 https://grossmont.edu/student-services/offices-and-services/eops/	Must be CA resident or eligible for California Dream Act. Have taken the Math and English assessments. Qualify for the Board of Governor's Fee Waiver Method A or B, C with zero EFC. Program established to recruit, enroll and retain students. EOPS is designed to assist students who are identified as economically and educationally disadvantaged. Eligible students are provided with a wide range of support services to foster success at Grossmont College.
Financial Aid Building 10, Interior Room 109	619.644.7129 https://www.grossmont.edu/student-services/offices-and-services/fa/default.aspx	Be a current Grossmont College student. Offers a full array of financial aid programs - grants, work, loans and scholarships to full-time and part-time students. They have financial aid available to help students with the cost of fees, books and supplies, food, housing, transportation and childcare.
Gizmo's Kitchen Building 60 Room 130	https://grossmont.edu/student-services/offices-and-services/basic-needs/gizmos-kitchen.aspx	Any currently enrolled Grossmont College student may utilize Gizmo's Kitchen up to one time per week while school is in session. Students must show a current Grossmont College Student ID that can be obtained in Admissions and Records (Bldg. 10-150). Gizmo's Kitchen is a 'grab and go' student food pantry that supports students by providing pre-packaged items suitable for an on-campus lunch or meal. Student toiletry items are also available.
Guardian Scholars Student Services & Administration Building 10 Financial Aid Office	619.644.7479 https://grossmont.edu/student-services/offices-and-services/fa/guardian-scholars.aspx	Diana Barajas, Financial Aid Advisor and Foster Youth Liaison. Document former foster youth status with their Financial Aid Office (proof of foster care placement at any point since they turned age 13 for whatever period of time and even if they are no longer in foster care today). Former foster youth support services program. Mission is to support the college transition, retention and ultimate completion of the educational goals of former foster youth. With the support of student services networks at Grossmont College, the program will help them navigate the common challenges of a college transition with the kindness, empathy and commitment they deserve from them.
NextUp Foster Youth Building 60, Room 125	619.644.3932 https://grossmont.edu/student-services/offices-and-services/eops/NextUp%20Foster%20Youth%20Services.aspx	Students who were in foster care for as little as one day from their 16th to 18th birthdays can be eligible. Eligibility is determined through something called a dependency letter, which they can help them get. Students must be enrolled in a minimum of 9 units. Provide extra support for foster youth as you transition to independent living. Program can provide specialized academic, career and personal counseling, book vouchers, grant money and more to help ensure your college and career success.
Puente Student Services & Administration Building 10 in the Counseling Center	619.668.1760 https://grossmont.edu/student-services/offices-and-services/Puente	Eligible to register for ENGL 110. No previous credit in COUN 120, Must be interested in courses that integrate LatinX or multicultural literature. Commit to participating in college tours, events and activities for a minimum of one year. Submit "Student Information Form" to michele.toral@gcccd.edu A 3-part student success model and combines rigorous English instruction, intrusive academic counseling and mentorship. At Grossmont College Puente students also take a cross-cultural studies course during their first semester. All students are encouraged to transfer to four-year institutions, earn degrees and return as leaders and mentors to future generations. Puente courses integrate LatinX and multi-cultural literature into lessons, projects and activities.
Student Health Services Building 60, Room 130	619.644.7192 https://grossmont.edu/student-services/offices-and-services/health-services	Any student enrolled at Grossmont College qualifies. Providing quality health care and promoting the importance of health and wellness to the Grossmont College student population, Student Health Services is dedicated to supporting student academic success.
Title IX	Sara Varghese, Dean of Student Affairs; 619.644.7600; sara.varghese@gcccd.edu ; Dr. Marsha V. Gable; 619.644.7108; marsha.gable@gcccd.edu ; Tim Corcoran, Vice Chancellor, Human Resources, Title IX Coordinator; 619.644.7572; tim.corcoran@gcccd.edu	Contact Sara or Dr. Gable for inquiries about filing a complaint. Contact Tim to file a complaint.

Resource

Contact Information

Additional Information

ON CAMPUS RESOURCES

Veterans Services

Student Services & Administration Building 10

619.644.7165

<https://grossmont.edu/student-services/offices-and-services/veterans>

Eligible veterans and dependents. Liaison between Grossmont College and the US Department of Veteran Affairs. We are approved for the following educational benefits: Post 9/11 GI Bill, Chapter 33, Montgomery GI Bill, Chapter 30, Reserve GI Bill, Chapter 1606, Reserve Educational Assistance Program (REAP), Chapter 1607, Vocational Rehabilitation and Employment program, Chapter 31, Dependents Educational Assistance (DEA), Chapter 35



G R O S S M O N T
C O L L E G E

GROSSMONT COLLEGE, 8800 GROSSMONT COLLEGE DRIVE, EL CAJON, CA 92020
BUILDING: 38E | PHONE: 619.644.7552