

Resources for Families

Childcare

- Child Development Associates (CDA) 619-427-4411
(Offer services for families who have received Cash Aid in past 2 years)
- Extended Student Services (Childcare Program)
- YMCA Childcare Resource Service 800-481-2151/619-521-3055

Counseling (Check with your Private Insurance, Pediatrician, or Family Physician)

- East County Out-Patient Counseling/Family Wellness Center 619-668-6200
- Family Forces 858-277-7907
- Home Start 619-692-0727
- San Diego Youth Services (SDYS) Behavioral Health Clinic 619-448-9700
- Crossroads Family Center 619-441-1907

Crisis Hotlines

- Alcohol & Drug Hotline 800-252-6465
- Child Abuse Hotline 800-344-6000
- Emergency Screening Unit (24 Hour Children & Teen) 619-421-6900
- 1-800-SUICIDE 800-784-2433
- San Diego Access and Crisis Line 888-724-7240

Domestic Violence

- Center for Community Solutions 619-697-7477
- Center for Community Solutions Project Safehouse East Co. 619-631-6442
- Domestic Violence/Sexual Assault Crisis Line (24 hour) 888-385-4657
- YWCA Battered Women's Services Hotline 619-234-3164

Eating Disorders

- Healthy Within 858-622-0221

Family Support Services/Parenting

- Info Line 211
- Home Start (Self-Sufficiency Program) 619-401-8375 x103 or x104
- San Diego Youth Services (SDYS)- CAT Program 619-258-6877
- Chaldean Middle Eastern Social Services 619-631-7400

Food/Clothing

- American Red Cross / W.I.C. Program 800-500-6411
- Home Start (Emergency Food & Clothes) 619-401-8375
- Lakeside Christian Helps Center (Food & Children's Clothing) 619-561-3488

Grief

- Elizabeth Hospice - Center for Compassionate Care 800-797-2050

Health/Dental Services (for help applying for MediCal or Covered California 619-517-7555)

- Covered California 800-300-1506
- Neighborhood Health Care Medical Clinic 619-390-9975
Dental Clinic 619-390-9135
- Southern Indian Health Council 619-445-1188

Resources for Families

Housing/Emergency Shelters

- Center for Social Advocacy 619-444-5700
- Crisis House (Shelter/Transitional Housing/DV) 619-444-1194
- East County Transitional Living Center 619-442-0457
- Youth Emergency Shelter 619-325-3527
- Shelters 211

Kinship/Foster Parents

- Foster, Adoptive & Kinship Care Education Program 800-200-1222
- The Rose House 619-447-5004
- YMCA Kinship Program (877) YMCA-4-KIN or 619-543-9850

Legal

- Legal Aid Society of San Diego 877-534-2524
- Rose House Legal Clinic (Foster Parent/Kinship Only) 619-447-5004
- San Diego Volunteer Lawyer Program 619-235-5656
- University of San Diego Legal Clinic 619-260-7470

Medi-Cal

888-747-1222

- Neighborhood Healthcare 619-517-7555
(For help applying for MediCal and/or Healthy Families)

Military

- Family Forces 858-277-7907
- Fleet and Family Services 866-923-6478
- Operation Family Caregiver 858-268-4432

Recreation

- Boys & Girls Club – Lindo Park 619-443-9293
- Lakeside Community Center 619-443-9176
- Extended Student Services K-8
- The REC Club 619-443-4169

Sheriff-San Diego County Sheriff East County

858-565-5200

Substance Abuse Treatment/Support Programs

- Alanon/Alateen 619-296-2666
- Alcoholics Anonymous (Adult and Youth) 619-265-8762
- McAllister (Adolescent 21 Day Detox) 619-442-0277, ext. 147
- McAllister (Adults, El Cajon) 619-440-4801
- Narcotics Anonymous (Adult & Youth Meetings, Lakeside) 619-584-1007
- Nicotine Anonymous 619-682-7092
- Teen Recovery Center (El Cajon/La Mesa) 619-588-5361
- Vista Hill Parent Care Family Recovery Center 619-668-4200

Transportation

- San Diego Transit 619-233-3004

Tutoring

- Please check with your school site.
- San Diego Youth Services (SDYS)- CAT Program 619-258-6877