

Food Resources

211 San Diego • call 2-1-1 or (858) 300-1211 • <https://211sandiego.org/> • 24/7 phone service. Find current information on all food distribution sites in San Diego County.

CalFresh • 1866-262-9881 • <https://www.getcalfresh.org/> CalFresh (formerly known as food stamps and nationally known as SNAP) is a nutrition assistance program designed to help families and low-income individuals purchase healthy foods. Online application.

Feeding San Diego • 1858.452.3663 • <https://feedingsandiego.org/get-help/> • Search online databases to find local food distribution sites by zip code.

San Diego Food Bank • 1-858-527-1419 • 1-866-350-FOOD (3663) Toll Free • [Neighborhood Distribution Program List](#) (link) • The Neighborhood Distribution Program distributes food to individuals and families once a month at more than 20 different sites throughout San Diego County. I.D. and documentation ARE NOT required. There are no income restrictions.

Mobile Meals for Kids App • <https://www.cde.ca.gov/re/mo/comeals.asp> • The CA Meals for Kids mobile application helps you find nearby California Afterschool and Summer Meal Programs Sites through your iOS, Android, or Microsoft devices.

San Diego Unified School District Food & Nutrition Services (link) • San Diego Unified Food and Nutrition Services offer breakfast and lunch to all students, regardless of their circumstance. They also have links for CalFresh and ways to get extra groceries.

Women, Infants & Children Program (WIC) • 1(800) 852-5770 • Supports pregnant women or families who have children under the age of five who meet income eligibility with healthy food and other resources. Eligible families, dads, grandparents and foster parents caring for eligible children should contact WIC [Locate Local WIC Office](#) (link). [Online tool to check Eligibility](#) (link)

Porchlight Community Emergency Food Baskets (link)

FREE Food Baskets are available for low-income residents of Bay Park (92110), Clairemont (92117), Linda Vista (92111), and Serra Mesa (92123). You'll receive about a week's supply of fruit, vegetables, pantry items, and perishable foods in each basket.

Family Resources

FACT • 1 (888) 924-3228 • <https://factsd.org/> Network of transportation providers, including organizations that offer free or discounted transport to special populations.

Birthline • (858) 270-2491 Para Español 1(858)302-7784 • <https://birthlineof sandiego.org/> Provides resources to pregnant women and families with young children.

Diaper Bank Program (San Diego Food Bank) • [Diaper Bank Program, Distribution List](#) <https://sandiegofoodbank.org/programs/diaper-bank-program/>

The Food Bank partners with nonprofit organizations to distribute diapers throughout San Diego County. Each location

Somali Bantu Association of America

Address 4975 University Ave in San Diego

San Diego Hunger Coalition Food Assistance

<https://www.sandiegohungercoalition.org/>

The Chicano Federation- Community Services

Address 3180 University Ave. Suite 1100

- [The Federation](#) (www.chicano.org)
- Child care, food resources, food bank, immigration services, legal services and more

Uptown Community Services • 619-594-7777

Monday and Friday 3pm-6pm / Tuesday-Thursday 10am-5pm

has different operating hours, and may have different eligibility criteria.

San Diego For Every Child/YMCA • SAN DIEGO COVID-19 Children’s Fund provides financial assistance for child care payments and parent basic needs for qualifying families. Apply online [here](#)

SAY San Diego • 1858-565-4148 • <https://www.saysandiego.org/> • Provides programs for children and families that emphasize prevention, early intervention and positive development.

Safe Parking Lots

Dreams for Change • 1 (619) 497-0236 • <https://www.dreamsforchange.org/> • The Safe Parking Program provides supportive services and a safe place to park for families and individuals who are living in their vehicles.

Jewish Family Service • 1(858) 637-3210 • [Parking Program Information](#) • The program operates seven nights per week at four secured lots at Balboa Avenue, Aero Drive, Mission Village Drive, and our newest lot in Encinitas. To enroll, call (858) 637-3373 or start the process online. safeparkingprogram@jfsd.org

Health Insurance

Medi-Cal & Covered California • (800) 300-1506 • <https://www.coveredca.com/medi-cal/> • Free or low-cost health coverage options for children and adults based on income eligibility.

Asylum Seeker Health Services Adult and minor-aged asylum seekers can: Get enrolled in health care coverage, such as Medi-Cal, Receive health screenings and treatment- including TB screenings and access to vaccinations, and get linked to primary care •

Showers & Laundry

The Duwara Conciousness Foundation • Trailer with showers and laundry facilities for unhoused people. Located at NAMI San Diego (101 16th St. San Diego, CA 92101) Mon-Fri from 10am-3pm

NAMI San Diego C2C • Showers and laundry for ADULTS ONLY • NAMI San Diego (101 16th St. San Diego, CA 92101) Mon-Fri from 9am-3pm

Neil Good Day Center • 619-230-7390 • Offers showers and laundry on a first come, first served basis for ADULTS ONLY•

Shower services are located at Father Joe’s Villages’ main campus at 1501 Imperial Ave. Monday - Sunday 7:30 a.m. - 11:00 a.m. Laundry: Monday – Friday 12 p.m. to 1 p.m.

Uptown Community Services • 619-542-9344 • Shower Hours Monday and Friday from 9am-12:30pm, Tuesday and Thursday 10am-1:45pm • 3725 30th St San Diego, CA 92104

Mobile Operations of Dignity (MOD): Fresh Start Showers

Laundry Love Locations The Laundry Love initiative consists of regular opportunities to come alongside people who are struggling financially by assisting them with their laundry.

The Compass Station drop in resource center • One load of laundry every other day • Mon-Fri 10am with last load of laundry at 2:30pm • 1004 Chalcedony St. San Diego, CA 92109

Technology

Affordable Connectivity Program • A US government program that helps low income households pay for internet services and devices.

Computers for Kids • 1(858) 200-9787 • <https://www.c2sdk.org/> • The non-profit connects families with low-cost laptops or desktops based on income eligibility requirements. Online application.

SDCOE Technology Assistance Program • Reduced cost computers

Legal

USD School of Law Free Legal Assistance • (619) 260-7470

Community Law Project The California Western Community Law Project works to provide sustainable and competent legal services to low-income and indigent members of the local community while advancing the profession of law.

Legal Aid of San Diego

The Legal Aid Society of San Diego (LASSD) is a nonprofit law firm that provides free legal services to lower income San Diego residents.

Employment Resources

CA Unemployment and Worker Benefits • 1-800-300-5616 • <https://www.edd.ca.gov/> • File a claim online or by phone.

Dreams' Cuisine Workforce Program • 619-497-0236 OR get referred through CYT counselor • <https://www.dreamsforchange.org/destinis-workforce-development-impact-story/> • Offers 3-4 months paid training and first shift within 1 week. Must be open to operating a food truck.

San Diego Workforce Partnership • <https://workforce.org/jobseekers> • Provides career services, employment resources, and related training opportunities.

Mental Health

Crisis Line • If you or someone you know are at risk of harming themselves or others • Please call 9-1-1, the Access & Crisis Line at 888-724-7240, or call/text the California Coalition for Youth Crisis Line at 1800-843-5200. Both crisis lines are available 24 hours / 7 days a week.

SDUSD MHRS • [Mental Health & Wellness Resources](#) • Comprehensive guide to resources available to

students and their families, including parenting classes.

SDYS • Offer a variety of individualized and family mental health services, including crisis SafeZones • Call or text (619) 241-0608 Monday-Friday 10am-6pm

SD Center for Children • 1(858)277-9550 <https://www.centerforchildren.org/our-services/>

- A continuum of mental and behavioral health services for children and their families.
- [WrapWorks](#) is a wraparound program serving children and teens in the foster and probation system.

YMCA Kinship Support • [Kinship Support Services | YMCA of San Diego County](#) • 1(858)292-9622. We provide support to kinship caregivers, relatives who are raising the child of another family member. YMCA Kinship Support Services strengthens support systems by offering county-wide services to help caregivers preserve the family unit and avoid the entry or re-entry of children into the foster care system.

YMCA • Visit <https://www.ymcasd.org/behavioral-and-mental-health-services> YMCA has mental health services free of charge for youth in foster care.

Academic

School On Wheels • 1(805)641-678 <https://schoolonwheels.org/>

[SOF-sow-August2021_EGerch.pdf](#) • Free virtual tutoring for students experiencing homelessness: living unsheltered, in shelters, hotel/motels, or in their vehicles.

UCSD Health and Anti Recidivism Project • Free tutoring and mentorship for all K-12 students with a special focus on those touched by the justice system.

LearntoBe • <https://www.learntobe.org/> • Free 1 on 1 online tutoring for students in underserved communities.

Tutor.com • <http://military.tutor.com/home> • 24/7 tutoring and homework help for military connected students.

UCSD Academic Enrichment for Relocated Students Tutoring • Free tutoring with a focus on students new to the country, on Thursdays from 6-7pm • ZOOM Meeting ID: 359 711 6837
Passcode: RDzOwy