

Resources for Ingenuity Families

Category	Organization Name	Website	Phone Number	Description/Services
General Information and Connection to Resources	211 San Diego	https://211sandiego.org/	Dial 2-1-1 from any phone	211 San Diego is a free, 24 hour confidential phone service and searchable online database and is the region's trusted source for information and connections to community, health, and disaster resources.
	Alliance for Regional Solutions (North County)	https://www.regionalsolutions.net	760-529-9979 x 216	<ul style="list-style-type: none"> • Bridge to Housing Committee • North County Food Policy Council • North County Case Manager's Network • North County Transitional Aged Youth Collaborative • North County Works
	Health & Human Services Agency	https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp.html	619-515-6555 <u>Email</u>	The County of San Diego Health and Human Services Agency (HHS) provides vital health, housing, and social services to more than 3.3 million residents of San Diego County.
	Jewish Family Service	https://www.jfssd.org/	858-637-3210	Nutrition Assistance, Economic Mobility & Opportunity, Children & Youth, Adults & Families, Older Adults, Refugees & Immigration, Center for Jewish Care, Loans, Desert Vista & Desert Rose
	Salvation Army	https://sandiego.salvationarmy.org/	619-231-6000	At The Salvation Army, we are dedicated to Doing the Most Good. Our programs are designed to combat homelessness and hunger, provide safe spaces for kids,

				help adults achieve and maintain sobriety, and give hope to our most vulnerable neighbors.
	San Diego Urban League	https://sdul.org/	619-266-6237	Assisting African Americans and other underserved people in San Diego County to achieve social and economic equality through advocacy, bridge building, program services and research.
	YMCA Youth and Family Services	https://www.ymcasd.org/community-support/ymca-youth-and-family-services	858-292-9622	YMCA Youth and Family Services provides direct service and support to thousands of individuals in the San Diego County community each year.
Employment	San Diego Workforce Partnership	https://workforce.org/	619-319-9675 hello@workforce.org	We equip job seekers to increase their economic mobility, help businesses grow, rebuild, and thrive equitably, and prepare children and young adults for the world of work.
Food Assistance	Jewish Family Service	https://www.jfssd.org/our-services/food-meals/	858-637-3210	See above description.
	211 San Diego	https://211sandiego.org/	Dial 2-1-1 from any phone	See above description.
	Health & Human Services Agency	https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp.html	619-515-6555 Email	See above description.
	San Diego Food Bank	https://sandiegofoodbank.org/programs/emergency-food-assistance-program/	858-527-1419	Through our North County Food Bank chapter and by partnering with nearly 500 nonprofit partners with feeding programs, the Food Bank provides nutritious food to individuals and families in need in communities throughout San Diego County.

	Salvation Army	https://sandiego.salvationarmy.org/	619-231-6000	See above description.
	San Diego Hunger Coalition	https://www.sandiegohungercoalition.org/	(619) 501-7917	San Diego Hunger Coalition leads collaborative action to end hunger supported by research, education, and advocacy.
Homeless Youth	Doors of Change	https://doorsofchange.org/	760-505-7077 info@doorsofchange.org	Our mission is to act as advocates to support homeless youth ages 17-24 and provide access to the resources they need to improve their quality of life. We aim to get them off the streets into safe housing and help them attain self-sufficiency.
	San Diego Youth Services	https://sdyouthservices.org/	619-241-0608	San Diego Youth Services helps San Diego's most vulnerable youth, including foster children, youth experiencing homelessness, family conflict and violence, abuse and neglect, mental health struggles and substance abuse.
	Stand Up for Kids	https://www.standupforkids.org/	888-365-4543	Providing youth under the age of 25 with support in: <ul style="list-style-type: none"> • Stable housing • Permanent connections • Education and employment • Social and emotional well-being
	Rooted Life	https://www.rootedlifed.com/	619-357-6472	Rooted Life provides therapeutic recuperative care communities for those struggling with mental illness and substance use disorder. Rooted Life Recuperative Care is a 90-day program (based on eligibility) designed to help you revitalize, recover and stabilize in a comfortable environment.
	Think Dignity	https://www.thinkdignity.org/	619-537-8736	Advance basic dignity for people experiencing homelessness through

				advocacy and innovation.
	Urban Street Angels	https://urbanstreetangels.org/	619-415-6616	Urban Street Angels is a San Diego native 501(c)3 attentive to supporting homeless youth through supportive housing, peer support, mentorship, mental health counseling, and job training initiatives, in order to develop a more employable workforce and cultivate personal responsibility.
	Youth Assistance Coalition	https://www.yacsd.org/	619-458-6588	Youth Assistance Coalition is here to positively impact the lives of youth experiencing homelessness through empowerment, mentorship, and community collaboration in order to provide transformative opportunities.
Housing	Home Start	https://home-start.org/maternity-shelter-program/	619-692-0727 housing@home-start.org	<p>Home Start, Inc. Housing Programs provide safe and secure transitional and permanent supportive housing for single Transitional Age Youth, ages 18-24 (TAY), pregnant/parenting Transitional Age Youth, and Transitional Age Youth aging out of the foster care system.</p> <p>Home Start also provides outreach services, housing navigation, domestic violence services, rapid rehousing, and other support services for individuals experiencing homelessness or who are at-risk of homelessness. Home Start's programs provide holistic wraparound services and offer intensive case management to promote independence to aid safe and stable housing. Home Start's housing offices are located in Central and East San Diego.</p>
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	MAAC Project	https://maacproject.org/housing/	619-426-3595	MAAC is dedicated to addressing the critical need for affordable housing in San Diego County, one of the most unaffordable counties in the country.
	East County Transitional Living Center	https://ectlc.org/	619-442-0457	We provide services that permanently end the cycle of homelessness, one family, and one individual at a time.
	San Diego Housing Commission	https://sdhc.org/	619-231-9400	<ul style="list-style-type: none"> ● Rental assistance ● Shelters ● Affordable housing ● Homelessness solutions ● Eviction Prevention ● Housing Instability Prevention
	YMCA Youth and Family Services	https://www.ymcasd.org/community-support/ymca-youth-and-family-services	858-292-9622	See above description.
Emergency Shelter Contacts (San Diego County)	Emergency Shelter Contact Flyer	https://www.sandiegocounty.gov/content/dam/sdc/sdhcd/docs/rental-assistance/Trifold_pamphlet_Emergency_contacts_FINAL.pdf	Various	Click the link to the left to access these documents.
Healthcare (Medical/Dental/Vision)	Blue Shield of California Promise Health Plan (Medi-Cal Renewal)	benefitscal.com	866-262-9881	Able to provide support with food, cash aid, and health coverage benefits.
	Family Health Centers of San Diego	https://www.fhcsd.org/	619-515-2300	Founded in 1970, Family Health Centers of San Diego is dedicated to providing caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured,

				low-income and medically underserved persons.
	Health & Human Services Agency	https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp.html	619-515-6555 <u>Email</u>	See above description.
Mental/Behavioral Health	Home Start	https://home-start.org/mental-health-services/	619-692-0727	<ul style="list-style-type: none"> • Community Services for Families • Maternity Housing Program • Behavioral Health Services • First 5 First Steps • Communities in Action
	Kickstart	https://www.kickstartsd.org/	858-300-0470	Kickstart is a diverse clinical team specially trained to educate the community, treat youth and assist families in preventing psychosis. We serve young people ages 10 to 25, their families, and their social networks to build support around the youth and promote success in relationships, education and employment.
	SAY San Diego	https://www.saysandiego.org/	858-565-4148	SAY San Diego's mission is to partner with youth, adults, families, and communities to reach their full potential. Our vision is opportunity, equity and well-being for all San Diegans
	Vista Hill	https://www.vistahill.org/	858-514-5100 info@vistahill.org	To enhance and improve the quality of life for families and individuals of all ages by providing an array of mental / behavioral health, educational and social services in a fiscally responsible manner. <ul style="list-style-type: none"> • Children • Teen • Young Adult • Adult • Family
	YMCA Youth and Family Services	https://www.ymcasd.org/community-support/	858-292-9622	See above description.

		ymca-youth-and-family-services		
Mentoring	Boys2Men Mentoring	https://boystomen.org	619-469-9599 info@boystomen.org	Our mission, at Boys to Men Mentoring, is to build communities of male role models who, through consistent group mentoring, encourage and empower teenage boys to follow their dreams.
	Jewish Family Service	https://www.jfssd.org/our-services/	858-637-3210	See above description.
	Girls Rising Women Emerging	https://www.girlsrising.org/	619-297-1135 info@girlsrising.org	We are a sisterhood built on empowerment, connection, personal development, and career growth. Now serving girls ages 8-17 and young women ages 18-24 in San Diego County and Riverside County! <ul style="list-style-type: none"> • Mentorship Program • Women Emerging Program
	SAY San Diego	https://www.saysandiego.org/	858-565-4148	See above description.
Pregnancy/Parenthood	First 5 San Diego	https://first5sandiego.org/	888-534-7785	First 5 San Diego promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age.
Substance Abuse	Vista Hill	https://www.vistahill.org/	858-514-5100 info@vistahill.org	See above description.
	McAlister Institute	https://www.mcalisterinc.org/	619-442-0277	Providing high-quality, low-cost substance abuse treatment, drug intervention, and recovery support services to more than 13,000 men, women, teens, and children throughout San Diego County.
Other	Legal Aid Society of San Diego	https://www.lassd.org	877-534-2524	The Legal Aid Society of San Diego (LASSD) is a nonprofit law firm that provides free legal services to lower

				income San Diego residents.
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