



san diego county office of
EDUCATION

FUTURE WITHOUT BOUNDARIESSM

Parent and Family Engagement
Parent Resource



guide

Parent involvement is most successful when it is viewed, practiced, and promoted as a partnership between home and school.

At the San Diego County Office of Education, we are all committed to working in partnership with students, parents, school districts, and the community, to achieve academic success for all students in San Diego County.

We want to see all students achieve the dream of college.

If you would like to be added as a resource in this document contact:

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6401 Linda Vista Road, #321S
San Diego, CA 92111
858-569-5410
cristina.araya@sdcoe.net

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EMERGENCY SERVICES
Police/Fire or Emergency Medical Assistance dial 9-1-1

CONSULATE: SAN DIEGO/LOS ANGELES

Arab Republic of Egypt

4926 Wilshire Blvd., Suite 300
Los Angeles, CA 90010
323-933-9700
egyconsulatela.com

Costa Rica Consulate

1605 W. Olympic Blvd., Suite 400
Los Angeles, CA 90015
213-380-7915
www.costarica-embassy.org

El Salvador General Consulate

3450 Wilshire Blvd.
Los Angeles, CA 90010
213-383-5776
email: esconsulsd@sbcglobal.net

Ethiopia General Consulate

3460 Wilshire Blvd., Suite 308
Los Angeles, CA 90010
213-365-6651
www.ethiopianconsla.org

Guatemala Honorary Consulate

270 E. Douglas Ave.
El Cajon, CA 92108
619-401-4072
email: consul@sapper.com

Honduras Consulate

858-270-5776
email: cghonduras.losangeles@yahoo.com

Iraq Consulate

4500 Wilshire Blvd.
Los Angeles, CA 90010
213-797-6060
www.iraqiembassy.us/page/consulate-general-los-angeles

Kuwait General Consulate

130 S. El Camino Drive
Beverly Hills, CA 90212
310-556-0300
www.kuwaitconsulate.org

Mexico Consulate

1549 India St.
San Diego, CA 92101
619-231-8414
consulmex.sre.gob.mx/sandiego/

Nicaragua Consulate

3550 Wilshire Blvd., Suite 200
Los Angeles, CA 90024
310-441-5114
consuladodenicaragua.com

Pakistan General Consulate

10850 Wilshire Blvd., Suite 1250
Los Angeles, CA 90024
310-441-5114
www.pakconsulatela.org

People's Republic of China

500 Shatto Place
Los Angeles, CA 90020
213-807-8088
losangeles.china-consulate.org/chn

Philippine Consulate

3600 Wilshire Blvd., Suite 500
Los Angeles, CA 90010
213-639-0980
www.philippineconsulatela.org

SOCIAL SECURITY OFFICES

www.ssa.gov

8505 Aero Drive, San Diego, CA 92123	800-772-1213
846 Arnele Ave., El Cajon, CA 92020	800-772-1213
700 E 24th St., National City, CA 91950	800-772-1213
1333 Front St., San Diego, CA 92101	800-772-1213
626 L St., Chula Vista, CA 91911	800-772-1213
367 Via Vera Cruz, San Marcos, CA 92078	866-614-4769

U.S. CITIZENSHIP AND IMMIGRATION SERVICES

National Customer Service Center	800-375-5283	www.uscis.gov
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San Diego Field Office

880 Front St., Suite 4251, San Diego, CA 92101

www.uscis.gov/about-us/find-uscis-office/field-offices/california-san-diego-field-office

LEGAL ASSISTANCE

Catholic Charities Diocese of San Diego

349 Cedar St.
San Diego, CA 92101
619-231-2828
www.ccdsd.org

Legal Aid Society of San Diego

110 S. Euclid Ave.
San Diego, CA 92114
Legal Help 1-877-LEGAL AID (1-877-534-2524)
Health Related 1-877-SD HEALTH (1-877-734-3258)
TTY 1-800-735-2929
<https://www.lasdsd.org/>

Elder Law & Advocacy

5151 Murphy Canyon Road, Suite 110
San Diego, CA 92123
858-565-1392
www.seniorlaw-sd.org

San Diego Family Justice Center

1122 Broadway, Suite 200
San Diego, CA 92101
866-933-4673
www.sandiego.gov/sandiegofamilyjusticecenter

University of San Diego Legal Clinics

619-260-7470
www.sandiego.edu

San Diego Police Department

San Diego Police Department Headquarters
1401 Broadway
San Diego, CA 92101
619-531-2000
www.sandiego.gov/police

San Diego County Sheriff's Department

9621 Ridgehaven Court
San Diego, CA 92123
858-974-2222
www.sdsheiff.net

SAN DIEGO COUNTY LIBRARIES

www.sdcl.org

www.sandiego.gov/Public-Library

4S Ranch Branch

10433 Reserve Drive
San Diego, CA 92127
858-673-4697

Allied Gardens/Benjamin Branch

5188 Zion Ave.
San Diego, CA 92120
619-533-3970

Alpine Branch

2130 Arnold Way
Alpine, CA 91901
619-445-4221

Balboa Branch

4255 Mt. Abernathy Ave.
San Diego, CA 92117
858-573-1390

Bonita-Sunnyside Branch

4375 Bonita Road
Bonita, CA 91902
619-475-4642

Borrego Springs Branch

587 Palm Canyon Drive, Suite 125
Borrego Springs, CA 92004
760-767-5761

Campo-Morena Village Branch

31356 Highway 94
Campo, CA 91906
619-478-5945

Cardiff-by-the-Sea Branch

2081 Newcastle Ave.
Cardiff-by-the-Sea, CA 92007
760-753-4027

Carmel Mountain Ranch Branch

12095 World Trade Drive
San Diego, CA 92128
858-538-8181

Carmel Valley Branch

3919 Townsgate Drive
San Diego, CA 92130
858-552-1668

Casa de Oro Branch

9805 Campo Road, #180
Spring Valley, CA 91977
619-463-3236

Chula Vista Branch

365 F St.
Chula Vista, CA 91910
619-691-5069

City Heights/Weingart Branch

3795 Fairmont Ave.
San Diego, CA 92105
619-641-6100

Clairemont Branch

2920 Burgener Blvd.
San Diego, CA 92110
858-581-9935

College-Rolando Branch

6600 Montezuma Road
San Diego, CA 92115
619-533-3902

Crest Branch

105 Juanita Lane
El Cajon, CA 92021
619-442-7083

Del Mar Branch

1309 Camino Del Mar
Del Mar, CA 92014
858-755-1666

Descanso Branch

9545 River Drive
Descanso, CA 91916
619-445-5279

El Cajon Branch

201 E. Douglas
El Cajon, CA 92020
619-588-3718

Encinitas Branch

540 Cornish Drive
Encinitas, CA 92024
760-753-7376

Escondido Public Library

239 S. Kalmia St.
Escondido, CA 92025
760-839-4684

Fallbrook Branch

124 S. Mission Road
Fallbrook, CA 92028
760-731-4650

Fletcher Hills Branch

576 Garfield Ave.
El Cajon, CA 92020
619-466-1132

Imperial Beach Branch

810 Imperial Beach Blvd.
Imperial Beach, CA 91932
619-424-6981

SAN DIEGO COUNTY LIBRARIES

www.sdcl.org

www.sandiego.gov/Public-Library

Jacumba Branch
44605 Old Hwy 80
Jacumba, CA 91934
619-766-4608

Julian Branch
1850 Highway 78
Julian, CA 92036
760-765-0370

**Kensington-Normal
Heights Branch**
4121 Adams Ave.
San Diego, CA 92116
619-533-3974

Lakeside Branch
9839 Vine St.
Lakeside, CA 92040
619-443-1811

La Jolla/Riford Branch
7555 Draper Ave.
La Jolla, CA 92037
858-552-1657

La Mesa Branch
8074 Allison Ave.
La Mesa, CA 91942
619-469-2151

Lemon Grove Branch
3001 School Lane
Lemon Grove, CA 91945
619-463-9819

Lincoln Acres Branch
2725 Granger Ave.
National City, CA 91950
619-475-9880

Linda Vista Branch
2160 Ulric St.
San Diego, CA 92111
858-573-1399

Logan Heights Branch
567 South 28th St.
San Diego, CA 92113
619-533-3968

Mira Mesa Branch
8405 New Salem St.
San Diego, CA 92126
858-538-8165

Mission Hills Branch
925 W. Washington St.
San Diego, CA 92103
619-692-4910

Mission Valley Branch
2123 Fenton Parkway
San Diego, CA 92108
858-573-5007

**Mountain View/Beckworth
Branch**
721 San Pasqual St.
San Diego, CA 92113
619-527-3404

North Park Branch
3795 31st St.
San Diego, CA 92104
619-533-3972

**North University
Community Branch**
8820 Judicial Drive
San Diego, CA 92122
858-581-9637

Oak Park Branch
2802 54th St.
San Diego, CA 92105
619-527-3406

Ocean Beach Branch
4801 Santa Monica Ave.
San Diego, CA 92107
619-531-1532

Otay Mesa-Nestor Branch
3003 Coronado Ave.
San Diego, CA 92154
619-424-0474

Pacific Beach/Taylor Branch
4275 Cass St.
San Diego, CA 92109
858-581-9934

Paradise Hills Branch
5922 Rancho Hills Drive
San Diego, CA 92139
619-527-3461

Pine Valley Branch
28804 Old Highway 80
Pine Valley, CA 91962
619-473-8022

Point Loma/Hervey Branch
3701 Voltaire St.
San Diego, CA 92107
619-531-1539

Potrero Branch
24883 Potrero Valley Road
Potrero, CA 91963
619-478-5978

Poway Branch
13137 Poway Road
Poway, CA 92064
858-513-2900

SAN DIEGO COUNTY LIBRARIES

www.sdcl.org

www.sandiego.gov/Public-Library

Ramona Branch

1275 Main St.
Ramona, CA 92065
760-788-5370

Rancho San Diego Branch

11555 Via Rancho San Diego
El Cajon, CA 92019
619-660-5370

Rancho Santa Fe Branch

17040 Avenida de Acacias
Rancho Santa Fe, CA 92067
858-756-2512

San Carlos Branch

7265 Jackson Drive
San Diego, CA 92119
619-527-3430

San Marcos Branch

2 Civic Center Drive
San Marcos, CA 92069
760-891-3000

Santee Branch

9225 Carlton Hills Blvd., #17
Santee, CA 92071
619-448-1863

San Ysidro Branch

101 W. San Ysidro Blvd.
San Diego, CA 92173
619-424-0475

Serra Mesa-Kearny Mesa Branch

9005 Aero Drive
San Diego, CA 92123
858-573-1396

Skyline Hills Branch

480 S. Meadowbrook Drive
San Diego, CA 92114
619-527-3485

Solana Beach Branch

Earl Warren Middle School
157 Stevens Ave.
Solana Beach, CA 92075
858-755-1404

Spring Valley Branch

836 Kempton St.
Spring Valley, CA 91977
619-463-3006

Valley Center Branch

29200 Cole Grade Road
Valley Center, CA 92082
760-749-1305

Vista Branch

700 Eucalyptus Ave.
Vista, CA 92084
760-643-5100

SAN DIEGO COUNTY SCHOOL DISTRICTS

Elementary School Districts

Alpine Union

2001 Tavern Road
Alpine, CA 91901
619-445-3236
FAX: 619-445-7045
www.alpineschools.net

Cajon Valley Union

750 East Main St.
El Cajon, CA 92020-4015
619-588-3005
FAX: 619-588-7653
www.cajonvalley.net

Cardiff

1888 Montgomery Ave.
Cardiff-by-the-Sea, CA 92007
760-632-5890
FAX: 760-942-5831
www.cardiffschools.com/

Chula Vista Elementary

84 East J St.
Chula Vista, CA 91910-6199
619-425-9600
FAX: 619-427-5670
www.cvesd.org

Dehesa

4612 Dehesa Road
El Cajon, CA 92019-2922
619-444-2161
FAX: 619-444-2105
<https://dehesasd.sdcoe.net>

Del Mar Union

11232 El Camino Real
San Diego, CA 92130
858-755-9301
FAX: 858-755-4361
www.dmusd.org

Encinitas Union

101 South Rancho Santa Fe Road
Encinitas, CA 92024
760-944-4300
FAX: 760-942-7094
www.eusd.net

Escondido Union

2310 Aldergrove Ave.
Escondido, CA 92029
760-432-2110
FAX: 760-735-2874
<https://eusd.org>

Fallbrook Union Elementary

321 North Iowa St.
Fallbrook, CA 92028-2108
760-731-5400
FAX: 760-723-3895
www.fuesd.org

Jamul-Dulzura Union

14581 Lyons Valley Road
Jamul, CA 91935-9701
619-669-7702
FAX: 619-669-0254
www.jdusd.net

Julian Union

1704 Cape Horn
Julian, CA 92036-0337
760-765-0661
FAX: 760-765-0220
<https://sites.google.com/a/juesd.net/home>

La Mesa-Spring Valley

4750 Date Ave.
La Mesa, CA 91941-5293
619-668-5700
FAX: 619-668-4619
www.lmsvschools.org

Lakeside Union

12335 Woodside Ave.
Lakeside, CA 92040-0578
619-390-2606
FAX: 619-561-7929
www.lsusd.net

Lemon Grove

8025 Lincoln St.
Lemon Grove, CA 91945-2515
619-825-5600
FAX: 619-462-7959
www.lemongrovesd.net

National

1500 N Ave.
National City, CA 91950-4827
619-336-7700
FAX: 619-336-7505
www.nsd.us

Rancho Santa Fe

5927 La Granada
Rancho Santa Fe, CA 92067-0809
858-756-1141
FAX: 858-756-0712
<https://rsfschool.net>

San Pasqual Union

15305 Rockwood Road
Escondido, CA 92027-6700
760-745-4931
FAX: 760-745-2473
www.sanpasqualunion.net

San Ysidro

4350 Otay Mesa Road
San Ysidro, CA 92173-1685
619-428-4476
FAX: 619-428-1505
www.sysdschools.org

SAN DIEGO COUNTY SCHOOL DISTRICTS

Santee

9625 Cuyamaca St.
Santee, CA 92071-2674
619-258-2304
FAX: 619-258-2305
www.santeesd.net

Solana Beach

309 North Rios Ave.
Solana Beach, CA 92075-1298
858-794-7104
FAX: 858-794-7105
www.sbsd.k12.ca.us

South Bay Union

601 Elm Ave.
Imperial Beach, CA 91932-2098
619-628-1605
FAX: 619-628-1608
www.sbusd.org

Spencer Valley

4414 Highway 78 and 79
Santa Ysabel, CA 92070-0159
760-765-0336
FAX: 760-765-3135
http://svesd.net

Vallecitos

5211 Fifth St.
Fallbrook, CA 92028-9796
760-728-8229
FAX: 760-728-7712
www.vallecitosd.net

High School Districts

Escondido Union High

302 North Midway Drive
Escondido, CA 92027
760-291-3200
FAX: 760-480-3163
www.euhdsd.org

Fallbrook Union High

2234 South Stage Coach Lane
Fallbrook, CA 92028-0368
760-723-6332
FAX: 760-723-1795
www.fuhdsd.net

Grossmont Union High

1100 Murray Drive
El Cajon, CA 92020
619-644-8085
FAX: 619-465-1349
www.guhdsd.net

Julian Union High

1656 Highway 78
Julian, CA 92036-0417
760-765-0606
FAX: 760-765-2926
www.juhdsd.org

San Dieguito Union High

710 Encinitas Blvd.
Encinitas, CA 92024-3357
760-753-6491
FAX: 760-943-3501
www.sduhdsd.net

Sweetwater Union High

1130 Fifth Ave.
Chula Vista, CA 91911-2896
619-691-5555
FAX: 619-498-1997
www.sweetwaterschools.org

Unified School Districts

Bonsall Unified

31505 Old River Road
Bonsall, CA 92003-0003
760-631-5200
FAX: 760-941-4409
www.bonsallusd.com

Borrego Springs Unified

2281 Diegueno Road
Borrego Springs, CA 92004
760-767-5357
FAX: 760-767-0494
www.bsusd.net/home

Carlsbad Unified

6225 El Camino Real
Carlsbad, CA 92009-1604
760-331-5002
FAX: 760-331-5094
www.carlsbadusd.k12.ca.us

Coronado Unified

201 Sixth St.
Coronado, CA 92118-1799
619-522-8900
FAX: 619-437-6570
https://coronadousd.net/

Mountain Empire Unified

3291 Buckman Springs Road
Pine Valley, CA 91962-4003
619-473-9022
FAX: 619-473-9728
www.meusd.k12.ca.us

Oceanside Unified

2111 Mission Ave.
Oceanside, CA 92058-2395
760-966-4006
FAX: 760-433-8620
www.oside.k12.ca.us

SAN DIEGO COUNTY SCHOOL DISTRICTS

Poway Unified

15250 Avenue of Science
San Diego, CA 92128-3406
858-521-2800
FAX: 858-485-1075
www.powayusd.com

Ramona Unified

720 Ninth St.
Ramona, CA 92065-2399
760-787-2007
FAX: 760-789-9168
www.ramonausd.net

San Diego Unified

4100 Normal St.
San Diego, CA 92103-2682
619-725-5506
FAX: 619-291-7182
www.sandiegounified.org

San Marcos Unified

255 Pico Ave., Suite 250
San Marcos, CA 92069-2949
760-752-1294
FAX: 760-471-4928
www.smusd.org

Valley Center-Pauma Unified

28751 Cole Grade Road
Valley Center, CA 92082-6599
760-749-0464
FAX: 760-749-1208
<https://vcpusd-ca.schoolloop.com>

Vista Unified

1234 Arcadia Ave.
Vista, CA 92084-3495
760-726-2170
FAX: 760-758-7838
<http://www.vistausd.org>

Warner Unified

30951 Highway 79
Warner Springs, CA 92086-0008
760-782-3517
FAX: 760-782-9117
www.warnerusd.net

Community College Districts

Grossmont-Cuyamaca

8800 Grossmont College Drive
El Cajon, CA 92020-1799
619-644-7924
FAX: 619-644-7924
<https://www.gcccd.edu>

MiraCosta College

One Barnard Drive
Oceanside, CA 92056-3899
760-795-6610
FAX: 760-795-6758
<http://www.miracosta.edu>

Palomar

1140 West Mission Road
San Marcos, CA 92069-1487
760-744-1150
FAX: 760-591-0698
<https://www2.palomar.edu>

San Diego

3375 Camino Del Rio South
San Diego, CA 92108-3883
619-388-6957
FAX: 619-388-6541
www.sdccd.edu

Southwestern College

900 Otay Lakes Road
Chula Vista, CA 91910-7299
619-421-6700
FAX: 619-421-0346
www.swccd.edu

HIGHER EDUCATION LOCAL COMMUNITY COLLEGES / UNIVERSITIES

Cuyamaca Community College	619-660-4000	www.cuyamaca.edu
Grossmont Community College	619-644-7186	www.grossmont.edu
Kumeyaay Community College	619-445-6917	http://kumeyaaycommunitycollege.com
Mesa Community College	619-388-2682	www.sdmesa.edu
Mira Costa Community College	760-795-6620	www.miracosta.cc.ca.us
Miramar Community College	619-388-7844	www.sdmiramar.edu
Palomar Community College	760-891-7512	www.palomar.edu
San Diego City Community College	619-388-3475	www.sdcity.edu
Southwestern Community College	619-421-6700	www.southwesterncc.edu

CSU San Marcos	760-750-4848	www.csusm.edu
Point Loma Nazarene University	800-733-7770	www.pointloma.edu
San Diego State University	619-594-6336	www.sdsu.edu
UC San Diego	858-534-4831	www.ucsd.edu
University of San Diego	619-260-4506	www.sandiego.edu

ADMISSION TESTING PREP AND INFORMATION

Scholastic Assessment Test (SAT)	www.collegeboard.org
American College Test (ACT)	www.act.org
Khan Academy	www.khanacademy.org

SCHOLARSHIPS

www.fafsa.ed.gov

Check with your local high school counseling office for more scholarship opportunities.

¡Adelante! U.S. Education Leadership Fund	www.adelantefund.org
American Indian Graduate Center Scholars	www.aigcs.org
American Indian College Fund	www.collegefund.org
Asian and Pacific Islander American Scholarships	www.apiasf.org
Asian Pacific Fund	asianpacificfund.org/what-we-do/scholarships
Association of Raza Educators Scholarship	www.razaeducators.org
Bea Gonzales Biliteracy Scholarship	tinyurl.com/2019-BGscholarship
BECA Foundation	www.becafoundation.org
Barona Scholarship Programs	www.barona-nsn.gov/education
Bureau of Indian Education	www.bie.edu/ParentsStudents/Grants
California Dream Act	www.csac.ca.gov/dream_act.asp
California Dream Act (for Dream Act students only)	dream.csac.ca.gov
College Board Scholarship Search	www.collegeboard.org
College Track	www.collegetrack.org
Davis-Putter Scholarship Fund	www.davisputter.org
Easley National Scholarship Program	www.naas.org
Fastweb	www.fastweb.com
FinAid: The Smart Student Guide to Financial Aid	www.finaid.org
Financial Aid Services	www.collegeanswer.com
Gates Millennium Scholarships	www.gmsp.org
Geneseo Migrant Center	migrant.net/migrant/scholarships
Guaranteed Scholarships	www.guaranteed-scholarships.com
Hispanic College Fund	www.hsf.net
Historical Black Colleges and Universities Scholarships	www.hbcuconnect.com
Institute of International Education	www.iie.org
International Students Scholarships and Aid Help	www.iefaf.org
Latino College Dollars	www.latinocollegedollars.org
Mexican American Legal Defense and Education Fund (for undocumented students)	maldef.org
San Diego Indian American Society	www.sdias.org
Salvadorian American Leadership & Education Fund	www.salef.org
San Diego Foundation	www.sdfoundation.org
The Dream.US (for Dream Act students)	http://www.thedream.us/
Thurgood Marshall Scholarship Fund	www.thurgoodmarshallfund.org
United Negro College Fund	www.uncf.org

VOLUNTEER OPPORTUNITIES FOR JUNIOR AND SENIOR HIGH STUDENTS

- www.volunteermatch.org
- feedingamericasd.org/get-involved/volunteer/individuals-families
- sandiego.gov/volunteer-program/opportunities/communityservices/library
- sdcl.org/volunteer.html
- handsonsandiego.org
- SDBigs.org

North County

North County Community Service

1557 Grand Ave., Suite C
San Marcos, CA 92078
760-471-5483
www.sdnccs.org/volunteer-get-involved

Salvation Army

3935 Lake Blvd.
Oceanside, CA 92056
760-631-8212
https://oceanside.salvationarmy.org/oceanside_corps

Salvation Army

1301 Las Villas Way
Escondido, CA 92026
760-745- 8618
https://escondido.salvationarmy.org/escondido_corps

San Diego Humane Society

3450 E. Valley Parkway
Escondido, CA 92027
760-888-2275
www.sdhumane.org

San Diego Humane Society

2905 San Luis Rey Road
Oceanside, CA 92057
760-757-4357
www.sdhumane.org

Helen Woodward Animal Center

6461 El Apajo Road
Rancho Santa Fe, CA 92067
858-756-4117
<https://animalcenter.org/get-involved/volunteer>

South County

Salvation Army

648 3rd Ave.
Chula Vista, CA 91910
https://chulavista.salvationarmy.org/chula_vista_corps

South Bay Community Services

430 F St.
Chula Vista, CA 91910
619-420-3620
southbaycommunityservices.org/get-involved/volunteer

VOLUNTEER OPPORTUNITIES FOR JUNIOR AND SENIOR HIGH STUDENTS

East County

Challenge Ranch

5976 Stallion Oaks Road
El Cajon, CA 92019
619-445-0598
challengeranch.org/volunteer-opportunities

East County Animal Rescue

858-224-3227
eastcountyanimalrescue.org/p/volunteer.html

Salvation Army

1011 E. Main St.
El Cajon, CA 92021
619-440-4683
https://elcajon.salvationarmy.org/el_cajon_corps

El Cajon Police Department

100 Civic Center Way
El Cajon, CA 92020
619-579-3354
<https://www.cityofelcajon.us/your-government/departments/police/your-police-department/police-cadets>

Central County

Father Joe's Villages

3350 E St.
San Diego, CA 92102
619-645-6411
my.neighbor.org/volunteer

San Diego Humane Society

5500 Gaines St.
San Diego, CA 92110
619-299-7012
sdhumane.org/how-you-can-help/volunteer/applications-and-opportunities/san-diego-volunteer-opportunities/

Red Cross San Diego/Imperial Counties Chapter

3950 Calle Fortunada
San Diego, CA 92123
858-309-1200
redcross.org/local/san-diego-imperial/volunteer/youth-services

Salvation Army: Downtown San Diego Centre City Corps.

825 7th Ave.
San Diego, CA 92101
sandiego.salvationarmy.org/sierra_del_mar/volunteer

Salvation Army

6848 University Ave.
San Diego, CA 92115
sandiego.salvationarmy.org/sierra_del_mar/volunteer

EMERGENCY SERVICES

Police/Fire or Emergency Medical Assistance dial 9-1-1

San Diego Fire-Rescue Headquarters

600 B St., Ste. 1300
San Diego, CA 92101
619-533-4300
<https://www.sandiego.gov/fire/>

San Diego County Sheriff's Department

To report criminal or suspicious activity, call our Communications Center at 858-565-5200.
Emergency: 9-1-1
Non-Emergency: 858-565-5200
<https://www.sdsheriff.net/>

San Diego Police Department

Emergency: 9-1-1
Non-Emergency Calls, 24 hours: 619-531-2000 or 858-484-3154
Emergency from outside of San Diego: 619-531-2065
<https://www.sandiego.gov/police/>

San Diego Lifeguard Services

2581 Quivira Court
San Diego, CA 92109
619-221-8899
www.sandiego.gov/lifeguards

San Diego Information

Dial: 2-1-1
2-1-1 San Diego is a resource and information hub that connects people with community, health and disaster services through a free 24/7 confidential phone service and searchable online database.
2-1-1 serves the entire population of San Diego County.
www.211sandiego.org

Ready San Diego Emergency Preparedness

<http://www.readysandiego.org/>
<http://www.readysandiego.org/SDEmergencyApp/>

MEDICAL AND SOCIAL SERVICES

Community Clinics

Borrego Medical Clinic

4343 Yaqui Pass Road
Borrego Springs, CA 92004
760-767-8081
www.borregomedical.org

Campo Medical / Dental Clinic

36350 Church Road
Campo, CA 91905
619-478-2225
www.sihc.org

Chase Avenue Family Health Center

1111 W. Chase Ave.
El Cajon, CA 92020
619-515-2499
www.fhcsd.org

Chula Vista Family Health Center

251 Landis Ave.
Chula Vista, CA 91910
619-515-2500
www.fhcsd.org

Downtown Family Health Center

1145 Broadway
San Diego, CA 92101
619-515-2525
www.fhcsd.org

East County Community Center

3845 Spring Drive
Spring Valley, CA 91977
619-258-6844
www.sdyouthservices.org

Escondido Family Medicine

255 N. Ash St., Suite 101
Escondido, CA 92027
619-478-5254
www.mtnhealth.org

Fallbrook Family Health Center

1328 S. Mission Road
Fallbrook, CA 92028
760-451-4720
www.chsica.org

Grossmont-Spring Valley F.H. Center

8788 Jamacha Road
Spring Valley, CA 91977
619-515-2555
www.fhcsd.org

Julian Medical Clinic

2721 Washington St.
Julian, CA 92036
760-765-1223
www.borregomedical.org

La Maestra Community Health Center

217 Highland Ave.
National City, CA 91950
619-434-7308
www.lamaestra.org

Linda Vista Health Care Center

6973 Linda Vista Road
San Diego, CA 92111
858-279-0925
sdfamilycare.org

Mountain Empire Family Medicine

31115 Highway 94
Campo, CA 91906
619-478-5311
www.mtnhealth.org

North County Health Services (NCHS) Carlsbad Family Medicine

1295 Carlsbad Village Drive, Suite 100
Carlsbad, CA 92008
760-720-7766
www.nchs-health.org

MEDICAL AND SOCIAL SERVICES

Community Clinics, cont.

North County Health Services (NCHS) Encinitas Health Center

1130 2nd St.
Encinitas, CA 92024
760-753-7842
www.nchs-health.org

North County Health Services (NCHS) Grand Ave. Family Medicine

727 W. San Marcos Blvd., Suite 112
San Marcos, CA 92078
760-736-8810
www.nchs-health.org

North County Health Services (NCHS) Mission Mesa Community Health Center

2210 Mesa Drive, Suite 5
Oceanside, CA 92054
760-757-5841
www.nchs-health.org

North County Health Services (NCHS) Oceanside Health Center

605 Crouch St.
Oceanside, CA 92054
760-757-4566
www.nchs-health.org

North County Health Services (NCHS) Ramona Health Center

217 Earlham St.
Ramona, CA 92065
760-789-1223
www.nchs-health.org

Neighborhood Healthcare

16650 Hwy 76
Pauma Valley, CA 92061
760-742-9919
www.nhcare.org

San Ysidro Health Care

4004 Beyer Blvd.
San Ysidro, CA 92173
619-662-4100
www.syhc.org

Vista Community Clinic – Vale Terrace

1000 Vale Terrace
Vista, CA 92084
760-631-5000
www.vistacommunityclinic.org

Vista Community Clinic – Grapevine

134 Grapevine Road
Vista, CA 92083
760-931-5000
www.vistacommunityclinic.org

MEDICAL AND SOCIAL SERVICES

Shelters and Emergency Housing

Becky's House

Thirty day program for domestic violence protection services. Information is confidential.

619-234-3164

Cortez Hill Family Center

Shelter for families.

619-531-8937

ECS Julian's Housing Program

Domestic violence program for women and children.

619-521-3939

Interfaith Shelter Network

Seasonal, night-time shelters for individuals and families.

619-702-5399

Rachel Women's Shelter (Catholic Charities)

Services for homeless and low-income women.

759 8th Ave.

San Diego, CA 92101

619-696-0873

Salvation Army

Emergency shelter and transitional housing for individuals and families.

731 F St.

San Diego, CA 92101

619-231-6030

San Diego Rescue Mission

Shelter for women and children, 30-day maximum.

120 Elm St.

San Diego, CA 92101

619-687-3720

Sierra Del Mar

2320 5th Ave.

San Diego, CA 92101

619-231-6000

St. Claire's Home

Emergency shelter, food, medical care, and recovery programs for abused women and children.

2091 E. Valley Parkway

Escondido, CA 92027

760-741-0122

St. Vincent de Paul

Several programs available for individuals and families.

1501 Imperial Ave.

San Diego, CA 92101

619-233-8500

The Youth Storefront

Emergency shelter for homeless, runaway, and youths living on the street.

619-325-3527

YWCA of San Diego County

Various programs and emergency shelters for women and children.

1012 C St.

San Diego, CA 92101

619-239-0355

SPECIALIZED SERVICES

Family Counseling

Barrio Youth Development Program

2175 Newton Ave.
San Diego, CA 92113
619-238-0314
www.barriostation.org

Breaking Cycles, Youth Day Center

4153 Market St.
San Diego, CA 92102
619-266-6060
www.sdcountry.ca.gov/probation

Catholic Charities

349 Cedar St.
San Diego, CA 92101
619-231-2828

Centro de Psicología Cultural

6136 Mission Gorge Road, Suite 129
San Diego, CA 92120
619-282-4272
www.psicologia-cultural.org

Counseling for Individuals and Families

9905 Prospect Ave.
Santee, CA 92071
619-449-9937
www.santeefamilycc.com

Jewish Family Services Turk Family Center

8804 Balboa Ave.
San Diego, CA 92123
877-537-1818
www.jfssd.org

Learning Assistance Center

1029 North Broadway
Escondido, CA 92026
760-489-4126
www.vistahill.org

On-Track, Vista Hill

1105 Broadway
Chula Vista, CA 91911
619-668-4250
www.vistahill.com

Food Bank

Food Pantry/Distribution Resources

858-300-1211 or 2-1-1
www.211sandiego.org

Jewish Family Services Turk Family Center

8804 Balboa Ave.
San Diego, CA 92123
877-537-1818
www.jfssd.org

San Diego Food Bank

9850 Distribution Ave.
San Diego, CA 92121
858-527-1419
sandiegofoodbank.org

Domestic Violence

Becky's House

619-234-3164

Center for Community Solutions - Coastal

4508 Mission Bay Drive
San Diego, CA 92109
858-272-5777
www.ccssd.org

Center for Community Solutions East - County

460 N. Magnolia
El Cajon, CA 92020
619-697-7477

Center for Community Solutions - Escondido

210 S. Juniper St.
Escondido, CA 92025
760-747-6282

Center for Community Solutions - Mountain Empire Region

(Inside Campo Community Center)
976 Sheridan Road
Campo, CA 91906
619-378-5115

SPECIALIZED SERVICES

Domestic Violence, cont.

License to Freedom

Advocacy for Middle Eastern battered women.
619-401-2800
www.licenseoffreedom.org

National Domestic Violence Council

Confidential 24/7 hotline
1-800-799-7233
www.thehotline.org

North County Lifeline

760-726-4900

San Diego District Attorney Victim Assistance Program

619-531-4041

San Diego Domestic Violence Hotline

888-385-4657

South Bay Community Services 24-hr Hotline

800-640-2933

San Diego Sheriff's Department Valley Center Substation

28201 N. Lake Wohlford Road
Valley Center, CA 92082
(760) 751-4400
www.sdsheriff.netwww.sdsheriff.net

Social/Emotional Services

Optum Health

Free confidential support, crisis intervention, suicide prevention, and referrals for mental health and drug and alcohol needs.
888-724-7240
www.Up2SD.org

Services for Refugees

Alliance for African Assistance

Supports refugee resettlement in San Diego County.
5952 El Cajon Blvd.
San Diego, CA 92115
619-286-9052
www.alliance-for-africa.org

Casa Cornelia Hotline

Free legal services to those seeking asylum.
619-231-7788
<http://casacornelia.org>

Catholic Charities

Services to refugees and asylees.
4575 Mission Gorge Place
San Diego, CA 92120
619-287-9454
www.ccdsd.org

Episcopal Refugee Network

Services for Sudanese and Burmese refugees throughout San Diego County.
4305 University Ave., #631
San Diego, CA 92105
619-283-1337
www.refugee-net.org

Foster Youth

San Diego County Office of Education (SDCOE)
6401 Linda Vista Road
San Diego, CA 92111
www.sdcoe.net/fyhes

Horn of Africa

Services for East African refugees with a focus on the Somali refugee community.
5296 University Ave., Suite F
San Diego, CA 92105
619-583-0532
www.hornofafrica.org

SPECIALIZED SERVICES

Services for Refugees, cont.

International Rescue Committee

Provides resettlement services for refugees.

5348 University Ave., Suite 205

San Diego, CA 92105

619-641-7510

www.rescue.org/us-program/us-san-diego-ca

Jewish Family Service

8804 Balboa Ave.

San Diego, CA 92123

858-637-3000

www.jfssd.org

Karen Organization of San Diego

Services for refugees from Burma.

5354 University Ave.

San Diego, CA 92105

619-582-0783

www.karensandiego.org

License to Freedom

Advocacy for Middle Eastern refugee women.

619-401-2800

www.licensetofreedom.org

Migrant Education

Regional Office: 255 Pico Ave., Room 120

San Marcos, CA 92069

www.sdcoe.net/migrated

Muslim Community Services

Faith-based organization providing help to refugees, single parents, and struggling families.

14698 Via Fiesta

San Diego, CA 92127

858-756-5100

www.mccsandiego.org

Substance Abuse Recovery

Adolescent Treatment Services – Non-Residential

[www.sandiegocounty.gov/content/sdc/hhsa/](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/alcohol_drug_services/adolescent_treatment_services_nonresidential.html)

[programs/bhs/alcohol_drug_services/adolescent_treatment_services_nonresidential.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/alcohol_drug_services/adolescent_treatment_services_nonresidential.html)

McAlister Institute

Central Region

7867 Convoy Court, Bldg. 5 Suite 302

San Diego, CA 92111

858-277-4633

McAlister Institute

East Region

7800 University Ave., Suite A-1

La Mesa, CA 92115

619-465-4349

McAlister Institute

North Region

323 Hunter St.,

Ramona, CA 92065

760-788-6520

McAlister Institute

South Region

2429 Fenton St., Bldg. 5

Chula Vista, CA 91914

619-482-9300

SPECIALIZED SERVICES

Substance Abuse Recovery, cont.

Mental Health Systems, Inc.

340 Rancheros Drive, Suite 166
San Marcos, CA 92069
760-744-3672

Phoenix House

785 Grand Ave., Suite 220
Carlsbad, CA 92008
760-729- 2830

Satellite Program Chaparral High School

1600 N. Cuyamaca
El Cajon, CA 92020
619-588-5361

Union of Pan Asian Communities

3288 El Cajon Blvd., Suite 13
San Diego, CA 92104
619-521-5720

SPECIALIZED SERVICES

NATIVE AMERICAN PROGRAMS AND SERVICES

You must be an enrolled member of an American Indian tribe, a documented tribal descendant, or a child of an enrolled member to qualify for most programs. You may contact each for qualifications. Please be advised none of these programs have enrollment resources. If you are not an enrolled member, you do not qualify and they cannot assist you.

American Indian Health Centers

Indian Health Council, Inc.

Services: Medical, dental, behavioral health, substance abuse counseling, domestic violence assistance, after hours advice nurse, pharmacy public health programs, tribal family services
50100 Golsh Road
Valley Center, CA 92082
760-749-1410
www.indianhealth.com

San Diego American Indian Health Center

Services: Medical, dental, behavioral health
2630 1st Ave.
San Diego, CA 92103
619-234-2158
<https://sdaihc.org>

Southern Indian Health Council, Inc.

Services: Medical, dental, wellness, behavioral health, pharmacy
Medical (619) 445-1188 ext 400
Dental (619) 445-1188 ext 440
Behavioral Health (619) 445-1188 ext 200
Campo Clinic (619) 445-1188 ext 700
www.sihc.org

Sycuan Medical and Dental Center

5442 Sycuan Road
El Cajon, CA 92019
619-445-0707
sycuantribe.com/departments/medical-and-dental-center/

American Indian Drug and Alcohol Recovery Programs

Southern Indian Health Council, Inc.

La Posta Substance Abuse Center

Services: Outpatient alcohol and drug recovery program
8 Crest Wood Road
Boulevard, CA 91905
619-445-1188 press 3 or ext. 770

Natives in Recovery, Inc.

San Pasqual Indian Reservation

Services: Advocate and referral for recovery of alcohol and drugs; outpatient and inpatient programs coming spring 2019
Valley Center
619-494-7570
<https://nativesinrecovery.org>

San Diego American Indian Health Center

Services: Outpatient alcohol and drug recovery program
2630 1st Ave.
San Diego, CA 92103
619-234-2158
<https://sdaihc.org/>

SPECIALIZED SERVICES

NATIVE AMERICAN PROGRAMS AND SERVICES

Other Services

Avellaka "Safety for Native Women" Program

Services: 24/7 crisis and emergency shelter, food, clothing, safety planning, transportation, counseling, native LGBTQ/2 Spirit support
22000 Highway 76
Pauma Valley, CA 92061
760-742-8628
<http://lajollaindians.com/lajollatribe>

California Indian Legal Services, Inc.

609 S. Escondido Blvd.
Escondido, CA 92025
1-800-743-8941 or 760-749-8941
<http://www.calindian.org>

California Indian Manpower Consortium Workforce Development Program

Services: Employment and training, computer training in-house, emergency assistance, health and wellness
35955 Pala Temecula Road
Pala, CA 92059
760-742-0586

Iipay Nation of Santa Ysabel Domestic Violence and Sexual Assault Advocacy

Services: Crisis intervention, emergency shelter, SART accompaniment, advocacy, counseling
100 Schoolhouse Canyon Road
P.O. Box 130 Santa Ysabel, CA 92070
760-765-8897
www.iipaynation-nsn.gov

Indian Health Council, Inc.

50100 Golsh Road, Bldg. B
Valley Center, CA 92082
760-749-1410 ext 5249
www.indianhealth.com

Pauma-Rincon Tribal Sexual Assault Response Team (SART)

760-742-1286 ext. 316

Pauma Tribal Law Enforcement

760-742-2358

Rincon Tribal Law Enforcement

760-297-2611

San Pasqual Band of Mission Indians Native Women's Resource Program

Services: Temporary restraining orders, safety planning, advocacy services, transportation, emergency shelter, crisis intervention, food, clothing
16410 Kumeyaay Way
P.O. Box 365, Valley Center, CA 92082
760-651-5171
www.sanpasqualbandofmissionindians.org

Southern California American Indian Resource

Services: Employment and training, computer training in-house, emergency assistance, health and wellness
Center 239 East Main St.
El Cajon, CA 92020
888-217-8841

Southern Indian Health Council, Inc. REVIVE

Services: Crisis intervention, emergency shelter, advocacy, counseling, transportation, restraining orders, food, clothing
4058 Willows Road
Alpine, CA 91901
619-445-1188 ext. 200
<http://sihc.org>

Strong Hearted Native Woman's Coalition, Inc.

Services: Domestic violence shelter, crisis intervention, safety planning, emergency food and clothing, trainings and education for professionals and the community
Helpline: 1-844-762-8483
www.strongheartednativewomen.org

SPECIALIZED SERVICES

NATIVE AMERICAN PROGRAMS AND SERVICES

Sycuan Inter-Tribal Vocational Rehabilitation

Services: Vocational rehabilitation for physical, mental, emotional disabilities
2065 Arnold Way, Suite 104
Alpine, CA 91901
619-722-6235
www.sitvr.com

Southern California Tribal Chairmen's Association/Tribal TANF program

<https://sctca.net>

Escondido Tribal TANF

Services: Temporary assistance for needy families
350 East Grand Ave., Suite 100
Escondido, CA 92025
866-428-0901

Manzanita Tribal TANF

Services: Temporary assistance for needy families
39 A Crestwood
Boulevard, CA 91905
866-931-1480

Pala Tribal TANF

Services: Temporary assistance for needy families
36146 Pala Temecula Road, Bldg. G
Pala, CA 92059
888-806-8263

San Diego Tribal TANF

Services: Temporary assistance for needy families
8100 La Mesa Blvd., Suite 100
La Mesa, CA 91942
866-913-3725



san diego county office of
EDUCATION

FUTURE WITHOUT BOUNDARIESSM

San Diego County Board of Education

Paulette Donnellon | Guadalupe González | Alicia Muñoz | Mark Powell | Rick Shea

San Diego County Superintendent of Schools

Dr. Paul Gothold