



Organization	Services	Eligibility	Contact	Location
<a href="#">San Diego Housing Commission</a>	Providing Housing Solutions for families in the form of: <ul style="list-style-type: none"> <li>Rental assistance</li> <li>Affordable rentals</li> <li>Affordable housing</li> <li>Loan Services</li> <li>Assistance with Section 8 Housing</li> </ul>	<i>Please call for eligibility</i>	<a href="tel:(619)231-9400">(619)231-9400</a>	<a href="#">1122 Broadway, Suite 300 San Diego, CA 92101</a>
<a href="#">North County Lifeline</a>	<p><b>Child Abuse Prevent &amp; Intervention</b></p> <ul style="list-style-type: none"> <li>Community Services for Families:               <ul style="list-style-type: none"> <li>Free support services to families</li> <li>Promote healthy child development through:                   <ul style="list-style-type: none"> <li>Assessment &amp; case management</li> <li>Parent education</li> </ul> </li> </ul> </li> <li>Safe Parenting Intervention Program               <ul style="list-style-type: none"> <li>52-week term court approved child abuse treatment program</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Families</li> </ul>	<p><b>Coast</b> <a href="tel:(760)842-6238">(760)842-6238</a></p> <p><b>Inland</b> <a href="tel:(760)842-6239">(760)842-6239</a></p> <p><i>Safe Parenting Intervention Program:</i> <a href="tel:(760)842-6218">(760)842-6218</a></p>	<p><b>ADMINISTRATIVE OFFICE</b> <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b> <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b>VISTA OFFICE</b> <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>
<a href="#">North County Lifeline</a>	<p><b>Adult Group Services</b></p> <ul style="list-style-type: none"> <li>The Adult Anger Management Group               <ul style="list-style-type: none"> <li>12-week program</li> <li>Teaches conflict resolution strategies</li> </ul> </li> <li>A court approved Domestic Violence Intervention Program               <ul style="list-style-type: none"> <li>Offered in English &amp; Spanish:                   <ul style="list-style-type: none"> <li>Male groups for perpetrators</li> <li>Female groups for victims</li> </ul> </li> </ul> </li> <li>Referrals for survivors</li> </ul>	<ul style="list-style-type: none"> <li>Adults</li> </ul>	<p><i>Adult Anger Management Group</i> <a href="tel:(760)842-6216">(760)842-6216</a></p> <p><i>Domestic Violence Intervention Program</i> <a href="tel:(760)842-6244">(760)842-6244</a></p>	<p><b>ADMINISTRATIVE OFFICE</b> <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b> <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b>VISTA OFFICE</b> <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>
<a href="#">Vista Hill</a>	<p><b>Incredible Families</b></p> <ul style="list-style-type: none"> <li>Mental Health Treatment &amp; Support Services</li> <li>For children &amp; families involved in CWS</li> <li>Work to reunify children with families within 12 months of entering foster care</li> <li>Weekly multi-family, parent-child visitation</li> <li>A 15-week parenting group</li> <li>A primary therapist</li> <li>Assessment</li> <li>Service referrals</li> </ul>	<ul style="list-style-type: none"> <li>Parents of children ages 2-11</li> <li>Dependents of Juvenile Dependency Court &amp; their families</li> <li>Referred by CWS social workers</li> </ul>	<a href="tel:(760)643-4097">(760)643-4097</a>	<p><b>VISTA HILL MAIN OFFICE</b> <a href="#">8910 Clairemont Mesa Blvd San Diego, CA 92123</a></p> <p><i>Program hours</i> Mon- Fri 8:30 AM - 5:00 PM</p> <p>Evening sessions scheduled for groups at convenient locations.</p>
<a href="#">North County Lifeline</a>	<p><b>Parent Education</b></p> <ul style="list-style-type: none"> <li>Grupo Familiar               <ul style="list-style-type: none"> <li>Spanish speaking support group</li> </ul> </li> <li>Parenting Classes               <ul style="list-style-type: none"> <li>Utilize STEP Curriculum</li> <li>Offered in English &amp; Spanish</li> <li>Designed to:                   <ul style="list-style-type: none"> <li>Help understand child development &amp; behavior</li> </ul> </li> </ul> </li> </ul>	<p><i>Grupo Familiar</i></p> <ul style="list-style-type: none"> <li>Parents of CAT clients</li> </ul> <p><i>Parenting Classes/STEP</i></p> <ul style="list-style-type: none"> <li>Parents of children ages 0-17</li> </ul> <p><i>Parenting the Difficult Teen</i></p>	<p><i>Grupo Familiar</i> <a href="tel:(760)842-6214">(760)842-6214</a></p> <p><i>Parenting Classes/STEP</i> <a href="tel:(760)842-6243">(760)842-6243</a></p> <p><i>Parenting the Difficult Teen</i></p>	<p><b>ADMINISTRATIVE OFFICE</b> <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b> <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p>



	<ul style="list-style-type: none"> <li>o Learn effective discipline techniques</li> </ul> <p><i>o Parenting the Difficult Teen</i></p> <ul style="list-style-type: none"> <li>• Teaches how to: <ul style="list-style-type: none"> <li>o Discipline</li> <li>o Communicate</li> <li>o Understand teens</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Parents of children ages 12-17</li> </ul>	<a href="tel:(760)842-6214">(760)842-6214</a>	<p><b>VISTA OFFICE</b>  <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>
<a href="#">North County Lifeline</a>	<p><b>Communities in Action</b></p> <p><i>o Services for low income individuals &amp; families:</i></p> <ul style="list-style-type: none"> <li>• Emergency supports</li> <li>• Benefits application assistance</li> <li>• Case management</li> <li>• Connection to employment/ vocational programs</li> <li>• Free tax preparation &amp; consultation</li> </ul> <p><i>o Resident Leadership Academy</i></p> <ul style="list-style-type: none"> <li>• A group of teen leaders in Crown Heights</li> <li>• Identify &amp; actualize projects that support: <ul style="list-style-type: none"> <li>o Health &amp; safety</li> <li>o Economic vitality</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Low income individuals &amp; families</li> </ul>	<p><b>ADMINISTRATIVE OFFICE</b>  <a href="tel:(760)842-6201">(760)842-6201</a></p> <p><b>OCEANSIDE OFFICE</b>  <a href="tel:(760)757-0118">(760)757-0118</a></p>	<p><b>ADMINISTRATIVE OFFICE</b>  <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b>  <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p>
<a href="#">North County Lifeline</a>	<p><b>Youth Development &amp; Leadership</b></p> <p><i>o The Boys Mentoring Group</i></p> <ul style="list-style-type: none"> <li>• Provides workshops on: <ul style="list-style-type: none"> <li>o Character education</li> <li>o Anger management skills</li> <li>o Self-esteem building</li> </ul> </li> <li>• Offered at the Oceanside Office</li> </ul> <p><i>o Youth Development Clubs:</i></p> <ul style="list-style-type: none"> <li>• Academic &amp; enrichment programs</li> <li>• For school-aged children</li> <li>• Held after school hours</li> </ul> <p><i>o CAT+ provides group education &amp; guidance on making good decisions for sexual behavior</i></p> <p><i>o Jr. Lifesavers</i></p> <ul style="list-style-type: none"> <li>• Youth financial literacy group</li> <li>• Teaches: <ul style="list-style-type: none"> <li>o Core standards for budgeting</li> <li>o Checking &amp; savings management</li> <li>o Debit &amp; credit management</li> <li>o Tax credits</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Youth ages 11-18</li> </ul>	<a href="tel:(760)842-6214">(760)842-6214</a>	<p><b>ADMINISTRATIVE OFFICE</b>  <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b>  <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b>VISTA OFFICE</b>  <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>
<a href="#">North County Lifeline</a>	<p><b>LifeSpring Program</b></p> <p><i>o 24-month housing &amp; intensive case management program:</i></p> <ul style="list-style-type: none"> <li>• Support to become self-reliant</li> <li>• Transitional housing support</li> <li>• One-on-on individual coaching</li> <li>• Employment counseling</li> <li>• Financial assistance</li> </ul> <p><i>o Bridging the Gap</i></p> <ul style="list-style-type: none"> <li>• Subsidized housing program adjacent to Vista</li> <li>• Offers Case management to support: <ul style="list-style-type: none"> <li>o Educational objectives</li> <li>o Employment</li> <li>o Financial objectives</li> </ul> </li> <li>• Life skills workshops on: <ul style="list-style-type: none"> <li>o Socio-emotional education</li> <li>o Employment competencies</li> <li>o Social networking skill development</li> </ul> </li> <li>• Assistance with move-in costs or emergency cash</li> </ul>	<ul style="list-style-type: none"> <li>• Transition age youth</li> </ul>	<a href="tel:(760)842-6224">(760)842-6224</a>	<p><b>ADMINISTRATIVE OFFICE</b>  <a href="#">3142 Vista Way, Suite 400, Oceanside, CA 92056</a></p> <p><b>OCEANSIDE OFFICE</b>  <a href="#">707 Oceanside Blvd., Oceanside, CA 92054</a></p> <p><b>VISTA OFFICE</b>  <a href="#">200 Michigan Avenue, Vista, CA 92084</a></p>
<a href="#">Supply Bank: K to College</a>	<b>Supply Bank</b>	<ul style="list-style-type: none"> <li>• Low income families</li> <li>• Foster youth</li> <li>• Homeless youth</li> </ul>	<p><b>Georgia Faulkner</b>  <a href="tel:(510)569-5862">(510)569-5862</a>  <a href="mailto:Georgia@ktcollege">Georgia@ktcollege</a></p>	N/A



	<ul style="list-style-type: none"> <li>o The <i>Diaper Kit Program</i> provides diapers &amp; wipes to low income families</li> <li>o <i>K to College Program</i>: <ul style="list-style-type: none"> <li>• School &amp; dental supplies</li> <li>• Early learning kits</li> </ul> </li> <li>o The <i>Green Access Pledge</i> provides free refurbished laptops to low-income families &amp; community college students.</li> <li>o The <i>Community Partners Program</i> provides materials to agencies</li> </ul>	<ul style="list-style-type: none"> <li>• Low income students</li> <li>• Community college students</li> </ul>	<a href="#">org</a>	
<a href="#">Feeding San Diego</a>	<p style="text-align: center;"><b><u>Feeding Kids</u></b></p> <ul style="list-style-type: none"> <li>o Provides: <ul style="list-style-type: none"> <li>• Nutritious food items &amp; critical food assistance</li> <li>• Education focused on health and nutrition</li> </ul> </li> <li>o The <i>BackPack Program</i> <ul style="list-style-type: none"> <li>• Meets nutritional needs over weekends/ holidays</li> <li>• Provide easy to carry bag on Thursday &amp; Friday</li> </ul> </li> <li>o The <i>School Pantry</i> <ul style="list-style-type: none"> <li>• Farmers market style pantry on school campuses</li> <li>• Provides access to: <ul style="list-style-type: none"> <li>o Nutrition &amp; food education</li> <li>o Additional resources</li> </ul> </li> </ul> </li> <li>o <i>Child &amp; Adult Care Food Program &amp; Summer Food Program</i> <ul style="list-style-type: none"> <li>• A federal child focused nutrition program</li> <li>• Provides free meals at school sites</li> </ul> </li> <li>o The <i>Kids Community Pantries</i> <ul style="list-style-type: none"> <li>• Reach children in non-school settings</li> <li>• Provide healthy items in convenient locations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Food insecure children</li> <li>• Low-income student &amp; families</li> <li>• Meals are the same regardless of: <ul style="list-style-type: none"> <li>o Race</li> <li>o Color</li> <li>o National origin</li> <li>o Sex</li> <li>o Age</li> <li>o Disability</li> </ul> </li> <li>• Meals provided at a first come, first serve basis</li> </ul>	<a href="tel:(858)452-3663">(858)452-3663</a> <a href="mailto:Georgia@ktcollege.org">Georgia@ktcollege.org</a>	<p style="text-align: center;"><b><u>Main Office</u></b></p> <p><a href="#">9455 Waples Street, Suite 135 San Diego, CA 92121</a></p> <p style="text-align: center;"><a href="#">Distribution Centers</a></p>
<a href="#">Feeding San Diego</a>	<p style="text-align: center;"><b><u>Feeding Families</u></b></p> <ul style="list-style-type: none"> <li>o The <i>Mobile Pantry</i> <ul style="list-style-type: none"> <li>• Offered 2x per month</li> <li>• For underserved neighborhoods with high incidences of poverty &amp; lack of consistent access to grocery stores</li> <li>• Deliver food &amp; offer nutrition education</li> <li>• Provides CalFresh outreach</li> </ul> </li> <li>o <i>Feeding Heroes</i> provides food to partner agencies &amp; schools who serve members of our military, veterans &amp; their families</li> </ul>	<ul style="list-style-type: none"> <li>• Families in neighborhoods with: <ul style="list-style-type: none"> <li>o A high incidence of poverty</li> <li>o Lack of consistent access to sources of healthy food</li> </ul> </li> </ul> <p style="text-align: center;"><i>Feeding Heroes</i> Currently serving and retired members</p>	<a href="tel:(858)452-3663">(858)452-3663</a> <a href="mailto:Georgia@ktcollege.org">Georgia@ktcollege.org</a>	<p>Services in predominantly rural areas (North &amp; East Counties)</p> <p style="text-align: center;"><a href="#">Distribution Centers</a></p>
<a href="#">Feeding San Diego</a>	<p style="text-align: center;"><b><u>Feeding Excellence</u></b></p> <ul style="list-style-type: none"> <li>o The <i>Healthy Cook Program</i> <ul style="list-style-type: none"> <li>• 6-part nutrition course</li> <li>• Follows the USDA MyPlate nutrition guides</li> <li>• Provide: <ul style="list-style-type: none"> <li>o Training &amp; cooking demonstrations</li> <li>o Surveys regarding eating habits</li> </ul> </li> </ul> </li> <li>o The <i>Agency Mobile Market</i> <ul style="list-style-type: none"> <li>• Provides a produce hub for facilities that cannot hold large amounts of produce</li> </ul> </li> <li>o <i>CalFresh Outreach</i>: <ul style="list-style-type: none"> <li>• Enrolls eligible clients</li> <li>• Conducts out-reach &amp; helps eliminate stigma</li> </ul> </li> <li>o The <i>Diabetes Wellness Project</i> <ul style="list-style-type: none"> <li>• An effort to reduce effects &amp; cost of diabetes</li> <li>• Conducts research studies</li> <li>• Provides a 6-month nutrition course <ul style="list-style-type: none"> <li>o Participants receive food to manage diabetes</li> </ul> </li> </ul> </li> </ul>	<p><i>Diabetes Wellness Project:</i></p> <ul style="list-style-type: none"> <li>• Patients with Type 2 diabetes who face food insecurity</li> </ul>	<a href="tel:(858)768-7438">(858)768-7438</a> <a href="mailto:info@feedingsandiego.org">info@feedingsandiego.org</a>	<p><a href="#">9455 Waples Street, Suite 135 San Diego, CA 92121</a></p> <p style="text-align: center;"><a href="#">Further information</a></p> <p style="text-align: center;"><i>CalFresh Team Members:</i> <b>Rachel Oporto</b> <a href="tel:(858)452-3663x129">(858)452-3663 x129</a></p>

