



Organization	Services	Eligibility	Contact	Location
San Diego Housing Commission	Providing Housing Solutions for families in the form of: <ul style="list-style-type: none"> Rental assistance Affordable rentals Affordable housing Loan Services Assistance with Section 8 Housing 	<i>Please call for eligibility</i>	(619)231-9400	1122 Broadway, Suite 300 San Diego, CA 92101
South Bay Community Services	<p>Family Violence & Support Services</p> <ul style="list-style-type: none"> Treatment & case management services Assists survivors of domestic violence during recovery <i>The Domestic Violence Response Team/ Intervention Program:</i> <ul style="list-style-type: none"> 24/7 emergency response unit Accompanies police on calls Responds to calls from SBCS hotline Crisis intervention Assists in planning immediate & long term safety Group counseling for perpetrators of domestic violence <i>In-Home Visitation Services:</i> <ul style="list-style-type: none"> Offer Support & Education Home visits & in-home parenting classes Group parenting classes Support to create stable home environments Ensure reunification & that at risk children remain in homes <i>Addressing Childhood Trauma:</i> <ul style="list-style-type: none"> Helps to develop sustainable life skills Support in meeting the demands of life Support in making healthy lifestyle choices Reduce high risk behavior caused by trauma Help strengthening protective/ resiliency factors 	<p><i>Domestic Violence Response Team</i></p> <ul style="list-style-type: none"> Survivors & victims of domestic violence <p><i>In Home Visitation Services</i></p> <ul style="list-style-type: none"> Expectant parents Parents of newborns who are: <ul style="list-style-type: none"> Military Immigrant/ refugees Teens Low-income families Families involved with Child Welfare Services or at-risk of involvement <p><i>Addressing Childhood Trauma</i></p> <ul style="list-style-type: none"> Children & families in San Ysidro impacted by childhood & community level trauma 	<p><i>Domestic Violence Response Team</i></p> <p>1(800) 640-2933</p> <p><i>In Home Visitation Services</i></p> <p>(619) 420-3620</p> <p><i>Addressing Childhood Trauma</i></p> <p>(619) 420-3620</p>	<p>SBCS Office</p> <p>430 F Street Chula Vista, CA 91910</p>
South Bay Community Services	<p>Community Service for Families</p> <ul style="list-style-type: none"> Support for families involved with Child Welfare Services: <ul style="list-style-type: none"> Create safe, nurturing environments Ensure children at risk of removal remain safely in homes Ensure timely reunification of children who have been placed out of homes <i>Parent Partners:</i> <ul style="list-style-type: none"> Short-term peer support services Offer education Help clients understand & navigate the CWS system Engage in case plan <i>Family Visit Coaches</i> offers support for parents during visits with children who are in out of home care for 3 to 6 months <i>Family Support Clinicians:</i> <ul style="list-style-type: none"> Clinical assessments Psychoeducation Crisis intervention & safety planning <i>Group Parenting Classes</i> <ul style="list-style-type: none"> Offered in English and Spanish Utilize STEP Curriculum Teach about child development Teach new parenting techniques & skills Support from other parents 	<ul style="list-style-type: none"> Families currently involved with CWS 	<p>(619) 420-3620</p> <p>lr Ramirez@csbcs.org</p> <p><i>Group Parenting Classes</i></p> <p>Claudia Asencio</p> <p>(858) 637-3330</p> <p>claudiaa@jfsd.org</p>	<p>SBCS Office</p> <p>430 F Street Chula Vista, CA 91910</p>



Student Services – SOUTH REGION

South Bay Community Services	<p style="text-align: center;">Community Engagement</p> <p><i>o Food Assistance & Distribution</i> provides healthy food distribution & hot meals on a weekly base</p> <p><i>o Free tax preparation</i></p> <ul style="list-style-type: none"> • IRS • AARP 	<ul style="list-style-type: none"> • Annual income of \$51,000 or below 	<p>(619) 420-3620</p>	<p style="text-align: center;">SBCS Office</p> <p>430 F Street Chula Vista, CA 91910</p> <p style="text-align: center;">Dates & listings</p>
South Bay Community Services	<p style="text-align: center;">Chula Vista Promise Neighborhood</p> <p><i>o Promotoras</i></p> <ul style="list-style-type: none"> • Bilingual parents group • Inform/engage families & students about CV Promise programs <p><i>o Parent Centers:</i></p> <ul style="list-style-type: none"> • Provide access to the library & computers • Offer space for community group activities <p><i>o Universidad de Padres</i></p> <ul style="list-style-type: none"> • 8-week parent program in English & Spanish • For parents with children ages 0-5 • Focuses on: <ul style="list-style-type: none"> o Health & learning o Community/advocacy & family support <p><i>o Newborn Home Visits</i> offer nurse visits for new parent</p> <p><i>o Child Abuse Prevention & Intervention:</i></p> <ul style="list-style-type: none"> • In home parenting programs • Case management • Support groups & classes • Referrals to Mi Escuelita Therapeutic Preschool: <ul style="list-style-type: none"> o Children 3-5 affected by family violence o Families experiencing/ at risk with involvement with CWS <p><i>o Safety Net of Supportive Services:</i></p> <ul style="list-style-type: none"> • Affordable/ transitional housing • Homeless prevention services • Job placement & employment services • Financial literacy support & tax services • Housing & food assistance • Domestic violence & child abuse prevention/intervention: <ul style="list-style-type: none"> o Juvenile diversion o Gang prevention/ intervention o School readiness services o Senior programs o Mental health services. <p><i>o Workforce Development & Employment Assistance</i></p> <ul style="list-style-type: none"> • Offered through <i>WorkPath Program</i> • Resume & personal development • Ongoing mentoring & support • Job coach, career workshops, & skills assessment <p><i>o Mobile Medical Unit & KidCare Express</i> offer healthcare services at no cost</p> <p><i>o Internet computer access & education:</i></p> <ul style="list-style-type: none"> • Basic digital literacy training • Direct access to technology 	<ul style="list-style-type: none"> • Residents of the Castle Park Community 	<p>(619) 422-5005</p> <p style="text-align: center;"><i>Mobil medical unit</i></p> <p>(619) 515-2312</p>	<p>430 F. Street Chula Vista, CA 91910</p> <p style="text-align: center;">Calendar of events for mobile medical unit</p>
South Bay Community Services	<p style="text-align: center;">Teen Pregnancy Prevention</p> <p><i>o Curriculum</i> for youth specific community groups</p> <p><i>o Discussions</i> for parents & school staff on:</p> <ul style="list-style-type: none"> • Reproductive health education & teen pregnancy • Healthy & unhealthy relationships • Birth control & protection options • Consent & communication with partner(s) • Sexually transmitted infections (STIs) & HIV <p><i>o Resources</i> including:</p>	<ul style="list-style-type: none"> • Students grades 8-12 	<p>(619) 420-3620 iramirez@csbcs.org</p>	<p style="text-align: center;">SBCS Office</p> <p>430 F Street Chula Vista, CA 91910</p>



	<ul style="list-style-type: none"> • Teen clinic: San Ysidro health center • Operation Samahan • Youth2youth • FamilyPact • Reproductive health services & online birth control • Advocates for Youth • Planned Parenthood • The National Campaign 			
South Bay Community Services	<p>Foster & Transitioning Youth Support</p> <ul style="list-style-type: none"> o Provide support with <ul style="list-style-type: none"> • Housing • Counseling • Life skills • Education • Job readiness training o <i>The Trolley Trestle</i> offers affordable transitional housing during completion of school/ job training o <i>Muncey Manor</i> offers former foster youth affordable housing o <i>The Learn to Earn to Achieve Potential (LEAP)</i> program provides youth who are close to or have attained a high school diploma/ GEP with a range of bridging & postsecondary educational programs using a trauma informed approach o EXCEL provides: <ul style="list-style-type: none"> • Work training • Paid/unpaid internships • Life skills classes • Housing assistance • Financial literacy support o <i>Independent Living Skills (ILS)</i> provide educational services o TAY is a drop-in center that offers: <ul style="list-style-type: none"> • Trauma informed connections • Coaching • Psychoeducation • Leadership opportunities 	<ul style="list-style-type: none"> • Current & former foster youth 	(619) 420-3620 iramirez@csbcs.org	<p>SBCS Office 430 F Street Chula Vista, CA 91910</p> <p>SBCS South Drop-in Center 746 Ada Street Chula Vista, CA 92911</p>
South Bay Community Services	<p>Street Outreach for Homeless Youth</p> <ul style="list-style-type: none"> o Outreach specialists o Survival information o Warm clothing & food o Provide opportunity to get off streets 	<ul style="list-style-type: none"> • Homeless Youth 	(619) 420-3620 iramirez@csbcs.org	<p>SBCS Office 430 F Street Chula Vista, CA 91910</p>
South Bay Community Services	<p>Housing & Support Services for Homeless Families</p> <ul style="list-style-type: none"> o Two, three & four-bedroom affordable housing units o For families & seniors o <i>Emergency & Transitional Housing</i>: <ul style="list-style-type: none"> • Domestic violence victims • Families including extended family & teen sons o <i>Emergency and Transitional Housing</i> provides: <ul style="list-style-type: none"> • Individual & family counseling • Food assistance • Wrap around services & holistic support • Rapid housing vouchers • Safe, affordable & supportive housing for transitional youth finishing school/ completing job trainings o <i>Rapid Rehousing</i>: <ul style="list-style-type: none"> • Financial assistance • Services to prevent homelessness • Subsidized rent 6-12 months o <i>Seasonal Interfaith Shelter Network</i>: 	<p>Income qualifications</p> <ul style="list-style-type: none"> • Transitional age youth programs: youth 18-24 years old 	(619) 420-3620 1(800) 640-2933	<p>SBCS Office 430 F Street Chula Vista, CA 91910</p>



	<ul style="list-style-type: none"> • Temporary shelters during December & March • Counseling • Job readiness training & interview clothing • Emergency food, Cal fresh food stamp sign-up • Education on nutrition • Access to transportation • Workshops on smart budgeting & bank accounts • Free tax preparation 			
Vista Hill	<p>Vista Hill Apartments & Geisel Activity Center</p> <ul style="list-style-type: none"> o Supportive apartment recovery community o For women completing treatment at the ParentCare Family Recovery Center. o Supports recovery & family reunification 	<ul style="list-style-type: none"> • Women completing treatment at the ParentCare Family Recovery Center 	(858) 514-5100	Lemon Grove <i>please call for location</i>
Vista Hill	<p>Don Allen ParentCare Family Recovery Center</p> <ul style="list-style-type: none"> o Designed for chemically dependent women & families at high risk for: <ul style="list-style-type: none"> • Child abuse/ domestic violence • Homelessness o Evidence based alcohol & drug treatment services <ul style="list-style-type: none"> • Facilitate ongoing sobriety & establish a safe home environment through: <ul style="list-style-type: none"> o Individual & group treatment o On-site psychiatric services o On-site specialized pre-school & childcare services o Transportation services o Health education o Eligibility to work in at the center after completion 	<ul style="list-style-type: none"> • Women with substance abuse challenges who are pregnant or parenting a child under 18 years old. 	(619)266-0166	4125 Alpha Street San Diego, CA 92113
McAlister Institute	<p>SAFE Housing-Supportive Housing</p> <ul style="list-style-type: none"> o Small female residential home for substance abuse o On-site live in case manager o Clean safe supervised environment o Support steps toward living independently in community 	<ul style="list-style-type: none"> • Women who have been referred by Child Welfare Services (CWS) while they are in the process of reunifying with their children 	Natalie Richardson (619)440-4801 x1221	<p>South Office 2414 Hoover Ave, National City, CA 91950</p> <p>Kiva 2049 Skyline Drive, Lemon Grove, CA 91945</p>
Feeding San Diego	<p>Feeding Kids</p> <ul style="list-style-type: none"> o Distribution of nutritious food & critical food assistance o Education focused on health and nutrition o <i>The Backpack Program</i> <ul style="list-style-type: none"> • Meets nutritional needs of food insecure children • Over weekends and holidays • Easy to carry bag Thursday & Friday afternoons o <i>The School Pantry</i> <ul style="list-style-type: none"> • Farmers market style pantry on school campuses • Access to nutrition, education, & additional resources o <i>The Child & Adult Care Food Program & Summer Food Program</i> <ul style="list-style-type: none"> • Federal child focused nutrition program • Provides free meals at school sites o <i>The Kids Community Pantries</i> <ul style="list-style-type: none"> • Reach children in non-school settings • Provide healthy items in convenient locations 	<ul style="list-style-type: none"> • Food insecure children low-income students and their families • Meals provided without charge & are the same regardless of: <ul style="list-style-type: none"> o Race or color o National origin o Sex o Age o Disability • Meals will be provided on first come, first serve basis 	(858)452-3663 info@feedingsandiego.org	9455 Waples Street, Suite 135 San Diego, CA 92121 Distribution Centers
Feeding San Diego	<p>Feeding Families</p> <ul style="list-style-type: none"> o <i>The Mobile Pantry</i> <ul style="list-style-type: none"> • Offered 2x per month 	<ul style="list-style-type: none"> • Families in underserved neighborhoods that have: 	(858)452-3663 info@feedingsandiego.org	Services in rural areas (North & East Counties)



	<ul style="list-style-type: none"> • For underserved neighborhoods, with high rates of poverty & lack of consistent access to healthy food options • Deliver food • Offers nutrition education • Provide CalFresh outreach <p>o Feeding Heroes provides food to partner agencies & schools who serve members of our military, veterans & their families</p>	<ul style="list-style-type: none"> o A high incidence of poverty o Lack consistent access to sources healthy food <p><i>Feeding Heroes</i></p> <ul style="list-style-type: none"> • Currently serving and retired service members 		<p>Distribution Centers</p>
<p>Feeding San Diego</p>	<p style="text-align: center;"><u>Feeding Excellence</u></p> <p>o The <i>Healthy Cook Program</i></p> <ul style="list-style-type: none"> • 6-part nutrition course • Training & cooking demonstrations • Surveys regarding eating habits <p>o The <i>Agency Mobile Market</i></p> <ul style="list-style-type: none"> • Produce hub for facilities that cannot hold large amounts of produce <p>o CalFresh Outreach:</p> <ul style="list-style-type: none"> • Enrolls eligible clients • Helps eliminate stigma of program • Conducting out-reach at food distributions <p>o The <i>Diabetes Wellness Project</i>:</p> <ul style="list-style-type: none"> • Effort to reduce effects & cost of diabetes • Conduct research studies on diabetes • 6-month nutrition course in which participants receive food to manage diabetes 	<p><i>The Diabetes Wellness Project</i></p> <ul style="list-style-type: none"> • Patients with Type 2 diabetes who face food insecurity 	<p>(858)768-7438 info@feedingsandiego.org</p> <p style="text-align: center;"><i>CalFresh</i></p> <p>Rachel Oporto (858)452-3663 x129</p>	<p>9455 Waples Street, Suite 135 San Diego, CA 92121</p> <p>Further information</p>