

**NORTH COAST CHURCH**



**SAN DIEGO COUNTY  
COMMUNITY  
RESOURCES  
INFORMATION BOOKLET**

The material contained in this resource book is for information and reference purposes only and is not intended as medical, legal, or other professional advice. North Coast Church does not warrant or guarantee the accuracy, completeness, timeliness or usefulness of any information contained herein. Updated March 2020.

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## EMERGENCY INFORMATION

Ambulance – Police – Fire – Rescue <i>Life threatening or true emergencies</i>	911
Boys Town National Hotline	800-448-3000
California Missing Children Hotline	800-222-3463
California Youth Crisis Line	800-843-5200
Center for Community Solutions, CCS Sexual Assault Hotline	888-385-4657
Domestic Violence Hotline Shelter, transitional housing, emergency services, counseling	888-385-4657
Child Abuse Hotline	858-560-2191, 800-344-6000
Domestic Violence and Rape Crisis Hotline	888-385-4657
Information Help Line: Countywide Resources <u><a href="http://www.211sandiego.org">www.211sandiego.org</a></u> <i>Free 24-hour Referral Service:</i> <i>Dial 211 for community health or disaster information, including food, employment, health, housing and transportation assistance.</i>	211
Interfaith 550 West Washington Avenue, Escondido CA 92025 4700 North River Road, Oceanside, CA 92057 1617 Mission Ave., Oceanside, CA 92058 (Veterans) 5731 Palmer Way Suite A, Carlsbad, CA 92010 <i>Provides food, basic needs, shelter, housing, employment, and more.</i>	760-489-6380 760-721-2117 760-529-9979 760-448-5738
National Crisis Hotline/Suicide	800-273-8255 / 800-SUICIDE
National Human Trafficking Hotline	1-888-373-7888
National Runaway Safeline	800-786-2929 / 800-RUNAWAY
National Suicide Prevention Lifeline	800-273-8254 / 800-273-TALK
Turning Point Crisis Center <i>Accredited Mental Health Crisis Stabilization Program</i>	800-610-4673 / 760-439-2800
VCA: Vanished Children’s Alliance	800-826-4743

## HOT MEAL SCHEDULE

### Sunday

Bread of Life 4:30pm-6:30pm

### Monday

Bread of Life 4:30pm-6:30pm

Brother Benno's 6:30am-8:00am

In His Steps 6:00pm

Interfaith Community 6:30am-7:30am

St. Francis Church 7:30am-9am, 8:45am-10am, 11:30am-1pm

### Tuesday

Bread of Life 4:30pm-6:30pm

Brother Benno's 6:30am-8:00am

Grace Presbyterian 5:30pm

Interfaith Community 6:30am-7:30am

St. Francis Church 7:30am-9am, 8:45am-10am, 11:30am-1pm

### Wednesday

Bread of Life 4:30pm-6:30pm

Brother Benno's 6:30am-8:00am

Interfaith Community 6:30am-7:30am

St. Francis Church 7:30am-9am, 8:45am-10am, 11:30am-1pm

### Thursday

All Saint's Episcopal 5:30pm

Bread of Life 4:30pm-6:30pm

Brother Benno's 6:30am-8:00am

Iglesia Latina Emanuel 6:00pm

Interfaith Community 6:30am-7:30am

St. Francis Church 7:30am-9am, 8:45am-10am, 11:30am-1pm

### Friday

Bread of Life 4:30pm-6:30pm

Brother Benno's 6:30am-8:00am

Interfaith Community 6:30am-7:30am

St. Francis Church 7:30am-9am, 8:45am-10am, 11:30am-1pm

### Saturday

Bread of Life 4:30pm-6:30pm

Brother Benno's 10:00am-11:30am

St. Francis Church 7:30am-9am, 8:45am-10am, 11:30am-1pm

*\*\*\*refer to "food" section for addresses, beginning on page 20\*\*\**

## ADOLESCENT PROGRAMS

### **Alabaster Jar Project**

858-598-3238

[www.alabasterjarproject.org](http://www.alabasterjarproject.org)

A resource that provides clothing, toiletries, nonperishable food items, and baby needs to support survivors of human trafficking. The center provides a safe living environment and transitional housing that fosters self-understanding for personal and spiritual growth. Recommended opportunities are made available to work towards independence in a therapeutic atmosphere. Visit the website or call for hours and location.

### **Awana Christian Leadership**

866-292-6227

[www.awana.org](http://www.awana.org)

Visit website for locations, additional resources and tools for children's ministry. Involves parents and church leaders, and provides discipleship programs in weekly clubs, ages 2-18 years old, whether attending church or not. Creates new and innovative ways to share the gospel, guidance to learn, love and serve Jesus Christ.

- Bethel Baptist Church 855 Brotherton Rd, Esc. 760-745-4995
- Carlsbad Comm. Church 3175 Harding St, Csbd 760-729-2331
- Coastline Church 2215 Calle Barcelona, Csbd 760-753-0886
- Emmanuel Faith Comm. Church 639 E 17 Ave, Esc. 760-745-2541
- Horizon Christian Fellowship 6365 El Apajo Rd, RSF 858-756-5599
- Life Bridge Church 17645 W. Bernardo Dr, SD 858-487-7676
- LifePoint Church 125 W Hawthorne St, Flbrk 760-728-7771
- Maranatha Chapel 10752 Coastwood Rd, SD 858-613-7800
- SonRise Christian Flwsp 463 S Stage Coach Ln, Flbrk 760-728-5804
- Tri-City Church 302 N Emerald Dr, Vista 760-724-3000
- Valley Bible Church 2111 Industrial Ct. Ste A, Vista 760-744-0274
- Valley Center Comm. Church 29105 Valley Ctr Rd, VC 760-749-5151

### **California Youth Crisis Lines and Help Lines**

800-843-5200

[www.calyouth.org/ca-youth-crisis-line/](http://www.calyouth.org/ca-youth-crisis-line/)

Provides 24-hour counseling services and referrals; includes medical, crisis centers, AIDS testing, shelters and transportation. Confidential assistance for runaway children or those considering running away, and foster youth services and supports.

**Casa de Amparo**

760-754-5500

[www.casadeamparo.org](http://www.casadeamparo.org)

325 Buena Creek Rd., San Marcos CA 92069

Stops cycles of family violence and prevents activities that endanger children who have been traumatized by child abuse or neglect, prenatal through 18 years old. Trains toward new life skills and resources from abuse and neglect. Services include outpatient and counselling, protected family visitations, residential settings, young parents, foster and former foster youth, child development.

**Center for Community Solutions, CCS  
Hope, Healing and Prevention**

HOTLINE

888-385-4657

[www.ccssd.org](http://www.ccssd.org)

210 Juniper St. Suite 101, Escondido CA 92027

Assists in crisis intervention of domestic violence or sexual assault. An adult with a child, or parents with children, who need help and shelter are naturally welcomed.

**Children of the Night National Hotline**

800-551-1300

[www.childrenofthenight.org](http://www.childrenofthenight.org)

Children of any age in trouble or crisis at night can call for help; includes services for teens forced to live outside their homes.

**Crisis Text Line**

Text CONNECT to 741741

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

**Evolve San Diego Treatment for Teens**

866-205-0864

[www.evolve-treatment.com](http://www.evolve-treatment.com)

Visit the web or call to connect with an advisor. Evolve Treatment centers provide solution-focused therapy, to include but not limited to teens struggling with mental health, addiction, or behavioral issues. The four primary levels of care are Intensive Outpatient, PHP/Day Treatment, Residential Treatment, Detox.

**Mental Health America of San Diego County, MHASD**

Suicide Prevention

[www.mhasd.org](http://www.mhasd.org)

800-273-8255 / 800-273-TALK

4069 30<sup>th</sup> St., San Diego CA 92104

619-543-0412

Maintains a data base of all the support groups in the county, and helps to obtain low-cost mental health services, sliding scale fee, parenting, and

domestic violence classes. Call for further information, programs and locations.

**National Runaway Safeline, NRS** 800-786-2929 / 800-RUNAWAY  
[www.1800runaway.org](http://www.1800runaway.org)

Provides crisis intervention to runaway children, at-risk youth and homeless families. Offers reliable support, education, resources for youth, teens and parents. Commits to preventing runaway behavior and to understanding and identifying problems.

**Nineline, Covenant House** HOTLINE 800-999-9999  
[www.covenanthouse.org/homeless-youth-programs/nineline](http://www.covenanthouse.org/homeless-youth-programs/nineline)

Provides assistance and recommendations to youth in crisis and who have run away.

**Orphans First** 760-231-1780  
[www.orphansfirst.org](http://www.orphansfirst.org)

PO Box 5086, Oceanside CA 92052-5086

Focus is to assist hurting children through church establishments, provides food, education and shelter. Well informed of reputable agencies to point families in the right direction. Children learn of God's grace, His Word, and to serve with others.

**Rady Children's Hospital San Diego** 858-576-1700  
[www.rchsd.org](http://www.rchsd.org)

- Sam S. and Rose Stein Emergency Care Center 858-966-8800  
3020 Children's Way, First Floor, San Diego CA 92123
- Rady Children's Urgent Care 760-739-1543  
625 W Citracado Parkway Suite 100, Escondido CA 92025
- North Coastal Center 760-547-1000  
3605 Vista Way Suite 172, Oceanside CA 92056

The largest children's hospital dedicated exclusively to pediatric healthcare, the only pediatric trauma center in San Diego.

**Reaching Orphans and Children-in-Crisis, ROCC**  
[www.orphansfirst.org](http://www.orphansfirst.org)

Email: [janey@orphansfirst.org](mailto:janey@orphansfirst.org)

Helps meet the physical, spiritual and emotional needs of hurting children. Join for prayer, and plan ways to reach out to children at risk.



**RedCliff Ascent Inc.**

800-898-1244

[www.redcliffascent.com](http://www.redcliffascent.com)

801-921-8488

757 S Main St., Springville UT 84663

Troubled youth 13-17 years join camp with outdoor therapeutic involvement that gives teen youth new inner strength and appreciation for the home and family.

**San Diego Regional Center**

760-736-1200

[www.sdrc.org](http://www.sdrc.org)

5931 Priestly Dr. Suite 100, Carlsbad CA 92008

Serves clients and their families who have developmental disabilities such as intellectual disabilities, cerebral palsy, epilepsy, autism, and other disabling conditions Services include: Individual Program Plan (IPP) or Individual Family Service Plan (IFSP), coordination of services, training, referral and linkage to support services.

**San Diego Youth Community Services – Teen Options**

[www.sdyouthservices.org](http://www.sdyouthservices.org)

619-221-8600

3255 Wing Street, San Diego CA 92110

888-724-7240

Community Assessment Team (CAT) provides resources for prevention of youth involvement in the juvenile justice system. Helps parents clarify their options and available resources to families after hours and weekends.

**Teen Adolescent Placement Services, TAPS**

760-439-2087

[www.taps14.org](http://www.taps14.org)

888-975-7283

Teen and Young Adults Wake-Up Call

888-975-SAVE

Devoted to help families with trouble and out-of-control young adults of drug and alcohol abuse, behavior issues and violence. Services include, but not limited to the following: immediate placement assistance, adolescent transportation, counselors, parent support groups, short-term crisis centers, residential treatment, liaison to probation, substance abuse education, schools, camps and alternatives.

**Teen Challenge**

619-265-0337

[www.teenchallenge.org](http://www.teenchallenge.org)

P.O. Box 15637 San Diego, CA 92175

Faith-based settings toward change in life for 18+-year old men, only. Offers a live-in residential program schooling, employment service and other valuable resources.

## **YMCA Youth and Family Services**

[www.yfs.ymca.org](http://www.yfs.ymca.org)

Provides a residential home for teens 12-17 years old, in trouble or have problems at home. Program involves a two-week in-house plan, family and individual counseling, and after-care services for eight weeks.

- Magdalena Ecke Family YMCA, Encinitas 760-942-9622  
200 Saxony Road, Encinitas, CA 92027
- Joe and Mary Mottino Family YMCA, Oceanside Branch 760-758-0808  
4701 Mesa Drive, Oceanside, CA 92056
- Palmar Family YMCA, Escondido 760-745-7490  
1050 N. Broadway, Escondido, CA 92026

## **ADOPTION / FOSTER CARE**

### **I Adopt U**

877-423-6788

<http://www.iadoptu.org/>

The County of San Diego Foster and adoptive resource family services.

### **Nightlight Christian Adoptions**

714-693-5437

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

1528 Brookhollow Dr. #100, Santa Ana, CA 92705

A trusted Adoption Service since 1959 offering full-service, Hague accredited child placement agency, that includes adoption counseling services to women and men facing an unplanned pregnancy, home study, pre-adoption education and post-adoption services for families.

### **Olive Crest - Foster Care**

Orange County 714-543-5437

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

San Diego County 619-291-9347

Abused or neglected children in the welfare system is staggering and heart-breaking. At-risk situations are rising, and reports of abuse are increasing. Contact them for Fostering and Foster to Adopt programs.

### **Orphans First**

877-423-6788

<https://orphansfirst.org/>

They create children's homes and programs in India, Mexico and Europe, as well as advocate for orphans in the USA.

### **Safe Families – San Diego Rep**

Alyssa Smith 714-543-5437

Provide temporary housing to children whose parents are facing a short-term crisis.

## AIDS / HIV

### **Fraternity House, Inc. and Michaelle House**

[www.fraternityhouse-inc.org](http://www.fraternityhouse-inc.org)

- Fraternity House, Escondido 760-736-0292
- Michaelle House, Vista 760-758-9165

They meet the housing needs by providing two warm and caring homes for very low-income men & women, who are a minimum of 18 years old, chronically-ill or disabled by HIV/AIDS. Support with medications given 24-hours, regimens and long-term or hospice care. Provides nutritious meals and coordinates appointments, transportation and recreation.

### **North Coastal Public Health Center** 760-967-4401

[www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Rosecrans Clinic 619-692-8300

3609 Ocean Ranch Blvd. Suite 104, Oceanside CA 92056

Hours: Mon., Tues., Thurs. 8-11am and 1-4pm, Friday 8-11am

All County of San Diego STD Clinics offer conventional blood testing for HIV.

In addition, the Rosecrans clinic offers rapid HIV testing.

## CHILD ABUSE

### **Casa de Amparo** 760-754-5500

Residential care for children must be referred by CPS or Police.

### **Children's Family Violence Program** 858-966-5803

### **Children's Hospital, Center for Child Protection** 760-967-7082

760-545-1190

### **Children's Services Bureau, Child Abuse Hotline** 800-344-6000

### **Mental Health America** 619-543-0412

4069 30<sup>th</sup> St., San Diego CA 92104

Maintains database of support groups and low-cost mental health services.

## CHILD CARE

### **Boys and Girls Club, Inc.**

- 410 W. California Ave., Vista CA 92083

760-724-6606

Provides programs that will inspire youth, particularly those from low-income families to become responsible and productive members of the community.

● 401 Country Club Ln., Oceanside CA 92054 760-433-8920  
\$55.00/year, Monday, Tuesday, Thursday, Friday, 2:00pm–6:00pm (during school), and Monday–Friday 7:00am–6:00pm (summer term)

Open door policy, but not a babysitting service.

**Boys and Girls Club – Bressi Clubhouse**

2730 Bressi Ranch Way, Carlsbad, CA 92009 760-683-5107  
\$50/year, Monday–Friday from school dismissal to 6pm

**Boys and Girls Club, Inc. – Village Clubhouse**

760-729-0956

3115 Roosevelt, Carlsbad CA 92008

\$50.00/year, Monday–Friday 2:00pm–6:00pm

Offers programs and camps; children stay until parents pick up.

**Boys and Girls Club, Inc. – The Club Teen Center**

760-471-2490

1 Positive Pl., San Marcos CA 92069

\$40.00/year, Drop-in service, Monday–Friday 2:00pm–6:00pm

**CalWORKs Working Families**

[www.sdcounty.ca.gov/CalWORKs](http://www.sdcounty.ca.gov/CalWORKs): Check eligibility through this website.

1315 Union Plaza, Oceanside CA 92054: apply in person at this location.

Post welfare, free childcare, bus pass, car repair, and help during work or training.

**Childcare Resource Service (YMCA)**

619-521-3055

Childcare referral line

800-481-2151

1310 Union Plaza Ct. #200, Oceanside CA 92054

Monday–Friday 8:00am–5:00pm

**Children’s Protective Services, Child Abuse Hotline**

800-344-6000

Emergency childcare if there is a threat of abuse; parent can call for respite care.

**MAAC Project Early Head Start**

760-471-4210

[www.maacproject.org](http://www.maacproject.org)

739 Olive Ave., Vista CA 92083

Serves children (0-5yrs) and their families, children with disabilities and pregnant women. The program delivers national school readiness at no cost to eligible families. Eligibility is based on family size and income.

2322 Catalina Cir, Oceanside, CA 92056

760-941-7616

1587 Linda Vista Dr, San Marcos, CA 92078

760-744-7995

405 W Fallbrook St, Fallbrook, CA 92028

760-723-4189

1307 Laurel Tree Ln, Carlsbad, CA 92011 760-930-0749  
20286 T Off San Jacinto Rd, Camp Pendleton N. 92055 760-430-7065

**MAAC Project Head Start** 760-966-7135

1501 Kelly St., Oceanside CA 92054

28-part-day classes that run 3.5 hours per day, four days per week. Working families or individuals in a training program may enroll their children in one of the three full day or full year centers.

**Metro Area Advisory Committee** 760-471-4210

800 Los Vallecitos #J, San Marcos CA 92069

Preschool children 0-5 years

**North County Community Services Preschools** 760-471-5483

Call for information to enroll children of 3–5 years

- Escondido: Eucalyptus, 1805 S Escondido Blvd. 760-745-1302  
Oak Hill, 1317 Oak Hill Dr. 760-739-9195
- Oceanside: Balderrama, 709 San Diego St. 760-757-1931  
Thunder, 2860 Thunder Dr. 760-940-0062  
North River Road: 4510 N River Rd. 760-529-0020
- Vista: 160 Nettleton Rd. 760-630-9123

## CLOTHING

**Bread of Life Restore Thrift Store** 760-722-0800

<https://bolrescue.org/restore-thrift-store/>

1919 Apple St, Suite H, Oceanside, CA 92054

Monday-Friday, 9:00 a.m.-4:00 p.m.

The store serves as a platform to equip people with biblical truth and practical job skills for renewed purpose and restored life.

**Brother Benno's** 760-439-1244

[www.brotherbenno.org](http://www.brotherbenno.org)

3955 Mission Ave., Oceanside CA 92057

Tuesday – Friday, 10:00 a.m. to 6:00 p.m. & Saturday, 10:00 a.m. to 5:00 p.m. Closed Sundays and Mondays.

They sell new and gently used items at low prices everyone can afford. The organization provides service for the homeless, working poor, disabled, low-income senior citizens.

**Catholic Charities of Vista – Thrift Store** 760-631-2819

917 E. Vista Way, Vista CA 92084

Monday-Friday, 9:00am-5:00pm, Saturday 10:00am-4:00pm

On-site vouchers are available from on-site emergency services to maternity and children 0–8 years for clothing, furniture and food.

### **Community Resource Center, CRC Resale Stores**

● Carlsbad Resale Store 760-729-5209

1055 Carlsbad Village Drive, Carlsbad, CA 92008

● Encinitas Resale Store 760-753-8222

1331 Encinitas Blvd., Encinitas, CA 92024

(between Beechtree Drive and El Camino Real)

● San Marcos Resale Store 760-734-3872

210 S. Rancho Santa Fe Rd., San Marcos, CA 92078

CRC Resale Stores generate critical funds in our community for those recovering from domestic violence, hunger and homelessness. Shop or donate to support a change in someone’s life. Find the bargains, treasures, clothing, designer items, furniture and more in our thrift stores

## **COUNSELING**

**Community Resource Center Counseling** 760 753-2919 ext. 1384

<http://www.communityresourcecenter.org/>

Support is available for but not limited to individuals, couples, children, families and bilingual counseling.

**Counseling Center, North Coast Church** 760-724-6700 ext. 220

[www.northcoastchurch.com/connect/care/the-counseling-center](http://www.northcoastchurch.com/connect/care/the-counseling-center)

Counseling services are provided for individuals, couples, families, children and adolescents. Counselors are trained to help in many areas, including but not limited to premarital counseling, marriage counseling, crisis, depression, anxiety, women’s issues, men’s issues, physical abuse, sexual abuse, relationship issues, grief, conflict, divorce recovery, addictive behaviors, anger management, blended family, trauma, eating disorders, parenting, mood disorders. Services are provided to North Coast Church attendees and the community at large.

**North County Lifeline Counseling** 760-842-6214

<https://www.nclifeline.org/services>

200 Michigan Avenue, Vista, CA 92084

760-726-4900

707 Oceanside Blvd., Oceanside, CA 92054

760-757-0118

Counseling for individual youth, family counseling and support for victims of human trafficking. No individual adult counseling services are provided.

## DOMESTIC VIOLENCE

### **Becky's House**

24-hour Hotline 619-234-3164

For men, women and children. A residential program for immediate protection from domestic violence. The shelter offers a confidential, temporary home for survivors of domestic violence.

### **Carol's House**

24-hour hotline 877-633-1111

Encinitas, CA 92024

A 24-bed emergency shelter for all victims of domestic violence. Residents receive comprehensive social services to facilitate transition to healthier, happier and safer lives. Call the 24-hour hotline for services.

### **CCS: Center for Community Solutions, Domestic Violence and Sexual Assault**

[www.ccssd.org](http://www.ccssd.org)

4508 Mission Bay Dr., San Diego CA 92109

888-385-4657

● Coastal: 4508 Mission Bay Dr., San Diego

858-272-5777

● East County: 460 N. Magnolia, El Cajon

619-697-7477

210 S. Juniper St. Suite 101, Escondido

760-747-6282

● Family Justice Center, 1122 Broadway, San Diego

866-933-4673

● Mountain Empire Region:

619-378-5115

Community Center, 976 Sheridan Rd., Campo

CCS serves adults and children to heal and prevent relationship and sexual violence as a catalyst for caring communities and social justice. The following services include, but not limited to counseling, residential facilities, emergency shelters, prevention and education.

### **Community Resource Center, CRC**

[www.crcncc.org](http://www.crcncc.org)

877-633-1112

Main Office, 650 Second St., Encinitas CA 92024

760-753-1156

Integrative Services

760-753-8300

Domestic Violence Program

760-942-5485

Counseling Program

760-753-2919 ext. 1384 or 1504

Provides basic needs for families in crisis. Offers extensive programs that facilitate the safety, stability, and self-sufficiency of low-income and episodically homeless households, including victims of domestic violence. Additional services include, but not limited to the following: transitional housing, therapeutic children's center, integrative services, food, and nutrition.

## **Community Services, Families, Home Start**

[www.home-start.org](http://www.home-start.org)

● North County Coastal 760-439-7513

1320 Union Plaza Court, Oceanside CA 92054

Hours: Monday-Friday 8:30am-5:00pm

● North County Inland 760-489-4811

649 W. Mission Ave. #4, Escondido, CA 92027

Counselors offer families practical, educational and therapeutic services. Parents are taught accurate expectations of their children, how to interact with them and use positive and appropriate discipline.

**Domestic Violence Infoline** 714-992-1931

<http://wtlc.org> 24-hour bilingual hotline 877-531-5522

Referral service for counseling and shelters and provides support to end the cycle of violence and exploitation.

**El Nido Transitional Living** 619-563-9878

### **Interfaith Shelter Network**

A safe, confidential place where homeless women with children can heal from trauma, gain new knowledge and job skills, and become financially solvent. It is a 12-month program that offers families stable housing and supportive services while clients move towards self-sufficiency. Close relationship with Interfaith.

**Helpline for Domestic Violence and Sexual Assault** 888-385-4657

**Hidden Valley House and Safe House** 760-480-0055

No-cost 28-day emergency shelter program for domestic violence victims and their children. Men and women 18 years or older. Safe, confidential locations. Case management services.

**Las Valientes** 760-439-1133

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

1330 E Vista Way #7, Vista, CA 92084

Monday-Friday 9:00am-5:00pm

Las Valientes is a program designed to assist women in the Hispanic community with legal issues associated with domestic violence.

**National Center for Victims of Crime** 855-4842846 / 855-4VICTIM

[www.victimsofcrime.org](http://www.victimsofcrime.org) 202-467-8700

Online Chat <https://chat.victimconnect.org/online/> 855-484-2846

Online chat is open 10:00am-6:00pm, Monday-Friday.



Visit website, as it is continually updated with a wide range of easily accessible resources for victims, families, and victim-service providers. Assistance is available to victims in need or require an attorney. The above National Center help line and VictimConnect Chat Line is dedicated to serving all victims.

**National Domestic Violence Hotline** 800-799-7233 / 800-799-SAFE  
[www.thehotline.org](http://www.thehotline.org)

The National Domestic Violence Hotline provides lifesaving tools and support to enable victims to find safety and to live their lives free of abuse.

**North County Family Violence Prevention Center** 760-798-2835  
330 Rancheros Dr. Suite 116, San Marcos CA 92069

Domestic violence, sexual assault, stalking resources, legal advocacy and court accompaniment.

**Palomar Family Counseling Service, Inc.** 760-630-3505  
945 Vale Terrace Dr., Vista CA 92084

Offers therapeutic services to aggressors and victims and provides counseling for recurring situations.

**Rape and Crisis Hotline at Women's Resource Center**  
[www.wrcsd.org](http://www.wrcsd.org) 760-757-3500

1963 Apple St., Oceanside CA 92054

Provides emergency shelter and support for women and their children.

**Victims of Crime Resource Center** 800-842-8467  
[www.1800victims.org](http://www.1800victims.org)

Database of help in California: resources and referrals only. No walk-ins. Helpful and essential information towards domestic abuse, elder abuse, child abuse, child sexual assault, rape support, food and shelter referrals, identity theft and legal aid referrals. Can apply for aid that pays for increased security, relocation, counseling, funeral and burial costs.

**Women's Resource Center** 24-hour hotline 760-757-3500  
[www.wrcsd.org](http://www.wrcsd.org)

1963 Apple St., Oceanside CA 92054

Serves individuals and families threatened or victimized by domestic violence and sexual assault. Services include, but not limited to the following: advocacy and accompaniment, crisis intervention, emergency shelter, and referrals.

**YMCA/Battered Women's Service** 619-234-3164  
112 Sea St., San Diego CA 92101  
Homeless shelters provided with application process.

**YWCA 24-Hour Hotline** 619-234-3164  
[www.ywcasandiego.org](http://www.ywcasandiego.org)  
Young Women's Christian Association (YWCA) Programs and services offer emergency food, housing and shelter to women, men, children who are victims of domestic violence. 30-day stay

## **EMPLOYMENT / JOB TRAINING**

**America's Job Center of California**  
<http://www.americasjobcenter.ca.gov/>  
Hours: Monday - Friday 8 a.m. - 5 p.m.  
1949 Avenida Del Oro Suite 106, Oceanside, CA 92056 760-631-6150  
613 W Valley Parkway Suite 220, Escondido, CA 92025 760-871-1962  
A job center that provides job search, skills assessment, access to training programs, employment services, placement assistance, and other activities to assist job seekers and employers.

**Apprenticeship – Department of Industrial Relations** 619-767-2045  
<https://www.dir.ca.gov/das/das.html>  
Apprenticeships are a combination of on-the-job training and related classroom instruction in which workers learn the practical and theoretical aspects of a highly skilled occupation.

**Career One Stop** 877-872-5627 / 877-US2-JOBS  
<https://www.careeronestop.org/LocalHelp/EmploymentandTraining/find-employment-networks.aspx>  
If you receive Social Security (SSI) or Social Security Disability Insurance (SSDI), Employment Networks can help you with free career counseling, job placement, and then ongoing support once you have started working.

**Community Interface Services**  
[www.communityinterfaceservices.org](http://www.communityinterfaceservices.org)  
2621 Roosevelt St., Carlsbad, CA 92008 760-729-3866  
A nonprofit that provides services to children and adults with developmental disabilities including intellectual disability, cerebral palsy, autism, seizure disorder and other similar conditions. Services range from help learning essential life skills to job training and work placement, home ownership, respite and self-determination.

**Goodwill San Diego County**

<https://sdgoodwill.org/jobs/>

414 N. Coast Highway, Oceanside CA 92054

760-722-8582

329 W. Grand Avenue, Escondido CA 92025

760-739-0600

Monday–Friday, 9:00am–4:00pm

Provides employment and training opportunities to people with disabilities and other barriers; includes free assistance in searching and applying for a job. Goodwill operates through the Community Employment Centers throughout San Diego County.

**Interfaith Carlsbad Services**

<https://www.interfaithservices.org>

5731 Palmer Way, Carlsbad, CA 92010

760-448-5696

550 W. Washington Ave. Escondido, CA 92025

760-489-6380

Services include career assessments, resume and online application prep, interview prep, self-esteem mentoring, filing for unemployment/CALJOBS and more. Also provides a “transitional youth academy” for youth. Veteran programs also available to help find sustainable employment opportunities and become job ready.

**Oceanside Adult Education**

760-805-8710

[www.miracosta.edu/instruction/continuing\\_education/esl/index.html](http://www.miracosta.edu/instruction/continuing_education/esl/index.html)

Community Learning Center 1831 Mission Ave., Oceanside CA 92058

Monday–Thursday 7:30am–8:00pm, Friday, 8:00am–12:00pm

Program offers seven levels of ESL and classes for Citizenship. Other schools, community centers and libraries throughout the district are also offered. Visit the Mira Costa Free English web page for current schedule and locations.

**Training Education Research Innovation, TERI Inc.**

[www.teriinc.org](http://www.teriinc.org)

760-721-1706

251 Airport Rd., Oceanside CA 92058

Specializes in helping those who have needs other programs cannot meet. Programs include job training, transportation, respite and a learning academy.

**Vista Adult Ed Literacy Center**

760-758-7122

[www.vistaadultschool.org](http://www.vistaadultschool.org)

111 W. California, Vista CA 92083

Monday–Thursday, 8:00am–8:00pm, Friday 8:00am–3:00pm

A variety of job training classes and certificate programs are offered to assist in making a career change and/or seeking additional education in present career.

**Vista Adult Transition Center - School** 760-758-3400  
[www.vistaadultschool.org](http://www.vistaadultschool.org)  
325 E. Bobier, Vista CA 92084  
Visit website for available services. This is a special education school.

**Vista Town Site Community Partnership** 760-806-8980  
602-B E. Vista Way, Vista CA 92084  
Assists to define work goals and develop plans for achievement: English classes, mock interviews, assessments, writing and language skills.

## FOOD

**All Saints Episcopal Church** 760-726-4280  
651 Eucalyptus Ave., Vista CA 92084  
Sunday - Thursday, 11am-12pm

**Bread of Life Rescue Mission** 760-722-0800  
1919 Apple St., Oceanside CA 92054  
Sunday worship and dinner at 5:00pm  
Food pantry is open Monday-Wednesday-Friday from 9am-noon, on a first come, first serve basis. Dinner served Sunday-Friday at 6-6:30pm. Sack lunches are also available. Winter shelter is open from Nov-March.

**Brother Benno's Center** 760-439-1244  
3260 Production Ave., Oceanside CA 92058  
Monday-Friday, 6:30am-8:00am, and Saturday 10:00am-11:30am  
Provides food boxes to the disabled, senior citizens, and families with children. Accessible showers and laundry are made available, and arrangement is scheduled in exchange of volunteer work for two hours per load.

**Catholic Charities**  
Thrift Store 917 E. Vista Way, Vista CA 92084 760-631-4792  
Main Office: 349 Cedar St., San Diego CA 92101 619-231-2828  
Mon.-Fri. 8:00am: first 40 people accepted for breakfast at sign-in time  
Mon.-Fri. 12:00pm: first 40 people accepted for lunch at sign-in time  
Saturday is scheduled for Food Pantry service and counseling, simultaneously giving only a short-term access to food.

**Community Lutheran Church** 760-722-3337  
[www.cloceanside.com](http://www.cloceanside.com)

4507 Mission Ave., Oceanside CA 92057

Third Saturday, 9:30am–10:30am

Distributes fresh seasonal produce and bread in a farmer's market style set up.

**Community Resource Center, CRC**

169 Saxony Ave. Suite 104, Encinitas CA 92024

877-633-1112

Monday–Friday, 9:00am–5:00pm

760-753-1156

Offers bus passes, emergency food, winter shelter only, hotel, counselors, rental service and voucher programs. Clothing coupons are provided with proof of need.

**Fallbrook Food Pantry**

760-728-7608

1042 S. Mission, Fallbrook CA 92028

Mon.–Fri., 9:30am–12:30pm NOTE: Seniors call for extended hours.

Food pantry, clothing and food distribution is open on the last Wednesday of each month, 8:30am–10:00am. The location is at the parking lot corner of Pico and Hawthorn, across from the Oink and Moo Restaurant, 121 N. Pico. Pantry is closed during food distribution; no pre-registration required.

**Feeding San Diego – Member of Feeding America**

858-452-3663

<https://feedingsandiego.org>

Visit website for other distribution sites.

Food distribution is the second and fourth Tuesdays at 10:30-11:30am

305 W California Ave., Vista CA 92083

5306 N. River Rd. Oceanside, CA 92057

**Grace Presbyterian Church**

760-724-0077

1450 E. Vista Way, Vista CA 92084

Food pantry groceries distributed Tuesdays, 9:00am–12:00pm

ID: can come once monthly for groceries.

Soup Kitchen Hours: Tuesdays Worship at 5:15pm with food following

**Iglesia Latina Emmanuel**

760-432-6240

152 E 5<sup>th</sup> Ave., Escondido CA 92025

Thursday at 6:00pm

Call to confirm the food distribution will be available.

**In His Steps, Christian Recovery Home**

760-788-4716

1619 La Brea St., Ramona CA 92065

Men's Facility is at the Grange.

Hot meals Monday, 6:00pm.

Food is available on the third Wednesday each month.  
Offers help to troubled families of drug, alcohol or other life-controlling struggles.

**Interfaith Community Services** 760-489-6380

550 W Washington Suite B, Escondido CA 92025  
The Nutrition Center serves breakfast at 6:30am–7:30am, daily.

**Meals with Love** 760-726-1225

Hot meals every day, lunch and sack lunch delivery.  
Food Pantry: Monday–Friday, 11:00am–12:00pm

**Mission San Luis Rey- Department of Social Concerns** 760-547-0708

4070 Mission Ave., Oceanside CA 92057  
Emergency canned foods: Tuesday–Saturday, 9:00am–4:00pm, appointment only.

**Mission Vida Nueva Food Bank** 760-500-9327

[www.missionvidanueva.org](http://www.missionvidanueva.org)  
Pioneer Elementary School: 980 N Ash St., Escondido CA 92027  
Farmer’s Market Style distribution, Saturdays, 11:00am  
Tickets are given as early as 7:00am, then come by at 11:00am. Food is distributed until supplies run out, or until 1:00pm. Disabled are given line preference and do not need to arrive early for tickets. Please present doctor’s proof of dietary limits, restrictions, if any; for example, diabetic.

**North City Presbyterian Church** 858-748-4642

11717 Poway Rd., Poway, CA 92064  
Office Hours: 9:00am – 12:00pm, Tuesday-Thursday  
Food Hours: Second Friday of every month, 1:00pm – 3:00pm

**North Coastal: Interfaith Community Services**

[www.interfaithservices.org](http://www.interfaithservices.org)  
View website for detailed information: housing and shelter, employment, nutrition and basic needs, self-sufficiency and support, behavioral health and recovery.

- 4700 N River Rd., Oceanside CA 91057 760-721-2117
- 550 W. Washington Ave. Suite B, Escondido CA 92025 760-489-6380
- Veterans Service Center:
  - 1617 Mission Ave., Oceanside CA 92058 760-529-9979
  - 5731 Palmer Way Suite A, Carlsbad 92010 760-448-5696

**North County Community Services Food Bank** 760-738-8878  
[www.buckheart.org](http://www.buckheart.org)  
Buckheart Ranch, 16881 Old Survey Rd., Escondido CA 92025  
Community Food Distribution is 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Fridays of the month, 4:00pm.

**Salvation Army, Oceanside** 760-631-8212  
3935 Lake Blvd., Oceanside CA 92056  
Social services programs for clothes, food, and reduced rent for senior housing.

**St. Francis of Assisi Catholic Church** 760-945-8000  
[www.stfrancis-vista.org](http://www.stfrancis-vista.org) Emergency Sandwiches after 2pm  
Ministry Hospitality Center, 525 W Vista Way, Vista CA 92083  
Monday-Friday 8:30am – 11:45am, 1pm -5pm  
Sack lunch: Monday-Friday 8:45am-10am, Saturday 7am-8am  
Sunday-Saturday Breakfast 7:30am-9am, Lunch 11:30am-1pm

**The Movement Church – Free Food Distribution** 760-510-1160  
1609 Capalina Rd., San Marcos CA 92069  
Third Monday of every month, 12:00pm. Bring a couple of bags.

**The Summit Church** 760-471-6267  
292 E Barham Dr. #202, San Marcos CA 92078  
Second and fourth Tuesday of every month, 1pm. Line up begins at 12pm.

**Tribes 4 Christ – Food and Clothing Bank** 760-533-1481  
<https://tribes4christ.com/food-clothing-bank/>  
La Jolla Tribal Hall Gym  
22000 Hwy 76, Pauma Valley, CA 92061  
For struggling families. Clothing shopping occurs fourth Monday of every month at 3:00pm, first come first served. Bring your own bag.

**Women, Infant and Children, WIC** 800-500-6411  
[www.sandiegowic.org](http://www.sandiegowic.org)  
View web for details and income guideline information, or log on to [www.wicworks.ca.gov](http://www.wicworks.ca.gov)  
Locate an office near your area by using the locator tool: <http://sdwic.com>  
Please call first: office hours may vary, and address locations are subject to change. The WIC program serves pregnant women, infants, and children up to their fifth birthday. The Special Supplemental Nutrition Program provides nutritious foods, nutritious education, breastfeeding support, and referrals to health care and other social services for low-income families, and it performs

a crucial role in improving lifetime health for women, their infants, and young children.

## FURNITURE

### **Interfaith Community Services**

760-721-2117

4700 N River Rd., Oceanside CA 92057

Monday–Friday, 8:00am–5:00pm Walk-in service: Monday–Friday 8:00am–10:00am Closed first Friday every month. Will pick up all but appliances from donor and deliver to client. Bring Photo I.D.

## HOUSING

### **CalHome Rehabilitation Program**

619-282-6647

[www.chworks.org](http://www.chworks.org)

Monday–Thursday, 8:00am–5:00pm

- CHW, Community Housing Works:

2815 Camino del Rio S., San Diego CA 92108

Develops new affordable homes in communities and helps to find stable homes in affordable rental communities for families, seniors and individuals.

- Vista CalHome Rehabilitation Loans: Funding available for Vista residents to upgrade current home, combine first mortgage, or purchase a renovator.
- CHW Lending is now a Springboard CDFI (a.k.a. Springboard Home Loans). A not-for-profit mortgage lender offering unique homeownership opportunities, affordable home loans, renovations, refinancing, or honest assessments of home purchasing power in a no-pressure setting.

### **City of Vista**

760-639-6191

[www.citiyofvista.com](http://www.citiyofvista.com)

200 Civic Center Dr., Vista CA 92084

Information on affordable housing.

### **Foreclosure Help Hotline**

888-995-4673 / 888-995-HOPE

[www.99Shope.org](http://www.99Shope.org)

### **HUD: Housing Section 8**

877-478-5478

[www.sandiegocounty.gov/sdhcd/homeowners/dcca.trml](http://www.sandiegocounty.gov/sdhcd/homeowners/dcca.trml)



San Diego County rental assistance programs for low-income households, down payment and closing programs.

**Interfaith Community Services, Inland** 760-489-6380  
550 W Washington, Suite B, Escondido CA 92025  
Monday–Friday, 8:00–10:00am: walk-in hours for information  
Housing for individuals, families, seniors and veterans.

### **North County Lifeline**

[www.nclifeline.org](http://www.nclifeline.org)

- 200 Michigan Ave., Vista CA 92084 760-726-4900
- 707 Oceanside Blvd., Oceanside CA 92054 760-757-0118
- Access and Crisis Line, Live Chat 888-724-7240

Community Housing Works program provides transitional housing for former homeless families. Program also helps with mediation with landlord or manager.

### **North County Lifeline, City of Oceanside**

- 321 N Nevada, Oceanside CA 92054 760-842-6226
- 110 Copper Wood Way, Suite Q, Oceanside CA 92058 760-757-0118

Housing and Neighborhood Services Department develops and implements housing and community development programs, operates neighborhood resource centers and coordinates childcare services for low and moderate-income households.

### **Operation HOPE-Vista. Assisting Homeless Women and Families**

[www.operationhopeshelter.org](http://www.operationhopeshelter.org) 760-536-3880

859 East Vista Way, Vista CA 92084

Monday-Friday 9:00am-4:00pm

Operation HOPE-Vista offers shelter, involving a private family bedroom for families and a shared bedroom for single women; accommodations include, but not limited to, laundry, shower, food, computer, playground, courtyard, homework activities and adult education. The goal is to end homelessness by allowing them to reclaim stability and to recover self-sufficiency.

### **Solutions for Change**

760-941-6545

[www.solutionsforchange.org](http://www.solutionsforchange.org)

722 W California Ave., Vista CA 92083

Breaks pattern of poverty and homelessness and focused on transforming lives for good. Offers counseling services, parenting classes, training and work experience, programs. Learn skills to rebuild, maintain careers, employment, self-sufficiency, independence, physical health, mental fitness and

responsibility. Programs also focus on youth and teens, with support to emotional state and academic needs.

## LEGAL AID

**Legal Aid Society of San Diego, Oceanside Branch** 877-523-2524

216 S. Tremont St., Oceanside CA 92054

Monday–Friday, 9:00am–5:00pm

Providing free legal assistance for people living in San Diego County who qualify for their services.

**Support Kids Services** 866-656-6642

[www.supportkids.com](http://www.supportkids.com)

Largest private child support collection company in the country offering an alternative to government agencies. Based in Austin Texas with locations in California.

## MEDICAL SERVICES

**Americare Adult Day Healthcare Center, ADHC** 760-682-2424

[www.americareadhc.com](http://www.americareadhc.com)

340 Rancheros Dr. Suite 196, San Marcos CA 92069

Center Hours: Mon - Fri, 8:00am – 4:00pm. Closed Saturday and Sunday

Community-based adult day healthcare program providing a variety of therapeutic and social services to adults with medical, social or psychological conditions.

**Brother Benno’s Prescription Assistance Program** 760-439-1244

<https://www.brotherbenno.org/services/>

3260 Production Ave., Oceanside CA 92058

Guests without medical insurance may periodically apply to receive assistance for payment of necessary prescription medications. Prescriptions are filled at participating Walgreen Pharmacies only.

NOTE: narcotic and psychotropic drugs of any kind will not be covered.

**Children in Need – San Diego County** 858-616-5900

<http://www.childreninneedsd.org/>

Petra Montiel, 2750 Womble Rd. Suite 201, San Diego, CA 92103

A collaboration of local community-based organizations, hospitals, government agencies, health plans and schools working together to provide medical and dental insurance coverage for all children in San Diego County.

**Community Interface Services**

888-676-3786

<http://www.communityinterfaceservices.org/>

2621 Roosevelt St., Carlsbad CA 92008

Monday-Friday, 8:00am–4:30pm Closed Saturday and Sunday

Provides training, support, and advocacy for adults with developmental disabilities.

**Department of Health Care Services**

[www.dhcs.ca.gov](http://www.dhcs.ca.gov)

[http://www.dhcs.ca.gov/Pages/dhcs\\_contact.aspx](http://www.dhcs.ca.gov/Pages/dhcs_contact.aspx)

Visit the website for direct contact and services. The mission of DHCS is to provide Californians with access to affordable, integrated, high-quality health care, including medical, dental, mental health, substance use treatment services and long-term care. Our vision is to preserve and improve the overall health and well-being of all Californians.

**Hospice of the North Coast**

760-431-4100

[www.hospicenorthcoast.org](http://www.hospicenorthcoast.org)

2525 Pio Pico Dr. Suite 301, Carlsbad CA 92008

Office Hours: Monday–Friday, 8:30am–5:00pm

Hospice of the North Coast provides an array of programs and services to the terminally ill, their families and the community.

**Kaiser Permanente, Child Health Program**

800-464-4000

[www.info.kp.org/childhealthprogram](http://www.info.kp.org/childhealthprogram)

The Child Health Program (CHP) helps pay for health coverage for children up to age 19 who don't have access to other health coverage.

**Kids Health Assurance Network, San Diego, SD KHAN**

[www.sandiegocounty.gov](http://www.sandiegocounty.gov)

619-542-4195

Monday-Friday, 8:00am – 5:00pm

A collaboration of local community-based organizations, hospitals, government agencies, health plans and school working together to provide medical and dental insurance coverage for all children in San Diego County.

**Major Risk Medical Insurance Program, MRMIP**

800-289-6574

<http://www.dhcs.ca.gov/services/Pages/MajorRiskMedicalInsuranceProgram.aspx>

Before July 2014, program was called Managed Risk Medical Insurance Board (MRMIP). This Government program provides health insurance for

Californians unable to obtain coverage in the individual health insurance market because of their pre-existing conditions.

**Neighborhood Health Care** 760-520-8100

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

460 N. Elm St. Escondido, CA 92025

Monday-Friday, 8am – 5:0pm. Provides Medical, Dental, Behavioral services. View link or call for detailed service information. The closest locations are below:

- Escondido 760-520-8100  
460 North Elm Street, Escondido, CA 92025  
Hours: 8:00am-5:00pm Monday-Friday, Closed Saturday and Sunday.  
Services Include: Behavioral Health, Medical and Chiropractic. English and Spanish speaking Practitioners.
- Escondido 760-520-8200  
1001 East Grand Ave., Escondido, CA 92025  
Hours: 8:00am-5:00pm Monday-Friday, Closed Saturday and Sunday.  
Closed for Lunch: 12:00pm-1:00pm on Mon., Tues., Thurs., Fridays  
Closed 12:00pm-1:30pm on Wednesdays.  
Services Include: Medical. English and Spanish speaking Practitioners.
- Escondido  
425 N Date St., Escondido, CA 92025  
Dental Hours: 8:00am-5:00pm Mon.-Fri., Closed Saturday and Sunday.

**North Coastal Health and Human Services** 866-262-9881

[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

Family Resource Center

1315 Union Plaza Ct., Oceanside CA 92054

**North Coastal Public Health Center** 760-967-4401

3609 Ocean Ranch Blvd. Suite 104, Oceanside CA 92056

Medical care for the under and uninsured.

**North County Health Services** 760-763-6767

Offers medical, dental and other services, assists with Medi-Cal eligibility.

- Carlsbad Family Medicine  
1295 Carlsbad Village Dr. Suite 100, Carlsbad CA 92008
- Encinitas Health Center  
1130 2<sup>nd</sup> St., Encinitas CA 92024
- Grand Ave Family Medicine  
727 W San Marcos Blvd. Suite 112, San Marcos CA 92078
- La Mission Family Health Center  
3220 Mission Ave. Unit #1, Oceanside CA 92057

- Mission Mesa Dental  
2216 El Camino Real Suite 121-122, Oceanside CA 92056
- Mission Mesa Pediatrics  
2210 Mesa Dr. Suite 300, Oceanside CA 92054
- Oceanside Health Center  
605 Crouch St., Oceanside CA 92054
- Ramona Health Center  
217 Earlham St., Ramona CA 92065
- San Marcos Health Center  
150 Valpreda Rd., San Marcos CA 92069

**San Diego Network of Care**

[www.sandiego.networkofcare.org](http://www.sandiego.networkofcare.org)

Visit the website for local services, resources, and vital information, including but not limited to the following: in-home assistance, personal care, medications, childcare, housing, homelessness, assistive devices, crime prevention, crisis, and emergency.

**San Diego Regional Center**

760-736-1200

[www.sdrcc.org](http://www.sdrcc.org)

5931 Priestly Dr. Suite 100, Carlsbad CA 92008

Serves clients and their families who have developmental disabilities such as intellectual disabilities, cerebral palsy, epilepsy, autism, and other disabling conditions Services include: Individual Program Plan (IPP) or Individual Family Service Plan (IFSP), coordination of services, training, referral and linkage to support services.

**Social Security/Supplemental Security Income**

800-772-1213

[www.ssa.gov](http://www.ssa.gov)

2160 S El Camino Real, Oceanside CA 92054

855-287-4793

Hours: Mon., Tues., Thurs., Fri., 9am–4pm, and Wed. 9:00am–12:00pm

**State MediCAL Ombudsman**

888-452-8609

[www.dhcs.ca.gov](http://www.dhcs.ca.gov)

Manages complaints or problems and intervenes in programs, politics and agencies.

**Vista Community Clinic, VCC**

760-631-5000

[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

844-308-5003

Visit web or call for clinic locations and after-hours nurse lines

Services offered but not limited to Pediatrics, Immunizations, Optometry, Women's Health, HIV, Family Planning, Behavioral Health, Adults and Families, Dental.

**WIC Office, SDSU**

858-514-2304

Mon.-Fri. 8:00am-5:00pm, second and third Saturday 8:00am-4:30pm

Women, Infants, and Children (WIC): helps pregnant women, infants and children, new mothers, and young children eat well and stay healthy.

- 1000 Vale Terrace, Vista CA 92083  
Mon.-Fri. 8am-5pm, Closed 3<sup>rd</sup> Friday, Open 3<sup>rd</sup> Saturday 8am-4:30pm
- 1131 E Washington Ave. Suite K, Escondido CA 92025  
Mon.-Fri. 8:00am-5:00pm, 2<sup>nd</sup> Saturday 8:00am-4:30pm, Closed Friday
- 1328 S Mission Rd., Fallbrook CA 92028  
Mon.-Fri. 8am-5pm, Closed 12-1pm, Open 3<sup>rd</sup> Saturday 8am-4:30pm,  
Closed 3<sup>rd</sup> Friday

## MENTAL HEALTH

**Catholic Charities North County Center for Counseling**

[www.ccdsd.org](http://www.ccdsd.org)

619-231-2828

349 Cedar St., San Diego CA 92101

Monday-Friday 8:00am-5:00pm

**Children's Outpatient Psychiatry**

760-758-1480

[www.rchsd.org](http://www.rchsd.org)

Rady Children's Hospital: 3605 Vista Way Suite 258, Oceanside CA 92056

Monday-Friday 8:00am-12:00pm, 1:00pm-4:30pm

**Community Research Foundation**

888-724-7240

[www.comresearch.org](http://www.comresearch.org)

1202 Morena Blvd. Suite 300, San Diego CA 92110

619-275-0822

Programs are focused on the treatment, education, and rehabilitation of individuals with mental health problems who may have co-occurring substance use problems that maybe culturally sensitive. Promotes recovery to decrease the stigma of mental illness and co-occurring substance use problems.

- North Region  
Turning Point Crisis Center 760-439-2800  
1738 S Tremont St., Oceanside
- Esperanza Crisis Center 760-975-9939

490 South Grape St., Escondido

● Central Region

Vista Balboa Park Crisis Center 619-233-4399

Bankers Hill, 545 Laurel St., San Diego

New Vistas Crisis Center-Downtown 619-239-4663

734 10th Ave., San Diego

Jary Barreto Crisis Center-Logan Heights 619-232-4357

2865 Logan Ave., San Diego

**Exodus Recovery** 760-305-4777

<http://www.exodusrecovery.com/>

550 W Vista Way Suite 202, Vista CA 92083

Monday-Friday 9:00am-4:30pm (Outpatient)

Patients can be seen without insurance and medication can be prescribed.

**Focus on the Family** 800-232-6459 800-23AFAMILY

[www.focusonthefamily.com](http://www.focusonthefamily.com)

Mon.-Fri. 6am-8pm Mountain Time: ask for the Counseling Department

**Mental Health America** 619-543-0412

[www.mhasd.org](http://www.mhasd.org)

Monday-Friday 9:00am-5:00pm

4069 30<sup>th</sup> St., San Diego CA 92104

**Mental Health Systems** 858-573-2600

[www.mhsinc.org](http://www.mhsinc.org)

9465 Farnham St., San Diego CA 92123

Counseling for all ages. North Coastal Mental Health Center serves adults living with severe and persistent mental illness by providing a wide range of services to assist in their recovery and enhance their well-being. Offers mental health, corrections and alcohol and drugs services through a network of statewide programs.

**National Alliance on Mental Illness, NAMI**

**NAMI North Coastal San Diego County** Crisis Line: 888-724-7240

<http://www.naminorthcoastal.org/> National Helpline: 800-273-8255

Email: [info@naminorthcoastal.org](mailto:info@naminorthcoastal.org) Information: 760-722-3754

Provides support and referral services, resources and understanding to anyone concerned about mental illnesses and the treatment of mental illness.

**North Coastal Mental Health** 760-967-4475

[www.mhsinc.org](http://www.mhsinc.org)

1701 Mission Ave Suite A, Oceanside, CA 92058

Monday-Friday 8:00am-5:00pm

Homeless outreach, psychologists and psychiatrists. Applicants must meet criteria.

**Recovery International, RI**

619-787-5458

[www.recoveryinternational.org](http://www.recoveryinternational.org)

619-383-2084

Carlsbad Senior Center, 799 Pine Ave., Carlsbad CA 92008

Offers reassurance and fellowship in a safe and healthy place of support. Services include counseling, mental health support and meetings throughout the county. These services are to help those suffering from, but not limited to the following medical concerns: Alcoholism, Anxiety, Bipolar Disorder, Depression, Mental Stress, Panic Attacks, Poor Self-Image, Schizophrenia.

**San Diego County Psychiatric Hospital, SDCPH**

619-692-8200

[www.sandiegocounty.gov](http://www.sandiegocounty.gov)

3853 Rosecrans St., San Diego CA 92110

Provides emergency assessment for individuals. Houses County's Emergency Psychiatric Unit. Services: Safety and Intervention of Domestic Violence.

**San Diego County Health & Human Services**

800-510-2020

**Aging and Independence Services, AIS**

[www.sandiegocounty.gov](http://www.sandiegocounty.gov)

1250 Moreno Blvd., San Diego CA 92110

Outpatient services: Monday-Friday 8:00am-5:00pm,

Walk-in Hours: 8:30am-3:30pm

The Senior Mental Health Team provides a crisis assessment and assistance for persons age 60 and older with mental health issues.

**San Diego County Health & Human Services**

888-724-7240

**Behavioral Health Services, BHS**

[www.sandiegocounty.gov](http://www.sandiegocounty.gov)

The Behavioral Health Services (BHS) Division provides mental health and alcohol or other drug services for children, youth, families, adults, and older adults.

**Suicide and Mental Health Crisis Team**

888-724-7240

[www.countynewscenter.com](http://www.countynewscenter.com)

County's Behavioral Health Access and Crisis Line, including Live Chat is open 24/7: dial 0 for operator assistance. Counselors are well trained in mental health crisis and specific issues, including but not limited to alcohol or drug abuse, suicide prevention, medication needs, with Medi-Cal or no insurance.



**Turning Point Crisis Center**

760-439-2800

[www.comresearch.org](http://www.comresearch.org)

1738 S Tremont St., Oceanside CA 92054

The Short Term Acute Residential Treatment (START): residential program offers an alternative to hospitalization for adults who are suffering an acute psychiatric crisis that is not manageable on an outpatient basis. Accommodates clients with limited mobility. Ask for the Admission Coordinator to help find a current open bed or the next available in the system. This is an inpatient adult mental health facility.

**MILITARY SUPPORT & SERVICES****Christian Credit Counselors**

800-557-1985

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

A non-profit credit counseling and debt management organization that has helped over 300,000 Americans to get out of debt, since the last 25 years.

**Community Counseling Program - Camp Pendleton**

760-763-3222

<http://www.mccscp.com/ccp>

For help to combat operational stress.

**CRU Military**

800-444-6006

<http://crumilitary.org>

A mission organization that connects with the military for Jesus; mobilizes and trains churches, counselors, and communities across America and around the world for effective ministry services to military members, veterans and families in their midst. Their goal is to spiritually build military community by meeting their greatest need.

**DSTRESS Hotline**

877-476-7734

The DSTRESS Hotline provides 24 hours, 7 days a week anonymous phone and chat and referral service, 'Marine-to-Marine' approach. The call center is staffed with veteran Marines, Fleet Marine Force Navy Corpsmen who were previously attached to the Marine Corps, Marine spouses and other family members, and licensed behavioral health counselors specifically trained in Marine Corps culture.

**Family Advocacy Program, FAP**[www.mccscp.com/familyadvocacy](http://www.mccscp.com/familyadvocacy)

Camp Pendleton, Mainside Bldg. 1122 East Street

760-725-9051

San Onofre, School of Infantry Bldg. 520512

760-763-6940

Monday-Friday, 7:30am -5:00pm

FAP is a multi-faceted, multi-disciplinary resource that is designed to address child abuse and domestic abuse within the Marine Corps community through prevention, intervention, and treatment.

### **Mighty Oaks Warrior Program, MOWP**

<http://www.mightyoaksprograms.org/>

No cost to warriors for mighty oaks programs. The Mighty Oaks Foundation is committed to serving the brokenhearted by providing intensive peer-based discipline through a series of programs, outpost meetings, and speaking events. Each Warrior is focused solely on his or her recovery and identifying purpose moving forward

### **Military Missions Network**

<http://militarymissionsnetwork.com/>

Email: HelpDesk@MilitaryBeliever.com

Service is available for military needs. The main vision is to expand the global network of evangelical movements among military people and communities. The missions provide personal assistance to inquiring military regarding connections with ministries, churches, chaplains; and related activities, service opportunities, and resources.

### **National Domestic Violence Hotline**

800-799-7233

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

The National Domestic Violence Hotline provides lifesaving tools and support to enable victims to find safety and live lives free of abuse.

### **Navy Marine Corps Relief Society**

760-725-5337

Marine Corps Base, E St & 14th St, Bldg. 1121,  
Camp Pendleton CA 92055

Servicing members or their dependents.

### **New Parent Support Program – Camp Pendleton**

760-725-3884

Bldg. 13150, Mainside – Marine and Family Programs HQ

A professional team of marriage and family therapists, licensed social workers and registered nurses. Provides assistance, education and support to USMC families, offers in-home visits, and parenting-education classes. Active-duty and their family members are eligible.

### **PTSD Foundation of America**

877-717-7873 / 877-717 PTSD

<http://ptsdusa.org>

Call Ret. HMC (FMF/AW) Aaron Seibert:

951-805-2734

View the web or call direct for assistance. Support groups are available for those who experience or witnessed a life-threatening event, to include but not limited to military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault in adult or childhood.

### **PTSD Foundation - Southern California Locations**

[www.ptsdusa.org](http://www.ptsdusa.org)

877-717-7873 / 877-717-PTSD

- The Warrior Built Foundation  
31881 Corydon #140, Lake Elsinore CA 92532 Tues. 7:30pm-8:30pm
- Wounded Warrior Battalion West- USMC Camp Pendleton  
20250 Vandegrift Blvd. Oceanside CA 92058 Tues. 10:00am-11:00am
- Warriors: Combat Wounded PT Program, Tri City Wellness Center  
6250 El Camino Real, Carlsbad CA 92009 Tues. 6:00am-8:30am

The mission is to combat Post Traumatic Stress with results in healing to our military (Active Duty, Reserves and National Guard, Veterans, and families). All locations are faith-based offering support; all activities are strictly confidential. The teams consist of Veterans, Active and Reserve Service Members, and civilians with a heart for the military and families. Many Active, Reserve and/or Veterans from every war up to World War II are involved in our physical-therapy settings. A Pro Bono program put together utilizing the Hydro Works Pool and workouts designed around one's injuries; underwater treadmill therapy is also available.

### **School Liaison Office – Camp Pendleton**

760-763-7385

Building 1160 Camp Pendleton, CA 92055-5010

Coordinate education support services to maximize opportunities for academic success for transitioning military children/youth. Provide referral services to family support agencies aboard MCB Camp Pendleton and in the local community.

### **Veteran Crisis Line**

800-273-8255

### **Veteran Crisis Line for Deaf & Hard of Hearing**

800-799-4889

Free, confidential, 24/7 support for all Veterans, all service members, National Guard and their family members and friends.

### **VA Oceanside Clinic**

1300 Rancho Del Oro Drive, Oceanside,  
CA 92056

**Main 760-643-2000**

**Mental Health 760-466-2080**

### **VA Escondido Clinic**

815 East Pennsylvania Avenue  
Escondido, CA 92025-3424

**Main 760-466-7020**

**Mental Health 760-466-7032**

**VA San Diego Medical Center**  
3350 La Jolla Village Drive  
San Diego, CA 92161-0002

**Main 858-552-8585**  
**Mental Health 858-552-8585**

## **PREGNANCY SERVICES**

### **Alternatives Medical Clinic**

760-741-9796

<http://alternativespregnancyclinic.org/>

257 E 2nd Ave., Escondido CA 92025

Mon., Tues., Wed., Fri. 9:00am-5:00pm, Closed 12:00pm-1:00pm

Helps with free pregnancy tests, counseling, and has limited obstetrical ultrasound exam.

### **Birth Choice**

[www.birthchoice.net](http://www.birthchoice.net)

760-744-1333

● 277 S Rancho Santa Fe Rd. Suite S, San Marcos CA 92078

Mon., Tues., Thurs., Fri. 9:00am-5:00pm, Wednesday 9:00am-6:30pm

● 611 Mission Ave., Oceanside CA 92054

760-410-4540

Tuesday by appointment

A pro-life center for pregnancy tests, medical services, maternity clothes, and baby blankets. Offers referrals for housing, adoption, and monetary support services.

### **Fallbrook Pregnancy Resource Center, FPRC**

800-712-4357

[www.fallbrookprc.com](http://www.fallbrookprc.com)

call for appointments 760-728-4105

Life Pointe Church, Education Bldg. 221 N Pico Ave. Fallbrook CA 92028

New Home, near completion: 125 E Hawthorne, Fallbrook

Hours: Mon., Wed., Thursday 10:00am-5:00pm, Closed 1:00pm-2:00pm

FPRC provides free pregnancy tests, ultrasounds, and referrals to specifically support a healthy pregnancy and delivery. Assists in unplanned pregnancies, abusive relationships, post abortion, sexual health issues; offers early intervention programs and supports first-time parenting. FPRC is not an abortion clinic and does not refer clients for abortions or to an abortion unit

### **Medi-Cal Access Program, MCAP for Infants and Mothers**

<http://mcap.dhcs.ca.gov/About/>

800-433-2611

Monday-Friday 8:00am-8:00pm, Saturday 8:00am-5:00pm

Affordable health care for pregnant women, mothers and babies. The program targets middle income families without insurance coverage, or those with coverage with a deductible greater than \$500.

**Pathway Health Clinic** 760-945-4673  
[www.pregnancyresourcecenter.com](http://www.pregnancyresourcecenter.com) Text Hotline 760-208-8811  
1830 Hacienda Dr. Suite 8, Vista CA 92081  
Mon. and Wed. 9:00am-4:00pm, Tuesday and Thursday 1:00pm-8:00pm,  
Saturday by appointment, 9:00am-12:00pm  
Clinic provides, but not limited to free pregnancy tests, ultrasounds,  
parenting classes, community resources.

## **SENIOR SERVICES**

### **Aging and Independence Senior, AIS In-Home Support Services**

[www.sandiegocounty.gov](http://www.sandiegocounty.gov) 800-510-2020  
Provides services to older adults, people with disabilities and their family members. Helps clients safely in their homes, adult day care, promotes healthy and vital living. Visit the website for additional services, including but not limited to the following: Aging and Independence, Caregiver and Family Support, Disability Resources, Disaster Preparedness, Health Insurance, Home-Delivered Meals, In-Home Support, Outreach and Education Team, Project CARE, Veterans Benefits and Services.

### **Alzheimer's for San Diego** 858-492-4400

[www.alzsd.org](http://www.alzsd.org)  
Shiley Center for Education and Support  
6632 Convoy Ct., San Diego CA 92111  
Social workers can also meet, by appointment, in person at the office. Visit the website or call for support regarding Alzheimer's and dementia.

### **California Department of Aging** 800-510-2020

[www.aging.ca.gov](http://www.aging.ca.gov)  
Services include but are not limited to Aging and Disability Resource Connection, Health Care, Disease Prevention and Health Promotion.

### **Community Interface Services** 760-729-3866

2621 Roosevelt St., Carlsbad CA 92008  
Monday-Friday 8:00am-4:30pm  
Developmentally disabled, 18-65 years

### **Country Club Senior Center** 760-435-5250

<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/country.asp>  
455 Country Club Ln., Oceanside CA 92054  
Monday-Thursday 8:00am-4:00pm, Friday 8:00am-12:30pm  
Food distribution: second Monday 10:15am-12:00pm

Lunch daily: Monday-Friday 11:15am-12:00pm  
Home delivery also available. (\$3.00 suggested donation)

**Disability Rights** 800-776-5746

[www.disabilityrightscsca.org](http://www.disabilityrightscsca.org)

Assistance, support, direct legal representation and enforce rights of the disabled.

**El Corazon Senior Center** 760-435-5300

3302 Senior Center Drive, Oceanside, CA

Monday - Thursday 9:00 am - 5:00 pm; Fridays 9:00 am - 4:00 pm

The Center offers a wide variety of classes, programs and activities for seniors.

**Eldercare Locator** 800-677-1116

[www.eldercare.gov](http://www.eldercare.gov)

Public service to connect older adults and their families to services.

**Fallbrook Foundation for Senior Care** 760-723-7570

[www.foundationforseniorcare.org](http://www.foundationforseniorcare.org)

135 S Mission Rd, Fallbrook CA 92028

Monday-Friday, 9:00am-5:00pm

Offers adult day care and transportation. Members may be disabled or dealing with cognitive impairment. Activities include, but not limited to computer training, cooking, crafts, discussions, entertainment.

**Home Instead Senior Care**

[www.homeinstead.com](http://www.homeinstead.com)

Call Toll-Free Number to locate nearest office: 888-330-8210

Visit website for location, or call within the U.S.: 888-331-3242

901 Hacienda Dr. Unit B, Vista CA 92081 Open 24 Hours 760-639-6472

41880 Kalmia St., Unit 140, Murrieta CA 92562: 951-696-2100

Supports families and elders to independently live in their own home. Provides safety measures to protect elders from wandering, meets individualized care and dignity.

**Hope Team Program** 619-533-3508

Elder abuse legal and advocacy services.

**Interfaith—North County Senior Connections Food Truck**

Monday 11:30am-2:30pm: Vista Village Mobile Home Park, Vista

Tuesday 11:30am-2:30pm: Palomar East Mobile Home Park, San Marcos

Wednesday 10:30am-2:00pm: St. Francis of Assistance, Vista

Thursday 11:30am-2:30pm: El Dorado Mobile Home Park, San Marcos

**Meals on Wheels** 760-736-9900

[www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)

Monday-Friday 7:30am-12:30pm

Carlsbad, Encinitas, Escondido, Oceanside, Rancho Bernardo, San Marcos, Vista:

Delivers nutritious meals to seniors with a friendly visit and safety check.

**Out and About Vista** 760-639-6161

[www.sdcvdc.org](http://www.sdcvdc.org)

Monday-Friday 8:00am-4:30pm

1400 Vale Terrace Dr., Vista CA 92084

Seniors receive reimbursement in transportation, shuttle service and mileage for Zip Codes: 92081, 92083, and 92084.

**Salvation Army, Oceanside** 760-631-8212

3935 Lake Blvd., Oceanside CA 92056

Social Service Programs: Clothing Vouchers, Food Pantry, Food Distribution, and Senior Housing (reduced rent).

**Seniors on the Go, Transportation Program Specialist** 760-435-5253

<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp>

Country Club Senior Center – Contact Janet Batchelor

455 Country Club Lane, Oceanside, CA 92054

Provides Oceanside residents 65 years of age or older with three economical transportation options to easily get to and from doctor's appointments, pharmacies, grocery stores, and other daily outings.

**Southern Caregiver Resource Center** 800-827-1008

[www.caregivercenter.org](http://www.caregivercenter.org)

758-268-4432

3675 Ruffin Rd. #230, San Diego CA 92123

Monday-Friday 8:00am-5:00pm

Provides free support services for family caregivers caring for adults with chronic and/or disabling conditions.

**State Department of Rehabilitation** 760-510-4705

[www.rehab.cahwnet.gov](http://www.rehab.cahwnet.gov)

570 Rancheros Drive, San Marcos, CA 92069

Monday-Friday 8:00am-5:00pm

Helps to obtain employment, retraining, prosthesis and special equipment.

## **SHELTER**

### **Alpha Project for the Homeless**

760-631-1300

[www.alphaproject.org](http://www.alphaproject.org)

993 Postal Way, Vista CA 92083

Provides residential drug and alcohol treatment program for men, supports transitional housing, and assists in connections and employment.

### **Bread of Life Rescue Mission**

760-722-0800

[www.bolrescue.org](http://www.bolrescue.org)

1919 Apple St. Suite M, Oceanside CA 92054

Provides and serves the poor, hungry, and homeless in Oceanside and operates a drug-free and sober shelter. Winter shelter is open for overnight stays from November 1<sup>st</sup> – March 31<sup>st</sup>.

### **Brother Benno's Center**

760-439-1244 ext. 109

<https://www.brotherbenno.org/the-brother-benno-center/>

3260 Production Ave., Oceanside, CA 92058

Good Samaritan Shelter (men), House of Mary and Martha (women)

All applicants must have a caseworker to join; both houses are confidential and committed to serving the poor and homeless in the San Diego North County.

### **Catholic Charities of San Diego County**

619-231-2828

[www.ccdsd.org](http://www.ccdsd.org)

### **Center for Community Solutions, CCS**

888-385-4657

[www.ccssd.org](http://www.ccssd.org)

619-631-6442

Project Safehouse

4508 Mission Bay Dr., San Diego CA 92109

Emergency shelter, maximum 30-day stay for women, men, children and single persons. All applicants are previewed.

### **Community Resource Center, CRC**

760-753-8300

[www.crcncc.org](http://www.crcncc.org)

650 2<sup>nd</sup> St., Encinitas CA 92024

Monday-Friday 8:00am-5:00pm (Legal Clinic on Tuesday)

Offers bus tokens, counseling, case management, emergency food and shelter.

### **Halcyon**

619-579-8685

1664 E Broadway, El Cajon CA 92021



Open 24 Hours: referral only, in-patient facility for acute psychiatric emergencies.

### **Hawthorne Veteran and Family Resource Center**

[www.interfaithservices.org](http://www.interfaithservices.org)

- Inland Service Center  
550 W Washington Ave., Escondido CA 92025 760-489-6380
- Coastal Service Center  
4700 N. River Rd., Oceanside CA 92057 760-721-2117
- Veterans Service Center  
1617 Mission Ave., Oceanside CA 92058 760-529-9979

Serves homeless veterans and non-veterans, post-hospitalization, to include self-sufficiency services to veterans and their families.

### **Interfaith Community Services**

[www.interfaithservices.org](http://www.interfaithservices.org)

Email: [housing@interfaithservices.org](mailto:housing@interfaithservices.org)

Interfaith offers emergency rental or mortgage assistance to prevent imminent homelessness. Visit one of the service centers listed below.

- Inland Service Center 760-489-6380 ext. 262  
550 W Washington, Escondido, M-F 8-11am
- Coastal Service Center 760-721-2117  
4700 North River Rd., Oceanside W-F 8:00am to 12:00 pm
- Carlsbad Service Center 760-448-5996  
5731 Palmer Way Suite A, Carlsbad, CA 92010: Tu-Thur 1-3pm
- Haven House Year-Round Shelter 760-489-6380 ext. 274  
Emergency housing for up to 49 men and women

#### ● **Interfaith Community Services Continued**

- Veteran Transitional Housing 760 529-9979  
1617 Mission Ave., Oceanside, CA 92058  
Monday-Friday from 9:00 a.m. - 3:00 p.m. Temporary beds for veterans.

### **La Posada de Guadalupe**

760-929-2322

2478 Impala Dr., Carlsbad CA 92008

Monday-Friday 8:00am-10:00am to check for bed availability

Homeless shelter for men must be clean and sober. 50-bed shelter; job referrals, medical screening, English classes and a community garden.

### **Mission San Luis Rey – Department of Social Concerns**

4070 Mission Ave., Oceanside CA 92057

760-547-0708

Motel vouchers and rental assistance when funding is available.

**North Coastal Service Center** 760-721-2117  
Transitional housing: 2195 Oceanside Blvd., Oceanside CA 92054

**North County Case Managers** 760-743-3312  
474 W Vermont Ave. #101, Escondido CA 92028

Monday-Friday 8:00am-4:30pm  
18-55 years old, funded housing, resources for other programs and help with SSI.

**North County Lifeline Counseling**  
200 Michigan Ave., Vista CA 92084 760-726-4900  
707 Oceanside Blvd., Oceanside CA 92054 760-757-0118  
Mon.-Fri. 8:30am-5:00pm; Services after 5:00pm by appointment only.  
Jobs, transportation, management, social services, food, clothing, shelter, mental health, youth and family counseling, child and teen groups, doctor and psychologist.

**Solutions for Change, Vista Shelter** 760-941-6545  
[www.solutionsforchange.org](http://www.solutionsforchange.org)  
722 W California Ave., Vista CA 92083  
Monday-Friday 8:30am-5:00pm  
Supportive housing, workforce connections, life skills, physical health solutions, counseling and mental health, youth and teen programs.

**Tri-City Medical Center** 855-222-8262  
Outpatient Services: 510 W Vista Way, Vista 760-940-5051  
In-patient Services: 4002 Vista Way, Oceanside 877-299-0664  
Open 24 Hours, 29 beds available, serving both in-patient and groups.

**Women's Shelters**  
[www.WomenShelters.org](http://www.WomenShelters.org)  
Community Resource Center 760-753-1156  
Libre Domestic Violence Program, 650 Second St., Encinitas CA 92024

- Bread of Life Rescue Mission  
1919 Apple St., Oceanside CA 92054 760-722-0800
- Women's Resource Center  
1963 Apple St., Oceanside CA 92054 760-757-3500

A nationwide directory of shelters for women. Emergency shelters are provided for homeless women, with or without family members; a variety of residential treatment centers and transitional housing are available. All types

of help and resources are provided for women in need. Visit website for specific details; updates are made continually, including but not limited to the following:

- Emergency Shelters: listings nationwide.
- Transitional Housing: transitional housing and shelters.
- Domestic Violence Shelters: listings and emergency phone numbers.
- Family Shelter: shelter hours, contacts, and other communications.

## **SUBSTANCE ABUSE**

### **Al-Anon Family Groups**

888-425-2666

<https://al-anon.org/>

888-4AL-ANON

Visit website or call for meeting information. Friends and families of problem drinkers find understanding and support.

### **Al-Anon Family Group, North Coast Church** 760-724-6700 ext. 187

Monday, 6:30pm-7:30pm, Adventure 5 Room, Vista Campus

A community-based group for friends and families affected by someone else's alcoholism.

### **Alateen Family Groups**

[www.al-anon.alateen.org/for-alateen](http://www.al-anon.alateen.org/for-alateen)

Visit website for locations, meeting information, and scheduled live chat rooms. The Teen Corner is a place just for teens affected by someone else's alcoholism.

### **Alcohol and Drug Services**

888-724-7240

[www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)

Behavioral Health Access in Crisis: Provides mental health and alcohol or other drug services for children, youth, families, and adults. Promotes recovery and well-being through prevention, treatment, and intervention, integrated services for clients experiencing both mental illness and alcohol or other drug issues. Additional Behavioral Health Services are also available.

### **AA: Alcoholics Anonymous**

760-758-2514

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

604 E Vista Way, Vista CA 92084

Monday-Friday 9:00am-5:00pm, Saturday 9:00am-1:00pm

Call or stop by for listings.

### **Alpha Project for the Homeless**

760-631-1300

[www.alphaproject.org](http://www.alphaproject.org)

993 Posta Way, Vista CA 92083

An organization to serve men, women, and children with affordable housing, substance abuse treatments, medical, mental health and substance abuse counselling and treatment, on-site food bank, transportation assistance, clothing and hygiene supplies, employment readiness training, and other areas of services.

**Calvary Ranch**

800-404-2258

[www.calvaryranch.org](http://www.calvaryranch.org)

619-390-9800

13610 Willow Rd., Lakeside CA 92040

Interview times: Mon.-Fri. 9:00am-4:00pm Saturday 9:00am-3:30pm

Christian drug and alcohol rehabilitation, 18 years and older; 24-Hour live-in facility for drug and alcohol recovery.

**Choices in Recovery**

760-945-5290

[www.choicesinrecovery.org](http://www.choicesinrecovery.org)

733 S Santa Fe, Vista CA 92083

Outpatient treatment services and residential facilities for chemically dependent. Life-skills counseling is one-on-one, available "as-needed" to address issues; such as, stress, job search, financial planning, relationship and codependency.

**Community Resources and Self Help, CRASH Inc.**

619-297-5131

[www.crashinc.org](http://www.crashinc.org)

619-233-8054

1081 Camino del Rio S. #129, San Diego CA 92108

Short-term/long-term residential treatment, day treatment, outpatient recovery services and community education for drug and alcohol abuse.

**Evolve San Diego Treatment for Teens**

866-205-0864

<https://evolvreatment.com/locations/san-diego/>

Many locations are available. The company offers individualized mental health and substance abuse treatment programs in a quiet, peaceful neighborhood; Inpatient or Outpatient programs are included.

**Family Recovery Center**

760-439-6702

<https://www.mhsinc.org/listing/family-recovery-center-2/>

1100 Sportfisher Dr., Oceanside CA 92054

Monday-Friday 8:00am-8:00pm

A residential and outpatient treatment program dedicated to assisting women recover from substance abuse, while promoting healthy family reunification.

**Fellowship Center**

888-533-9555

[www.thefellowshipcenter.org](http://www.thefellowshipcenter.org)

737 E Grant Ave., Escondido CA 92025

7 days a week, 6:30am-9:30pm

Provides an abstinence-based method for rehabilitation from addiction; support services are available on or off the residence. The structured program of recovery is accomplished through a blend of educational sessions, experiential learning, individual and group counseling and community service support. Assisted by trained and credentialed specialists and welcomes anyone with an alcohol/drug problem and demonstrates voluntary willingness to participate a life of recovery.

**Focus on the Family**

800-232-6459

[www.focusonthefamily.com](http://www.focusonthefamily.com)

Counseling Line 855-711-4537

Mon.-Fri. 6am-8pm (Mountain Time) Ask for the counseling department.

Helping families thrive by providing resources for marriage, parenting, life challenges, faith and social issues.

**Foundations Mental Health Support, North Coast Church**

Friday, 2:00pm, Adult Meeting, Room A, Vista Campus

Cares and helps those of a mood disorder toward an abundantly divine fulfilled life.

**Green Oak Ranch**

760-727-0251

[www.greenoakranch.org](http://www.greenoakranch.org)

1237 Green Oak Rd., Vista CA 92025

Monday-Friday 8:00am-4:30pm

Christian based residential program for men and women.

**Hope, Help, and Healing Southern California**

760-945-4707

[www.hopehelpandhealingsoca.org](http://www.hopehelpandhealingsoca.org)

Monday 9:00am-7:00pm, Wednesday, Friday 10:00am-7:00pm

Intakes: Mon. 9am-4pm, Wednesday and Friday by appointment only

Faith-based residential treatment, sober living, and outpatient services.

**In His Steps, Christian Recovery Home**

760-788-4716

[www.inhisstepsramona.com](http://www.inhisstepsramona.com)

1619 La Brea St., Ramona CA 92065

A residential home with a family discipleship specializing in alcohol and other drugs.

**Kimberly's Transitional Housing**

760-496-4227

260 Lustross St., Oceanside CA 92057

For clean and sober women, only: must be clean and sober. Nine beds, \$400 per month. Women responsible for own food, toiletries and personal items.

**Life Skills and Support Ministry, North Coast Church** 760-724-6700

<http://groups.northcoastchurch.com/find-a-group/> ext. 257

Visit the website for support services. Offers a wide variety of educational groups, a learning process of how to incorporate God into daily struggles; such as, job seeking, losing weight, recovering from addiction or managing symptoms of mental illness. Provides Christian leadership in safe locations with assurance of confidentiality.

**McAlister Institute: MITE**

760-721-2781

[www.mcalisterinc.org](http://www.mcalisterinc.org)

2821 Oceanside Blvd., Oceanside CA 92054

Monday-Friday 9:00am-5:30pm

Adult outpatient, detox, education, relapse prevention, counselor-facilitated groups and case management. Medical insurance is accepted; \$25-\$37 per week.

**Meier Clinics: Christian Counseling Service**

888-725-4642

23441 S Pointe Dr. #250, Laguna Hills CA 92653

800-698-9317

Outpatient counseling.

**Men's 12-Step Recovery Group, North Coast Church**

Thursday, 7:00pm, Adventure 5 Room, Vista Campus

Support group for only men, using the 12-step program and biblical principles for recovery with relationship in Christ.

**Mental Health Systems Teen Recovery Center**

760-744-3672

[www.mhsinc.org](http://www.mhsinc.org)

Monday-Friday 9:00am-6:00pm

Substance abuse treatments, outpatient, drug tests: first test is free, then \$25 each.

**Narcotics Anonymous**

619-584-1007

[www.SanDiegoNA.org](http://www.SanDiegoNA.org)

**Narcotics Anonymous World Services**

[www.na.org](http://www.na.org)

Visit website for resources, local groups, online or phone. Offers recovery of effects from addiction provides help from peers and supports addicts willing to pursue and maintain a drug-free lifestyle. Serves prisons, hospitals, institutions, and rural areas.

**National Council on Alcohol and Drug Dependence** 800-622-2255  
[www.ncadd.org](http://www.ncadd.org)

**National Institute on Drug Abuse, NIDA Referral** 800-662-4357

**New Found Life** 800-635-9899  
[www.newfoundlife.com](http://www.newfoundlife.com)

2211 E Ocean Blvd., Long Beach CA 90803

Inpatient facility, only: drug and alcohol treatment, and dual diagnosis.

**North County Mental Health Systems** 760-940-1836  
504 W Vista Way, Vista CA 92083

Monday-Friday 8:30am-5:30pm, excluding holidays

A 12-month outpatient substance abuse method and six-month after-care maintenance to alcohol or drug-abusing felons. Referral only by court.

**Pathfinders of San Diego** 619-239-7370  
[www.pathfindersrecovery.org](http://www.pathfindersrecovery.org)

2980 Cedar St., San Diego CA 92102

Application Hours: Monday-Friday, 9:00am-11:00am

Program is designed for men, only, of alcohol and substance abuse, to include homeless alcoholics with a dual diagnosis of substance abuse and mental illness. Residents plan to spend from three to nine-months in the recovery home.

**Prescription Addiction, North Coast Church** 760-724-6700 ext. 187  
Saturday 9am, Support Group, Men Only, Vista Campus

**Recovery International, RI** 619-275-0364  
[www.recoveryinternational.org](http://www.recoveryinternational.org)

Self-help and group meetings are available in the San Diego County.

**Rehabilitation Centers** 24-Hour Helpline 800-481-6320  
[www.rehabcenters.com](http://www.rehabcenters.com)

Offers a wide variety of addiction and illness treatment centers, counselors address specific needs to include but not limited to peer support, detoxification. Provides many resources for outpatient and residential programs, and helps to link up with the following foundations:

- Alcohol Rehabilitation Centers: Treatment of dependency on alcohol.
- Chronic Pain Management: Improve quality of life.
- Eating Disorders: Abnormal eating habits, treatments, methodologies.

- Gambling: Get rid of the urge to continuously gamble.
- Internet: Live a true life offline and reach your potential.
- Mental: Health therapy can improve your neurocognitive functions.
- Physical: Healing sports and other activities tailored to levels of motion and mobility.
- Sexual: Take control over your sexual drive.

### **Salvation Army Recovery**

800-725-2769

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

800-SAL-ARMY

Visit the website for specific locations. The Salvation Army has no-fee residential treatment facilities, free programs providing housing, food, counseling, community and employment to treat the root causes and symptoms of prolonged alcohol and drug dependence. The Adult Rehabilitation Centers and Harbor Light Programs have offered spiritual, emotional and social assistance to those who have lost the ability to cope with their addictions and provide for themselves.

### **San Diego Access and Crisis Line**

[www.sandiegocounty.gov](http://www.sandiegocounty.gov)

888-724-7240

Competent counselors offer help to people of mental health crisis, includes, but not limited to alcohol or drug abuse, suicide prevention, and medication needs.

### **Serenity House**

760-747-1015

[www.healthright360.org](http://www.healthright360.org)

1341 N Escondido Blvd., Escondido CA 92026

Program assistance to women only, in a residential setting for substance abuse.

### **Union of Pan Asian Communities, UPAC**

760 295-9830

<https://www.upacsd.com/index.php/services-2/adult-older-adult-mental-health/upac-new-leaf-recovery-center/>

Program Supervisor: Edgar Capacio, 3998 Vista Wy. #E, Oceanside 92056

Monday – Friday: 8:30am – 5:00pm

Provides culturally sensitive services to adults with substance abuse issues and mental health issues. Free to Medi-Cal recipients or anyone without insurance. Serves clients 18 years or older. It is a comprehensive co-occurring recovery center and includes groups, therapy, and psychiatry.

### **Women’s Life Recovery Group, North Coast Church**

Monday 6:00pm, Adult Meeting, Room A, Vista Campus

Provides a practical recovery approach to help women seeking recovery from drugs or alcohol sobriety.



## SUPPORT GROUPS

**Anger Management: North County Lifeline** 760-726-4900  
[www.nclifeline.org](http://www.nclifeline.org)  
707 Oceanside Blvd. Oceanside, CA 92054 760-757-0118  
Provides in-home family support, parenting classes, and positive relationship groups.

**Bipolar/Unipolar Support Group: Tri-City** 760-940-5050  
[www.tricitymed.org](http://www.tricitymed.org)  
510 W Vista Way, Vista CA 92083  
Fellow peers-lead meetings on Wednesday, 2:30pm-4:00pm.

**Caregivers Support Group, North Coast Church**  
Fourth Thursday, 3:30pm, Family Room, Vista Campus  
Focus on self-care for caregivers. Discover and understand help from others, where to find support and comfort, and learn how to manage responsibilities.

**Celebrate Recovery: Christian 12-Step** 760-929-0029  
**North Coast Calvary Chapel**  
[www.northcoastcalvary.org](http://www.northcoastcalvary.org)  
Thursday, 8-9:00pm, in Room B-201  
Ministries, Counseling, Recovery: First hour is an open meeting with combined gender. Second hour is divided by gender and topic; such as, substance abuse, eating disorders, sexual addictions, depression, financial issues, relationship issues, and sexual, physical, emotional abuse and anger.

**Chronic Illness/Pain Support Groups** 858-486-4685  
[www.restministries.com](http://www.restministries.com)  
Rest Ministries, Inc., San Diego CA 92150  
Visit website or call for resources and support. Serves those who live with chronic illness or pain, and their families, by providing spiritual, emotional, relational and practical support.

**Emmanuel Faith Community Church** 760-745-2541  
[www.efcc.org](http://www.efcc.org) 858-487-5483  
639 E 17<sup>th</sup>, Escondido CA 92025  
Second Tuesday, 7:00pm-8:30pm, Room EC-20  
Chronic Illness Support Groups offer encouragement, help and medical information to anyone facing health challenges.

**Focus on the Family** 800-232-6459  
[www.focusonthefamily.com](http://www.focusonthefamily.com)

Monday-Friday 6:00am-8:00pm (Mountain Time)

Helping families thrive by providing resources for marriage, parenting, life challenges, faith and social issues. Ask for the counseling department.

**Grief Group, North Coast Church** 760-724-6700 ext. 187

Friday, 10:00am, Adult Meeting, Room A, Vista Campus

Learn to cope with grief one step and one day at a time.

**Human Trafficking Project LIFE** 760 842-6526

**North County Lifeline**

<https://www.nclifeline.org/project-life>

An advocacy program to work with all ages who have been or are currently victims or survivors of Sex and Labor Trafficking.

**Military Connections, A Ministry of North Coast Church**

[www.northcoastmilitaryconnection.com](http://www.northcoastmilitaryconnection.com) 760-724-6700 ext. 380

Email: [military@northcoastchurch.com](mailto:military@northcoastchurch.com)

A service of devoted prayer and encouragement; includes events and care packages to military husbands and wives and deployed men and women. Offers help to military families, help around the home, baby supplies, childcare and counseling.

**Moms in Prayer through North Coast Church** 760-519-8755

[www.northcoastchurch.com/moms-in-prayer](http://www.northcoastchurch.com/moms-in-prayer)

Ask for Susan Looney. Pray to make a difference in lives of children and their schools. View website to join us for Moms in Prayer, International.

**MOPS: Mothers of Preschoolers, North Coast Church**

[www.northcoastchurch.com/mothers-of-preschoolers](http://www.northcoastchurch.com/mothers-of-preschoolers)

Meetings first and third Thurs., 9:30-11:30am, The Edge, Vista Campus

Moms of all ages with children, from birth through kindergarten. Offers breakfast, inspirational speakers, crafts, and opportunities to connect with others while children participate with care in the MOPPETS program.

**Prison Ministry of North Coast Church**

Contact: Mark Watkins, Email: [mark@truthfreesus.org](mailto:mark@truthfreesus.org)

North Coast volunteers help prison inmates professing Christianity while working towards re-entry into civilian life.

**Safe Parenting Intervention – North County Lifeline** 760-842-6218

Program is a 52-week court-approved child abuse treatment program.

**Scripps Well Being Center**

[www.scripps.org](http://www.scripps.org)

Provides health and wellness classes. Free to those who qualify.

- Scripps Well Being Center: Chula Vista 619-862-6600  
237 Church Ave., Chula Vista CA 91910
- Scripps Well Being Center: San Diego 619-321-2920  
4440 Wightman St. Suite 200, San Diego CA 92105

**Sex Addiction Group, North Coast Church** 760-724-6700 ext. 187  
Monday at 6:30pm Study & Prayer, Vista Campus, Men Only

**Suicide Survivor Support Group** 760-724-6700 ext. 187  
**North Coast Church**

A Christ-centered support group for those who have lost a loved one to suicide. The encouraged focus is to learn how to grieve the loss.

## TRANSPORTATION

**California Department of Consumer Affairs** 800-952-5210  
[www.dca.ca.gov](http://www.dca.ca.gov)  
1625 N Market Blvd. Suite N112, Sacramento CA 95834  
Monday-Friday, 8:00am-5:00pm  
Financial assistance with smog related vehicle repairs.

**Department of Social Concerns** 760-547-0708  
Mission San Luis Rey 4070 Mission Ave., Oceanside CA 92057  
Tuesday-Saturday, 8:00am-4:00pm: by appointment only.  
Emergency canned goods, and day-pass bus tokens, when available.

**Gloria McClellan Center** 760-639-6160  
[gmacvista.com](http://gmacvista.com)  
1400 Vale Terrace Vista, Vista CA 92084  
Call for details. Monday-Saturday, 8:00am-4:00pm  
Door-to-door transportation to Vista Senior Nutrition Program.

**Interfaith Community Services** 760-489-6380  
[www.interfaithservices.org](http://www.interfaithservices.org)  
550 W Washington, Escondido CA 92027  
Walk-In bus tokens Mon.-Fri, 8am-10am; closed first Friday each month.  
Assistance to job interviews, medical appointments and court.

**Lift Transportation** 877-232-7433

[www.ADARIDE.com](http://www.ADARIDE.com)

ADA certified passengers in North County: Curb-to-curb transportation, small fee.

**Metropolitan Transit System – San Diego County** 619-233-3004

<https://www.sdmts.com/>

Bus schedules, maps and trip planners can be found online.

**North Coastal Service Center** 760-721-2117

[www.Interfaithservices.org](http://www.Interfaithservices.org)

4700 N River Rd. Suite A, Oceanside CA 92057

Assistance to job interviews, get to other agencies, medical appointments and court.

**North County Transit District** 760-966-6500

<http://www.gonctd.com/breeze/>

North County Coaster, Sprinter and Breeze Bus information found online to include fares and passes, how to ride, schedules and maps

**Out and About** 760-639-6161

1400 Vale Terrace Dr., Vista CA 92084

Transportation to medical appointments and grocery stores for seniors.

**Seniors on the Go, Transportation Program Specialist** 760-435-5253

<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp>

Country Club Senior Center Contact Janet Batchelor

455 Country Club Lane, Oceanside, CA 92054

Provides Oceanside Residents 65 years or older with three economical transportation options to easily get to and from doctor's appointments, pharmacies, grocery stores, and other daily outings

**Tri-City Patient Express** 760-940-7433

Monday-Friday, 7:30am-3:00pm

Clients have free bus transportation to and from Tri-City Medical Center.

## UTILITIES

**Interfaith Community Services: Coastal**

<http://www.interfaithservices.org/>

4700 N River Rd., Oceanside CA 92054

760-721-2117

550 W Washington Ave. Suite B, Escondido CA 92025

760-489-6380

Services provide connections to benefits and utility programs.

**SDG&E**

800-411-7343

[www.sdge.com](http://www.sdge.com)

If you have an electrical or gas emergency or if you suspect a gas leak, immediately evacuate the area, and call for help from a safe location.

**Utility Billing**

760-435-4500

[www.ci.oceanside.ca.us](http://www.ci.oceanside.ca.us)

300 North Coast Highway, Oceanside CA 92054

View website for other city areas.

**Waste Management**

800-596-7444

[www.wm.com](http://www.wm.com)

Think Green: reduce, reuse, and recycle.

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## WEEKEND SERVICES AT NORTH COAST CHURCH

Visit our website for detailed information: [www.northcoastchurch.com](http://www.northcoastchurch.com)

Weekend Bulletin / Hot Sheet for each campus is also available online.

Email: [info@northcoastchurch.com](mailto:info@northcoastchurch.com) Telephone: 760-724-6700

**Vista Campus:** 2405 N Santa Fe Ave., Vista CA 92084

Office Hours: 8:30am–5:00pm, Monday–Friday

**Service Times:**

Saturday: 5:30pm Soul Gospel, The Edge, North Coast LIVE

\*Sunday: 7:30am Early Bird located in The Warehouse, *\*No children's programs this service*

Sunday: 9:00 am Soul Gospel, The Edge, The Message, North Coast LIVE, Traditions

Sunday: 11:00am Soul Gospel, Edge, The Message, North Coast LIVE, Venue en Español

\*Sunday: 12:45pm, Live Teaching at The Edge Venue

Sunday: 6:00pm Country Gospel, Last Call

**Carlsbad Campus:** 2310 Camino Vida Roble Suite 104, Carlsbad CA 92011

Office Hours: 9am–5pm, Monday–Thursday

**Service Times:** Saturday: 5:30pm, \*Sunday: 7:30am, 9am, 11am

**Fallbrook Campus:** 1375 S. Mission Rd., Fallbrook CA 92028

Office Hours: 8:30am–5:00pm, Monday–Thursday

**Service Times:** Saturday 5:30pm, Sunday: 9am and 11am

**San Marcos Escondido Campus:** 1451 Montiel Rd., Escondido CA 92026

Office Hours: 9am-4pm, Monday-Thursday

**Service Times:**

Saturday: 5:30pm Auditorium, Country Gospel Venue, Study Hall, Family Room

\*Sunday: 7:30am Early Bird Service in The Chapel *\*No children's programs this service*

Sunday: 9:00am Auditorium, The Message, Study Hall, Family Room

Sunday: 11:00am Auditorium, Country Gospel Venue, Study Hall, Family Room

Sunday: 5:30pm Auditorium, Study Hall, Family Room (4:45-5:30pm–dinner in the Plaza)

**Ramona Campus:**

Midweek Office/Campus: 1710 Montecito Rd., Ramona CA 92065

**Weekend Service Location:** Ramona High School, 1401 Hanson Ln., Ramona CA 92065

**Service Times:** Sunday 8:30am and 10:30am

**Rancho Bernardo Campus:**

Midweek Office/Campus: 12245 World Trade Dr. Ste G. San Diego 92128

**Weekend Service Location:** Rancho Bernardo High School, 13010 Paseo Lucido, San Diego, CA 92128

**Service Times:** Sunday 9am and 11am

**Pauma Valley Campus**

32077 Community Church Drive, Pauma Valley, 92061

**Service Times:** Sundays 9:30am

*\*\*\*No children's programs this service*