



SAN DIEGO COUNTY
OFFICE OF EDUCATION

Parent and Family Engagement

PARENT RESOURCE



Guide

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

At the San Diego County Office of Education, we are all committed to working in partnership with Students, Parents, School Districts and the Community, to achieve academic success for all students in San Diego County.

We want to see all students achieve the “Dream of College”.

TABLE OF CONTENTS

TABLE OF CONTENTS	5
COMMUNITY CLINICS	7
CONSULATE	9
FAMILY COUNSELING.....	10
FIRE DEPARTMENT	11
FOOD BANK	11
HIGHER EDUCATION.....	12
LIBRARIES	13
LEGAL ASSISTANCE	17
POLICE/SHERIFF’S DEPARTMENT	17
SCHOLARSHIPS.....	18
SAN DIEGO COUNTY SCHOOL DISTRICTS	20
HIGH SCHOOL DISTRICTS.....	21
UNIFIED SCHOOL DISTRICTS	22
COMMUNITY OPPORTUNITIES FOR JUNIOR HIGH/HIGH SCHOOL STUDENTS	23
SHELTERS AND EMERGENCY HOUSING	25
SOCIAL SECURITY OFFICES.....	26
SPECIALIZED SERVICES	27
SUBSTANCE ABUSE RECOVERY.....	29
U.S. CITIZENSHIP and IMMIGRATION SERVICES	30

9-1-1

EMERGENCY ASSISTANCE

Police / Fire / or Emergency Medical Assistance

2-1-1 San Diego

www.211sandiego.org

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

COMMUNITY CLINICS

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

Campo Medical / Dental Clinic
36350 Church Rd.
Campo, CA 91905
619-478-2225
www.sihc.org

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

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

Downtown Family Health Center
1145 Broadway
San Diego, CA 92101
619-515-2525
www.fhcsd.org

East County Community Center
3845 Spring Dr.
Spring Valley, CA 91977
619-258-6844
www.sdyouthservices.org

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

Fallbrook Family Health Center
1328 S. Mission Rd.
Fallbrook, CA 92028
760-451-4720
www.chsica.org

Grossmont-Spring Valley F.H. Center
8788 Jamacha Rd.
Spring Valley, CA 91977
619-515-2555
www.fhcsd.org

Indian Health Council, Inc. – Valley Center
50100 Golsh Rd.
Valley Center, CA 92082
760-749-1410
www.indianhealth.com

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

La Maestra Community Health Center
217 Highland Ave.
National City, CA 91950
619-434-7308
www.lamaestra.org

Linda Vista Health Care Center
6973 Linda Vista Rd.
San Diego, CA 92111
858-279-0925
sdfamilycare.org

Mountain Empire Family Medicine
31115 Highway 94
Campo, CA 91906
619-478-5311
www.mtnhealth.org

COMMUNITY CLINICS (cont.)

NCHS Carlsbad Family Medicine
1295 Carlsbad Village Dr., Suite 100
Carlsbad, CA 92008
760-720-7766
www.nchs-health.org

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

NCHS Grand Ave. Family Medicine
727 W. San Marcos Blvd., Suite 112
San Marcos, CA 92078
760-736-8810
www.nchs-health.org

NCHS Mission Mesa Community H.
Center
2210 Mesa Dr., Suite 5
Oceanside, CA 92054
760-757-5841
www.nchs-health.org

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

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

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

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

Southern Indian Health Council, Inc. - Alpine
4058 Willows Rd.
Alpine, CA 91901
619-445-1188
www.sihc.org

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

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

Vista Community Clinic - Grapevine
134 Grapevine Rd.
Vista, CA 92083
760-931-5000
www.vistacommunityclinic.org

CONSULATE:

San Diego/Los Angeles

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

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

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

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

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

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

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

Kuwait General Consulate
130 S. El Camino Dr.
Beverly Hills, CA 90212
310-556-0300
www.kuwaitconsulate.org

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

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

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

People's Republic of China
500 Shatto Pl.
Los Angeles, CA 90020
213-807-8088
losangeles.china-consulate.org/chn

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

FAMILY COUNSELING

Barrio Youth Development Program

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

On-Track, Vista Hill

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

Breaking Cycles, Youth Day Center

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

Catholic Charities

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

Centro de Psicología Cultural

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

Counseling for Individuals and Families

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

Jewish Family Services

Turk Family Center

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

Learning Assistance Center

1029 North Broadway
Escondido, CA 920926
760-489-4126
www.vistahill.org

FIRE DEPARTMENT

www.sandiego.gov/fire/

If you have an emergency call 9-1-1

San Diego Fire-Rescue Headquarters
Administrative Office / General Information
1010 Second Ave., Suite 400
San Diego, CA 92101 619-533-4300

FOOD BANK

Food Pantry/Distribution Resources
858-300-1211 or 2-1-1
www.211sandiego.org

Jewish Family Services
Turk Family Center
8804 Balboa Ave.
San Diego, CA 92123
877-537-1818
www.jfssd.org

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

HIGHER EDUCATION

Local Community Colleges/ Universities

- Cuyamaca Community College, Admissions and Records, 619-660-4000, www.cuyamaca.edu
- Grossmont Community College, Admissions and Records, 619-644-7186, www.grossmont.edu
- Kumeyaay Community College, Admissions, 619-445-6917, <http://kumeyaaycommunitycollege.com>
- Mesa Community College, Admissions, 619-388-2682, www.sdmesa.edu
- Mira Costa Community College, Admissions and Records, 760-795-6620, www.miracosta.cc.ca.us
- Miramar Community College, Admissions, 619-388-7844, www.sdmiramar.edu
- Palomar Community College, Admissions, 760-891-7512, www.palomar.edu
- San Diego City Community College, Admissions, 619-388-3475, www.sdcity.edu
- Southwestern Community College, Admissions, 619-421-6700, www.southwesterncc.edu
- CSU San Marcos, Office of Admissions, 760-750-4848, www.csusm.edu
- Point Loma Nazarene University, Office of Admissions, 800-733-7770, www.pointloma.edu
- San Diego State University, 619-594-6336, www.sdsu.edu
- UC San Diego, Office of Admissions, 858-534-4831, www.ucsd.edu
- University of San Diego, Undergraduate Admissions, 619-260-4506, www.sandiego.edu

Admission Testing

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

LIBRARIES

www.sdcl.org

www.sandiego.gov/public-library

4S Ranch Branch
10433 Reserve Dr.
San Diego, CA 92127
858-673-4697

Allied Gardens/Benjamin Branch
5188 Zion Ave.
San Diego, CA 92120
619-533-3970

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

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

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

Borrego Springs Branch
587 Palm Canyon Dr., Suite 125
Borrego Springs, CA 92004
760-767-5761

Campo-Morena Village Branch
31356 Highway 94
Campo, CA 91906
619-478-5945

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

Carmel Mountain Ranch Branch
12095 World Trade Drive
San Diego, CA 92128
858-538-8181

Carmel Valley Branch
3919 Townsgate Dr.
San Diego, CA 92130
858-552-1668

Casa de Oro Branch
9805 Campo Rd., #180
Spring Valley, CA 91977
619-463-3236

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

City Heights/Weingart Branch
3795 Fairmont Ave.
San Diego, CA 92105
619-641-6100

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

College-Rolando Branch
6600 Montezuma Rd.
San Diego, CA 92115
619-533-3902

Crest Branch
105 Juanita Ln.
El Cajon, CA 92021
619-442-7083

LIBRARIES (cont.)

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

Descanso Branch
9545 River Dr.
Descanso, CA 91916
619-445-5279

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

Encinitas Branch
540 Cornish Dr.
Encinitas, CA 92024
760-753-7376

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

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

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

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

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

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

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

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

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

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

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

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

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

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

LIBRARIES (cont.)

Mira Mesa Branch

8405 New Salem St.
San Diego, CA 92126 8
58-538-8165

Mission Hills Branch

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

Mission Valley Branch

2123 Fenton Pkwy.
San Diego, CA 92108
858-573-5007

Mountain View/Beckwourth Branch

721 San Pasqual St.
San Diego, CA 92113
619-527-3404

North Park Branch

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

North University Community Branch

8820 Judicial Dr.
San Diego, CA 92122
858-581-9637

Oak Park Branch

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

Ocean Beach Branch

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

Otay Mesa-Nestor Branch

3003 Coronado Ave.
San Diego, CA 92154
619-424-0474

Pacific Beach/Taylor Branch

4275 Cass St.
San Diego, CA 92109
858-581-9934

Paradise Hills Branch

5922 Rancho Hills Dr.
San Diego, CA 92139
619-527-3461

Pine Valley Branch

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

Point Loma/Hervey Branch

3701 Voltaire St.
San Diego, CA 92107
619-531-1539

Potrero Branch

24883 Potrero Valley Rd.
Potrero, CA 91963
619-478-5978

Poway Branch 13137

Poway Rd.
Poway, CA 92064
858-513-2900

Ramona Branch

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

Rancho Santa Diego Branch

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

Rancho Santa Fe Branch

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

LIBRARIES (cont.)

San Carlos Branch

7265 Jackson Dr.
San Diego, CA 92119
619-527-3430

Vista Branch

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

San Marcos Branch

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

Santee Branch

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

San Ysidro Branch

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

Serra Mesa-Kearny Mesa Branch

9005 Aero Dr.
San Diego, CA 92123
858-573-1396

Skyline Hills Branch

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

Solana Beach Branch

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

Spring Valley Branch

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

Valley Center Branch

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

LEGAL ASSISTANCE

Catholic Charities Diocese of San Diego

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

California Indian Legal Services, Inc.

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

Legal Aid Society of San Diego

110 S. Euclid Ave.
San Diego, CA 92114
877-534-2524
www.lassd.org

Elder Law & Advocacy (ELA)

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

San Diego Family Justice Center

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

University of San Diego Legal Clinics

619-260-7470
www.sandiego.edu

POLICE/SHERIFF'S DEPARTMENT

San Diego Police Department Headquarters

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

San Diego County Sheriff's Department

9621 Ridgehaven Ct.
San Diego, CA 92123
858-974-2222
www.sdsheriff.net

SCHOLARSHIPS

www.fafsa.ed.gov

- ¡Adelante! U.S. Education Leadership Fund www.adelantefund.org
- American Indian Graduate Center Scholars www.aigcs.org/
- American Indian College Fund www.collegefund.org
- Asian & Pacific Islander American Scholarships www.apiasf.org
- Asian Pacific Fund asianpacificfund.org/what-we-do/scholarships/
- Association of Raza Educators Scholarship www.razaeducators.org
- BECA Foundation www.becafoundation.org
- Barona Scholarship Programs www.barona-nsn.gov/education
- Bureau of Indian Education www.bie.edu/ParentsStudents/Grants/
- California Dream Act www.csac.ca.gov/dream_act.asp
- California Dream Act (For Dream Act Students only) dream.csac.ca.gov
- College Board Scholarship Search www.collegeboard.org
- College Track www.collegetrack.org
- Davis-Putter Scholarship Fund www.davisputter.org
- Easley National Scholarship Program www.naas.org
- Fastweb www.fastweb.com
- FinAid: The Smart Student Guide to Financial Aid www.finaid.org
- Financial Aid Services www.collegeanswer.com
- Gates Millennium Scholarships www.gmsp.org
- Geneseo Migrant Center migrant.net/migrant/scholarships

SCHOLARSHIPS (cont.)

- Guaranteed Scholarships www.guaranteed-scholarships.com
- Hispanic College Fund www.hsf.net
- Historical Black College & University Scholarships www.hbcuconnect.com
- Institute of International Education www.iae.org
- International Students Scholarships & Aid Help www.iefaf.org
- Latino College Dollars www.latinocollegedollars.org
- Scholarships open to undocumented students, compiled by MALDEF, the Mexican American Legal Defense and Education Fund) maldef.org
- San Diego Indian American Society www.sdias.org
- Salvadorian American Leadership & Education Fund www.salef.org
- Scholarships at the San Diego Foundation www.sdfoundation.org
- Scholarship for DACA Students (Students who qualify under the Dream Act) <http://www.thedream.us/>
- Thurgood Marshall Scholarship Fund www.thurgoodmarshallfund.org
- United Negro College Fund www.uncf.org

SAN DIEGO COUNTY SCHOOL DISTRICTS

ELEMENTARY SCHOOL DISTRICTS

Alpine Union School District

1323 Administration Way
Alpine, CA 91901
619-445-3236
www.alpineschools.net

Cajon Valley Union School District

750 E. Main St.
El Cajon, CA 92020
619-588-3005
www.cajonvalley.net

Cardiff School District

1888 Montgomery Ave.
Cardiff -by-the-Sea, CA 92007
760-632-5890
www.cardiffschools.com

Chula Vista Elementary District

84 E. "J" St.
Chula Vista, CA 91910
619-425-9600
www.cvesd.org

Dehesa School District

4612 Dehesa Rd.
El Cajon, CA 92019
619-444-2161
www.dehesasd.net

Del Mar Union School District

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

Encinitas Union School District

101 S. Rancho Santa Fe Rd.
Encinitas, CA 92024
760-944-4300
ww2.eusd.net

Escondido Union School District

2310 Aldergrove Ave.
Escondido, CA 92029
760-432-2110
www.eusd.org

Fallbrook Union Elementary District

321 N. Iowa St.
Fallbrook, CA 92028
760-723-7020
www.fuesd.k12.ca.us

Jamul-Dulzura Union School District

14581 Lyons Valley Rd.
Jamul, CA 91935
619-669-7702
www.jdusd.k12.ca.us

Julian Union School District

1704 Cape Horn
Julian, CA 92036
760-765-0661
sites.google.com/a/juesd.net/home/

Lakeside Union School District

12335 Woodside Ave.
Lakeside, CA 92040
619-390-2606
<http://lusd.lsusd.net>

Lemon Grove School District

8025 Lincoln St.
Lemon Grove, CA 91945
619-825-5600
www.lgsd.k12.ca.us

National School District

1500 "N" Ave.
National City, CA 91950
619-336-7700
nsd.us

ELEMENTARY SCHOOL DISTRICTS (CONT.)

Rancho Santa Fe School District

5927 La Granada
Rancho Santa Fe, CA 92067
858-756-1141
rsfschool.net

San Pasqual Union School District

15305 Rockwood Rd.
Escondido, CA 92027
760-745-4931
sanpasqual.schoolwires.com

Santee School District

9625 Cuyamaca St.
Santee, CA 92071
619-258-2304
www.santeesd.net

San Ysidro School District

4350 Otay Mesa Rd. San
Ysidro, CA 92173 619-
428-4476
www.sysd.k12.ca.us

Solana Beach School District

309 N. Rios Ave.
Solana Beach, CA 92075
858-794-7104
www.sbsd.k12.ca.us

South Bay Union School District

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

Spencer Valley School District

4414 Highway 78 & 79
Santa Ysabel, CA 92070
760-765-0336
svesd.net

Vallecitos School District

5211 Fifth St.
Fallbrook, CA 92028
760-728-7092
www.vallecitossd.net

HIGH SCHOOL DISTRICTS

Escondido Union High School District

302 N. Midway Dr.
Escondido, CA 92027
760-291-3200
www.euhdsd.org

Fallbrook Union High School District

2234 S. Stage Coach Ln.
Fallbrook, CA 92028
760-723-6332
www.fuhdsd.net

Grossmont Union High School District

1100 Murray Dr.
El Cajon, CA 92020
619-644-8085
<http://www.guhdsd.net/>

Julian Union High School District

1656 Highway 78
Julian, CA 92036
760-765-3208
www.juhdsd.org

San Dieguito Union High School District

710 Encinitas Blvd.
Encinitas, CA 92024
760-753-6491
www.sduhdsd.net

Sweetwater Union High School District

1130 Fifth Ave.
Chula Vista, CA 91911
619-691-5555
www.sweetwaterschools.org

UNIFIED SCHOOL DISTRICTS

Bonsall Unified School District

31555 Old River Rd.
Bonsall, CA 92003
760-631-5205
www.bonsallusd.com

Borrego Springs Unified School District

1315 Palm Canyon Dr.
Borrego Springs, CA 92004
760-767-5333
www.bsusd.net

Carlsbad Unified School District

6225 El Camino Real
Carlsbad, CA 92009
760-331-5000
www.carlsbadusd.k12.ca.us

Coronado Unified School District

201 Sixth St.
Coronado, CA 92118
619-522-8900
coronadousd.net

Mountain Empire Unified School District

3291 Buckman Springs Rd.
Pine Valley, CA 91962
619-473-9022
meusd.schoolwires.net

Oceanside Unified School District

2111 Mission Ave.
Oceanside, CA 92058
760-966-4000
www.oside.k12.ca.us

Poway Unified School District

15250 Avenue of Science
San Diego, CA 92128
858-521-2800
www.powayusd.com

Ramona Unified School District

720 9th St.
Ramona, CA 92065
760-787-2000
www.ramonausd.net

San Diego Unified School District

4100 Normal St.
San Diego, CA 92103
619-725-8000
www.sandiegounified.org

San Marcos Unified School District

255 Pico Ave., Suite 250
San Marcos, CA 92069
760-752-1299
www.smusd.org

COMMUNITY OPPORTUNITIES FOR JUNIOR HIGH/HIGH SCHOOL STUDENTS

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

North County

- **North County Community Services:** 1557 Grand Ave., Suite C, San Marcos, CA 92078
760-471-5483, www.sdnccs.org/-!volunteer--get-involved/cluj
- **Salvation Army:** 3935 Lake Blvd., Oceanside, CA 92056
760-631-8212, sandiego.salvationarmy.org/sierra_del_mar/volunteer
- **Salvation Army:** 1301 Las Villas Way, Escondido, CA 92026
760-745- 8618, sandiego.salvationarmy.org/sierra_del_mar/volunteer
- **San Diego Humane Society:** 3450 E. Valley Pkwy., Escondido, CA 92027
760-888-2275, sdhumane.org/how-you-can-help/volunteer/applications-and-opportunities/san-diego-volunteer-opportunities/
- **San Diego Humane Society:** 2905 San Luis Rey Rd., Oceanside, CA 92057
760-757-4357, sdhumane.org/how-you-can-help/volunteer/applications-and-opportunities/san-diego-volunteer-opportunities/
- **Helen Woodward Animal Center:** 6461 El Apajo Road, Rancho Santa Fe, CA 92067
858-756-4117, animalcenter.org/volunteer

South County

- Salvation Army: 648 3rd Ave., Chula Vista, CA 91910, sandiego.salvationarmy.org/sierra_del_mar/volunteer
- South Bay Community Services: 430 F St., Chula Vista, CA -91910, 619- 420-3620, southbaycommunityservices.org/get-involved/volunteer

East County

- Challenge Ranch: 5976 Stallion Oaks Road, El Cajon, CA 92019 619-445- 0598 challengeranch.org/volunteer-opportunities
- East County Animal Rescue: 858-224-3227 eastcountyanimalrescue.org/p/volunteer.html
- Salvation Army: 1011 E. Main St., El Cajon, CA 92021 619-440-4683 sandiego.salvationarmy.org/sierra_del_mar/volunteer
- El Cajon Police Dept. Police Cadets: 100 Civic Center Way, El Cajon, CA 92020 619-579-3354, ci.el-cajon.ca.us/your-government/departments/police/your-police-department/police-cadets

Central County

- Father Joe's Villages: 3350 E St., San Diego, CA 92102, 619-645-6411 my.neighbor.org/volunteer
- San Diego Humane Society: 5500 Gaines St., San Diego, CA 92110 619- 299-7012, sdhumane.org/how-you-can-help/volunteer/applications-and-opportunities/san-diego-volunteer-opportunities/
- Red Cross San Diego/Imperial Counties Chapter, 3950 Calle Fortunada, San Diego, CA 92123, 858-309-1200 redcross.org/local/san-diego-imperial/volunteer/youth-services
- Salvation Army: Downtown San Diego Centre City Corps., 825 7th Ave., San Diego, CA 92101, sandiego.salvationarmy.org/sierra_del_mar/volunteer
- Salvation Army: 6848 University Ave., San Diego, CA 92115, sandiego.salvationarmy.org/sierra_del_mar/volunteer

SHELTERS AND EMERGENCY HOUSING

- **Becky's House:** 30-day program for domestic violence protection services. Information is confidential. 619-234-3164
- **Cortez Hill Family Center:** Shelter for Families. 619-531-8937
- **ECS Julian's Housing Program:** Domestic violence program for women and children. 619-521-3939
- **Interfaith Shelter Network:** Seasonal night-time shelters for individuals and families. 619-702-5399
- **Rachel Women's Shelter (Catholic Charities):** For homeless and low-income women. 759 8th Ave., San Diego, CA 92101, 619-696-0873
- **Salvation Army:** Emergency shelter and transitional housing for individuals and families. 731 F St., San Diego, CA 92101, 619-231-6030
- **San Diego Rescue Mission:** Shelter for women and children, 30-day maximum. 120 Elm St., San Diego, CA 92101, 619-687-3720
- **Sierra Del Mar:** 2320 5th Ave., San Diego, CA 92101, 619-231-6000
- **St. Claire's Home:** Emergency shelter, food, medical care, and recovery programs for abused women and children. 2091 E. Valley Pkwy., Escondido, CA 92027, 760-741-0122
- **St. Vincent de Paul:** Several programs available for individuals and families. 1501 Imperial Ave., San Diego, CA 92101, 619-233-8500
- **The Youth Storefront:** Emergency shelter for homeless, runaway, and youths living on the street. 619-325-3527
- **YWCA of San Diego County:** Various programs and emergency shelters for women and children. 1012 C St., San Diego, CA 92101, 619-239-0355

SOCIAL SECURITY OFFICES

www.ssa.gov

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

SPECIALIZED SERVICES

Domestic Violence

Becky's House: 619-234-3164

Center for Community Solutions (www.ccssd.org):

- Coastal: 4508 Mission Bay Dr., San Diego, CA 92109, 858-272-5777
- East County: 460 N. Magnolia, El Cajon, CA 92020, 619-697-7477
- Escondido: 210 S. Juniper St., Escondido, CA 92025, 760-747-6282
- Mountain Empire Region: (Inside Campo Community Center) 976 Sheridan Rd., Campo, CA 91906, 619-378-5115

Indian Health Council, Inc.: 760-749-1410

License to Freedom (www.licensetofreedom.org): Advocacy for Middle Eastern battered women. 619-401-2800

North County Lifeline: 760-726-4900

San Diego Domestic Violence Hotline: 888-385-4657

South Bay Community Services 24-hr Hotline: 800-640-2933

Social/Emotional Services

Optum Health (www.Up2SD.org): Provide free confidential support, crisis intervention, suicide prevention, and referrals for mental health and drug and alcohol needs. 888-724-7240

Services for Refugees

Alliance for African Assistance: Aids with resettlement of all refugees in San Diego County, www.alliance-for-africa.org, 5952 El Cajon Blvd., San Diego, CA 92115, 619-286-9052

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

SPECIALIZED SERVICES (cont.)

Catholic Charities: Provides services to refugees and asylees, www.ccdsd.org,
4575 Mission Gorge Pl., San Diego, CA 92120, 619-287-9454

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

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

International Rescue Committee: Provides resettlement services for refugees, www.rescue.org/us-program/us-san-diego-ca, 5348 University Ave., Suite 205, San Diego, CA 92105, 619-641-7510

Jewish Family Service: www.jfssd.org, 8804 Balboa Ave., San Diego, CA 92123, 858-637-3000

Karen Organization of San Diego: Services for refugees from Burma, www.karensandiego.org, 5354 University Ave., San Diego, CA 92105, 619-582-0783

License to Freedom: Advocacy for Middle Eastern refugee women, www.licensetofreedom.org, 619-401-2800

Muslim Community Services: Faith based organization providing help to refugees, single parents and struggling families, www.mccsandiego.org 14698 Via Fiesta, San Diego, CA 92127, 858-756-5100

Foster Youth

San Diego County Office of Education (SDCOE): 6401 Linda Vista Rd., San Diego, CA 92111, <http://www.sdcoe.net/student-services/student-support/fyhes/Pages/default.aspx>

Migrant Education

Regional Office: 135 Vallecitos De Oro, Suite A, San Marcos, CA 92069, <http://www.sdcoe.net/student-services/migrant-education/Pages/default.aspx>

SUBSTANCE ABUSE RECOVERY

Adolescent Treatment Services – Non-Residential

www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/alcohol_drug_services/adolescent_treatment_services_nonresidential.html

Central:

- McAlister Institute: 7867 Convoy Court, Bldg. 5 Suite 302, San Diego, CA 92111, 858-277-4633
- Union of Pan Asian Communities: 3288 El Cajon Blvd., Suite 13, San Diego, CA 92104, 619-521-5720
- San Diego American Indian Health Center: 2602 1st Ave. #105, San Diego, CA 92103, 619-234-2158

East:

- McAlister Institute: 7800 University Ave., Suite A-1, La Mesa, CA 92115, 619-465-4349
- Satellite Program: Chaparral High School, 1600 N. Cuyamaca, El Cajon, CA 92020, 619-588-5361
- La Posta Outreach Substance Abuse Center (Outpatient): P.O. Box 1315, Boulevard, CA 91905, 619-478-2264 or 800-400-1189

South:

- McAlister Institute: 2429 Fenton St., Bldg. 5, Chula Vista, CA 91914, 619-482-9300

North:

- McAlister Institute: 323 Hunter St., Ramona, CA 92065, CA 92065, 760-788-6520
- Mental Health Systems, Inc.: 340 Rancheros Dr., Suite 166, San Marcos, CA 92069, 760-744-3672
- Phoenix House: 785 Grand Ave., Suite 220, Carlsbad, CA 92008, 760-729-2830

U.S. CITIZENSHIP and IMMIGRATION SERVICES

National Customer Service Center: 800-375-5283

www.uscis.gov

Chula Vista Field Office: 1261 3rd Ave., Suite A, Chula Vista, CA 91911

San Diego Field Office: 880 Front St., Suite 4251, San Diego, CA 92101

San Marcos Field Office: 727 West San Marcos Blvd., Suite 101, San Marcos, CA 92078

If you would like to be added as a resource in this packet, please contact:

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SAN DIEGO COUNTY
OFFICE OF EDUCATION

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