



Community Resource Guide

FFSC Metro San Diego

Maintained by the Deployment Readiness Team
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This guide is offered in accordance with FFSC Certification Standard N-MIL-MLSE 10: Information and Referral.

FINANCIAL
<p>211 Access for Infants & Mothers Annual Credit Report ASYMCA CalFresh Catholic Charities Center for Community Services (CCS) Child Support Services Childcare Subsidies (NACCRRRA) Clearpoint Credit Counseling Solutions Consumer financial Protection Bureau Consumer Product Safety Commission DAV Father Joe’s Village Federal Trade Commission FFSC FINRA Investor Education Foundation First 5 Head-start Home-front San Diego Housing Opportunities Collaborative Interfaith Community Services Manage Student Loans Marine Corps Community Services (MCCS) MCCS Miramar/ MCRD Military Garnishment Operations Military One Source Money Management International National Asian American Coalition Navy Marine Corps Relief Society Operation Home front PSD San Diego Financial Literacy Center San Diego Food Bank Say San Diego Support the Enlisted Project (STEP) Thrift Savings Plan (TSP) USO</p>

DEPLOYMENT
<p>211 American Red Cross ASYMCA Blue Star Families Chaplain’s Office Chaplain’s Office Courage 2 Call Dogs on Deployment FFSC FOCUS Homefront San Diego Marine Corps Community Services (MCCS) MCCS Miramar/ MCRD Military Kids Connect Military One Source Project Evergreen PSD United States Postal Service United Through Reading USO</p>

VETERAN’S SERVICES
<p>211 American Legion Courage 2 Call DAV GI BILL National Asian American Coalition San Diego Continuing Education Veterans Administration Veterans of Foreign Wars Veterans Village of San Diego Zero8Hundred Navy League Patriot Riders</p>

EMPLOYMENT/ TRANSITION/ EDUCATION

211
 Bayside Community Center
 DAV
 Father Joe’s Village
 FFSC
 GI Bill
 Housing Opportunities Collaborative
 Interfaith Community Services
 Marine Corps Community Services (MCCS)
 MCCS Miramar/ MCRD
 Military One Source
 Military Spouse Corporate Career Network
 Military Spouse Employment Program
 MYCAA
 National Military Family Association
 Navy College
 Onward to Opportunity
 San Diego Community Colleges
 San Diego Continuing Education
 Spouse Preference
 Veterans of Foreign War
 Veterans Village of San Diego
 Volunteer Match
 Zero 8 Hundred

MENTAL & PHYSICAL HEALTH

211
 Access for Infants and Mothers
 ASYMCA
 Bayside Community Center
 CCS
 Chaplain’s Office
 Chaplain’s Office
 Child Care Away EFMP Respite Care
 Courage 2 Call
 DAV
 DEERS
 EFMP
 FFSC
 First 5
 Flourishing Families
 FOCUA
 Head Start
 Interfaith Community Services
 MCCS
 MetLife
 Military One Source
 Naval Medical Center
 Safe Help Line
 SAIL
 Say San Diego
 Therapeutic Recreation Services
 Tricare
 Tricare ECHO

LEGAL

211
 California Courts Self-Help Center
 Child Support Services
 California Department of Child Support
 Family Courts
 Family Justice Center
 FFSC
 Lawyer Referral Information Service
 Legal Aid Society
 MCRD Legal
 Military Garnishment Operations
 Military One Source
 Miramar Legal
 Navy Worldwide Locator
 Navy Region Legal
 Safe Helpline
 US Citizenship and Immigration Services
 Volunteer Lawyer Program

MARRIAGE/FAMILY/PARENTING
<p>211 ASYMCA Best Schools Blue Star Families California Department of Child Support CCS Chaplain’s Office Child Development Centers Childcare Aware (NACCRRRA) Childcare Aware EFMP- Respite Care Children’s Home Society Consumer Product Safety Commission Courage 2 Call CYP DEERS EFMP Family Courts Family Justice Center FFSC First 5 Flourishing Families FOCUS GCF Learn Free Great Schools Head Start Healthy Start Jewish Family Services Marine Corps Community Services MCCS Miramar/ MCRD Military Childcare.com Military Kids Connect Military One Source Miramar Youth Center National Highway Safety Administration National Military Family Association Navy CYP Navy Life SW Navy Marine Corps Relief Society Navy Worldwide Locator Operation Home front Say San Diego School Liaison Tutor.com US Citizenship and Immigration Services USO YMCA Childcare Referrals</p>

RELOCATION & HOUSING
<p>211 Catholic Charities CCS Community Housing Works DEERS Defense travel CA DMV FAA Home front San Diego Housing Opportunities Collaborative Interfaith Community Services Lincoln Military Housing Marine Corps Community Services Military Kids Connect Military One Source National Asian American Coalition NAVSUP Navy Gateway Inns and Suites Navy Housing Navy Lodge Operation Home front Pets Welcome</p>

INTERNATIONAL AFFAIRS
<p>211 Alliance of African Assistance House of Pacific Relations Interfaith Community Services Jewish Family Services Navy Region Legal San Diego Chinese Center Union of Pan Asian Communities US Citizenship and Immigration Services World Beat Cultural Center</p>

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SUPPORT

211
Courage 2 Call
Family Courts
Family Justice Center
MCRD Legal
Military One Source
Navy Region Legal
San Diego Police Dept.
South Bay Community Services Women’s Resource Center
DoD Safe Helpine
Salvation Army
San Diego District Attorney
The San Diego LGBT Community Center

BEREAVEMENT SUPPORT

Army Survivor Outreach Services
Big Brothers, Big Sisters
Courage 2 Call
National Resource Directory
Navy League
Tragedy Assistance Program for Survivors
U.S. Air Force Casualty Matters
U.S. Marine Corps Casualty Assistance
U.S. Navy Command Casualty Assistance

OTHER

Commissaries
MWR
Navy Exchanges

211 SAN DIEGO

Address: P.O. Box 420039, San Diego, CA 92142

Phone: 2-1-1 or (858) 300-1211 or (800) 227-0997

Website: www.211sandiego.org

Email: info@211sandiego.org; resourcecenter@211sandiego.org

Contact Person: N/A

Services Offered: connection to community resources, Courage to Call

Languages Offered: More than 150 languages

Fees: none

Eligibility: Anyone

ACCESS FOR INFANTS & MOTHERS

Address: Medical Access Program, Po Box 15559, Sacramento, CA 95852

Phone: 800-433-2611

Website: www.aim.ca.gov

Email: N/A

Contact Person: Customer service

Services Offered: Information on low cost healthcare coverage

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Anyone eligible for medical or covered California

ALLIANCE OF AFRICAN ASSISTANCE

Address: 5952 El Cajon Blvd. San Diego CA. 92115

Phone: 619-286-9052

Website: <http://alliance-for-africa.org/index.php>

Email: info@alliance-for-africa.org

Contact Person: Representative

Services Offered: Economic development, immigration services, home based child care, resettlement assistance, CalFresh information, thrift store, interpretations, tax assistance,

Languages Offered: Interpreters available for over 200 different languages and dialects

Fees: None

Eligibility: Anyone

AMERICAN LEGION

Address: VETERANS WAR MEMORIAL BLDG, 2125 PARK BLVD, SAN DIEGO CA 92103

Phone: 858-278-7546

Website: www.legion.org

Email: Contact form online

Contact Person: TED PASNAK

Services Offered: Benefits information, career center, financial services, and education information,

Languages Offered: English

Fees: Membership fees apply

Eligibility: Active duty and honorably discharged veterans

AMERICAN RED CROSS

Address: 3950 Calle Fortunada, San Diego, 92123

Phone: 858-309-1200

Website: redcross.org

Email: N/A

Contact Person: Receptionist

Services Offered: Disaster relief, emergency communication for military financial assistance, trainings and certifications

Languages Offered: English, Spanish, and over 75 languages

Fees: May apply for certain certifications

Eligibility: Anyone

ANNUAL CREDIT REPORTS

Address: Central Source LLC, PO Box 105283, Atlanta, GA 30348

Phone: N/A

Website: www.annualcreditreport.com

Email: Contact form online

Contact Person: N/A

Services Offered: Free annual credit reports, consumer credit information, and education

Languages Offered: English

Fees: N/A

Eligibility: Anyone

ARMED SERVICES YMCA (ASYMCA)

Address: Murphy Canyon- 3293 Santo Rd., San Diego, CA 92124

Naval Medical Center: 34800 Bob Wilson Drive, San Diego, CA 92134

Phone: 858-751-5755

Website: www.asysd.org

Email: N/A

Contact Person: Front desk

Services Offered: Clinical counseling, thrift stores, in home visits, emergency food, child care referrals

Languages Offered: English

Fees: None or low cost

Eligibility: Active duty service members and family

ARMY SURVIVOR OUTREACH SERVICES

Address: N/A

Phone: 855-707-2769

Website: <https://www.sos.army.mil/>

Email: usarmy.jbsa.imcom-hq.mbx.sos-survivor-advocate@mail.mil

Contact Person: Army Gold Star and Surviving Family Members' Representative

Services Offered: Financial counseling, benefit and entitlements assistance, special events, recognition, and information and referral

Languages Offered: English

Fees: None

Eligibility: Surviving family members of fallen Soldiers

BAYSIDE COMMUNITY CENTER

Address: 2202 Comstock Street, San Diego, CA 92111

Phone: 858-278-0771

Website: <http://www.baysidecc.org/>

Email: baysideinfo@baysidecc.org

Contact Person: Coordinator

Services Offered: Educational opportunities for children, youth, adults, and seniors; education, food distributions, and hot meals; blood pressure monitoring, wellness screenings, and flu shots; health lectures and workshops; fitness and dance classes

Languages Offered: English, Spanish, and Vietnamese

Fees: None

Eligibility: Some services are income sensitive

BIG BROTHERS/BIG SISTERS

Address: 4305 University Ave., Suite 300 San Diego, CA 92105

Phone: 858-536-4900

Website: <http://sdbigs.org/>Email:

Contact Person: Main Office

Services Offered: Operation Bigs (one-to-one mentoring for military children), volunteer opportunities, mentoring for children in the community, special programs

Languages Offered: Variety of languages depending on availability

Fees: Application fees may apply

Eligibility: Those who meet the qualifications

BLUE STAR FAMILIES

Address: P.O. BOX 230637 Encinitas, CA 92023

Phone: (202) 630-2583

Website: <https://bluestarfam.org/>

Email: Contact form online

Contact Person: Representative

Services Offered: Military Family Life, Career and Employment initiatives, Relocation, Deployment Support, and Community Involvement

Languages Offered: English

Fees: None

Eligibility: Depends on service

CALFRESH PROGRAM/ SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Address: N/A

Phone: 877- 847-3663; 858-654-1991

Website: www.cdss.ca.gov/foodstamps

Email: piar@dss.ca.gov

Contact Person: Enrollment Specialist

Services Offered: employment, cash aid, food aid, day care referrals

Languages Offered: Armenian, Chinese, Hmong, Portuguese, English, Russian, Spanish, Tagalog, Ukrainian

Fees: Application and usage fee depends on service

Eligibility: Income sensitive

CALIFORNIA COURTS SELF-HELP CENTER

Address: N/A

Phone: N/A

Website: ww.courts.ca.gov (Select Self-help Tab on Top)

Email: N/A

Contact Person: N/A

Services Offered: Assistance with California courts system

Languages Offered: English, Spanish, Vietnamese, Chinese, Korean

Fees: Free or low cost

Eligibility: Anyone

CALIFORNIA DEPARTMENT OF CHILD SUPPORT SERVICES (DCCS)

Address: 401 Mile of Cars Way, National City, CA 91950

Phone: Main 866-901-3212; Military liaison 760-740-2624

Website: www.childsup.ca.gov

Email: Contact form on website

Contact Person: Customer Service

Services Offered: Establishing paternity, locating a parent, child support case help, court info

Languages Offered: English/ Spanish, and other interpreters available

Fees: Depends on service

Eligibility: Anyone

CATHOLIC CHARITIES

Address: 349 Cedar Street

Phone: 619-231-2828

Website: www.ccdsd.org

Email: N/A

Contact Person: Front desk

Services Offered: Case management, housing and education info, and emergency assistance,

Languages Offered: Multiple languages available

Fees: None

Eligibility: Anyone

CCS 24 HOUR CRISIS LINE

Address: N/A

Phone: 888-385-4657

Website: www.ccssd.org/get-help/hotline/

Email:

Contact Person: Operator

Services Offered: Information and referral, crisis intervention

Languages Offered: English/ Spanish

Fees: None

Eligibility: Anyone (NON-911)

CENTER FOR COMMUNITY SOLUTIONS LEGAL

Address: 4508 Mission Bay Drive, San Diego, CA 92109

Phone: 619-697-7477

Website: www.ccssd.org

Email: N/A

Contact Person: Receptionist

Services Offered: Counseling for couples, children, teens, and families

Languages Offered: English/ Spanish

Fees: None

Eligibility: Victims of crime

CHAPLAIN'S OFFICE

Address: 3670 Surface Navy Blvd., San Diego, CA 92136

Phone: 619- 556-2658

Website: https://cnic.navy.mil/regions/cnrsw/installations/navbase_san_diego/about/facilitie_and_resources/religious_programs.html

Email: NBSD_Chaplain2@navy.mil

Contact Person: Chaplain, civilian clergy, enlisted personnel

Services Offered: Opportunities for worship, prayer, education, and religious and spiritual development for personnel from a diverse range of faith backgrounds across a broad spectrum of personal experience

Languages Offered: English, Spanish, Tagalog

Fees: None

Eligibility: Full services available to Active duty, reserve, retirees, and dependents; Limited services may be available to DoD Civilians and Contractors

CHILD CARE AWARE EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) RESPITE CARE

Address: 1515 N. Courthouse Road 11th Floor Arlington VA 22201

Phone: 1-800-424-2246

Website: <http://usa.childcareaware.org/fee-assistancerespite/military-families/navy/exceptional-family-member-program-efmp-respite-care/>

Email: N/A

Contact Person: N/A

Services Offered:

- 40 hours of respite care per family per month;
- sibling care for children under the age of 13 years old;
- respite care provided by well-trained and background screened providers who are monitored by the local partner agencies; and
- respite care services in the family's home, a family child care home or an off-base child care centers by approved providers.

Languages Offered: Based on provider chosen

Fees: None

Eligibility:

- An Exceptional Family Member (EFM) is an authorized DEERs eligible family member who is enrolled in EFMP and possess a physical, emotional, developmental or educational disability, or condition requiring special medical, mental health, or educational services;
- Active Duty or Reserve on Active Duty stationed throughout the United States;
- Family enrolled in the Navy's EFMP; and
- EFM child who resides with the sailor, is between the ages of birth through 18 years and is designated category 4 or 5

CHILD DEVELOPMENT CENTER (CDC) DROP IN CARE

Address: NBSD 3653 Filbert St. Bldg. 3653, San Diego, CA 92136

Phone: 619-556-3522

Website: militarychildcare.com and www.navylifefsw.com/sandiego/families/cyp/cdc

Email: N/A

Contact Person: Front desk

Services Offered: Full day

Languages Offered: Multiple languages available

Fees: Based on income

Eligibility: Active Duty, DoD, Activated Reserve, Combat Wounded Warriors, Surviving Spouses, and DoD Contractors

CHILD SUPPORT SERVICES

Address: PO Box 419064 Rancho Cordova, CA 95741

Phone: 866-901-3212

Website: www.childsup.ca.gov

Email: heretohelp@sdcounty.ca.gov

Contact Person: Service Provider

Services Offered: Military and veterans child support liaisons

Languages Offered: Many

Fees: None

Eligibility: Anyone

CHILDCARE SUBSIDIES

Address: 1515 N. Courthouse Rd., Arlington, VA 22201

Phone: 800-424-2246; 703-341-4100

Website: msp@usa.childcareaware.org

Email: N/A

Contact Person: Representative

Services Offered: Reduced rates or subsidies for childcare

Languages Offered: Multiple languages available

Fees: None, but reduced childcare fees apply

Eligibility: Active duty, activated reserve, Navy civilians, Survivors, and Wounded Warriors who meet income requirements

CHILDREN'S HOME SOCIETY

Address: 2650 Camino Del Rio North, Ste. 104, San Diego, CA 92108

Phone: 619-293-3411

Website: www.chs-ca.org

Email: N/A

Contact Person: Receptionist

Services Offered: Low income parental assistance in achieving self-sufficiency, childcare referrals

Languages Offered: English, Spanish, Arabic, Cantonese, Laotian, Luganda, Tagalog, Thai, Vietnamese

Fees: None

Eligibility: Anyone

CLEARPOINT CREDIT COUNSELING SOLUTIONS

Address: 2635 Camino Del Rio S. Ste. 101, San Diego, CA 92108

Phone: 877-877-1995 ; 888.808.7285

Website: www.clearpoint.org

Email: Contact form on website

Contact Person: Military counselor

Services Offered: Financial educations, military financial counseling, debt management consulting

Languages Offered: English/ Spanish

Fees: None

Eligibility: Anyone for general services; Active duty, Reserve, Retired, and Veterans for military counseling

COMMISARY- NAVAL BASE SAN DIEGO

Address: 2525 Callagan Hwy, Bldg. 3629 , San Diego, Ca 92136

Phone: 556-8657x3051

Website: <http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCKL8>

Email: william.vick@deca.mil

Contact Person: Operator

Services Offered: ATM, Bakery, Deli, Fresh Lobster, Fresh Sandwiches to go, Hot Foods Dept., Party Cakes, Plants

Languages Offered: Many languages may be available depending on employee availability

Fees: N/A

Eligibility: Active duty, retirees, reservists, and their dependents

COMMISARY- NAVAL STATION NORTH ISLAND

Address: Bldg. 2017 Colorado St. NAS North Island , San Diego Ca 92135

Phone: 619-545-6560

Website: <http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCKMR>

Email: josephine.hernandez@deca.mil

Contact Person: Operator

Services Offered: Bakery, Custom Photo Cakes, Deli, Fresh Sandwiches to go, Hot Foods Dept., Party, Cakes, Plants, Rotisserie Chicken, Sushi

Languages Offered: Many languages may be available depending on employee availability

Fees: N/A

Eligibility: Active duty, retirees, reservists, and their dependents

COMMISSARY- NOLF (IMPERIAL BEACH)

Address: 1500-13th Street, Bldg. 1264, NOLF Imperial Beach, Ca 91932

Phone: 619-437-9478

Website: <http://www.commissaries.com/stores/html/store.cfm?dodaac=HQCKLU>

Email: aaron.burcham@deca.mil

Contact Person: Operator

Services Offered: Bakery, Deli, Fresh Sandwiches to go, Hot Foods Dept., Party, Cakes, Plants, Rotisserie Chicken

Languages Offered: Many languages may be available depending on employee availability

Fees: N/A

Eligibility: Active duty, retirees, reservists, and their dependents

COMMUNITY HOUSING WORKS

Address: 4010 Fairmount Ave., San Diego, CA 92101

Phone: 619-282-6647

Website: www.chworks.org

Email: info@chworks.org

Contact Person: Receptionist

Services Offered: Affordable home search

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Anyone

CONSUMER FINANCIAL PROTECTION BUREAU

Address: PO Box 4503 Iowa City, IA 52244; 841 S. 41st St., San Diego, CA 92113

Phone: 855-411-2372; 858-715-2642 ext. 144

Website: www.consumerfinance.gov

Email: N/A

Contact Person: Customer Service

Services Offered: Consumer tools, data and research, educational resources and compliance info

Languages Offered: More than 180 languages available

Fees: None

Eligibility: Anyone

CONSUMER PRODUCT SAFETY COMMISSION

Address: 4330 East West Highway, Bethesda, MD 20814

Phone: 301-540-7923

Website: www.cpsc.gov

Email: Contact form on website

Contact Person: Receptionist

Services Offered: Information on recalls, safety guidelines and child products

Languages Offered: English, Spanish, Vietnamese, Chinese

Fees: None

Eligibility: Anyone

COURAGE TO CALL/ MHS

Address: 9445 Farnham St. STE 100, San Diego, CA 92123

Phone: 858-636-3604 or 2-1-1

Website: <https://www.courage2call.org/> or <https://www.mhsinc.org/listing/courage-to-call-2/>

Email: info@211sandiego.org

Contact Person: Admin or Veteran Peer

Services Offered: confidential, veteran-staffed 24/7 helpline dedicated to assisting service members through information, guidance, and referrals

Languages Offered: English/ Spanish

Fees: None

Eligibility: Anyone

DEERS

Address: DMDC Support Office , 400 Gigling Rd , Seaside, CA 93955-6771

Phone: 1-800-538-9552

Website: www.dmdc.osd.mil/milconnect

Email: N/A

Contact Person: Representative

Services Offered: Benefits and enrollment information

Languages Offered: English

Fees: N/A

Eligibility: Information available on website

DEFENSE TRAVEL

Address: 4800 Mark Center Drive , Suite 04J25-01 , Alexandria, VA 22350-9000

Phone: 888-435-7146

Website: www.defensetravel.dod.mil

Email: Help desk ticket online

Contact Person: Customer service

Services Offered: DoD travelers assistance

Languages Offered:

Fees: N/A

Eligibility: DoD

DEPARTMENT OF MOTOR VEHICLES

Address: 3960 Normal Street, San Diego, CA 92103

Phone: 1-800-777-0133

Website: www.dmv.ca.gov/portal/dmv

Email: N/A

Contact Person: Representative

Services Offered: Vehicle registration, driver's license, and other vehicle related information

Languages Offered: English/ Spanish

Fees: Varies per service

Eligibility: Everyone

DISABLED AMERICAN VETERANS

Address: 3725 Alexandria Pike, Cold Spring, KY 41076

Phone: 877-426-2838

Website: www.dav.org

Email: Contact form online

Contact Person: Representative

Services Offered:

Helps returning veterans transition back to civilian life by linking them with services that address their physical, emotional, and financial needs.

Provides free, professional assistance to veterans of all generations in obtaining VA and other government benefits earned through service.

Fights for veterans' rights on Capitol Hill.

Links veterans to job training and job assistance programs.

Funds rehabilitation programs for veterans with severe disabilities, such as blindness or amputation

Languages Offered: English/ Spanish

Fees: Membership fees vary

Eligibility: Anyone:

who served in the armed forces during a period of war or under conditions simulating war, and was wounded, disabled to any degree, or left with long-term illness as a result of military service, and was discharged or retired from military service under honorable conditions.

DOD SAFE HELPLINE

Address: RAINN Attn: DoD Safe Helpline 1220 L Street, NW Suite 505 Washington, DC 20005

Phone: 877-995-5247 ; 202- 544-1034

Website: <https://www.safehelpline.org/>

Email: info@safehelpline.org

Contact Person: Trained Safe Helpline Staff

Services Offered: 24/7 hotline for sexual assault support in the DoD community, online support chat, confidential online helpline

Languages Offered: English

Fees: None

Eligibility: DoD Community

DOGS ON DEPLOYMENT

Address: 970 W. Valley Parkway, Box 667, Escondido, CA 92025

Phone: 619-800-3631

Website: www.dogsondeployment.org

Email: info@dogsondeployment.org

Contact Person: Rich Setzer

Services Offered: Network for pet boarding during service member's time away due to military commitment, emergency grants for vet expenses

Languages Offered: English

Fees: None (Except for basic pet care costs while pet is boarded)

Eligibility: Active duty or activated reserve/ E6 and below for grants

EXCEPTIONAL FAMILY MEMBER PROGRAM FAMILY CONNECTIONS

Address: 3200 Santo Rd San Diego, CA 92124 Murphy Canyon Chapel

Phone: 1-866-923-6478

Website: N/A

Email: FFSCsdefmp@navy.mil

Contact Person: Navy EFMP Case Liaison

Services Offered: Navy Region Southwest's Exceptional Family Member Program offers childcare while parents focus on improving the quality of life for their families with an exceptional family member through support, resources and providing a social forum to network and share information

Languages Offered: English

Fees: None

Eligibility: RSVP for childcare prior to attending

FAA PET TRAVEL REQUIREMENTS

Address: Federal Aviation Administration, 800 Independence Avenue, SW, Washington, DC 20591

Phone: 1-866-835-5322

Website: https://www.faa.gov/passengers/fly_pets/

Email: N/A

Contact Person: Representative

Services Offered: Guidelines on traveling with pets

Languages Offered: English/ Spanish

Fees: Varies by airline

Eligibility: Open to all

FAMILIES OVER COMING UNDER STRESS (FOCUS) PROJECT

Address: Naval Base San Diego, Bldg. 265 Dolphin Alley, San Diego, 92136

Phone: 619-556-6075

Website: www.focusproject.org

Email: sandiego@focusproject.org

Contact Person: Front desk

Services Offered: Resiliency training for military children and families

Languages Offered: English

Fees: None

Eligibility: Military members, spouses, and children

FAMILY COURTS

Address: Downtown: 1555 6th Avenue, San Diego; Chula Vista: 500 3rd Avenue, Chula Vista ; East County: 250 East Main, El Cajon; Vista: 325 South Melrose Drive, Vista

Phone: Downtown: 619-450-7888; Chula Vista: 619-746-6097; East County: 619-456-4181; Vista: 760-201-8300

Website: www.sdcourt.ca.gov/portal/page?_pageid=55,1524469&_dad=portal&_schema=PORTAL#familycourtservices

Email: N/A

Contact Person: Receptionist

Services Offered: child custody recommending counseling in family law cases when separating or divorcing parents cannot agree on a child custody sharing plan

Languages Offered: Over 100 languages

Fees: Depends on service

Eligibility: Anyone

FAMILY JUSTICE CENTER

Address: 1122 Broadway, Suite 200, San Diego, CA 92101

Phone: 866-933-HOPE or 866-933-4673

Website: www.sandiego.gov/sandiegofamilyjusticecenter

Email: swillard@pd.sandiego.gov

Contact Person: Front Desk

Services Offered: Free clothing, prosecutors, legal advice, resource and referrals

Languages Offered: Interpreters available

Fees: None

Eligibility: Anyone

FATHER JOE'S VILLAGE

Address: 3350 E Street, San Diego, CA 92102

Phone: 619-446-2100

Website: www.my.neighbor.org

Email: Contact form online

Contact Person: Receptionist

Services Offered: housing, rental assistance, healthcare, food, clothing, education, job training, mental health, addiction treatment

Languages Offered: English/ Spanish

Fees: None

Eligibility: Depends on service

FEDERAL TRADE COMMISSION (FTC)

Address: 600 Pennsylvania Ave, NW, Washington, DC 20580

Phone: 202-326-2222

Website: www.consumerftc.gov ; www.identitytheft.org

Email: N/A

Contact Person: Operator

Services Offered: Information on scams, and rights concerning consumerism

Languages Offered: English and Spanish

Fees: None

Eligibility: Anyone

FINRA INVESTOR EDUCATION FOUNDATION

Address: 1735 K Street, NW Washington, DC 20006

Phone: 202-728-6933

Website: www.saveandinvest.org

Email: N/A

Contact Person: Bud Schneeweis

Services Offered: Information on college, retirement, everyday finances, transition, credit and debt

Languages Offered: English and Spanish

Fees: None

Eligibility: Anyone

FIRST 5

Address: 2750 Womble Road, Suite 201 (MS-A211) San Diego, CA 92106

Phone: 888-5 FIRST 5 or 888-534-7785

Website: <http://first5sandiego.org/>

Email: Contact form online

Contact Person: Receptionist

Services Offered: Childhood Injury Prevention Program, home visitation services, Healthy Development Services, Behavioral Health Services, Maternity Shelter Program, The Kit for New Parents

Languages Offered: English, Spanish, Vietnamese, Cantonese, Korean, and Mandarin

Fees: May apply for some services

Eligibility: Anyone with children prenatal-5 years old

FLOURISHING FAMILIES

Address: 1475 Sixth Avenue, Fifth Floor, Suite 511, San Diego, CA 92101

Phone: 619-685-6970

Website: [http://bluetoad.com/publication/?i=293103#{"issue_id":293103,"page";0}](http://bluetoad.com/publication/?i=293103#{)

Email: specialneeds@sandiegofamily.com

Contact Person: N/A

Services Offered: Financial Planning/Family Self-Sufficiency, General Health, Counseling, Hair Salons, In-Home Support Services, Nutrition, Recreation, Physical Therapy, Social Skills, Respite and many other resources that support specific disabilities and diagnoses

Languages Offered: Based on resource chosen

Fees: None

Eligibility: Open to the Public

GCF LEARN FREE

Address: N/A

Phone: N/A

Website: www.gcflearnfree.org

Email: N/A

Contact Person: N/A

Services Offered: Online tutorials that help people learn the essential skills they need to live and work in the 21st century (i.e. Microsoft Office and email, reading, math, etc...)

Languages Offered: English, Spanish, French, Portuguese

Fees: None

Eligibility: Open to all

GI BILL

Address: P.O. Box 8888 Muskogee, OK 74402-8888

Phone: 888-442-4551

Website: www.benefits.va.gov/gibill ; www.ebenefits.va.gov

Email: Contact form on website

Contact Person: Representative

Services Offered: Info on GI Bill entitlements, requirements, and process

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Information available on website

GREATSCHOOLS.ORG

Address: 1999 Harrison Street, Suite 1100, Oakland, CA 94612

Phone: N/A

Website: www.greatschools.org

Email: N/A

Contact Person:

Services Offered: Provide trusted ratings and school information that help parents find the right school for their family and improve schools in their communities. The thousands of articles, tips and interactive tools help parents support their child's learning and wellbeing every day.

Languages Offered: English, Spanish

Fees: None

Eligibility: Open to all

HEAD START

Address: 841 S. 41st. St., San Diego, CA 92113

Phone: 888-873-5145

Website: www.neighborhoodhouse.org

Email: N/A

Contact Person: Receptionist

Services Offered: Parental training and workshops, family social services, health, mental health, and nutrition

Languages Offered: English/ Spanish

Fees: None

Eligibility: Any family who meets the income requirements with children ages 0-5

HEALTHY START MILITARY FAMILY RESOURCE CENTER

Address: 8755 Aero Dr. Ste. 100, San Diego, CA 92123

Phone: 858-496-0044

Website: <https://www.saysandiego.org/program/healthy-start-military-familyesource-center/>

Email: kbrown@saysandiego.org

Contact Person: Kat Brown

Services Offered: Parenting workshops, playgroups, school system advocacy

Languages Offered: Multiple languages available

Fees: N/A

Eligibility: Anyone

HOME-FRONT SAN DIEGO

Address: Call for drop off or pick up locations

Phone: 760-392-1551

Website: www.homefrontsandiego.org

Email: contactus@sandiegohomefront.org

Contact Person: Receptionist

Services Offered: Financial assistance, furniture, donated vehicles, computers, cars, emergency bill payment, food distribution, grocery and gas cards

Languages Offered: English

Fees: None

Eligibility: Military families in San Diego area

HOUSE OF PACIFIC RELATIONS

Address: 2191 West Pan American Rd San Diego, CA 92101

Phone: 619- 234-0739

Website: <http://www.sdhpr.org/>

Email: info@sdhpr.org

Contact Person: Receptionist

Services Offered: Educational and cultural programs, Lawn Programs, Open Houses, Hall of Nations, Annual Special Events

Languages Offered: Multiple languages and dialects available

Fees: May apply for some events

Eligibility: Anyone

HOUSING OPPORTUNITIES COLLABORATIVE

Address: 1335 5th Ave., San Diego, CA 92101

Phone: 619-283-2200

Website: www.housingcollaborative.org

Email: info.sd@housingcollaborative.org

Contact Person: Representative

Services Offered: Resources available to help with housing, benefits, family, legal issues, finances and reintegration into civilian life

Languages Offered: English and Spanish

Fees: None

Eligibility: Active duty, family members, reservists

INTERFAITH COMMUNITY SERVICES

Address: 550 W. Washington Ave., Escondido, CA 92025

Phone: (760) 489-6380

Website: <http://www.interfaithservices.org/category/veterans-assistance/>

Email: Contact form online

Contact Person: Receptionist

Services Offered:

Nutrition and Basic Needs

Housing and Shelter

Employment

Self-Sufficiency and Support

Behavioral Health and Recovery

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Anyone

JEWISH FAMILY SERVICES

Address: JOAN & IRWIN JACOBS CAMPUS; Turk Family Center

8804 Balboa Avenue San Diego, CA 92123

Phone: 858- 637-3210 or 858- 637-3000

Website: <http://www.jfssd.org/site/PageServer>

Email: Contact form online

Contact Person: Receptionist

Services Offered: Aging & Wellness Services, Case Management, Counseling & Family Support, Food Assistance, Jewish Connections, Parenting & Youth Services, Refugees & Immigration, Teen Leadership

Languages Offered: Multiple languages available

Fees: May apply for some services

Eligibility: Anyone

LAWYER REFERRAL AND INFORMATION SERVICE & MODEST MEANS PROGRAM

Address: 401 West A. Street, San Diego, CA 92101

Phone: 619-231-8585

Website: www.sdcba.org

Email: bar@sdcb.org

Contact Person: Receptionist

Services Offered: Lawyer referral service, legal help

Languages Offered: English, Spanish

Fees: None

Eligibility: Anyone

LEGAL AID SOCIETY OF SAN DIEGO

Address: 110 S. Euclid Ave., San Diego, CA 92114

Phone: 877-534-2524

Website: www.laszd.org

Email: N/A

Contact Person: Admin Office

Services Offered: Legal advice, free clinics, and effective legal referrals

Languages Offered: English and Spanish

Fees: None

Eligibility: Income sensitive individuals

MANAGE STUDENTS LOANS

Address: Consumer Financial Protection Bureau, PO Box 4503, Iowa City, IA 52244

Phone: 855-411-2372

Website: www.consumerfinance.gov/payingforcollege

Email: Contact form on website

Contact Person: Representative

Services Offered: Info on financial aid, and repaying student debt

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Anyone

MARINE CORPS COMMUNITY SERVICES- MCRD SAN DIEGO

Address: 3800 Chosin Ave # 5w, San Diego, CA 92140

Phone: 619-524-5655

Website: <http://www.mccsmcrd.com/>

Email: Contact form online

Contact Person: Operator

Services Offered: Behavioral health, family care, recreation, fitness, Marine Corps family team building, personal and professional development, retail, lodging

Languages Offered: Dependent on available employees

Fees: Depends on service

Eligibility: Active duty, dependents, reservists, retirees, and some services available to DoD civilians

MARINE CORPS COMMUNITY SERVICES- MIRAMAR

Address: Bldg. 2273 2273 Elrod Ave., San Diego, CA 92145-2008

Phone: 858- 695-7288

Website: <http://www.mccsmiramar.com/>

Email: Contact form online

Contact Person: Operator

Services Offered: Behavioral health, family care, recreation, fitness, Marine Corps family team building, personal and professional development, retail, lodging

Languages Offered: Dependent on available employees

Fees: Depends on service

Eligibility: Active duty, dependents, reservists, retirees, and some services available to DoD civilians

MARINE CORPS RECRUIT DEPOT LEGAL ASSISTANCE OFFICE

Address: 3700 Chosin Ave, Bldg. 12, San Diego, CA 92140

Phone: 619-524-4111

Website: <http://www.mcrcdsd.marines.mil/Units/Tenant-Units/Legal-Assistance-Office/>

Email: N/A

Contact Person: Front Desk

Services Offered: Family law, mediation, powers of attorney, wills, legal assistance

Languages Offered: English and Spanish

Fees: None

Eligibility: Active duty, reserve, retired and family members

MILITARY GARNISHMENT OPERATIONS

Address: PO Box 998002, Cleveland, OH 44199

Phone: 888-DFAS-411

Website: www.dfas.mil/dfas/garnishment.html

Email: N/A

Contact Person: Customer Service

Services Offered: Child and spousal support information

Languages Offered: English

Fees: None

Eligibility: Active duty, retired, reserves, and contractors

MILITARY KIDS CONNECT (DEPLOYMENT SUPPORT WEBSITE)

Address: N/A

Phone: N/A

Website: www.militarykidsconnect.dcoe.mil

Email: Contact form on website

Contact Person: N/A

Services Offered: Virtual connection for military kids

Languages Offered: N/A

Fees: None

Eligibility: Children (18 and under) of military members

MILITARY ONE SOURCE

Address: P.O. Box 2127 Chesapeake, VA 23327

Phone: 800-342-9647

Website: www.militaryonesource.mil

Email: N/A

Contact Person: Triage Consultant

Services Offered: 24 hour confidential help, resources, products, articles and tips on numerous topics related to military life

Languages Offered: Multiple languages offered

Fees: None

Eligibility: Military, dependents, and occasionally DoD Civilians

MILITARY SPOUSE CORPORATE CAREER NETWORK

Address: 5445 Murrell Road, Suite 102-177, Viera, FL 32955

Phone: 877-696-7226

Website: <http://www.msccn.org/>

Email: askus@msccn.org

Contact Person: Representative

Services Offered: Employment Readiness Training Programs, Job Placement Solutions

Languages Offered: English

Fees: None

Eligibility: all military-affiliated spouses, retired military spouses and caregivers to war wounded heroes

MILITARY SPOUSE EMPLOYMENT PROGRAM (MSEP)

Address: N/A

Phone: 1-800 342 9647

Website: <https://msepjobs.militaryonesource.mil/msep/>

Email: N/A

Contact Person: Military One Source Spouse Advisor

Services Offered: Targeted recruitment and employment solutions, creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting.

Languages Offered: Interpreters available

Fees: None

Eligibility: Spouses of active duty, National Guard and reserve component military members in the Army, Marine Corps, Navy, Air Force, and Coast Guard. Spouses of military members separated from active duty, National Guard and reserves for less than 180 days. Surviving spouses of military members who died while on active duty

MIRAMAR LEGAL SERVICE SUPPORT

Address: P.O. Box 452022, San Diego, CA 92145

Phone: 858-577-6260

Website: www.miramar.marines.mil/Departments/LegalServicesSupportTeam.aspx

Email: N/A

Contact Person: Front Desk

Services Offered: Military justice, legal assistance, family law, mediation, wills, powers of attorney

Languages Offered: English

Fees: None

Eligibility: Active duty, reserve, retired, and family members

MIRAMAR YOUTH CENTER

Address: MCAS Miramar Bldg. 2700

Phone: 858-577-4136

Website: www.mccsmiramar.com/cyp

Email: N/A

Contact Person: Front desk

Services Offered: Before and after school care, youth sports

Languages Offered: Interpreters available for multiple languages

Fees: Based on total family income

Eligibility: Active Duty, DoD, Activated Reserve, Combat Wounded Warriors, Surviving Spouses, and DoD Contractors

MONEY MANAGEMENT INTERNATIONAL

Address: 2650 Camino Del Rio N. Ste. 209, San Diego, CA 92108

Phone: 866-232-9080

Website: www.moneymanagement.org

Email: Contact form online

Contact Person: Representative

Services Offered: Financial counseling and workshops

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Anyone

MWR

Address: Bldg. 3544 2625 Le Hardy St. NBSD, San Diego, CA 92136

Phone: 619-556-8018

Website: <http://www.navymwr.org/programs/>

Email: Contact form online

Contact Person: Receptionist

Services Offered: Bowling, tickets, movie theaters, tours, events, entertainment, liberty, golf, fitness, lodging, children and youth programs

Languages Offered: Depends on staff available

Fees: Depends on service

Eligibility: Active duty, reservists, retirees, and their families; DoD employees

MYCAA (MY CAREER ADVANCEMENT ACCOUNT)

Address:

Phone: 800-342-9647

Website: <https://aiportal.acc.af.mil/mycaa/default.aspx>

Email: N/A

Contact Person: MyCAA Certified Career Counselors

Services Offered: Workforce development program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification, or associates degree in a portable career field

Languages Offered: Multiple languages available

Fees: None

Eligibility: Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who can start and complete their coursework while their military sponsor is on Title 10 military orders, including spouses married to members of the National Guard and reserve component in these same pay grades.

NATIONAL ASIAN AMERICAN COALITION

Address: 9580 Black Mountain Road, Suite A, San Diego, CA 92126

Phone: 650-952-0522

Website: www.naacoalition.org

Email: info@naac.org

Contact Person: Legal team

Services Offered: Affordable housing program, credit counseling, home buyer education

Languages Offered: Multiple languages available

Fees: N/A

Eligibility: Anyone

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

Address: 1200 New Jersey Ave SE, West Building, Washington, D.C. 20590

Phone: 888-327-4236

Website: safercar.gov or www.nhtsa.gov

Email: N/A

Contact Person: Receptionist

Services Offered: Info on vehicle safety features, car seats, and child restraint guidelines

Languages Offered: Multiple languages available

Fees: None

Eligibility: Anyone

NATIONAL MILITARY FAMILY ASSOCIATION

Address: 3601 Eisenhower Avenue, Suite 425, Alexandria, VA 22304

Phone: 703.931.6632

Website: www.militaryfamily.org

Email: info@MilitaryFamily.org

Contact Person: Receptionist

Services Offered: Partners with select schools to provide additional scholarships designed for military spouses, entrepreneurship scholarship, Operation Purple Camp (free camp for military children), family retreats, family healing adventures

Languages Offered: English

Fees: none

Eligibility: Active duty, retirees, reservists, and their families

NATIONAL RESOURCE DIRECTORY

Address: N/A

Phone: N/A

Website: https://www.nationalresourcedirectory.gov/misc/contact_us

Email: infornd.osd@mail.mil

Contact Person: N/A

Services Offered: access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration

Languages Offered: English

Fees: None

Eligibility: wounded warriors, Service Members, Veterans, their families

NAVAL MEDICAL CENTER SAN DIEGO (NMCS D)

Address: 34800 Bob Wilson Drive, San Diego, CA 92134

Phone: 619-532-7636

Website: <http://www.med.navy.mil/sites/nmcsd/Pages/default.aspx>

Email: N/A

Contact Person: Quarterdeck

Services Offered: New parent classes, emergency care, pharmacy, etc.

Languages Offered: Interpreters available

Fees: N/A

Eligibility: Those with access to military medical insurance

NAVY CHILD & YOUTH PROGRAMS (CYP)

Address: Multiple locations available

Phone: 619-556-9585

Website: militarychildcare.com ; <http://navylifesw.com/sandiego/families/cyp/>

Email: N/A

Contact Person: CYP Support Office

Services Offered: Child development centers, child development homes, youth programs, and school liaison officers

Languages Offered: May differ per location

Fees: Based on total family income

Eligibility: Active Duty, DoD, Activated Reserve, Combat Wounded Warriors, Surviving Spouses, and DoD Contractors

NAVY COLLEGE

Address: Virtual Education Center 472 Polaris Street, Suite 214, Virginia Beach, VA 23461

Phone: 1-877-838-1659

Website: <http://www.navycollege.navy.mil/>

Email: Contact form online

Contact Person:

Services Offered: Virtual education, tuition assistance info,

Languages Offered: Varies on location

Fees: Depends on institution

Eligibility: Active duty and some reservists

NAVY EXCHANGE- NBSD

Address: 2260 Callagan Hwy , Building No. 3187A San Diego, CA 92136-5036

Phone: 619-544-2100

Website: <https://www.mynavyexchange.com/storelocator/storerresults.jsp?searchMap=true&state=CA>

Email: Contact form online

Contact Person: Operator

Services Offered: Food court, flower shop, mini marts, jewelry and watch repair, electronics, garden center, auto accessories, package store, optical, gas stations, furniture, clothing, beauty, accessories, shoes, MWR ticket office

Languages Offered: Varies with employee availability and location

Fees: N/A

Eligibility: Active duty, reservists, retirees, dependents, and DoD civilians

NAVY GATEWAY INNS AND SUITES

Address: Worldwide

Phone: 1-877-628-9233

Website: <http://ngis.dodlodging.net/>

Email: CNIC_OnlineHelp.fct@navy.mil

Contact Person: Customer support

Services Offered: Temporary lodging

Languages Offered: English

Fees: Room rate varies by location

Eligibility: Open to Active duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests

NAVY HOUSING

Address: 2625 LeHardy Street, Bldg. 3544, San Diego, CA 92136

Phone: 619-556-8443

Website: <http://navylifesw.com/sandiego/housing/>

Email: sandiegohousing@navy.mil

Contact Person: Receptionist

Services Offered: Home Finding services, Inspection services, Issue Resolution, Housing Discrimination Complaints, Cost Savings and Relief Programs and Services for Unaccompanied Sailors

Languages Offered: English/ Spanish

Fees: None

Eligibility: Active Duty with 1 or more dependents and has 6 months or more in San Diego. Must also be in receipt of SD BAH

NAVY LEAGUE

Address: 2300 Wilson Blvd Ste 200 Arlington VA 22201

Phone: 703.528.1775

Website: <http://navyleague.org/>

Email: nationalpresident@navyleague.org

Contact Person: President

Services Offered: adopt ships and shore commands, reward and honor enlisted personnel, host dinners and celebrations for military personnel, and support family members left behind when spouses and parents are deployed

Languages Offered: Depends on availability of staff

Fees: •e-membership - \$25

•1-Year Premium Individual/International - \$55

•2-Year Premium - \$100 (save \$10*)

•3-Year Premium - \$130 (save \$35*)

•4-Year Premium - \$180 (save \$40*)

•5-Year Premium - \$225 (save \$55*)

•Life membership (to age 55) - \$1000

•Life membership (age 56 - 75) - \$750

•Life membership (age 76 +) - \$500

Eligibility: Any citizen interested in sea power or supporting America's sea services — the U.S. Navy, Marine Corps, Coast Guard and U.S.-flag Merchant Marine — is eligible for membership. Active duty military are not eligible for membership, but their spouses and family members are eligible

NAVY LIFE SW

Address: 2375 Recreation Way, San Diego, CA 92136
 Phone: 619-524-4700
 Website: <http://navylifesw.com/sandiego/>
 Email: webmaster@navylifesw.com
 Contact Person: Receptionist
 Services Offered: Fleet & Family Readiness Programs
 Languages Offered: English (other languages may be available)
 Fees: Varies by event
 Eligibility: Open to Active duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests

NAVY LODGE

Address: Worldwide
 Phone: 1- 800- 628-9466
 Website: www.dodlodging.net or <https://www.navy-lodge.com/index.html>
 Email: Online Contact Form
 Contact Person: Customer service
 Services Offered: Temporary lodging
 Languages Offered: English
 Fees: Room rate varies by location
 Eligibility: Open to Active duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests

NAVY MWR DIGITAL LIBRARY

Address: 716 Sicard St. SE #1000, Washington, DC 20374
 Phone: 202-433-9802
 Website: www.navymwrdigitallibrary.org
 Email: NGLP@navy.mil
 Contact Person: Representative
 Services Offered: Then there is Navy MWR Digital Library offering foreign language learning to Navy, Marine, and Coast Guard Families.
 Languages Offered: Many available for learning
 Fees: none
 Eligibility: Those eligible to use MWR facilities

NAVY WORLD WIDE LOCATOR

Address: Navy Personnel Command, PERS 1, 5720 Integrity Drive, Millington, TN 38055
 Phone: N/A
 Website: www.public.navy.mil/bupers-npc/organization/npc/csc/Pages/NavyLocatorService.aspx
 Email: N/A
 Contact Person: N/A
 Services Offered: Forward mail to sailor
 Languages Offered: N/A
 Fees: No fee for family of for official government business, everyone else \$3.50 per address
 Eligibility: Contact Active Duty, retired, discharged, separated, reserve

NAVY-MARINE CORPS RELIEF SOCIETY

Address: Naval Base San Diego, Bldg. 270, 3115 Dolphin Alley, San Diego, CA 92136

Phone: Front Desk: 619-767-6800

Website: www.nmcrs.org

Email: sandiego@nmcrs.org

Contact Person: Front Desk

Services Offered: financial counseling, thrift shops, Budget for Baby workshop, no interest loans, and scholarships

Languages Offered: English/ Spanish

Fees: none

Eligibility: Active duty service members

ONWARD TO OPPORTUNITY

Address: Bldg. 13150 Rm 311, Camp Pendleton, CA

Phone: 760.373.0331

Website: <http://onward2opportunity.org/>

Email: abmaldon@syr.edu

Contact Person: Program Manager

Services Offered: Onward to Opportunity (O2O) brings civilian career training to eligible service members up to six months prior to their transition date and any active duty military spouse, regardless of where their partner is in their military career

Languages Offered: English/ Spanish

Fees: None

Eligibility: Transitioning service members and spouses

OPERATION HOMEFRONT

Address: 8318 Miramar Mall, San Diego, CA, 92121

Phone: 855-282-0960

Website: operationhomefront.net

Email: california@operationhomefront.net

Contact Person: Receptionist

Services Offered: Financial assistance, commissary vouchers, military family events, transitional housing, and essential basic items

Languages Offered: English (More languages offered through the national organization)

Fees: None

Eligibility: Active duty, their family, and Wounded Warriors

PACIFIC BEACON

Address: 3705 Norman Scott Road, San Diego, CA 92136

Phone: 619-231-3400

Website: <http://www.pacificbeacon.com/>

Email: pbinfo@pacificbeacon.com

Contact Person: Leasing specialist

Services Offered: privately owned and managed, 941-suite luxury high-rise apartment community on Naval Base San Diego overlooking San Diego Bay

Languages Offered: English

Fees: 82% of E4 San Diego BAH

Eligibility: single active duty service member attached to Naval Base San Diego at the rank of E4 and has the proper request chit approved by the housing office

PATRIOT GUARD RIDERS

Address: Patriot Guard Riders, Inc. , c/o Tatum & Associates, Inc.

6641 E. 85th Street North Owasso, Ok 74055

Phone: Use contact form online

Website: <https://www.patriotguard.org/content.php?s=5c475012523f9eb1b6a64980a9877e09>

Email: Pacific@PatriotGuard.org

Contact Person:

Services Offered: to attend the funeral services of fallen American heroes as invited guests of the family. Each mission we undertake has two basic objectives:

1. Show our sincere respect for our fallen heroes, their families, and their communities.
2. Shield the mourning family and their friends from interruptions created by any protester or group of protesters.

We accomplish the latter through strictly legal and non-violent means.

Languages Offered: Dependent on availability

Fees: Free to be a member

Eligibility: Varies

PETS WELCOME

Address: N/A

Phone: 845-297-5150

Email: customerserv@petswelcome.com

Contact Person: Representative

Services Offered: Information about hotels, restaurants, and activities that are pet friendly

Languages Offered: English

Fees: N/A

Eligibility: Open to all

PROJECT EVERGREEN

Address: 8500 Station St., Suite 230 Mentor, OH 44060

Phone: 877-758-4835 ; 888-611-2955

Website: www.projectevergreen.org/programs/gcft

Email: kimatsko@projectevergreen.org

Contact Person: Joy Westenberg/ Ki Matsko

Services Offered: Free lawn care and landscape service for deployed service members and family

Languages Offered: English

Fees: None

Eligibility: Deployed active duty and activated reserve

PSD (Personnel Support Detachment)

Address: 3395 Sturtevant St, Ste 1, Bldg. 56 , San Diego, CA 92136-5075

Phone: 619-556-1946

Website: <http://www.public.navy.mil/bupers-npc/psd/Pages/default.aspx>

Email: N/A

Contact Person: Front desk

Services Offered: Pay and personnel information, electronic service records updates, NSIPS

Languages Offered: English

Fees: N/A

Eligibility: Active duty and reserve military members

REGION LEGAL SERVICE OFFICE

Address: Bldg. 56, Naval Base San Diego

Phone: 619-556-2211

Website: cnic.navy.mil/regions/cnrsw

Email: N/A

Contact Person: Receptionist

Services Offered: Wills, divorce, adoption, powers of attorney, notary, and other attorney services

Languages Offered: Depends on staff availability

Fees: N/A

Eligibility: Active duty, retirees, reservists, and their dependents

SAFE HELP LINE

Address: 1220 L Street, NW Suite 505, Washington, DC 20005

Phone: 877-995-5247

Website: www.safehelpline.org

Email: info@safehelpline.org

Contact Person: Trained staff

Services Offered: One on one confidential, 24/7, worldwide help for sexual assault related incidences

Languages Offered: English

Fees: None

Eligibility: DoD Community

SAIL

Address: N/A

Phone: Military Crisis Line: 1-800-273-8255

Website: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/command/Pages/SAIL.aspx

Email: N/A

Contact Person: 619-726-1742 Allen Bond

Services Offered: evidence-based approach to intervention that provides rapid assistance, ongoing risk assessment, care coordination and reintegration assistance for service members identified with a suicide related behavior

Languages Offered: English

Fees: N/A

Eligibility: Service members identified with a suicide related behavior

SALVATION ARMY

Address: 825 7th Avenue, San Diego, CA 92101

Phone: 619-699-2200

Website: <http://centrecity.salvationarmy.org/>

Email: N/A

Contact Person: Receptionist

Services Offered: Emergency shelter, addiction counseling, food drives, disaster assistance, employment assistance, adult day care and community centers, Christian worship services and ministries

Languages Offered: Many languages may be available depending on location

Fees: N/A

Eligibility: Anyone

SAN DIEGO CHINESE CENTER

Address: 428 3rd Ave, San Diego, CA 92101

Phone: 619) 234-4447

Website: www.sdchinesecenter.org

Email: Contact form online

Contact Person: Receptionist

Services Offered: Job referrals, immigration services, healthcare resources, in-home support, and forms assistance

Languages Offered: Interpretation available for multiple languages and dialects

Fees: N/A

Eligibility: Anyone

SAN DIEGO COMMUNITY COLLEGES

Address: 3375 Camino Del Rio South, San Diego, California 92108

Phone: 619-388-6500

Website: <http://www.sdccd.edu/>

Email: N/A

Contact Person: Admin

Services Offered: Three colleges that offer Associate's Degrees, certificates, and degrees for transfer.

Languages Offered: English/ Spanish

Fees: Varies

Eligibility: Everyone

SAN DIEGO CONTINUING EDUCATION

Address: 4343 Ocean View Blvd., San Diego, CA 92113

Phone: 619-388-4884

Website: <http://www.sdce.edu/organization/contact>

Email: N/A

Contact Person: Admin

Services Offered: Quality education and support services to diverse adult learners in pursuit of lifelong learning, training, career advancement, and pathways to college.

Languages Offered: Multiple languages may be available based on staff presence

Fees: Varies

Eligibility: Anyone

SAN DIEGO COUNTY DISTRICT ATTORNEY'S OFFICE

Address: 330 W. Broadway, San Diego, CA 92101

Phone: 619-531-4040

Website: <http://www.sdcca.org/>

Email: publicaffairs@sdcca.org

Contact Person: Receptionist

Services Offered: Crime reporting, crisis intervention, victim advocates, counseling, resource and referral, case status, emergency assistance

Languages Offered: English, Spanish, Tagalog, Mandarin, Arabic, Vietnamese, and Farsi

Fees: N/A

Eligibility: Anyone

SAN DIEGO FINANCIAL LITERACY CENTER (SDFLC)

Address: 649 W. Mission Ave., Room 2400, Escondido, CA 92025

Phone: 760-740-5582

Website: www.sdflc.org

Email: mvrc@sdflc.org

Contact Person: Military and Veterans Resource Center

Services Offered: Free financial literacy seminars, Boost for Our Heroes awards, educational and financial grant programs

Languages Offered: English

Fees: None

Eligibility: Anyone

SAN DIEGO FOOD BANK

Address: 9850 Distribution Avenue, San Diego, CA 92121

Phone: 866-350-3663 or 858-527-1419

Website: www.sandiegofoodbank.org

Email: N/A

Contact Person: Operator

Services Offered: Food drives and distributions

Languages Offered: English and Spanish

Fees :none

Eligibility: Anyone

SAN DIEGO MILITARY FAMILY COLLABORATIVE

Address: 3487 Santo Rd, San Diego, CA, 92124

Phone: 858.496.0044

Website: <http://sdmilitaryfamily.org/>

Email: info@sdmilitaryfamily.org

Contact Person: Ms. Kathryn Brown

Services Offered: Provide an inclusive forum to maximize the collective impact of community resources to enhance military family life.

Languages Offered: English

Fees: None

Eligibility: Varies per organization

SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)

Address: 4426 Harbinson Ave. La Mesa, CA 91942

Phone: 619-461-4164

Website: www.sandiegomom.org

Email: office@sandiegomom.org

Contact Person: Front Office

Services Offered: Food distribution, infant and children items, small household goods

Languages Offered: English

Fees: None

Eligibility: E5 active duty and below and Wounded Warriors

SAN DIEGO POLICE DEPARTMENT

Address: 1401 Broadway, San Diego, CA 92101

Phone: 619-531-2000

Website: <https://www.sandiego.gov/police>

Email: N/A

Contact Person: Non-emergency

Services Offered: Crime reporting, restraining orders, community outreach

Languages Offered: Depends on staffing

Fees: N/A

Eligibility: Anyone

SAN DIEGO UNITED VETERANS COUNCIL

Address: 3245 University Avenue Suite 1-227, San Diego CA 92104

Phone: N/A

Website: www.dm.sduvc.org

Email: UVCNews@gmail.com

Contact Person: Representative

Services Offered: Collaboration of Veteran's organizations and resource and referral

Languages Offered: English

Fees: N/A

Eligibility: Veterans and their families

SAN DIEGO VETERANS COALITION

Address: 5520 Overland Avenue, The Commons Room, San Diego, CA 92123

Phone: N/A

Website: www.sdvetscoalition.org

Email: Contact form online

Contact Person: Representative

Services Offered: Collaboration and coordination of various organizations and resources for military and veterans in San Diego

Languages Offered: English

Fees: N/A

Eligibility: Veterans and their families

SAVING FOR COLLEGE

Address: 300 South Grand Ave 16th Floor, Los Angeles, CA 90071

Phone: (301) 590-6500

Website: www.finra.org/investors/saving-college

Email: Contact form online

Contact Person: Representative

Services Offered: College saving calculator and info about college savings plans

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Anyone

SAY SAN DIEGO

Address: Administrative Office- 8755 Aero Drive, Suite 100, San Diego, CA, 92123

Mid-City Family Resource Center- 4275 El Cajon Blvd., San Diego, CA 92105

Phone: 858-565-4148 or 619-283-9624

Website: <https://www.saysandiego.org/>

Email: info@saysandiego.org

Contact Person: Admin

Services Offered: Before and after school programs, child abuse prevention, community development, family support, mental health services, prevention strategies, and school success

Languages Offered: English, Spanish, French, and more

Fees: May apply for some programs

Eligibility: Anyone

SCHOOL LIAISONS PROGRAM

Address: 2625 Le Hardy St. Bldg. 3544 San Diego, CA 92136

Phone: 619-532-1034

Website: www.navylifesw/sandiego/families/cyp/schoolliaison

Email: nbsdslo@navy.mil

Contact Person: School Liaison Officer

Services Offered: Agency referrals, school transfer assistance, local school info

Languages Offered: English

Fees: None

Eligibility: Active duty military and dependents

SOUTH BAY COMMUNITY SERVICES

Address: 430 F Street, Chula Vista CA 91910

Phone: 619-420-3620 ; 800-640-2933

Website: <http://southbaycommunityservices.org/>

Email: N/A

Contact Person: Receptionist or 24 hour hotline

Services Offered: Domestic violence support services, emergency and transitional housing, food assistance and distribution, tax services, and family support

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Anyone

SPOUSE PREFERENCE

Address: N/A

Phone: 858-577-5728

Website: <http://www.secnnav.navy.mil/donhr/how-to-apply/military-spouses/pages/default.aspx>

Email: N/A

Contact Person: OCHR San Diego Operations Center

Services Offered: Information about military spouse preference for employment

Languages Offered: N/A

Fees: None

Eligibility: Please visit website for specific eligibility requirements.

SUPPORT THE ENLISTED PROJECT (STEP)

Address: 9951 Business Park Ave. Ste. A, San Diego, CA 92131

Phone: 866-424-5210

Website: www.stepsocal.org

Email: info@stepsocal.org

Contact Person: Receptionist

Services Offered: Emergency financial grants, holiday relief, financial classes, Wounded Warrior caregiver support

Languages Offered: English and Spanish

Fees: None

Eligibility: Junior Enlisted Service members and their families

THE BEST SCHOOLS

Address: 1336 Main, St., Pella, IA 50219

Phone: 708-305-0257

Website: www.thebestschools.org

Email: thebestschools.org@gmail.com

Contact Person: Mr. James Barham

Services Offered: In-depth rankings of degree programs as well as of colleges and universities

Languages Offered: English

Fees: None

Eligibility: Open to all

THE SAN DIEGO LGBT COMMUNITY CENTER

Address: 3909 Centre Street San Diego, CA 92103

Phone: 619-692-2077

Website: <http://www.thecentersd.org>

Email: Contact form online

Contact Person: Delores Jacobs

Services Offered: Advocacy and civil rights, behavioral health programs, discussion groups, special events, family services, Latino services, and youth programs

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Anyone

THERAPEUTIC RECREATION SERVICES

Address: 3325 Zoo Drive San Diego, CA 92101

Phone: 619-525-8247

Website: <http://www.sandiego.gov/park-and-recreation/pdf/trscalendar.pdf>

<https://www.sandiego.gov/park-and-recreation/activities/trs>

Email: JMRichards@sandiego.gov

Contact Person: N/A

Services Offered: The City of San Diego Park & Recreation Therapeutic Recreation Services program provides sports, recreation, leisure and outreach services to San Diegans with physical, mental and emotional disabilities

Languages Offered: English

Fees: Based on activity

Eligibility: Open to the public ages 3- adulthood, some activities may have a physical assessment

THRIFT SAVINGS PLAN (TSP)

Address: N/A

Phone: 877-968-3778

Website: www.tsp.gov

Email: N/A

Contact Person: Receptionist

Services Offered: Information on savings, investing and retirement through the TSP

Languages Offered: English

Fees: None

Eligibility: Federal employees and military

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)

Address: 3033 Wilson Boulevard, Suite 630 Arlington, VA 22201

Phone: 1-800-959-TAPS (8277)

Website: <http://www.taps.org>

Email: info@taps.org

Contact Person: TAPS Services and Support

Services Offered: Survivor programs, connections, camps for children, seminars, and resources

Languages Offered: Dependent on staff

Fees: None

Eligibility: Family of a fallen service member

TRICARE

Address: N/A

Phone: 877-988-WEST

Website: www.tricare.mil ; www.uhcmilitarywest.com

Email: N/A

Contact Person: Customer Service

Services Offered: Healthcare coverage, claims information, enrollment

Languages Offered: Multiple languages available

Fees: N/A

Eligibility: Active, retired, activated reserve, and dependents

TRICARE EXTENDED CARE HEALTH OPTION (TRICARE ECHO)

Address: N/A

Phone: 1-855-874-6800; Fax: 1-877-890-8156

Website: <http://www.tricare.mil/echo>; www.uhcmilitarywest.com

Email: Case Manager

Contact Person: Case Manager

Services Offered:

- Applied Behavior Analysis therapy for qualifying conditions (not a cost share service)
- Durable equipment
- Expanded in-home medical services through Tricare ECHO Home Health Care (EHHC)
- Interpreter or translator services for patients with visual or hearing impairments
- Medical and rehabilitative services
- Respite care for the caregiver
- Training to use assistive devices
- Transportation to ECHO-authorized services when appropriate

Languages Offered: Based on provider

Fees: Cost Share per family

- | | |
|----------------------------|-------|
| • E1-E5 | \$25 |
| • E6 | \$30 |
| • E7 & O1 | \$35 |
| • E8 & O2 | \$40 |
| • E9, WO/WO-1, CWO-2, & O3 | \$45 |
| • CWO-3,CWO-4 & O4 | \$50 |
| • CWO-5 & O5 | \$65 |
| • O6 | \$75 |
| • O7 | \$100 |
| • O8 | \$150 |
| • O9 | \$200 |
| • O10 | \$250 |

Eligibility:

- ECHO is offered to the following beneficiaries who are diagnosed with moderate or severe mental retardation, a serious physical disability, or an extraordinary physical or psychological condition
- Enrolled in the Exceptional Family Member Program (unless given a waiver for specific reasons)
- Tricare-eligible Active Duty Family Members (ADFMs), including family members of National Guard and Reserve members called or ordered to active service for more than 30 days
- Family members who are eligible for continued coverage under the Transitional Assistance Management Program
- Children or spouses of former service members who were victims of physical or emotional abuse
- Family members of deceased active duty sponsor (during the period they are in transitional survivor status)

TUTOR.COM

Address: N/A

Phone: 1800-411-1970

Website: www.tutor.com/military

Email: militarysupport@tutor.com

Contact Person: Customer service representative

Services Offered: Free one on one tutoring for military

Languages Offered: Multiple languages available

Fees: None for military

Eligibility: US Active Duty and activated reserve and their school age children and spouses

U.S. AIR FORCE CASUALTY MATTERS DIVISION

Address: 550 C Street W JBSA-Randolph AFB, TX 78150

Phone: 800-433-0048

Website: <http://www.afpc.af.mil/Air-Force-Casualty-Operations/>

Email: N/A

Contact Person: Casualty Operations

Services Offered: The branch provides guidance to commanders, casualty assistance representatives, family assistance representatives, and many other support agencies to ensure members and their families are taken care of as expeditiously as possible in a family emergency

Languages Offered: English

Fees: N/A

Eligibility: Family of fallen active duty member

U.S. MARINE CORPS CASUALTY ASSISTANCE

Address: N/A

Phone: 1-800-847-1597

Website: <http://www.usmc-mccs.org/services/benefits/casualty-assistance/>

Email: N/A

Contact Person: Casualty Assistance Command Representative

Services Offered: Provide immediate casualty assistance to Marine Corps families with compassion, dignity and honor, task and assign units to provide Casualty Assistance Calls Officers (CACOs) to supported family members, facilitate delivery of command investigations to family members to provide closure.

Languages Offered: English

Fees: N/A

Eligibility: Family members of fallen active duty service members

UNION OF PAN ASIAN COMMUNITIES

Address: 1031 25th Street San Diego, CA 92102

Phone: 619- 232-6454

Website: <http://www.upacsd.com/>

Email: jleedom@upacsd.com

Contact Person: Jennifer Leedom

Services Offered: Adult, children, and adolescent mental health; addiction treatment and recovery; housing counseling; community development; senior nutrition program

Languages Offered: Over 30 different languages and dialects

Fees: N/A

Eligibility: low-income families and individuals in the County of San Diego

UNITED SERVICE ORGANIZATION (USO) DOWNTOWN

Address: 303 A Street, Suite 100, San Diego, CA 92101

Phone: 619-235-6503

Website: www.sandiego.uso.org

Email: resourcerequest@usosandiego.org

Contact Person: Front desk

Services Offered: ticket giveaways, free Tuesday night dinners, community chest food program, and

Languages Offered: English and Spanish

Fees: none

Eligibility: Active duty and dependents

UNITED SERVICE ORGANIZATION (USO) SAN DIEGO INTERNATIONAL AIRPORT

Address: 3705 North Harbor Drive, San Diego, CA 92101

Phone: 619-296-3192

Website: www.sandiego.uso.org

Email: resourcerequest@usosandiego.org

Contact Person: Front desk

Services Offered: Food and beverages, comfortable seating, video games, showers, and children's play area

Languages Offered: English and Spanish

Fees: none

Eligibility: Active Duty and Dependents

UNITED STATES POSTAL SERVICE (USPS) CARE PACKAGE PROGRAM

Address: N/A

Phone: 1800-610-8734

Website: usps.com/ship/apo-fpo-dpo.htm

Email: N/A

Contact Person: USPS Representative

Services Offered: Free military care kit

Languages Offered: Multiple languages available

Fees: Free kit, postage is additional

Eligibility: Anyone

UNITED THROUGH READING

Address: 1455 Frazee Rd. Ste. 500, San Diego, CA, 92108

Phone: 858-481-7323

Website: unitedthroughreading.org

Email: lilycarlton@utr.org

Contact Person: Receptionist

Services Offered: Connecting children to deployed parents through recorded reading

Languages Offered: English and some Spanish

Fees: None

Eligibility: Active duty, activated reserve, and family

US CITIZENSHIP AND IMMIGRATION SERVICES

Address: 1325 Front Street, San Diego, CA 92101

Phone: 877-CIS-4MIL (877-247-4645)

Website: <https://www.uscis.gov/military>

Email: Contact form online

Contact Person: Representative

Services Offered: USCIS offers immigration information and links to resources geared specifically for members of the military and their families.

Languages Offered: English/ Spanish online; more languages may be available

Fees: N/A

Eligibility: Anyone

US NAVY PERSONNEL COMMAND CASUALTY ASSISTANCE

Address: 5720 Integrity Driven Millington, TN 38055-1300 Phone: 1-800-368-3202

Website: <http://www.public.navy.mil/BUPERS-NPC/SUPPORT/CASUALTY/Pages/default2.aspx>

Email: N/A

Contact Person: CACO

Services Offered: provide timely and first class casualty assistance to Navy families when a Sailor is seriously ill or injured, is placed in a duty status whereabouts unknown (DUSTWUN), or is declared missing and/or Prisoner of War or dies

Languages Offered: English

Fees: None

Eligibility: Family of active duty service member

VETERANS ADMINISTRATION (SAN DIEGO REGIONAL OFFICE)

Address: 8810 Rio San Diego Drive, San Diego, CA 92108

Phone: 1-800-827-1000 (VA Benefits Line)

Website: <http://www.benefits.va.gov/sandiego/>

Email: N/A

Contact Person: Representative

Services Offered: Information regarding benefits, GI Bill, home loans, survivor benefits, life insurance, employment centers, and more

Languages Offered: Multiple languages available

Fees: None

Eligibility: Veterans, service members, their families and survivors

VETERANS OF FOREIGN WARS (VFW)

Address: 406 W. 34th St., Kansas City, MO 64111

Phone: (816) 756-3390

Website: www.vfw.org

Email: Contact form online

Contact Person: Operator

Services Offered: Insurance programs, financial services, travel coordination, end of life services, active duty to civilian transition

Languages Offered: English

Fees: \$45 annually for membership

Eligibility: US citizen, honorably served in the Armed Forces for a war, expedition, or campaign on foreign soil or hostile waters

VETERANS VILLAGE SAN DIEGO

Address: 4141 Pacific Highway, San Diego, CA 92110

Phone: 619-393-2000

Website: www.vvvd.net

Email: info@vvvd.net

Contact Person:

Services Offered: VVSD extends assistance to needy and homeless veterans and their families by providing: Substance Abuse Recovery, Mental Health Counseling, Job Training and Job Search Assistance, Housing, Food, Clothing, Legal Services

Languages Offered: English and Spanish

Fees: none

Eligibility: Homeless military veterans and their families

VOLUNTEER LAWYER PROGRAM

Address: 707 Broadway, Ste. 1400, San Diego, CA, 92101

Phone: 619-235-5656

Website: www.sdvlp.org

Email: N/A

Contact Person: Operator

Services Offered: Free civil legal services

Languages Offered: English and Spanish

Fees: None

Eligibility: Income sensitive and San Diego residents

VOLUNTEER MATCH

Address: 550 Montgomery Street, 8th Floor, San Francisco, CA 94111

Phone: N/A

Website: www.volunteermatch.org

Email: N/A

Contact Person: Representative

Services Offered: Connect to various volunteer opportunities where you live based on your interests

Languages Offered: English

Fees: None

Eligibility: Open to all

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

Address: Bldg. 265, 3005 Corbina Alley, San Diego, CA 92136

Phone: 800-500-6411; 858-860-4608

Website: www.sandiegowic.org

Email: Contact form online

Contact Person:

Services Offered: Healthy food checks, nutritional guidance, breastfeeding support, and referrals

Languages Offered: English and Spanish

Fees: None

Eligibility: Pregnant women ;Breastfeeding women up to one year postpartum; Non-breastfeeding women up to six months postpartum; Infants and children under five years old; All foster children under five years old

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM

Address: Bldg. 265, 3005 Corbina Alley, San Diego, CA 92136

Phone: 800-500-6411; 858-860-4608

Website: www.sandiegowic.org

Email: Contact form online

Contact Person:

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Languages Offered: English and Spanish

Fees: None

Eligibility: Pregnant women ;Breastfeeding women up to one year postpartum; Non-breastfeeding women up to six months postpartum; Infants and children under five years old; All foster children under five years old

WOMEN'S RESOURCE CENTER

Address: 1963 Apple St. Oceanside, CA 92054

Phone: 760-757-3500

Website: <http://www.wrcsd.org/>

Email: Contact form online

Contact Person: Director

Services Offered: Transitional housing, crisis intervention, adult and children's counseling, domestic violence hotline, domestic violence perpetrator program, sexual assault response teams, domestic violence response teams, and community and school prevention programs

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Men, women, and children involved in or threatened by domestic violence or sexual assault

WORLD BEAT CULTURAL CENTER

Address: 2100 Park Blvd. San Diego, CA 92101

Phone: 619-230-1190

Website: <http://www.worldbeatcenter.org/>

Email: Contact form online

Contact Person: Receptionist

Services Offered: Cultural immersion opportunities, children's summer camp, student internships, outreach program, outdoor classroom, and cultural activity classes

Languages Offered: Multiple languages available depending on staff

Fees: May apply to some events/classes

Eligibility: Anyone

YMCA CHILDCARE RESOURCES

Address: 1750 5th Ave. San Diego, CA 92101

Phone: 619-521-3070 800-481-2151

Website: www.ymca.org/crs

Email: N/A

Contact Person: Receptionist

Services Offered: Childcare referral for income sensitive families

Languages Offered: Multiple languages available

Fees: None for referral, but childcare fees will apply

Eligibility: Anyone

ZERO8HUNDRED

Address: 4005 Camino Del Rio S. San Diego, CA 92108

Phone: N/A

Website: <http://www.zero8hundred.org/Home.aspx>

Email: Contact form online

Contact Person: Peer Navigator

Services Offered: access to online skills assessments and industry matching tools, coaching by sector leader in the area of interest, access to community resources for resume writing and interview skills, access to veterans resource centers, directory of small/mid-sized companies ready to hire, linkages to existing education and employment navigators, emergency food, shelter/housing, material goods, transportation, utilities, financial services and legal aid services, support groups, social development, self-care and personal enrichment, and military family support services.

Languages Offered: English

Fees: None

Eligibility: Veterans and their family members within 6 months prior to leaving active duty and up to 12 months after