

# Care1ST

HEALTH PLAN

An affiliate of Blue Shield of California



## CULTURALLY & LINGUISTICALLY APPROPRIATE SERVICES



COMMUNITY RESOURCES DIRECTORY

San Diego County

**Dear Care1st Provider:**

**In order to help you locate culturally sensitive and linguistically competent services for your diverse patient population, Care1st has developed a Resource Directory, which includes community organizations that are available to your patients.**

**We have organized resources by subject matter. I hope this format will help you access information quickly.**

**If you would like to refer your patient to a community based organization or agency through Care1st, please complete and fax the enclosed CLAS referral form to (323) 889-5407. C&L department will locate a resource for your patient and will let you know where we have referred your patient to within 30 days.**

**Please document the referral in the patient's chart so we can maintain a closed loop referral process.**

**Thank You for Your Continuing Support!**

**Jennifer Mazariegos  
Cultural & Linguistic Specialist**



Yes, it is all about you.

## CULTURAL & LINGUISTICALLY APPROPRIATE SERVICES REFERRAL REQUEST FORM

Providers: Complete sections A-C and fax to the Cultural & Linguistics Department at (323) 889-5407

A. Patient Information				
Member Name:			Gender	
			Female	Male
			Other _____	
Member Address:			City:	
Zip Code:	Phone: (    )	DOB:	Language Spoken:	
B. Provider Information				
Requested by:			Date of Request:	
Provider Name:		Phone: (    )	Fax: (    )	
Finding:				
Comments:				
C. Referral Information				
<b>Service Requested</b>				
Social Service	Support Group	Community Based Organization (CBO)		Other:
<b>Topic</b>				
African American	Parenting Classes	Cultural Transition	Stress/Depression	Youth/Teen
Asian/Pacific Islander	ESL Classes	HIV/STD	Interpreter Services	Visually Impaired
Hispanic/Latino	Sexuality Issues	Domestic Violence	Employment Service	Hard of Hearing
Armenian/Russian	Adoption/Foster Care	Citizenship	Immigration/Legal Assistance	
Other: _____				
Comments:				
D. Service Information				
Title of Program:		Date:	Time:	
Program Location:				
Address:		City:		Zip Code:
Program Contact:			Phone: (    )	
Unable to contact Member Member was contacted on: _____		Will attend program Refused program		
Instructions/Comments:				
E. Follow-Up				
Member attended program		Member did not attend program		Information not available
Comments:				



Yes, it is all about you.

## Directory of Cultural & Linguistic Services of San Diego County

If you need to refer a patient to a community based organization or agency, please fax the CLAS referral form to (323) 889-5407. Once a referral is received, CLAS Department will monitor member's attendance to the program. Providers will be informed by fax whether the member attended to the program. Please keep in mind that you need to maintain information provided by Care1st in the member's chart for reference.

*Language Guide: (A)rmenian, (Ar)abic, (Ca)mbodian, (E)nglish, (Fa)rsi, (Fi)lipino, (Hi)ndi, (Hm)ong, (J)apanese, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sp)anish, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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### Adoption/Foster Care

<b>ABC Foster Family Agency</b> 1520 Borookhollow Drive, Suite 35 Santa Ana	(800) 595-2007 <a href="http://www.abcfoster.com">www.abcfoster.com</a>	Free	E
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*Recruits and trains foster parents. Provides social work services to foster parents and children.*

<b>CASEY FAMILY PROGRAMS</b> 3878 Old Town Avenue San Diego	(619) 543-0774 <a href="http://www.casey.org">www.casey.org</a>	Free	E, Sp
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*Provides, improves and ultimately prevents the needs for foster care.*

### Community Wellness

<b>ACTS CHARITY ASSISTANCE NETWORK INC.</b> 2640 Financial Court Suite B San Diego	(949) 454-8300 <a href="http://www.actslink.com">www.actslink.com</a>	Call for Cost	E
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*Provider of funding charities and non-profit organizations throughout America. Support your charity and provide charity assistance network.*

<b>ALCOHOLICS ANONYMOUS SAN DIEGO</b> 7075 Mission Gorge Road, Suite B San Diego	(619) 265-8762 <a href="http://www.aasandiego.org">www.aasandiego.org</a>	Free	E
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*AA meetings and special events*

<b>ALZHEIMER'S FAMILY CENTER, INC.</b> 3702 Fourth Avenue San Diego	(619) 543-4700 <a href="http://www.alzheimerhelp.org">www.alzheimerhelp.org</a>	Varies	E, Sp
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*Provided adult day care, respite care, dementia series classes, family care giving classes, and multi-cultural outreach.*

<b>AMERICAN CANCER SOCIETY-DISCOVERY</b> 2655 Camino Del Rio North, suite 100 San Diego	(619) 299-4200 <a href="http://www.cancer.org">www.cancer.org</a>	Free	E, Sp
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*Research and funding programs such as cancer prevention studies, funding opportunities, and impact of the research program. 24hr. Information line (800) 227-2345*

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>AMERICAN LUNG ASSOCIATION</b> 2750 Fourth Avenue San Diego  <i>Adult lung disease, asthma, taking on tobacco, lung infections, lung express, and youth services</i>	(619) 297-3901 <a href="http://www.lungsandiego.org">www.lungsandiego.org</a>	Free	E
<b>AMERICAN RED CROSS</b> 3950 Calle Fortunada San Diego  <i>Preparing for disasters, Red Cross facts, and offer sheltering for those displaced by a disaster</i>	(858) 309-1200 <a href="http://www.sdarc.org">www.sdarc.org</a>	Free	E, Sp
<b>ARTHRITIS FOUNDATION, SAN DIEGO AREA</b> 9089 Claremont mesa Boulevard, suite 104 San Diego  <i>Arthritis foundation prevents many events and programs that keep you up to date with the latest news, the medicines, and learn more about your disease.</i>	(858) 492-1090 <a href="http://www.arthritis.org">www.arthritis.org</a>	Free	E, Sp, Fi
<b>BAYSIDE COMMUNITY CENTER</b> 2202 Comstock Street San Diego  <i>Senior exercise class, senior lunch program, parent education class, emergency food program, and children program aged 0-5.</i>	(858) 278-0771 <a href="http://www.baysidecc.org">www.baysidecc.org</a>	Free	E
<b>BIG BROTHERS BIG SISTERS OF SAN DIEGO</b> 8515 Arjons Drive, Suite A San Diego  <i>Programs for children aged 7-16 community-based mentoring, school based mentoring, apache program, Hispanic mentoring model, and our impact.</i>	(858) 536-4900 <a href="http://www.bbbs.org">www.bbbs.org</a>	Free	E, Sp
<b>BOYS &amp; GIRLS CLUBS OF GREATER SAN DIEGO</b> 115 West Woodward Avenue Escondido  <i>Programs provided licensed childcare, transportation, day camp, sports report, health, life skills, leadership, education, career, and recreation.</i>	(866) 739-6884 <a href="http://www.sdyouth.org">www.sdyouth.org</a>	Varies	E, Sp
<b>BRIGHT FAMILIES</b> 9170 Caminto Santa Fe San Diego  <i>A mentoring program that provides support, guidance, and a caring role model to teenagers 12-18                      Helps youth negotiate through their turbulent teen years.</i>	(858) 530-3200 <a href="http://www.bright-families.org">www.bright-families.org</a>	Free	E, Sp
<b>BUILDING BRIDGES TOGETHER</b> 1840 Wilson, Suite C National City  <i>A program of mental health system that focuses on youth and children with emotional, behavioral, or mental disorders and their families</i>	(619) 477-0242 <a href="http://www.buildingbridges2gether">www.buildingbridges2gether</a>	Varies	E, Sp

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>CALIFORNIA CHILDCARE HEALTH PROGRAM</b>	(800) 333-3212 <a href="http://www.ucsfchildcarehealth.org">www.ucsfchildcarehealth.org</a>	Free	
<i>Publications that CCHP Provide health notes are written for childcare professionals, fact sheets for families, survival tips posters, and training curricula.</i>			
<b>CATHOLIC CHARITIES DIOCESE OF SAN DIEGO</b> 349 Cedar Street San Diego	(619) 231-2828 <a href="http://www.ccdsd.org">www.ccdsd.org</a>	Varies	E
<i>Provide a variety of services employment, homeless for men and women, immigration, pregnancy, adoption, and senior.</i>			
<b>CHILDREN'S DENTAL HEALTH ASSOCIATION</b> 1270 24th Street San Diego	(858) 571-1795 <a href="http://www.childrensdentalhealth.org">www.childrensdentalhealth.org</a>	Call for Cost	E
<i>Programs offered school-based, meet the need, pediatric residency, and Toussaint teen center.</i>			
<b>COMMUNITY CONNECTION RESOURCE CENTER</b> 4080 Centre Street San Diego	(619) 291-4790	Call for Cost	E
<i>Services provided substance abuse, educational, and transitional.</i>			
<b>COMMUNITY RESOURCE CENTER</b> 650 Second Street Encinitas	(760) 753-1156 <a href="http://www.communityresourcecenter.org">www.communityresourcecenter.org</a>	Varies	E, Sp
<i>Housing, domestic violence, and homelessness.</i>			
<b>CRASH</b> 1081 Camino Del Rio So. #129 San Diego	(619) 297-5131 <a href="http://www.crashinc.org">www.crashinc.org</a>	Call for Cost	E
<i>Alcohol/drug abuse prevention, rehabilitation, residential treatment, day treatment, outpatient recovery services, community education, and day treatment for pregnant/parenting women.</i>			
<b>DOOR OF HOPE (SALVATION ARMY)</b> 2799 Health center Drive San Diego	(858) 279-1100 <a href="http://www.sandiego.salvationarmy">www.sandiego.salvationarmy</a>	Free	E, Sp
<i>The haven program is a long-term residential group home for pregnant and parenting teens and their babies. Parenting classes, high school on campus, and counseling.</i>			
<b>ELDERHELP OF SAN DIEGO</b> 4069 30th Street San Diego	(619) 284-9281 <a href="http://www.elderhelpofsandiego.org">www.elderhelpofsandiego.org</a>	Free	E, Sp, R
<i>Provides care management, homecare, friendly visiting, grocery shopping, and many more to help a senior live a better life.</i>			
<b>Family Justice Center TDD Phone</b>	(619) 533-6023	Call for Cost	E, Sp



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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>FAMILY HEALTH CENTERS OF SAN DIEGO</b> 1809 National Ave. San Diego	(619) 515-2300 <a href="http://www.fhcsd.org">www.fhcsd.org</a>	Varies	E, Sp
<i>Services provided adolescent, adult medicine, child/family intervention center, counseling, mental health, community toddler enrichment program, health care for the homeless, and laboratory.</i>			
<b>Family Justice Center</b>	(866) 933-HOPE		E
<b>KIDS INCLUDED TOGETHER</b> 2820 Roosevelt Road, suite 202 San Diego	(858) 225-5680 <a href="http://www.kitonline.org">www.kitonline.org</a>	Varies	E, Sp
<i>Programs offered boys and girls club, childcare, parks and recreation, arts, and other enrichment.</i>			
<b>MAKE-A-WISH FOUNDATION OF SAN DIEGO</b> 5151 Murphy Canyon Road Suite 110 San Diego	(858) 707-9474 <a href="http://www.wishsandiego.org">www.wishsandiego.org</a>	Free	E, Sp, Ca, Fa, Fi
<i>Grants wishes of children with life threatening medical conditions to enrich experience with hope, strength, and joy.</i>			
<b>MARCH OF DIMES - SAN DIEGO- IMPERIAL</b> 9325 Sky Park Court #250 San Diego	(858) 576-1211 <a href="http://www.marchofdimes.com">www.marchofdimes.com</a>	Free	E, Sp
<i>March of dimes improves the health of babies by preventing birth defects and infant mortality.</i>			
<b>MENTAL HEALTH SYSTEMS, INC.</b> 9465 Farnham Street San Diego	(858) 573-2600 <a href="http://www.mhsinc.org">www.mhsinc.org</a>	Call for Cost	E
<i>Substance abuse, mental health care, and vocational.</i>			
<b>NARCOTICS ANONYMOUS</b> 4689 Felton Street Normal Heights San Diego	(619) 584-1007 <a href="http://www.sandiegona.org">www.sandiegona.org</a>	Free	E
<i>Daily meetings.</i>			
<b>NEIGHBORHOOD HOUSE ASSOCIATION</b> 5660 Copley Drive San Diego	(858) 715-2642 <a href="http://www.neighborhoodhouse.org">www.neighborhoodhouse.org</a>	Free	E, Sp
<i>Food bank and child programs. Services offered employment, health, HIV/AIDS, senior nutrition, youth, social, counseling, housing, and crisis intervention.</i>			
<b>ODYSSEY HOSPICE, SAN DIEGO</b> 9444 Balboa Ave. suite290 San Diego	(858) 565-2499 <a href="http://www.odsyhealth.com">www.odsyhealth.com</a>	Free	E, Sp
<i>Services provided bereavement, patient care teams, and quality of service standard, testimonials, and admissions criteria to ages 18 and older.</i>			

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>OUR PLACE CENTER OF SELF-ESTEEM</b> 2910 Baily Avenue San Diego  <i>A non-profit organization that provides monthly, co-education life skills classes that teach self-esteem, manners, anger management, and support groups.</i>	(619) 262-9951 <a href="http://www.idagreene.com">www.idagreene.com</a>	Varies	E
<b>PARKINSON'S DISEASE ASSN. OF SAN DIEGO</b> 8555 Aero Drive, Suite 308 San Diego  <i>The center raises funds to support local research and the I&amp;R center. Provides a variety of programs and services in-home care educational symposia, workshops, and support groups.</i>	(858) 273-6763 <a href="http://www.pdasd.org">www.pdasd.org</a>	Varies	E, Sp
<b>PLANNED PARENTHOOD OF SAN DIEGO</b> 1075 Camino del Rio South San Diego  <i>Services provided abnormal pap tests, abortion, birth control methods, general gynecology, pregnancy, sexually transmitted infections, and vaginal infections.</i>	(619) 881-4500 <a href="http://www.planned.org">www.planned.org</a>	Call for Cost	E, Sp
<b>POSTPARTUM HEALTH ALLIANCE</b> P.O. BOX 503396 San Diego  <i>Offers information, support, education, and training.</i>	(619) 685-7458 <a href="http://www.postpartumhealthallian">www.postpartumhealthallian</a>	Call for Cost	E, Sp
<b>SALVATION ARMY</b> 1011 E. Main St. El Cajon  <i>Food bank, family development center, drug/alcohol rehabilitation, homeless outreach, senior dining, senior residence, transitional housing, and shelter.</i>	(619) 440-3579 <a href="http://www.sandiego.salvationarmy">www.sandiego.salvationarmy</a>	Free	E
<b>SAN DIEGO ACCESS AND CRISIS LINE</b>  24 Hours Helpline	(800) 479-3339	Free	E, Sp
<b>SAN DIEGO ADOLESCENT PREGNANCY AND</b> 2716 Marcy Avenue San Diego  <i>Counseling, family planning, job training, nutritional counseling, and parenting classes for pregnant and parenting teens under 18 years of age.</i>	(619) 235-5000 <a href="http://www.sandi.net">www.sandi.net</a>	Free	E, Sp, V
<b>SAN DIEGO ALLIANCE FOR THE MENTALLY I11</b> 4480 30th Street San Diego  <i>Senior mental health partnership, illness info., treatment info., family to family education, and peer-to-peer education.</i>	(619) 543-1434 <a href="http://www.namisandiego.org">www.namisandiego.org</a>	Call for Cost	E, Sp



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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>SAN DIEGO COMMUNITY HOUSING CORP.</b> 6160 Mission Gorge Rd., Suite 204 San Diego  <i>Affordable housing, programs within our housing complexes, programs out in the community, classes for anyone interested in improving their financial literacy, purchasing a home, and starting their own business.</i>	(858) 292-3333	Call for Cost	E, Sp
<b>SAN DIEGO COUNTY BREASTFEEDING</b> 3020 Children's Way, MC 5102 San Diego  <i>Advocacy, legislation, articles, California coalitions, donor human milk, breastfeeding, drugs, job board, and research.</i>	(800) 371-6455 <a href="http://www.breastfeeding.org">www.breastfeeding.org</a>	Call for Cost	E
<b>SAN DIEGO COUNTY DISTRICT ATTORNEY</b> 330 W. Broadway San Diego  <i>Services offered educational and mentoring</i>	(619) 531-3587	Call for Cost	E
<b>SAN DIEGO COUNTY PROBATION</b> 9444 Balboa Ave. San Diego  <i>Services provided substance abuse, educational, inmate/ward, mental health care, mentoring, transitional, victim services, and vocational</i>	(858) 514-3200	Call for Cost	E
<b>SAN DIEGO HOSPICE AND PALLIATIVE CARE</b> 4311 Third Avenue San Diego  <i>Hospice care is offered to adults, children, and infants living with treating illness such as cancer, aids, Alzheimer's stroke, Parkinson's, severe birth defects, and end-stage heart, lung, kidney, or liver disease. Provides help with your daily living activities, emotional, and/or spiritual support for patients and loved ones, and changes that may occur in the patient's condition.</i>	(619) 688-1600 <a href="http://www.sdhospice.org">www.sdhospice.org</a>	Free	E, Sp
<b>SAN DIEGO HOUSING COMMISSION</b> 1122 Broadway, Suite 300 San Diego  <i>Helping very low-income families afford rents, providing opportunities for economic independence, working with the community, and section 8 programs.</i>	(619) 231-9400 <a href="http://www.sdhc.org">www.sdhc.org</a>	Free	E, Sp
<b>SAN DIEGO SECOND CHANCE PROGRAM</b> 6145 Imperial Ave. San Diego  <i>Inmate/ward, mental health care, transitional, and vocational</i>	(619) 234-8888 <a href="http://www.secondchanceprogram">www.secondchanceprogram</a>	Call for Cost	E
<b>SAN DIEGO SHERIFFS DEPARTMENT INMATE</b> 10159 Mission Gorge Rd., Suite C Santee  <i>Programs offered substance abuse, educational, faith-based, health care, inmate/ward, law enforcement, mental health care, mentoring, vocational, family support, counseling, housing, and job placement</i>	(916) 258-3001	Call for Cost	E

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<p><b>SAN DIEGO URBAN LEAGUE</b> 720 Gateway Center Dr. San Diego</p> <p><i>Inmate/Ward and Vocational</i></p>	<p>(619) 226-6244 <a href="http://www.ulsdc.org">www.ulsdc.org</a></p>	Call for Cost	E
<p><b>SAN DIEGO YOUTH AND COMMUNITY</b> 3255 Wing Street San Diego</p> <p><i>Programs offered counseling, case management, mental health services, alcohol/drug treatment, adoption, foster care, after school, and independent living skills.</i></p>	<p>(619) 221-8600 <a href="http://www.sdycs.org">www.sdycs.org</a></p>	Call for Cost	E
<p><b>SAN YSIDRO HEALTH CENTER</b> 4004 W. Beyer Blvd. San Ysidro</p> <p><i>Services offered primary care, adult medicine, pharmacy, social services, pregnancy testing, newborn care, family planning, dental services, and WIC.</i></p>	<p>(619) 662-4100 <a href="http://www.syhc.org">www.syhc.org</a></p>	Call for Cost	E, Sp
<p><b>SAY SAN DIEGO</b> 8755 Aero Drive, Suite 100 San Diego</p> <p><i>Services provided delinquency prevention, juvenile diversion, before and after programs, licensed childcare for school age children, family support, drug prevention, and child abuse prevention.</i></p>	<p>(858) 565-4148 <a href="http://www.saysandiego.org">www.saysandiego.org</a></p>	Varies	E, Sp
<p><b>SENIOR COMMUNITY CENTERS OF SAN DIEGO</b> 525 14th Street, Suite 200 San Diego</p> <p><i>Provides medical services, nutrition programs, mental health services, housing, and activities.</i></p>	<p>(619)235-6572 <a href="http://www.servingseniors.org">www.servingseniors.org</a></p>	Free	E, Sp, Fi
<p><b>THE BURN INSTITUTE</b> 8825 Aero Drive, Suite 200 San Diego</p> <p><i>Public education programs, curriculum guides, fact sheets, and information.</i></p>	<p>(858) 541-2277 <a href="http://www.burninstitute.org">www.burninstitute.org</a></p>	Call for Cost	E
<p><b>THE CENTER</b> 3909 Centre Street San Diego</p> <p><i>Center Programs AIDS walk, cancer support groups, counseling, support, family matters, hillcrest youth center, Latino services, marriage equality, senior services, and youth housing project.</i></p>	<p>(619) 692-2077 <a href="http://www.thecentersd.org">www.thecentersd.org</a></p>	Call for Cost	E
<p><b>URBAN CORPS OF SAN DIEGO</b> P.O. BOX 80156 San Diego</p> <p><i>Provide education and paid service project opportunities to young adults aged 18-25 who have dropped out of high school and have no job. Programs offered community service, community involvement, graffiti removal, and corps-to-career.</i></p>	<p>(619) 235-0156 <a href="http://www.urbancorpssd.org">www.urbancorpssd.org</a></p>	Call for Cost	E

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>VOLUNTEERS OF AMERICA</b> 1111 Island Avenue San Diego  <i>Operate several services such as children, families, seniors, rehabilitation, and recovery services.</i>	(619) 232-5171 <a href="http://www.voa-swcal.org">www.voa-swcal.org</a>	Varies	E, Sp
<b>WOODENSHIP ADVERTISING AND PUBLIC</b> 3900 Fifth Ave., Suite 130 San Diego  <i>Vocational</i>	(619) 269-7415 <a href="http://www.woodenship.com">www.woodenship.com</a>		E
<b>YMCA CHILDCARE RESOURCE SERVICE</b> 3333 Camino Del Rio South #400 San Diego  <i>Assisting families in finding quality childcare, educating parents as consumers of childcare services, assisting income eligible families with childcare costs, and assisting families of children with development disabilities with respite care.</i>	(800) 481-2151 <a href="http://www.ymcacrs.org">www.ymcacrs.org</a>	Free	E, Sp
<b>YMCA OF SAN DIEGO COUNTY</b> 4715 Viewridge Ave., Suite 100 San Diego  <i>Programs offered active older adults, aquatics, camping, child development, family life, health, fitness, social services, and sports.</i>	(858) 292-4034 <a href="http://www.ymca.org">www.ymca.org</a>	Varies	E, Sp
<u><b>African American</b></u> <b>ALLIANCE FOR AFRICAN ASSISTANCE</b> 5952 El Cajon Blvd. San Diego  <i>Programs offered resettlement, employment, and education.</i>	(619) 285-5600 <a href="http://www.alliance-for-africa.org">www.alliance-for-africa.org</a>	Free	E, Sp, R, V, Fa
<b>UNITED AFRICAN AMERICAN MINISTERIAL</b> 995 Gateway Center Way, Suite 302 San Diego  <i>Services provided faith-based, mentoring, and job placement</i>	(619) 264-1213	Call for Cost	E
<u><b>Asian/Pacific</b></u> <b>THE UNION OF PAN ASIAN COMMUNITIES</b> 1031 25th Street San Diego  <i>Services provided mental health, addiction treatment, recovery, economic development, children/youth development, and senior health.</i>	(619) 232-6454 <a href="http://www.upacsd.com">www.upacsd.com</a>	Free	E, Sp, J, V
<b>Union Pan-Asian Communities</b>	(619) 235-4282	Call for Cost	E, J

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
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**Hispanic/Latino**

<b>BARRIO STATION</b> 2175 Newton Avenue San Diego	(619) 238-0314 <a href="http://www.barrio-station.org">www.barrio-station.org</a>	Free	E, Sp
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*Youth programs offer computer/literacy lab, gymnasium, theater, general recreation room, counseling offices, swimming pool, and teen lounge.*

<b>CASA DE AMPARO</b> 3355 Mission Ave., Suite 238 Oceanside	(760) 754-5500 <a href="http://www.casadeamparo.org">www.casadeamparo.org</a>	Free	E, Sp
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*Provides a children shelter, family visitation program, and a child development center.*

<b>THE CHICANO FEDERATION OF SAN DIEGO</b> 3180 University Avenue, Suite 317 San Diego	(619) 285-5600 <a href="http://www.chicanofederation.org">www.chicanofederation.org</a>	Varies	E, Sp
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*Services provided family, senior, childcare, housing, community development, and advocacy.*

**Jewish**

<b>JEWISH FAMILY SERVICE OF SAN DIEGO</b> 8804 Balboa Avenue San Diego	(858) 637-3000 <a href="http://www.jfssd.org">www.jfssd.org</a>	Call for Cost	E
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*Programs and Services provided counseling, case management, refugee resettlement, senior, parenting, and youth/school.*

**Counseling Services**

<b>ALPHA BEHAVIORAL HEALTH SERVICES</b> 4069 30th Street San Diego	(619) 285-9999 <a href="http://www.alphaBHS.org">www.alphaBHS.org</a>	Call for Cost	E
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*Social service counseling, psychotherapy, and co-parenting counseling/therapy.*

<b>COASTAL PSYCHIATRIC MEDICAL</b> 12520 High Bluff Drive Suite 120 San Diego	(858) 259-0599 <a href="http://www.coastalpsychiatric.com">www.coastalpsychiatric.com</a>	Call for Cost	E
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*Services offered child/adolescent counseling, medication evaluations, and group programs. Alternative medical supports for stress management, depression, and anxiety*

**Disabled/Hearing/Vision**

<b>A-1 HEARING AID CENTERS</b> 2934 Lincoln Ave. San Diego	(619) 283-8400 or (619) <a href="http://www.alhearing.com">www.alhearing.com</a>	Call for Cost	E
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*Services offered cochlear implant referrals, home visits, battery sales, tympanometry, real-ear measurement, video-otoscopy, hearing aid evaluations, and counseling sessions.*

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>ACCESS</b> 1295 University Avenue, suite 10 San Diego	(619) 293-3500 <a href="http://www.a2isd.org">www.a2isd.org</a>	Free	E, Sp, Fi
<i>Center that helps people with disabilities and provides programs such as information and referral, client assistance, housing options, and personal assistance services.</i>			
<b>ARC OF SAN DIEGO</b> 9575 Aero Drive San Diego	(858) 715-3780 <a href="http://www.arc-sd.com">www.arc-sd.com</a>	Call for Cost	E, Sp, Fi
<i>Provide services for people with disabilities employment, arc enterprises, community living, child family, respite, and day training.</i>			
<b>BRaille INSTITUTE SAN DIEGO CENTER</b> 4555 Executive Drive San Diego	(858) 452-1111 <a href="http://www.brailleinstitute.org/cent">www.brailleinstitute.org/cent</a>	Free	E
<i>Offers services to help people with limited or no vision lead and all the programs are free of charge that they offer such as child development, counseling, supportive services, and options for low income.</i>			
<b>CALIFORNIA CHILDREN'S SERVICES</b> 6160 Mission Gorge Road, Suite 400 San Diego	(858) 560-3400 <a href="http://www.dhs.ca.gov">www.dhs.ca.gov</a>	Varies	E, Sp
<i>The program treats children with certain physical limitations and chronic health conditions or diseases. Services provided physical therapy, laboratory tests, medical equipment, and medical case management.</i>			
<b>California Relay Services</b>	Dial: 711 from any phone <a href="http://www.ddtp.org">www.ddtp.org</a>	Call for Cost	
<b>Deaf Community Services of San Diego TDD</b>	(619) 682-5000	Call for Cost	E
<b>DEAF COMMUNITY SERVICES OF SAN DIEGO</b> 3930 Fourth Avenue, Suite 300 San Diego	(619) 398-2441 <a href="http://www.dcsosfd.org">www.dcsosfd.org</a>	Free	E, Sp
<i>Programs offered basic communication skills, employment preparation, and basic computer literacy skills. TTY (619) 398-2440</i>			
<b>SAN DIEGO CENTER FOR THE BLIND AND</b> 5922 El Cajon Blvd. San Diego	(619) 583-1542 <a href="http://www.sdcbl.org">www.sdcbl.org</a>	Free	E, Sp
<i>Programs that are provided activities of daily living, typing, resource information for the blind, low vision, and speaker's bureau.</i>			
<b>WELCOME TO SAN DIEGO HEARING CENTER</b> 4282 Genesee Avenue Suite 301 San Diego	(858) 279-3277 <a href="http://www.sandiegohearing.com">www.sandiegohearing.com</a>	Call for Cost	E
<i>Services provided battery sales, counseling sessions, real ear measurement, ABR-Diagnostic, ABR-Screening, musician earplugs, and hearing assessment for all ages.</i>			

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
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**Domestic Violence**

<b>Becky's House</b>	(619) 291-9009		E
<b>CENTER FOR COMMUNITY SOLUTIONS</b> 4508 Mission Bay Drive San Diego	(858) 272-5777 <a href="http://www.ccssd.org">www.ccssd.org</a>	Varies	E, Sp

*Programs and services offered to victims of domestic violence and sexual assault. Specialize in matters relating to escape from violent relationship, family safety, and obtaining justice in the courts.*

<b>City Attorney</b>	(619) 533-6000	Call for Cost	E
<b>Community Resource Center</b>	(760) 633-1111		E, Sp
<b>FAMILY VIOLENCE AND SEXUAL ASSAULT</b> 6160 Cornerstone Court East San Diego	(858) 623-2777 ext. 416 <a href="http://www.ivatcenters.org">www.ivatcenters.org</a>	Call for Cost	E

*Trainings that are provided domestic violence, spouse/partner abuse, and conducting child custody.*

<b>SAN DIEGO DOMESTIC VIOLENCE COUNCIL</b> 707 Broadway, Ste 700 San Diego	(619) 533-6041 <a href="http://www.sandiegodvcouncil.org">www.sandiegodvcouncil.org</a>	Call for Cost	E
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*The council has the following committee's child abuse, domestic violence, medical, shelter, support services, treatment, and intervention.*

**Hispanic/Latino**

<b>El Niño</b>	(619) 630-9878		E, Sp
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**Domestic Violence Shelter**

<b>Center for Community Solutions-Project</b>	(619) 267-8023	Call for Cost	E, Sp
<b>Hidden Valley House</b> 106 S. Grape St Escondido	(760) 480-0055 <a href="http://www.centerforcommunitysolution.com">www.centerforcommunitysolution.com</a>	Call for Cost	E
<b>South Bay Community Services</b> 1124 Bay Blvd., Suite D Chula Vista	(619) 420-3620 <a href="http://www.southbaycommunityser">www.southbaycommunityser</a>	Free	E, Sp

*Services provided family wellness, self-sufficiency, youth services, community development, health, and development.*



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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
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<b>Women's Resource Center, North County</b> 1963 Apple Street Oceanside	(760) 757-3500	Free	E, Sp
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*Services offered transitional housing, adult counseling, children counseling, domestic violence perpetrator program, and 24- hour hotline 760-757-3500.*

<b>YWCA Women's Services</b>	(619) 234-3164	Call for Cost	E, Sp
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**Hispanic/Latino**

<b>Libre</b> P.O. BOX 23494 Encinitos	(760) 633-1111 <a href="http://www.crcncc.org">www.crcncc.org</a>	Call for Cost	E, Sp
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*Services offered case management, counseling, legal advocacy, employment preparation program, food pantry, homeless prevention, and holiday basket program. 24-hr line 877-633-1112*

**HIV/AIDS Support**

<b>BEING ALIVE SAN DIEGO</b> 4070 Centre Street San Diego	(619) 291-1400 <a href="http://www.beingalive.org">www.beingalive.org</a>	Free	E, Sp
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*Services peer advocacy, USDA food, holistic AIDS response program, resource center, support groups, and educational seminars.*

<b>SAN DIEGO COUNTY STD CLINIC</b> 3851 Rosecrans suite 207 San Diego	(619) 692-8550 <a href="http://www.sandiegocounty.com">www.sandiegocounty.com</a>	Call for Cost	E, Sp
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*Medical testing center and counseling.*

**Homeless Shelters**

<b>ALPHA PROJECT</b> 3737 Fifth Avenue, suite 203 San Diego	(619) 542-1877 <a href="http://www.alphaproject.org">www.alphaproject.org</a>	Free	E
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*Nonprofit human services organization the services offer affordable housing, residential treatment, transitional housing, outreach services, and winter shelter program.*

<b>CARLTONO G. LUHMAN CENTER FOR</b> 290 S. Magnolia Ave. El Cajon	(619) 447-2428 <a href="http://www.voa-swcal.org">www.voa-swcal.org</a>	Call for Cost	E
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*Center provides emergency shelters for homeless individuals and families.*

<b>Info line for weaned shelter</b>	(619) 230-0997	Call for Cost	E, Sp
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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
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**INTERFAITHSHELTER**  
1880 Third Ave. #12  
San Diego

(619) 702-5399  
[www.interfaithshelter.org](http://www.interfaithshelter.org)

Call for Cost      E

*A secure, confidential, independent living environment, ongoing case management services, a chance to build new lives, referrals to community resources, and fully furnished 1-2 bedroom apartments.*

**Rachel's Women's Center & Night Shelter**  
759 8th Ave.  
San Diego

(619) 696-0873  
[www.ccdsd.org](http://www.ccdsd.org)

Free      E

*Medical screening program, mental health consultants, alcohol/drug recovery services, and HIV prevention education and testing.*

**San Diego Rescue Mission Women & Children's**

(619) 687-3720 Ext. 36

Call for Cost      E

**ST. VINCENT DE PAUL**  
1501 Imperial Avenue  
San Diego

(619) 233-8500 Ext. 1214  
[www.fatherjoesvillages.org](http://www.fatherjoesvillages.org)

Free      E, Sp

*Programs assessment centers, case management, resources, psychological counseling, addiction treatment, children services, meals, and information exchange.*

**STANDUP FOR KIDS NATIONAL OFFICE**  
1510 Front Street, suite 100  
San Diego

(619) 702-4543  
[www.standupforkids.org](http://www.standupforkids.org)

Call for Cost      E, Sp

*Help homeless and street kids improve their lives. Provides outreach centers, transitional living, and don't run away programs.*

**Language Assistance/Literacy**

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**LITERACY HOTLINE**  
2515 Camino Del Rio, Suite 125  
San Diego

(888) 850-7323  
[www.literacysandiego.org](http://www.literacysandiego.org)

Free      E, Sp

*Programs provide ESL, GED, adult basic education, and youth literacy.*

**Senior Services**

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**Aging & Independent Services (County)**

(858) 495-5660

Call for Cost      E

CULTURALLY & LINGUISTICALLY  
APPROPRIATE SERVICES

COMMUNITY RESOURCES DIRECTORY

San Diego County

**CARE1ST HEALTH PLAN**

601 Potrero Grande Drive  
Monterey Park, CA 91755

**Cultural & Linguistics Department**

**1-323-889-6638 ext. 3397**

Monday - Friday

8:30 AM to 5:00 PM

Except Holidays

**Hard of Hearing Assistance TTY**

(through California Relay Service)

**1-800-735-2929**

24-hours, 7 days a week

[www.care1st.com](http://www.care1st.com)

