

**Campus and
Community
Support Services
and Resource
Guide**

Taking Care of *You*

AT SAN DIEGO
CITY COLLEGE



SAN DIEGO CITY COLLEGE

Student Health Center:

Mental Health Counseling A-180 | 619.388.3055 | sdcity.edu/MentalHealthCounseling Our goal at the San Diego City College Mental Health Counseling Center is to help students benefit fully from the college experience by supporting personal, social, and emotional well-being. We aim to support students as they balance the demands of their academic and personal lives.

Our services are paid for through the student health fee and are therefore free for any enrolled student to use. Services provided are confidential to include short-term individual, couples and group counseling, crisis intervention, and outreach/prevention. We also provide consultation and referral services to students, staff, and faculty.

Student Health Clinic Contact Us: A-180 | 619.388.3450 | sdcity.edu/StudentHealthClinic The Student Health Clinic supports the success of students by attending to the physical and psychological well-being of all San Diego Community College District students. Services include basic first aid, nurse (RN) visits, limited over the counter medications, doctor or nurse practitioner appointments, weight/blood pressure/vision screenings, lab tests, physical exams, X-ray orders, limited immunizations and flu shots, preventive care/health counseling and mental health services. There is usually no charge to see a registered nurse, nurse practitioner, or physician. However, your health fee does not cover prescription medications, lab-work, X-rays, or immunizations.



COMMUNITY HEALTH/MEDICAL RESOURCES

2-1-1 San Diego Perinatal Care Network | 3851 Rosecrans Ave., San Diego 92110 | 800.675.2229
sandiegocounty.gov/content/sdc/hhsa/programs/phs/perinatal_care_network.html Expedites Medi-Cal applications for pregnant woman, and follow-ups to ensure appropriate coverage and accompanying wrap around services. Provides assistance with setting up first appointment and transportation for future appointments.

Behavioral Health Service | 1045 9th Ave., San Diego 92101 | 619.235.2600

Community Research Foundations/CalWORKs Behavioral Health Center, Step Forward 2772 4th Ave., San Diego 92103 | 619.295.6067 | comresearch.org Provides behavioral health services, prevention, mental health education and outreach to CalWORKs recipients. Must be referred by ETA, Medi-care/cal card.

Family Health Centers of San Diego, Community Healthcare at S.D. City College | 1550 Broadway, Ste #2, San Diego 92101 | 619.515.2525 | fhcsd.org Offers primary healthcare services and medical appointments to all ages, women's services and HIV/STD treatment. Services include sick visits, well-child visits, physicals, immunizations, etc. No one will be turned away.

La Maestra Community Health Center City Heights | 4060 Fairmont Ave. Fl. 2, San Diego CA | 619.255.9155
lamaestra.org Provides general outpatient medical care to children and adults. Offers general health screening services and exams and pediatric evaluations. Call for more information.

The Meeting Place Clubhouse | 2553 State St., San Diego 92101 | 619.294.9582 | themeetingplaceinc.org
Mental health services. Call for details.

Mountain Health and Community Services, 5th St. | 316 25th St., San Diego 92102 | 619.445.6200 | mtnhealth.org
Provides general outpatient medical care for adults and families regardless of ability to pay, including cold and flu visits, labs, physical referrals. Contact for program details, and required documents.

Neighborhood House Association Project Enable | 286 Euclid Ave., Suite #102, San Diego 92114 619.266.2111
neighborhoodhouse.org Provides time-limited outpatient specialty mental health services. Call for details.

Public Health Services, Health & Human Services County of San Diego, Immunization Clinic 3177 Ocean View Blvd., San Diego 92113 | 619.595.4452 | sdiz.org Provides routine childhood and adolescent vaccines to protect against diphtheria, tetanus, etc. No appointment needed. All ages welcome, bring insurance card if applicable. Sliding scale for income and family size if no insurance.

San Diego American Indian Health Center | 2630 1st. Ave., San Diego 92103 | 619.234.2158 | sdaihc.org Offers primary healthcare and mental health services. Insurance accepted and sliding fee for those with no insurance. You are not required to be American Indian.

San Diego Family Care Mid-City Pediatric Clinic | 4305 University Ave., Ste. # 150, San Diego 92105
619.280.2058 | sdfamilycare.org Provides outpatient pediatric medical care. Sliding scale fees based on family size and income. No one is refused services due to inability to pay.

San Ysidro Health and Medical Services | 3177 Ocean View Blvd., San Diego 92113 | 619.662.4100 | syhc.org
Healthcare services for individuals and families. Proof of income and residency required. Bring Health Insurance Card (if applicable), if no insurance, sliding scale based on family size.

Scripps Health Mercy Clinic | 4020 5th Ave., San Diego 92105 | 619.260.7022 | scripps.org Provides routine medical care services for children adults with a focus on those that are low income or who are uninsured. Assists with Medi-Cal applications, and other possible coverage.

Village Family Health Center, St. Vincent De Paul | 1501 Imperial Ave., San Diego 92101 | 619.645.6405
my.neighbor.org Provides integrated physical and behavioral healthcare. Primary care, pediatrics, psychiatry, and dental care. Insurance accepted, sliding fee scale for those with no insurance. No one turned away.

COMMUNITY HEALTH/MEDICAL ASSISTANCE

Call 211
for additional services

Visit Health & Human
Services for more
resources:
sandiegocounty.gov/hhsa

Additional Resources
Include:

- Housing Assistance
- Counseling
- Education Assistance
- Job Placement
- Substance Abuse Help

San Diego City College makes no guarantees as to the quality or qualifications of the service provider. See the provider for program details.

HUNGER ACTION DAY!



Action Hunger Day Twice a month | Upper AH/BT Quad City College is teaming up with Feeding San Diego and San Diego Food Bank to bring free, nutritious fruits and vegetables to all students, faculty and staff.

CalFresh San Diego City College CalFresh Application: goo.gl/forms/2jPN4njHtt1ibrPP2 Provides money for groceries. Open to all qualifying students: sandiegocounty.gov/hhsa/programs/ssp/food_stamps/eligibility_requirements.html

City Emergency Food Pantry BT-211 A | sdccity.edu/students/foodpantry.aspx The San Diego City College Emergency Food Pantry supports enrolled students in need by providing prepackaged items suitable for an on-campus lunch or meal. Meals are generally an entree in a package or pull top can and a granola bar, fruit cup, or other snack, along with a water cup, bowl, utensil, and/or napkin. Our goal is to help students stay nourished so they can stay focused on their studies. The City College Emergency Food Pantry is a project operated by student interns and generously supported through kind donations from the staff and faculty of City College, community partners, private individuals, neighbors, and friends. This special program accepts donations of checks and grocery store gift cards. If you would like to donate lunch or snack items, canned or dry goods, and/or personal hygiene or care items, please contact Dr. Leroy Brady at lbrady@sdccd.edu

COMMUNITY FOOD/NUTRITION RESOURCES

FOOD BANKS & HEALTHY MEALS

Call 211
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Counseling
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31st St. 7th Day Adventist Church | 414 31st Street, San Diego 92113 | 619.231.3652 | 31sda.org Food distribution with fresh produce and bread every Wed. from 11:30am-1:00pm. Walk-in for services, all SD County served, must be 18, no documentation required, receive a line ticket during distribution hours.

Catholic Charities of San Diego at the Salvation Army | 825 7th Avenue, San Diego 92101 | 619.231.2828
sandiegofoodbank.org No fees or documents required. Free food from 9:00-11:00am, 3rd Saturday of every month. Walk-in services, first come, first served basis.

First Presbyterian Church of San Diego | 320 San Diego Street, San Diego 92101 | 619.232.7513 | ladlefellowship.org
No fees, or documents required. Free food from 9:30-11:00am on the 2nd Saturday of every month. Must live in zip codes 92101, 92102, 92103.

Foundation Matthew 633 Food for a Neighbor | 1800 N. Broadway, Escondido 92026 | 619.253.9951
foundationmatthew633inc.org Every Mon, Wed, and Fri. from 10:30am until all food is gone. Closed on major holidays that land on distribution days. Bring your own bag(s).

It's All About the Kids | 2926 Market Street, San Diego 92101 | 858.229.3363 | www.itsallaboutthekids.org Food Pantry: sign up every Thursday. To register text "REGISTER" to 833.424.0894. Required docs are a birth certificate with accompanied parent listed, for children over 5, or a report card is acceptable.

Jewish Family Services | Chabad Downtown, 308 G Street San Diego 92101 | 858.637.3210

Jewish Family Services | Joan & Irwin Jacobs Campus 8878 Balboa Avenue | 858.637.3210

Jewish Family Services | Ohr Shalom Synagogue, 2512 3rd Avenue, San Diego 92103 | 858.637.3210 | jfssd.org
Open to any San Diegan in need, provide monthly food distribution sites across San Diego, as well as emergency food bags, available for pick-up.

La Maestra Community Health Center | 4060 Fairmount Avenue, San Diego 92105 | 619.779.7900 | lamaestra.org
Provides a weekly food distribution and pantry to low income patients in the Central Region accessing clinical services. Call for additional information.

Mid-City Christian Fellowship (Mid-City Nazarene) | 4101 University Avenue, San Diego 92105 619.516.1000
midcitynazarene.org Food Bank, appointment system. Appointment system, Tue. 3:00-5:00pm, Thr. 9:00-11:00am, Sat. 9:00-11:00am, 1st Sat. of the month, 9-11:00am.

St. David's Food Pantry | 5050 Milton Street, San Diego 92110 | 619.276.4567 | saintdavidchurch.com/index.html
Weekly fresh food pantry. Anyone in need, no documents required, clients shop from available food. Food is available from 12:15-12:45pm, on Sundays.

St. Mark's Episcopal Church and Food Cupboard | 4227 Fairmount Avenue, San Diego 92105 | 619.283.6242
stmarks-cityheights.org Open every Wed. and Thur. from 12:00-2:00pm. Serves area of City Heights (92105), no fees, walk-in services, photo I.D. required, and one bag of food per household.

The Salvation Army | 825 7th Avenue, San Diego 92101 | 619.699.2216 | sandiego.salvationarmy.org Free food 9:00-11:45am, & 1:00-3:30pm, M-F, closed Wed. Emergency food must be an unusual situation where expected income did not arrive, or was withheld. Photo ID and proof of income required.

Special Delivery Food Pantry San Diego | 4021 Goldfinch Street, San Diego 92103 | 619.297.7373
specialdeliversandiego.org Free food Mon-Thurs. from 11:30am-1:30pm, appointments only. If no appointment arrive at 12:45pm with photo I.D. Home delivery available, but you must be referred by your case worker.

Uptown Community Service Center | 3725 30th Street, San Diego 92104 | 619.693.5511 | uptowncsc.org
No appointment necessary, but pre-registration is required. Provides canned grocery bags, Mon, Tue & Fri at 9:00am. Bring ID, from 9:00am-3:00pm.

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CalWORKs A-354 | 619.388.3797 | sdcity.edu/CalWorks CalWORKs (California Work Opportunity & Responsibility to Kids) is a statewide program that assists students who are receiving Temporary Assistance for Needy Families (TANF)/cash aid and are participants in the Welfare-to-Work program. Counselors and staff empower students to achieve their academic career and personal goals. Specialized services have been designed to support students in their career, education and personal goals. The program also helps students understand and meet their Welfare-to-Work requirements. Services include vocational/academic counseling, job placement, work-study placement, verification of Welfare-to-Work hours, childcare, transportation services, and educational supplies.

Extended Opportunity Programs and Services (EOPS) A-354 | 619.388.3209 | sdcity.edu/EOPS San Diego City College is committed to ensuring that all students have a fair and equal opportunity to obtain a high-quality education and complete their educational goals. As part of this commitment, the colleges provide referral services for homeless youth through the Extended Opportunity Programs and Services (EOPS) office. The following services will be provided:

Access to shower facilities on-campus during designated hours | Referrals to student support services including financial aid, CalWORKs, DSPS, food pantries, and mental health services. | Referrals to outside agencies that support homeless shelters, housing referrals, etc. as needed. | Priority Registration, if eligible, (requires submission of FAFSA or BOGW application and verification of status) | Students that are homeless, formerly homeless or at-risk are encouraged to visit the City College EOPS office for more information.

Fantastique BT-311H | 619.388.3892 | sdcity.edu/students/fantastique.aspx Fantastique is a student run clothing resale store. Gently used women's and men's clothing suitable for interviews, work, or school is for sale at very low prices. Cash only. Profits from Fantastique support the City College Food Pantry.

Donations of clean, gently used clothing, shoes, and accessories suitable for a student to wear to in a professional setting are sincerely appreciated. Items can be dropped off at any of the three Small Business Entrepreneurship Program businesses (BRC, BT 313; Fantastique, BT 311H; Food Pantry, BT 211A), or call our interns to schedule a pick-up. If you wish to donate by check, please address to: San Diego City College Foundation - Fantastique.

CalWORKs "Believe" Program



COMMUNITY HOUSING RESOURCES

Catholic Charities The Leah Residence | 789 9th Avenue, San Diego 92101 | 619.236.1288 | ccdsd.org/programs-1
Twenty-three affordable housing units dedicated for people who are homeless and have at least one household member with a disability. Must be referred from Coordinated Entry System (CES).

City of San Diego Fair Housing | 1200 3rd Avenue Suite 1400 MS 56D, San Diego 92101 | 619.236.6700

Community Catalysts of California, VCS Re-Housing | 5605 El Cajon Boulevard, San Diego 92115 | 800.974.9909 ccvcs.net Veterans only: Provides temporary financial assistance and short-term case management to assist Veterans and their families with obtaining permanent housing.

Community Housing Works | 2815 Camino Del Rio South #305, San Diego 92108 | 888.884.4249 | chworks.org
Operates three HUD-funded housing units. Must be referred through CES.

Father Joe's Villages Rapid Re-Housing Program | 1501 Imperial Avenue, San Diego 92101 | 619.233.8500 my.neighbor.org Assistance with initial move-in costs and temporary rental assistance.

Father Joe's Villages Transitional Housing Program | 1501 Imperial Avenue, San Diego 92101 | 619.233.8500 my.neighbor.org/get-help Transitional support for families including three meals per day, security, case management, counseling, and education/job support.

Home Start Domestic Violence Rapid Re-Housing Program | 5005 Texas Street Suite #203, San Diego 92108 619.232.7513 | home-start.org Provides mobile advocacy and financial assistance that supports domestic violence survivors in needs relating to safety and housing stability. Assistance with retaining or obtaining housing, or with rental assistance and security deposit.

Housing and Community Development Services of San Diego County | 3889 Ruffin Road, San Diego 92123 858.694.4801 | sdhcd.org Provides housing information and an affordable housing resource guide, as well as information on single room occupancy (SRO), and emergency shelter, etc.

Legal Aid | 1764 San Diego Avenue, San Diego 92110 | 844.449.3500

PATH San Diego Rapid Re-Housing | 1250 6th Avenue, San Diego 92101 | 619.810.8668 | pathsandiego.org
All inclusive services such as housing navigation, rapid rehousing, interim housing, and permanent supportive housing.

The Salvation Army Regional Office Door of Hope for Women | 2799 Health Center Drive, San Diego 92123 858.279.1100 | doorofhope.salvationarmy.org/door_of_hope_san_diego Provides a transitional living center for homeless women living with children. Offers a range of support services such as counseling, parenting, etc.

San Diego Housing Commission | 1122 Broadway Avenue, San Diego 92101 | 619.578.7768 | sdhc.org Program intends to minimize length of homelessness on individuals and families. Provides housing location support, short or medium term rental assistance app. fee and deposit.

San Diego Rescue Mission Traditional Housing | 120 Elm Street, San Diego 92101 | 619.819.1773 | sdrescue.org Second Avenue is a multiphase transitional housing program. Offers subsidized transitional housing, including room and board for up to 2 years, and emergency shelter.

Youth & Family Services YMCA | 4145 Swift Avenue Apt. #1, San Diego 92104 | 619.640.9774 ymca.org/community-support/ymca-youth-and-family-services/transitional-housing Offers an 18-month program that provides transitional shared apartment living for homeless individuals with or without children. Adults must be between 18-24.

Veterans Village of San Diego Welcome Home Family | 286 Euclid Avenue, San Diego 92114 | 619.393.2000 vvsd.net Offers transitional housing options to eligible veterans who are homeless or at imminent risk of becoming homeless and want to achieve a smooth transition into permanent housing.

EMERGENCY HOUSING ASSISTANCE

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