

AGENCY	PHONE	WEBSITE
CHILDCARE / EXTENDED LEARNING PROGRAMS		
AKA Head Start - Farraagut Circle	(619) 593-8010	www.akaheadstart.org
American Red Cross	(877) 454-7229	www.sdarc.org
Boys and Girls Club of East County	(619) 443-9293	www.bgceastcounty.com
Cajon Valley State Preschool (Madison Avenue)	(619) 588-3142	
Calvary Chapel Preschool	(619) 590-0500	www.ccelcajon.com
Centralized Child Care Eligibility List	(619) 521-3055 ext.2500	www.childcaresandiego.com
Chase Ranch Montessori School	(619) 440-3646	www.chaseranchmontessori.com
Chase State Preschool Program	(619) 579-4823	www.cajonvalley.net
Childcare Community Referral Source	(619) 574-1454	www.childcaresandiego.com
Child Development Associates CDA	(619) 427-4411	www.cdasandiego.com
Circle Preschool	(619) 442-2044	www.firstpres-elcajon.org
College Center Montessori	(619) 589-9196	www.ccmontessori.com
Dayspring Christian Learning Center	(619) 442-2895	www.dayspringlearning.com
First Lutheran Preschool of El Cajon	(619) 444-0559	www.youhaveaplace.com
Fletcher Hills Presbyterian Church Preschool	(619) 466-3326	www.fhpc.org
Flying Hills Elementary	(619) 590-2789	www.cajonvalley.net/flyinghills
Grossmont College Child Development Center	(619) 644-7715	www.grossmont.edu/childdevelopment/center.asp
Head Start	(619) 444-0503	www.akaheadstart.org
Head Start (free childcare)	(888) 873-5145	www.sandiegoheadstart.org
Higher Learning Academy (3-5 years of age)	(619) 300-6964	
Lakeside Extended Student Services	(619) 390-2600	
KinderCare Jamacha Preschool	(619) 588-5959	www.kindercare.com
Little Acorn School	(619) 442-9491	
Project SAFE/ASAS	(619) 258-2369	www.santee.k12.ca.us/projectsafe
Prospect Avenue State Preschool	(619) 956-5270	
Rose House Support for Kinship Families	(619) 447-5004	
Santee Day Camp	(619) 258-4100	www.ci.santee.ca.us/csd/activities
Yale Preschool Program	(619) 956-5251	
YMCA Childcare Resource	(619) 521-3055	www.ymcacrs.org
DOMESTIC & RELATIONSHIP VIOLENCE		
Center for Community Solutions	(619) 697-7477	www.ccssd.org
Domestic Violence Hotline/DV Shelter	(888) DVLINKS	
East County Family Justice Center	(619) 456-5609	www.eastcountyfjc.org
Jail notification for inmate release	(619) 531-3200	
Safety Planning (resource information)		www.sddvc.org
SD District Attorney's Office, Victim Assistance Program	(619) 441-4538	
FOOD, CLOTHING & SHELTER		
Bethlehem Food Pantry	(619) 440-5278	
Catholic Charities	(619) 231-2828	www.ccdsd.org
Center for Social Advocacy	(619) 444-5700	www.centerforsocialadvocacy.org
Crisis House (Rental list/motel vouchers)	(619) 444-1194	www.crisishouse.org
Door of Hope (Pregnant Teen Shelter)	(858) 279-1100	www.sandiego.salvationarmy.org
Food Stamps and Public Assistance - ACCESS	(858) 514-6885	
Foothills Christian Fellowship	(619) 442-7728	www.foothillschurch.org
Golden Share Food Program	(619) 590-7692	www.goldensharefoods.com
Hillcrest Storefront (SDYS youth shelter)	(619) 325-3527	www.sdyys.org
Holy Trinity (Food)	(619) 444-9425	www.holytrinityelcajon.org
Home Start Family Self-Sufficiency	(619) 401-8375	www.home-start.org
Housing Authority (Section 8 rental list)	(858) 694-4801	www.sdhc.net
Lakeside Christian Helps Center (Food)	(619) 561-3488	
Lakeside Gardens	(619) 443-2150	
Meals on Wheels	(619) 447-8782	www.meals-on-wheels.org
Mountain Empire Community Center	(619) 478-2384	
Neighborhood House Association	(619) 440-2751	www.nhcare.org
New Seasons Church (Food) Every 4th Tuesday at 9:00	(619) 463-0725	
Our Lady of Grace (Food)	(619) 469-0133	www.olg-church.org
Public Assistance TANF	(866) 262-9001	www.dhcs.ca.gov
Rachel's House (Women's center)	(619) 696-0873	www.ccdsd.org
Saint Vincent (Substance abuse housing)	(619) 687-1070	www.svdpv.org
Salvation Army - El Cajon	(619) 440-3579	www.salvationarmy.org
San Diego Armed Services YMCA	(858) 751-5755	www.militaryymca.org

Santee Food Bank 6194484456 www.santeeumc.org
SDYS - Cool Bed Programs (Youth shelter) (619) 258-6877
Senior Dining Centers (800) 510-2020
Shared Housing (La Mesa and El Cajon) (619) 444-5700 www.c4sa.org
Terrace Gardens (619) 698-8455
The Salvation Army- Kroc Center (619) 269-1430 www.kroccenter.org
Union Tribune Shoe Fund (619) 293-1222
United Methodist Church (619) 466-3291 www.umc.org
Volunteers of America (619) 447-2428 www.volunteersofamerica.org
WIC - American Red Cross (800) 500-6411 www.sandiegowic.com
WIC - SDSU (888) 999-6897 www.wic-sdsu.org

HEALTH SERVICES (DENTAL & MEDICAL CLINICS)

211 San Diego Referral Source Call 211
Alpine Family Medicine (619) 445-6200 www.mtnhealth.org
Baby Shot Line (619) 692-6600
Borrego Community Health Foundation (619) 401-0404 www.borregomedical.org
Centro Medico El Cajon (619) 401-0404
Cancer Navigator (858) 324-2628 www.cancernavigator.org
Chase Avenue Family Health (619) 515-2499 www.fhcsd.org
Community Services for Families (619) 401-3738
(Serving children 13+ w/ parental support)
County Medical Services (800) 587-8118
Dr. Yang's Clinic (619) 596-4963 www.dyfc.org
East County Public Health Center (619) 441-6500 http://www.sdcounty.ca.gov/hhsa/facilities/east/public_health_center_east.html
El Cajon City Dental Clinic (619) 328-1335
El Cajon Family Resource Center (619) 579-4355 www.sdcounty.ca.gov/hhsa/facilities/east/family_resource_center_el_cajon.html
El Cajon Neighborhood Healthcare (619) 440-2751 www.nhcare.org
Family Health Centers of San Diego (619) 515-2499
Grossmont/ Spring Valley Family Health Center (619) 515-2555 www.fhcsd.org
Grossmont/ Spring Valley Family Dental Clinic (619) 515-2330
Healthy Families Insurance (800) 880-5308 www.healthyfamilies.ca.gov
High Desert Family Medicine (619) 766-4071 www.mtnhealth.org
Home Start Optimal Health & Development (619) 692-0727 ext134
Jacumba Mt. Empire Family Medicine (619) 766-4071 www.mtnhealth.org
La Maestra Community Health Center (619) 312-0347
Lakeside Neighborhood Dental Care (619) 390-9135
Lakeside Neighborhood Health Care (619) 390-9975
Lemon Grove Dental Clinic (619) 741-3045
Lemon Grove Family Resource Center (619) 464-5114 www.sdcounty.ca.gov/hhsa/facilities/east/family_resource_center_lemon_grove.html
Lemon Grove Medical Clinic (619) 741-7423
Medi-Cal/Public Assistance/Food Stamps (858) 514-6885 www.accessbenefitssd.com
Mountain Empire Family Medicine (Campo) (619) 478- 5311
Mountain Health & Community Services, Inc. (619) 478-5311
Southern Indian Health Council - Campo Clinic (800) 400-1188 ext.1 www.sihc.org
Southern Indian Health Council - Alpine Clinic (800) 400-1188 ext.2 www.sihc.org
Sycuan Medical/Dental Clinic (619) 445-0707 www.sycuan.com/medical_dental_center.html

LEGAL

Family Court Services (619) 236-2681
MARS Mediation (858) 273-2593
Senior Legal Services (619) 447-7921
VORP (858) 273-2593
Juvenile Court (858) 694-4601
Legal Aid Society (619) 262-0896 www.lassd.org
National Conflict Mediation Center (619) 593-4530
SD Vol. Program (Mediation, divorce, custody) (619) 235-5656 www.sdvlp.org
(Helping low income Californians solve legal problems) www.Lawhelpcalifornia.org

MENTAL HEALTH (THERAPY, COUNSELING, *SUICIDE PREVENTION*)

*San Diego Access Line (SDYS ECBH counseling) (800) 479-3339
Alpine Family Medicine Suicide Prevention (619) 445-6200
Alpine Special Treatment Center (619) 445-2644 www.astci.com
Alvarado Parkway Institute of La Mesa (619) 465-4411 www.APIBHS.com
Caldean Middle Eastern Social Services (619) 631-7400 www.c-mss.org

Center for Children	(858) 277-9550	www.centerforchildren.org
Center for Community Solutions	(619) 697-7477	www.ccssd.org
Chadwick Center for Children and Families	(619) 461-2913	www.ChadwickCenter.org
Children's Outpatient Psychiatry (Ages 3-17)	(858) 966-5832	www.chsd.org
Crossroads Family Center	(619) 441-1907	www.comresearch.org
East County Communities Center	(619) 258-6877	
East County Family Justice Center	(619) 456-9609	
East County Mental Health (Adults)	(619) 401-5500	www.sdcounty.ca.gov
Family Health Centers of San Diego	(619) 515-2385	www.fhcsd.org
Harmonium (Santee, Chap, Gateway, Mt.Miguel, Monte Vista)	(619) 258-3740 ext. 276	www.harmoniumsd.org
Home Start	(619) 692-0727	www.home-start.org
Kaiser (Bostonia)	(877) 496-0450	www.kaiserpermanente.org
Mountain Health & Community Services Counseling	(619) 445-6200	www.mtnhealth.org
National Conflict Resolution Center	(619) 238-2400	www.ncrconline.com
New Alternatives	(888) 599-4663	www.newalternatives.org
Parent-Child Interaction Therapy	(619) 420-5611	www.chsd.org
Professional Community Services	(619) 449-8703	www.rtiprojects.org
San Diego Regional Teen Center	(858) 271-4000	www.atthecenter.org
Santee Family Counseling	(619) 449-9937	
SARB/Bright Families (SDYS)	(619) 668-8760	www.sdyics.org
Teen Line (Referral source)	(800) 852-8336	
Vista Hill (Mental health support and treatment programs)	(858) 514-5100	
Yellow Ribbon	(800) SUICIDE	
Youth Crisis Hotline (Referral source)	(800) 843-5200	www.calyouth.org
NEWCOMER SUPPORTS		
Alliance for African Assistance	(619) 631-7400	www.alliance-for-africa.org
East County Refugee Center	(619) 334-9708	www.eastcountyrefugeecenter.org
Horn of Africa	(619) 583-0532	www.hornofafrica.org
International RESCUE Committee	(619) 641-7510 ext.242	www.theirc.org
Jewish Family Services	(858) 637-3030	www.jfssd.org
Kurdish Human Rights Center	(619) 447-9933	www.khrw.com/sandiego
License to Freedom	(619) 813-7415	www.licensetofreedom.org
Survivors of Torture	(619) 278-2400	www.notorture.org
MILITARY RESOURCES		
Military OneSource (Resources, YMCA free pass when deployed, counseling)	(800) 342-9647	www.militaryonesource.com
Navy Fleet & Family Support	(619) 556-7404	www.nffsp.org
San Diego Armed Services YMCA	(858) 751-5755	www.militaryymca.org
PARENTING (CLASSES & SUPPORT)		
Adolescent Pregnancy Parenting Programs	(619) 525-7474	
Alpine Family Medicine	(619) 445-6200 ext.151	www.mtnhealth.org
Birth Parent Association	(619) 277-7909	www.birthparentassociation.com
Cajon Valley Union School District (Early childhood program under 5 in Cajon Valley School District)	(619) 588-3146	
CAT Team (SDYS)	(619) 258-6877	www.sdyics.org
Children's Hospital Family Support	(858) 966-8584	www.chsd.org
Community Service for Families	(619) 407-3738	
Exceptional Family Resource Center	(800) 281-8252	www.efrconline.org
East County Communities Center (SDYS)	(619) 258-6877	www.sdyics.org
El Cajon Collaborative	(619) 447-4380	
Health and Development Services	(619) 515-2463	www.fhcsd.org/locations/first5-east.cfm
Maternal Child and Family Health Service	(800) 675-2229	www.dhs.ca.gov
Mental Health Systems (Active parenting now class)	(619) 531-7095	
Mountain Empire Community Center	(619) 847-7801	www.mtnhealth.org
National Conflict Mediation Center	(619) 593-4530	
Naval Medical Center (ADHD parent support group military families only age 5-10)	(619) 532-5666	
Sage Workshops (Adoption workshop for families)	(760) 436-5592	www.sageworkshops.com
Salvation Army (Parent aide program)	(619) 269-1432	www.kroccenter.org
San Diego Kids Health Assurance Network	(800) 675-2229	
Teen Parent Program (Crescent School	(619) 668-6000	

Teen Parent Program (Grossmont School District) (619) 608-6000 ext. 6099 www.guhsd.net

Tri-City Medical Center (ADHD newly diagnosed grades P-12) (760) 603-7770

YMCA Grandparent Caregiver Support (age 55+) (619) 543-9850 ext. 123

RECREATION

American Soccer Youth Organization (AYSO) (619) 423-2976 www.ayso.org

Boys and Girls Club of East County (619) 443-9293 www.bgcec.org

County of San Diego Parks & Recreation Spring Valley (619) 479-0312

El Cajon Parks & Recreation Department (619) 441-1754 www.ci.el-cajon.ca.us

La Mesa Parks & Recreation Department (619) 667-1300 www.cityoflamesa.com

Lakeside Parks & Recreation Department (619) 443-9176 www.co.san-diego.ca.us/parks/centers/lakeside.html

Lemon Grove Parks & Recreation Department (619) 825-3815 www.ci.lemon-grove.ca.us

Santee Parks & Recreation Department (619) 258-4100 ext.222 www.ci.santee.ca.us

The Salvation Army- Kroc Center (619) 287-5762 www.kroccenter.org

Spring Valley Community Center (619) 479-1832 www.co.san-diego.ca.us/parks/centers/springvalley.html

YMCA East County (619) 464-1323 www.ymca.org

YMCA (858) 292-4034 www.ymca.org

SUBSTANCE ABUSE TREATMENT PROGRAMS

Adult Children of Alcoholics (619) 276-6232 www.adultchildren.org

Alanon/Alateen (619) 296-2666 www.alanonsandiego.org

Alcohol & Drug Hotline (800) 252-6465

Alcoholics Anonymous (El Cajon) (619) 440-0354 www.aa.org

Alcoholics Anonymous (San Diego) (619) 265-8762 www.aa.org

Alvarado Parkway Institute of La Mesa (619) 465-4411 www.apibhs.com

Communities Against Substance Abuse (619) 441-2727

Crash/Options Recovery (Women 18+) (619) 229-8201 www.crashinc.org

East Corner Clubhouse of El Cajon (619) 631-0441 www.comresearch.org

East County Adolescent Detox of Lemon Grove (619) 442-0277 www.mcalisterinstitute.org

East County Teen Recovery Center of Lemon Grove (619) 667-3333 www.sdyics.org

Freedom Ranch - Drug & Alcohol (619) 478-5696 www.sdfreedomranch.org

Kiva Women Center (619) 466-9274 www.mcalisterinstitute.org

McAlister Institute of Lemon Grove (619) 465-7303 www.mcalisterinstitute.org

McAllister Institute (619) 442-0277 www.mcalisterinstitute.org

MITE East County Regional of El Cajon (619) 441-2493 www.mcalisterinstitute.org

Mountain Health & Community Services, Inc (619) 445-6200 ext.151 www.mtnhealth.org

Narcotics Anonymous (619) 584-1007 www.sandiegona.org

Paradise Valley Hospital Detox (619) 470-4321 www.paradisevalleyhospital.org

Parent Care (619) 698-1663 www.vistahill.org

POWER of Lemon Grove (619) 462-4225

SAFER (Vista Hill Foundation) (619) 668-4250

San Diego Health Alliance (East office El Cajon) (619) 579-8373

Shakti Rising (Recovery Program) (619) 501-2746

Teen Recovery Center (SDYS) (619) 667-3333 www.sdyics.org

Vista Hill (Chemical dependency) (858) 514-5100 www.vistahill.org

VOA (Volunteers of America) (619) 232-5171 www.voa.org

Volunteers of America Detox (619) 232-9343 www.voa-socal.org