

Immigration Services

Casa Cornelia Law Center

2760 5th Ave

San Diego, CA 92103

(619) 231-7788

www.Casacornelia.org

LawCenter@casacornelia.org

Access Inc.

2612 Daniel Ave.

San Diego, CA 92111

(858) 560-0871

www.Access2jobs.org

info@access2jobs.org

License to Freedom (immigrant/refugee domestic violence)

131 Avacado Ave.

El Cajon, CA 92020

(619) 401-2800

www.Licensetofreedom.org

dilkhwaz@licensetofreedom.org

San Diego Family Justice Center (domestic violence)

1122 Broadway, Suite 200

San Diego, CA 92101

(866) 933-4673 OR (619) 533-6000

www.sandiego.gov/sandiegofamilyjusticecenter

Immigration Center for Women and Children

427 C Street, Suite 208

San Diego, CA 92101

(619) 515-2200

www.icwclaw.org

La Maestra Legal Advocacy Services (family health clinic)

4060 Fairmount Ave.

San Diego, CA 92105, 2nd floor

(619) 564-7010

www.lamaestra.org/legal-advocacy-services/default.html

Legal Aid Society of San Diego

Main Office

110 S. Euclid Avenue

San Diego, CA 92114

(877) 534-2524 hotline

www.lasds.org/index.html

Mid Town Office

1764 San Diego Avenue, Suite 200

San Diego, CA 92110

North County Office

216 S. Tremont Street

Oceanside, CA 92054

San Diego Volunteer Lawyer Program

707 Broadway, Suite 1400

San Diego, CA 92101-5499

(619) 235-5656

www.sdvlp.org

info@sdvlp.org

Operation Samahan (health care)

Administration Building

1428 Highland Avenue

National City CA 91950

(844) 200-2426

Operation Samahan Clinic

2743 Highland Avenue

National City CA 91950

(844) 200-2426

Operation Samahan Medical & Dental

2835 Highland Avenue

National City CA 91950

(844) 200-2426

Y2Y Center, SDAPI, Social Services & Integrative Health

2841 Highland Avenue, National City CA 91950

(619) 477-2601 X609

Operation Samahan Lincoln Acres
2101 Granger Avenue
National City CA 91950
(844) 200-2426

Operation Samahan City Heights
4260 54th Street
San Diego CA 92115
(619) 798-3337

Operation Samahan Mira Mesa Clinic
10737 Camino Ruiz #235
San Diego CA 92126
(844) 200-2426

Operation Samahan Rancho Penasquitos
9955 Carmel Mountain Rd, Suite F2
San Diego CA 92129
(844) 200-2426
www.operationsamahan.org

US Citizenship and Immigration Services
San Diego Field Office
880 Front Street
San Diego, CA 92101

Chula Vista Field Office
1261 3rd Avenue, Suite A
Chula Vista, CA 91911
1 (800) 375-5283 Customer Service Center
www.uscis.gov

North County Lifeline (youth, counseling,
employment, housing, domestic abuse)

VISTA OFFICE
200 Michigan Avenue, Vista, CA 92084
(760) 726-4900

OCEANSIDE OFFICE
707 Oceanside Blvd., Oceanside, CA 92054
(760) 757-0118

ADMINISTRATIVE OFFICE
3142 Vista Way, Suite 400, Oceanside, CA 92056
(760) 842-6201
www.nclifeline.org

Transportation Services

North County Transit District

Oceanside Transit Store
205 South Tremont Street
Oceanside, CA

Vista Transit Center
101 Olive Avenue
Vista, CA

Escondido Transit Center
700 W. Valley Parkway
Escondido, CA
(760) 966-6500 Customer Service
www.gonctd.com

Mass Transit for Disabled Individuals

810 Mission Avenue Oceanside, CA 92054
(760) 726-1111
www.gonctd.org

Metropolitan Transit System Rural Bus Services

1213 North Johnson Avenue
El Cajon, CA 92020
(800) 858-0291
www.sdmts.com/RouteFiles/routes/pdf/892.pdf

Metropolitan Transit System ADA Paratransit

100 16th Street
San Diego, CA 92101
(888) 517-9627 OR (800) 921-9664
www.ADARide.com

Metropolitan Transit System Trolley Inc.

1255 Imperial Ave, Suite 1000
San Diego, CA 92101
(619) 231-1466
www.sdmts.com/MTS/documents/FS_SDTI.pdf

Facilitating Access to Coordinated Transportation (FACT)

600 Mission Ave
Oceanside, CA 92054
(760) 754-1252 OR (888) 924-3228
www.factsd.org
factsd@factsd.org

Care-A-Van (wheel chair and ambulatory)

5411 Avenida Encinas, Suite 210
Carlsbad, CA 92008
(760) 729-5199
www.cavtransportation.com
careavantransportion@yahoo.com

No Vacancy Transport

1325 Grand Ave, Suite 103
San Marcos, CA 92069
(760) 471-5346
www.sandiego.networkofcare.org/veterans/services/agency.aspx?pid=TransportationNoVacancyAgency_870_17_0

Out and About Vista

1400 Vale Terrace Drive
Vista, CA 92084
(760) 639-6161
www.cityofvista.com/city-services/city-departments/recreation-comm-svs/programs-services/zumba/out-about

Out & About Peninsula

Peninsula Shepherd Center
1475 Catalina Blvd.
San Diego, CA 92107
(619) 223-1640
www.sdpsc.org

ITN Greater San Diego

6161 El Cajon Blvd., Ste. B-451

San Diego, CA 92115-3987

(619) 990-2226

www.itnsandiego.org

info@ITNGreaterSanDiego.org

On the Go: Transportation Solutions for Older Adults

8788 Balboa Ave.

San Diego, CA 92123

(858) 637-7320 OR (619) 220-0268

www.jfssd.org/onthego

jfsonline@jfssd.org

Rides4Neighbors

City of La Mesa

8130 Allison Ave.

La Mesa, CA 91942

(619) 667-1321

www.cityoflamesa.com/R4N

Seniors A Go Go

ElderHelp of San Diego

6150 Mission Gorge Rd. #140

San Diego, CA 92120

(619) 284-9281

www.elderhelpofsandiego.org

info@elderhelpofsandiego.org

Solutions for Seniors on the Go

City of Oceanside

Country Club Senior Center

455 Country Club Lane

Oceanside, CA 92054

(760) 435-5253

www.ci.oceanside.ca.us

Food Services

City of Encinitas Senior Center Nutrition Program

1140 Oakcrest Park Drive
Encinitas, CA 92024
(760) 943-2250 Senior Center

www.ci.encinitas.ca.us/index.aspx?page=116#seniors

Little Oaks Cafe Lunch Program

(760) 943-2257
Lynda Smith, Carol Hamilton- Nutrition Coordinators

lsmith@encinitasca.gov
chamilton@encinitasca.gov

Community Resource Center Food Programs

650 Second Street
Encinitas, CA 92024
Angel Flores-Coordinator
(760) 753-8300

www.crcncc.org/what-we-do/social-services/food-programs/

North County Health Services Women Infant Children (WIC)

San Marcos Location
150 Valpreda Rd, #102
San Marcos, CA 92069

Escondido Location
694 W. Mission Ave, #7
Escondido, CA 92025

Ramona Location
1721 Main St, #110
Ramona, CA 92065

Encinitas Location
285 N. El Camino Real, #111
Encinitas, CA 92024

North County Health Services Women Infant Children (WIC) *Continued*

Oceanside (Mission Mesa) Location
2210 Mesa Dr. #1
Oceanside, CA 92054

Valley Center Location
28246 Lilac Rd.
Valley Center, CA 92082

Borrego Springs Location
1315 Palm Canyon Dr.
Borrego Springs, CA 92004
(888) 477-6333

www.nchs-health.org/community-resources/wic/

Senior Gleaners of San Diego County

(Emergency food provider)

M. Laurel Gray
1363 Somermont Drive
El Cajon, CA 92021
(619) 449-9381

pgray@ucsd.edu
www.whyhunger.org/joinTheNetwork/orgProfile/id/16445

St. Andrew's Episcopal Church Food Pantry

890 Balour Drive
Encinitas, California, 92024
(760) 753-3017

contact@standrewsepiscopal.org
www.standrewsepiscopal.org/food-pantry.html

St. John the Evangelist Food Pantry

1001 Encinitas Blvd
Encinitas, CA 92024
(760) 753-6254 – coordinators Steve and
Beth Toner
www.saintjohnencinitas.org/ministries/outreach/food-pantry/

Fill-a-Belly (weekly dinners)

Fulfilled Life, Inc.
PO Box 4621
Carlsbad, CA 92018
(541) 977-7947
fillabelly@yahoo.com
www.fillabelly.org

USDA Commodity Supplemental Food Program (CSFP)

Western Regional Office
90 Seventh St. Suite 10-100
San Francisco, CA 94103
(415) 705-1310
www.fns.usda.gov/csfp/about-csfp

CA State Contacts:

Irene Boubalos- Food Distribution Program
Coordinator
(916) 323-7181
iboubalos@cde.ca.gov

Jacqueline Henderson- Food Distribution
Program Manager
(916) 324-9758
jhenders@cde.ca.gov

CalFresh Program (CA Dep. Of Social
Services)

(877) 847-3663
www.dss.cahwnet.gov/foodstamps/

USDA Women, Infants and Children (WIC)

(888) 942-9675
www.fns.usda.gov/wic/women-infants-and-children-wic

California Department of Public Health
P.O. Box 997375
Sacramento, CA
United States
www.cdph.ca.gov/programs/wicworks/Pages/default.aspx

Christine Nelson- WIC Acting Chief
(916) 928-8806
Christine.Nelson@cdph.ca.gov

Food Retailers Atlas

CA Dep. Of Health and CA Nutrition
Network
CLICK HERE to download PDF
www.results.livewellsd.org/Maps-Charts-Graphs-and-Reports/Food-Retailers-Atlas-2011/wvxv-c3qp

**San Diego Unified School District Food and
Nutrition Services**

<http://www.sandi.net/food#MealPrograms>
Free and Reduced-Price Meals (PayPAMS)-
Tina Samson
(858) 627-7328
tsamson@sandi.net

Breakfast in the Classroom/ Summer Fun
Cafe Specialist- Torin Childress
(858) 627-7308
tchildress@sandi.net

Farm to School Specialist/ Nutrition
Education & Community Outreach-
Ashley Cassat
(858) 627-7323
acassat@sandi.net

Meals on Wheels Greater San Diego

ADMINISTRATION CENTER
2254 San Diego Ave., Ste. 200
San Diego, CA 92110
(619) 260-6110 OR (800) 573-6467

MEAL CENTER
3555 India, Suite A
San Diego, CA 92103
Jerry Kemp- Food Service Manager
jkemp@meals-on-wheels.org

METRO SAN DIEGO SERVICE CENTER
2254 San Diego Ave., Ste. 100
San Diego, CA 92110
(619) 295-9501
Uyen Tran- Manager
utran@meals-on-wheels.org

EAST COUNTY SERVICE CENTER
131 Chambers Street, Suite 100
El Cajon, California 92020
(619) 447-8782
Marian Mann- Manager
mmann@meals-on-wheels.org

SOUTH COUNTY SERVICE CENTER
270 F. Street, Ste. 22
Chula Vista, CA 91910
(619) 420-2782
Chequita Falls- Manager
cfalls@meals-on-wheels.org

NORTH COUNTY SERVICE CENTER
930 Boardwalk Street, Unit C
San Marcos, CA 92078
(760) 736-9900
Charlotte Fan- Manager
cfan@meals-on-wheels.org

**North County Food Bank and Individual
Food Assistance**

680 Rancheros Drive, Suite 100
San Marcos, CA 92069
(760) 761-1140

www.sdnccs.org/#!/north-countys-food-bank/c13di
nccs-fb@sdnccs.org