

CITY HEIGHTS PREP

CHARTER SCHOOL

Community Resource List

Drug and Alcohol Resources

Alcoholics Anonymous (AA) www.aasd.org	Meetings at various locations; call or visit website for more information	(619) 265-8762 Central (760) 758-2514 North
Marijuana Anonymous www.marijuana-anonymous.org	Meetings at various locations; call or visit website for more information.	800) 766-6779
Narcotics Anonymous- San Diego www.sandiegona.org		(619) 584-1007 Business (619) 546-0774 Spanish (800) 479-0062 Meetings
Teen Recovery Program-McAllister Institute	7867 Convoy Ct. Ste 302. San Diego, CA 92111 For teens ages 12-17.	(858) 277-4633

Clothing Resources

Sharia's Closet	6244 El Cajon Blvd ste 5, San Diego, CA 92115	(619) 808-4979
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Community Resources

Barrio Station www.barriostation.org	2175 Newton Ave. San Diego, CA 92113-2282 Community center for teens, counseling, and sports activities; ages 6-18.	(619) 238-0314
Crawford Community Connection- Mid City Resource Center www.midcitycan.org	4275 El Cajon Blvd. Ste 101 San Diego, CA 92105 Community resource center.	619) 283-9624
Copley- Price Family YMCA	4300 El Cajon Boulevard San Diego, CA 92105	(619) 280-9622

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———— CHARTER SCHOOL ————

Food Resources

Home Start Family Self-Sufficiency (FSS) www.home-start.org	4305 University Ave. San Diego, CA 92105 Emergency food and shelter, other services.	(619) 229-3660
American Red Cross (WIC program)	292 Euclid Ave Suite 225 San Diego, CA 92114	(800) 500-6411
Crisis House Emergency Services www.crisishouse.org	1034 N Magnolia St. El Cajon, CA 92020 Serves undocumented individuals and families in need of emergency food and baby supplies.	(619) 444-1194
Mama's Kitchen www.mamaskitchen.org	3960 Home Ave. San Diego, CA 92105 Free meal delivery/pantry for San Diego residents who are diagnosed with HIV/AIDS or cancer (any age).	(619) 233-6262

Low- Income Resources

San Diego Continuing Education www.sdce.edu	Free classes for childbirth, GED, education, parenting, job skills, etc.	(619) 388-4850 or (619) 388-4881 (619) 388-1873 Spanish
Home Start-Emergency Assistance www.home-start.org	5296 University Ave. Ste F2 San Diego, CA 92115 Maternity (ages 18-24) and Family Emergency Shelter.	(619) 229-3660

Medical Clinics/ Health Centers & Resources

La Maestra Community Health Center	4060 Fairmount Ave. San Diego, CA 92105	(877) 338-5632
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<p>www.lamaestra.org La Maestra Community Health Center www.lamaestra.org</p>	<p>Primary care, dental, specialty, and behavioral providers. Many locations throughout central San Diego including eye clinic, dental clinic, and women's clinic.</p>	
<p>Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Community Center www.thecentersd.org</p>	<p>3909 Centre St. San Diego, CA 92103 HIV testing and other services</p>	<p>(619) 692-2077 x 101</p>
<p>San Diego Family Care – Mid City Community Clinic</p>	<p>Adult Clinic – 4290 Polk Ave. San Diego, CA 92105 Pediatric Clinic – 4305 University Ave. Suite 150 San Diego, CA 92105</p>	<p>(619) 563-0250 (619) 280-2058</p>
<p>Family Health Centers of San Diego www.fhcsd.org</p>	<p>Locations include: Beach Area, Chase Avenue, Chula Vista, City Heights, Community Circle East, Diamond Neighborhoods, Downtown, Grossmont Spring Valley, Lemon Grove, Logan Heights, North Park and Sherman Heights. Programs include: Black Infant Health Program, Healthy Development Services, HIV Services, Logan Heights Family Counseling Center, and Teen Health Center.</p>	<p>(619) 515-2333 or (619) 515-2300</p>

Mental Health/Counseling Services

<p>Center for Community</p>	<p>4283 El Cajon Blvd. #215</p>	<p>(619) 594-4918 ext 2</p>
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Counseling (SDSU)	San Diego, CA 92105 Services in English & Spanish; sliding scale (\$5-\$50).	
Community Assessment Team (CAT)- Social Advocates for Youth (SAY) www.saysandiego.org	Mid-City Family Resource Center 4275 El Cajon Blvd. San Diego, CA 92105 Counseling and case management for youth ages 8-18 and their families. Includes specific services for at risk youth.	(619) 582-9056 or (619) 283-9624
Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) Community Center www.thecentersd.org	3909 Centre St. San Diego, CA 92103	(619) 692-2077
Family Health Centers www.fhcsd.org	5454 El Cajon Blvd, San Diego, CA 92115	(619) 515-2400
The Union of Pan Asian Communities (UPAC) www.upacsd.com	5348 University Ave. #101 San Diego, CA 92105 For adults and youth with Asian backgrounds and cultural and/or language barriers.	(619) 229-2999 (619) 232-6454 Youth Services
African Alliance Assistance www.alliance-for-africa.org	5952 El Cajon Blvd. San Diego, CA 92115 Immigration, housing, employment, and interpretation services.	(619)-286- 9052
National Alliance on Mental Illness (NAMI) San Diego www.namisandiego.org	4480 30th St. San Diego, CA 92116 Free classes and support groups.	(619) 584-5563 Family and Peer Support Helpline (619) 543-1434 or (800) 523-5933
Para Las Familias Center- Episcopal Community Services	4305 University Ave. #400 San Diego, CA 92105 Mental health services for	(619) 228-2800

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www.ecscalifornia.org	ages 18 months to 6 years; medi-cal & uninsured.	
Project Enable www.neighborhoodhouse.org	286 Euclid Ave. Suite 102 San Diego, CA 92114 Individual and group counseling; ages 18 & older.	(619) 263-6155 ext. 113
YMCA www.ymca.org	4080 Centre St. San Diego, CA 92103 Serves uninsured, but need social security number ages 5-18	(619) 543-9850
Somali Family Services www.somalifamilyservice.org	6035 University Ave. San Diego, CA 92115	(619) 265-5821