

EMERGENCY SERVICES

Info Line..... 211

Access & Crisis Line...1-888-724-7240

Child Abuse Hotline.....1-800-344-6000
Adult Abuse Hotline.....1-800-510-2020
Teen Hot Line.....1-888-843-5200
San Diego Psychiatric Hospital, Psychiatric
Emergency Unit.....619-692-8200

Mental Health

Psych Emergency Response Team.....911
START Program.....Espereanza Crisis Center
490 N Grape Esc. Ca. 92025.....760-975-9939

Evaluation & Crisis Unit

Exodus, walk-in Clinic.....760- 871-2020
1520 S Escondido Blvd, Escondido, CA 92025
Aurora Behavioral Health.....888-565-4228
11878 Ave Industry, San Diego Ca 92128

Food Assistance

Feeding America, Pauma Food Distribution
Pauma Clinic Parking lot first come first served
1st and 3rd. Tuesday of the Month at 12:00 noon
Pala Mission Church Food Distribution
11800 Mission Rd., Pala Ca 92059
All Thursdays at 10-11am first come first served

St. Stephen's Church Food Distribution
31020 Cole Grade Rd. Valley Center Ca 92082
Saturday 8:30-9:30, 4th Saturday 12:30-2pm
Interfaith Mon-Fri 8-10am.....760-489-6380
550 W. Washington Ave, Escondido Ca. 92025
Salvation Army,760-745-8616
1301 Las Villas Way, Escondido M-F 10am
WIC Valley Center..... 760-471-2743
28246 Lilac Rd., Valley Center Ca..... 92082
2nd & 4th Thursday of the month 9am-2pm

Food and Clothing Assistance

Brother Benno's..... 760-439-1244
3260 Production Ave, Oceanside CA..... 92058
Breakfast, lunch bags, also serves as shelter.

www.brotherbenno.org

Western-Eagle..... 40940 County Center Dr.
Temecula, CA 92591.....951-695-7206
M-F 9-5pm, Sat/Sun 9-4pm. Food Box at \$15.00
stern-eagle@western-eagle.org

Holiday Assistance gift donations

Toys for Tots, Distribution of toys for less fortunate children during Holiday Season
.....mtftf@toysfortots.org
Interfaith760-749-6380
Salvation Army.....760-745-8616

OTHER SERVICES

CDC....www.cdc.gov/nip.....800-232-4636
Immunization Action Council www.immunize.org
Farmers Market, Valley Center Com. Center
28246 Lilac Rd,.....(Thur. 1-6pm)

Schools

Valley Center High School.....760-751-5502
Valley Center Middle School.....760-751-4295
Valley Center Elementary S..... 760-749-1631
Valley Center Primary School.....760-749-8282
Pauma Valley E. School.....760-742-3741
Rincon Head Start.....760) 749-5190
Pauma Head Start.....760-615-2000
Valley Center **Library**.....760-749-1305
.....29200 Cole Grade Rd, Valley Center
ROP Office760-739-7300

FINANCIAL ASSISTANCE

Universal Lifeline.....866-272-0349
Basic, single line phone service for qualifying low-income homes www.sbc.com
SDG&E800-411-7343
Utility bill assistance for qualifying low-income families..www.sdge.com/solutions/assistance/html

Legal Assistance

Legal Aide Society of SD.....877-534-2524
Providing Free Legal Assistance for People Living in San Diego County Who Qualify for Our Services

Resource Guide



Next appointment:

Time: _____ Place: _____

Cindy Plascencia, IMF
Behavioral Health Consultant
(760) 803-3703

Jackie Reyes
Behavioral Health Educator
(760) 690-7828

Pauma Valley Neighborhood
Healthcare
16650 Hwy 76
Pauma Valley, CA 92061
(760) 742-9919

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HEALTH/ MEDICAL

Medi-Cal..... 866-262-9881
Pauma Community Clinic.....760-742-9919
Indidan Health Council.....760-749-1410
National AIDS Hotline.....800-342-2437

Domestic Violence & Abuse

Shelter- Hidden Valley House....760-480-0055
Women's Resource Center.....760-757-3500
Center Community Solutions....760-747-6282
210 S. Juniper St. Escondido Ca 92025

Child Abuse Hotline.....800-344-6000
Adult Abuse Hotline.....800-510-2020

Family Planning

Planned Parenthood.....888-743-7526
* www.plannedparenthood.org

Substance Use & Abuse

AA (24 Hours).....760-758-6905
* www.alcoholics-anonymos.org

Narcotics Anonymous..... 619-584-1007
*www.sandiegona.org

Marijuana Anonymous....800-766-6779
* www.marijuana-anonymous.org

N. I. Recovery Center.....760-741-7708
200 E. Washington Ave, Escondido 92025
Monday-Thurs 9-9pm, Friday 9am to 5:30pm
Phoenix House.....760-729-2830
785 Grand Ave, Suite 220 Carlsbad, Ca 92008

www.phoenixhouse.org

Victory Outreach.....760-741-1832
Smoker's Hotline 800-456-6386
800 No-BUTTS800-662-8887
* www.californiasmokershelpline.org

Phone counseling & patches for those who qualify

Aging and Senior Services

Aging & Independent Serv.....800-510-2020
Sr Citizen Legal Services.....858-565-1392
Hospice of Escondido.....760-737-2050
American Diabetes Assoc.....619-234-9897

www.diabetes.org

American Cancer Society.....800-227-2345
www.cancer.org

Literacy & Learning Disabilities

Team of Advocates For Special Kids (TASK)
www.taskca.org.....619-282-0846

Resources for parents of children with disabilities, including learning disabilities

County Mental Health.....619- 543-0412

Differently Abled

Special Olympics..... 619-283-6100
www.specialolympics.org

United Cerebral Palsy.....760-743-1050
SD Regional Center.....858-576-2996
Services for people with developmental disabilities & their families (including testing) www.sdrc.org

Center for the Blind.....760-758-5956

Gay, Lesbian, Bisexual & Transgender

Being Alive.....619-291-1400
www.beingalive.org

The Center.....619-692-2077
www.thecentersd.org

Family Support Srvs Info Line..888-398-0006
www.trans_familysos.org

YOUTH SERVICES

After School & Recreation

Boy's & Girl's Clubs..* www.bgca.org
28751 Cole Grade Rd760-749-9822
Escondido Area;
115 W. Woodward Ave....760-746-3315

YMCA Childcare Resource Services

To apply for assistance with paying for child care or questions & Information.
Child Care Referral Line..800-481-2151

Other Services

Big Brothers Big Sisters...858-536-4900
Mentor match-up for single-parent youth ages 7-13.
[*www.sdbigs.org](http://www.sdbigs.org)

Mental Health Systems...760-747-0205
940 E Valley Parkway Ste. D Esc. 92025
Reduce delinquency recidivism, improve school attendance if truant, increase resilience, and youth safety at home.