

EMERGENCY SERVICES

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

Psych Emergency Response Team.....9-1-1
Child Abuse Hotline.....1-800-344-6000
Adult Abuse Hotline.....1-800-510-2020
Teen Crisis Line.....1-800-843-5200
San Diego Psychiatric Hospital....619-692-8200
Info Line..... 211

Mental Health

Kinesis MHS Escondido.....760-480-2255
Mental Health First Aide.....619- 543-0412

8 hr. training

Evaluation & Crisis Unit

Exodus, walk-in Clinic.....760- 871-2020
1520 S Escondido Blvd, Escondido, CA 92025
Rady's Behavioral Crisis Center...760-730-5900
Aurora Behavioral Health.....1-888-565-4228
11878 Ave Industry, San Diego Ca 92128
START Program.....Espereanza Crisis Center
490 N Grape Esc. Ca. 92025.....760-975-9939

Food and clothing Assistance

Feeding America, Pauma Food Distribution

Pauma Clinic Parking lot, first come first served

1st & 3rd. Tuesday of the Month at 12:00 noon

Pala 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 92082

2nd & 4th Thursday of the month 9am-2pm

Western-Eagle.....951-695-7206

40940 County Center Dr., Temecula, CA, 92591

Holiday Assistance gift donations

Toys for Tots, Distribution of toys for less fortunate children during Holiday Season

.....mtftf@toysfortots.org
Interfaith760-489-6380
Salvation Army.....760-745-8616

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.....760-742-0023
Migrant Education.....760-749-6347
ROP Office760-739-7300

Valley Center Library.....760-749-1305
.....29200 Cole Grade Rd, Valley Center

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
Disability Help Center.....888-418-8860
Social Security/SSDI.....800-772-1213

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)

Resource Guide



Next appointment:

Time: _____ Place: _____

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

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
Indian Health Council.....760-749-1410

Domestic Violence & Abuse

Women's Resource Center.....760-757-3500
Center Community Solutions....760-747-6282
210 S. Juniper St. Escondido Ca 92025

Shelters

2-1-1.....858-300-1211
Interfaith.....760-489-6380
Hidden Valley House.....760-480-0055
Project SafeHouse.....619-631-6442

Family Planning

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

Substance Use & Abuse

McAlister Institute.....619-442-0277
N. I. Recovery Center.....760-741-7708
620 N Ash St, Escondido 92027
Phoenix House.....760-729-2830
785 Grand Ave, Suite 220 Carlsbad, Ca 92008

Homeless Recovery

Alpha Project.....760-630-9922

Male Recovery

The Fellowship Center.....760-745-8478
Victory Outreach.....760-741-1832

Women's Recovery

Serenity House, Esc.....760-741-5098
In His Steps, Ramona.....760-789-5988
Victory Outreach, Esc.....760-741-1832

Smoker's Hotline 800-456-6386
800 No-BUTTS800-662-8887

Aging and Senior Services

Aging & Independent Serv.....800-510-2020
Sr Citizen Legal Services.....858-565-1392
Elizabeth Hospice....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

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..858-383-9156
www.transfamilysos.org

YOUTH SERVICES

After School & Recreation

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

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 safely at home.

MHS Teen Recovery C...760-744-3672
340 Rancheros Dr., Suite 166,
San Marcos, Ca. 92069