

## 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  
 28075 Diaz Rd Temecula, Ca 92591

## Holiday Assistance Gift Donations

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

.....[mtftf@toysfortots.org](mailto:mtftf@toysfortots.org)  
 Interfaith .....760-489-6380  
 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 Office .....760-739-7300  
 Valley Center Library.....760-749-1305  
 .....29200 Cole Grade Rd, Valley Center

## Financial Assistance

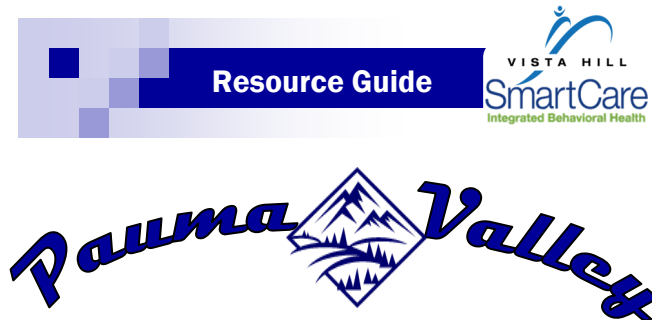
Universal Lifeline.....866-272-0349  
*Basic, single line phone service for qualifying low-income homes [www.sbc.com](http://www.sbc.com)*  
 SDG&E .....800-411-7343  
 Utility bill assistance for qualifying low-income families..[www.sdge.com/solutions/assistance/html](http://www.sdge.com/solutions/assistance/html)

## 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](http://www.cdc.gov/nip).....800-232-4636  
 Immunization Action Council [www.immunize.org](http://www.immunize.org)



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

Follow us:

[vistahillsmartcare.com](http://vistahillsmartcare.com)

[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)

[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)



## 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](http://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-BUTTS .....800-662-8887

## 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](http://www.diabetes.org)  
American Cancer Society.....800-227-2345  
[www.cancer.org](http://www.cancer.org)

## Literacy & Learning Disabilities

Team of Advocates For Special Kids (TASK)  
[www.taskca.org](http://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](http://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](http://www.sdrc.org)

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

## Gay, Lesbian, Bisexual & Transgender

Being Alive.....619-291-1400  
[www.beingalive.org](http://www.beingalive.org)  
The Center.....619-692-2077  
[www.thecentersd.org](http://www.thecentersd.org)  
Family Support Srvs Info Line..858-383-9156  
[www.transfamilysos.org](http://www.transfamilysos.org)

## YOUTH SERVICES

### *After School & Recreation*

Boy's & Girl's Clubs..\* [www.bgca.org](http://www.bgca.org)  
28751 Cole Grade Rd ....760-749-9822  
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