

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
 National Suicide Lifeline.....988

Mental Health

Kinesis MHS Escondido.....760-480-2255
 Mental Health First Aide.....619-543-0412
 KMG Psychiatry.....619-765-2684

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 of Industry, San Diego 92128
 Espereanza Crisis Center.....START Program
 490 N Grape Esc. Ca. 92025.....760-975-9939

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 *ww.immunize.org*

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

Holiday Assistance Gift Donations

Toys for Tots, Distribution of toys for less fortunate children during Holiday Season
mttf@toysfortots.org
 Interfaith760-489-6380
 Salvation Army.....760-745-8616

Food and Clothing Assistance

Feeding America - Pauma Food Distribution
*Pauma Community Center Parking lot*
1st & 3rd. Tuesday 12 pm - first come first served

Pala Church Food Distribution.....
*11800 Mission Rd., Pala 92059*
*Thursdays at 10-11am first come first served*

St. Stephen's Church Food Distribution.....
*1020 Cole Grade Rd. Valley Center 92082*
*Saturday 8:30-9:30, 4th Saturday 12:30-2pm*

Interfaith760-489-6380
*550 W. Washington Ave, Escondido 92025*
*Monday - Friday 8:00-10:00am*

Salvation Army760-745-8616
*1301 Las Villas Way, Escondido M-F 10am*

WIC Valley Center..... 760-471-2743
*28246 Lilac Rd., Valley Center 92082*

Western-Eagle.....951-695-7206
 *28075 Diaz Rd Temecula, 92591*
*M-F 9-6pm, Sat/Sun 9-4:15pm. Food Box \$15*

Resource Guide



Next appointment:

Time: _____ Place: _____

Behavioral Health Care Manager:

Cindy Plascencia
 (760) 803-3703

Neighborhood Healthcare

Valley Center Clinic
 28477 Lizard Rocks Rd
 (760) 742-9919

Smart Care - Administrative Office

1012 Main Street, Suite 101
 (760) 788-9725

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instagram.com/vistahillsmartcare



Health/ Medical

Medi-Cal..... 866-262-9881
Valley Center Clinic.....760-742-9919
Indian Health Council.....760-749-1410

Domestic Violence & Abuse

Women's Resource Center...760-757-3500
Ctr Community Solution....760-747-6282
.....210 S. Juniper St. Ste 101 Esc. 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, 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..858-304-0085

www.transfamilysos.org

Youth Services

Boy's & Girl's Clubs

After School & Recreation www.bgca.org

Valley Center.....760-749-9822

.....28751 Cole Grade Rd

Escondido760-746-3315

.....115 W. Woodward Ave

YMCA Childcare Resource Services

Child Care Referral Line.....800-481-2151

To apply for assistance with paying for child care or questions & information.

Other Services

Big Brothers Big Sisters...858-536-4900

Mentor match-up for single-parent youth

ages 7-13.....www.sdbigs.org*

MHS Teen Recovery Ctr North Inland

.....760-744-3672

340 Rancheros Dr., Suite 166, San Marcos. 92069

Schools

Valley Center High760-751-5502

Valley Center Middle760-751-4295

Valley Center Elementary .. 760-749-1631

Valley Center Primary760-749-8282

Pauma Valley Elem.....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,