

Resource Guide for Individuals with Financial Need

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Government Support Programs

211

Call 211 to learn about programs/resources you may qualify for!

2-1-1 San Diego connects people with community, health and disaster services through a free, 24/7 stigma-free phone service and searchable online database. By dialing 2-1-1, clients are linked to live highly-trained Client Service Representatives who assess their needs and match them to the best and closest resource in their community. Assistance is confidential and offered in more than 200 languages. Also visit online at www.211sandiego.org.

CalFresh

CalFresh (formerly known as Food Stamps) is an entitlement program that provides monthly benefits to assist low-income households in purchasing the food they need to maintain adequate nutritional levels.

The program issues monthly electronic benefits that can be used to buy most foods at many markets and food stores. The average amount of CalFresh benefits received per household with children is about \$380 per month.

You may apply online

via https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html or to find out how to apply for benefits in your county, please call the toll free number at **1-877-847-3663 (FOOD)**

CalWORKS

CalWORKs is [California's welfare program](#) that gives cash aid and services to eligible needy California families. If a family has little or no cash and needs housing, food, utilities, clothing or medical care, they may be eligible to receive immediate short-term help. Most will only be eligible to receive CalWORKs for a maximum of 48 countable months. There is, however, no time limit on aid for children, but in some counties children may get vouchers instead of cash.

You may apply for CalWORKs at any office located in the county where you live or online at <https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/calworks.html>.² Often, the CalWORKs application is automatically used to assess the CalFresh eligibility.

If you have no income, and you are a family of three, you will receive a cash assistance of roughly \$714 per month. This amount may vary depending on where you live in California.³

CALIFORNIA SUBSIDIZED CHILD CARE PROGRAM (MUST HAVE/HAD CALWORKS)

The Child Care Resource Center (CCRC) in California offers several financial assistance, or subsidy, programs to qualifying families who need help paying for child care.

Families that qualify for the program can choose their own child care provider. The CCRC will reimburse child care providers up to a certain amount.

The child care program in California is administered in three different stages — each with its own set of eligibility criteria.

WIC

WIC helps families with special checks for buying healthy supplemental foods from WIC-authorized vendors, nutrition education, and help finding healthcare and other community services.

Participants must meet income guidelines and be pregnant women, new mothers, infants or children under age five and individually determined by a health professional to be at nutrition risk.

<http://sandiegowic.org/> If you need immediate assistance, please call **800-224-7472**.

Additionally, your income must be less than or equal to:

Number of people in family*	Annual**	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$23,107	\$1,926	\$963	\$889	\$445
2	\$31,284	\$2,607	\$1,304	\$1,204	\$602
3	\$39,461	\$3,289	\$1,645	\$1,518	\$759
4	\$47,638	\$3,970	\$1,985	\$1,833	\$917
5	\$55,815	\$4,652	\$2,326	\$2,147	\$1,074

Number of people in family*	Annual**	Monthly	Twice-Monthly	Bi-Weekly	Weekly
6	\$63,992	\$5,333	\$2,667	\$2,462	\$1,231
7	\$72,169	\$6,015	\$3,008	\$2,776	\$1,388
8	\$80,346	\$6,696	\$3,348	\$3,091	\$1,546
More than 8	\$8,177 per added family member	\$682 per added family member	\$341 per added family member	\$315 per added family member	\$158 per added family member

*The number of persons in your household, including unborn children, should be counted in the number of people in the family. For example: A person who is single and pregnant with one child would count as a family of two.

Discounts

Amazon Prime Student

Amazon Prime Student offers a free 6-month membership to students. Being a member gets you free two-day shipping on most items, free unlimited photo storage, free streaming of thousands of TV shows and movies, and lots of other cool perks.

Car Insurance Discount

Check with your car insurance to see what discount you qualify for being a full time student.

Cell Phone Service

- **Sprint:** The discount amount varies, but students at some participating universities can get a discount on service plans. [Enter the name of your college here](#) to find out if you qualify.
- **AT&T:** Discount varies, but you can [enter your .edu email here](#) to find out if you're eligible.

Goodwill

A lot of Goodwill stores will offer a discount for students, show your student ID card.

Office 365

You can get free access to Office 365 Education if you're a student. This includes Word, Excel, PowerPoint, OneNote, and Microsoft Teams.

How to get the discount: All you have to do is [visit this page](#) and enter a valid school email address. Please contact them directly as

VITA Tax Preparation

Utilize VITA to receive no-cost tax assistance

Vehicles

[FreeCharityCars.Org](#)

[Free Charity Cars](#) is a nonprofit that gives away donated cars all through the United States, including Alaska and Hawaii.

Some of the eligibility requirements include:

- Victims of domestic violence
- The medically needy
- Victims of natural disasters
- **Families transitioning from public assistance to work**
- Families living in transitional living shelters
- **The working poor**
- Non-profit organizations
- Military Families

[Search for Donations through This Database](#)

Because you can qualify for a significant tax write off by donating a used car it's an option that many people are turning to.

You can [search this database](#), from working cars for working families, to find a non-profit organization in your area that accepts and then distributes donated vehicles.

Pregnancy and Newborn Support Programs

Black Infant Health (BIH) Program

Updated on 6/6/19

Disclaimer: This document may contain errors. Always verify information listed.

Call 619-542-4039 or send us an email: Rhonda.Freeman@sdcounty.ca.gov

Purpose: The San Diego County Black Infant Health (BIH) program works to improve African-American infant and maternal health, as well as decrease Black-White inequities and social inequities for women and infants.

BIH is part of Maternal, Child, and Adolescent Health (MCAH) and is required by the following authorities: Senate Bill (SB165); Health & Safety Code, Section 131051(d)(4); and California Welfare and Institutions Code, Section 14148.9(c-d).

All BIH services are at NO COST and include:

- 10-week prenatal sessions for pregnant women.
- 10-week postpartum sessions for new moms.
- Healthy meals, transportation assistance, and other supportive resources during sessions.
- Individual client plans that address the most important concerns in a woman's life.
- Referrals to [Public Health Nursing](#) and other health and social services.

Eligibility

- African-American women
- 26 or fewer weeks pregnant (30 weeks maximum)
- 18 years of age or older

California Paid Family Leave (PFL) Program

California leads the nation as the first to provide paid leave benefits for employees who need to “take time off” to bond with a newborn baby or provide care for a seriously ill family member.⁹

Under California’s **Paid Family Leave**, eligible employees may take up to six (6) weeks of paid leave to be with their families. The weekly benefits range from \$50 to a maximum of **\$1,173** but usually no more than 55% of their weekly earnings.

To apply for PFL benefits, you may submit a Claim for Paid Family Leave (PFL) Benefits (DE 2501F) form online or call the Employment Development Department (EDD) at **1-877-238-4373** for assistance.

California Access for Infants & Mothers (AIM)

Access for Infants & Mothers (AIM) is a state program that provides low-cost health insurance for the uninsured, middle-income pregnant women who are not eligible for no-cost Medi-Cal or traditional health insurance.⁷

If you qualify for AIM, your baby is automatically eligible for enrollment in Healthy Families for the first year after birth. For additional info, call California’s Access for Infants and Mothers (AIM) at **1-800-443-2611**.

Free Local Breastfeeding Support Groups

<https://www.sdbfc.com/support-groups>

Good Neighbor Center, (Nestor Good)

Address is 1120 Nestor Way
San Diego, CA 92154
(619) 429-0802

The non-profit operates in South Bay. They provide free infant formula, baby diapers, food, and applications to government social services programs including WIC for new, low income moms.

Nurse Family Partnership (NFP) and Maternal Child Health (MCH) Home Visitations

Nurse-Family Partnership (NFP) is a free, voluntary prevention program that provides nurse home visitation services to low income, first-time mothers prior to their 28th week of pregnancy. Nurses begin home visits early in the mother's pregnancy and continue visitation until the child's second birthday. Nurses provide support, education and counseling on health, behavioral and self-sufficiency issues. First-time mothers can expect to receive referrals to healthcare, childcare, job training and other support services available in their community. The programs' goal is to help women have a healthy pregnancy and a healthy baby, become a great parent and build a strong network of support for herself and her family.

San Diego Newborn Assistance - Families in poverty and the working poor can get help with a new baby. Everything is given for free to income qualified households. Clients can be provide diapers, wipes, and pampers. Or if they need furniture or financial aid during this transition, then referrals may be given to those parents as well. Read [San Diego County diapers and baby supplies](#).

Silent Voices | Bridges to Motherhood Parenting Class and Support Group

Phone: (619) 422-0757
Address: 355 K ST CHULA VISTA, CA 91911 [view map](#)

Provides a class and support group for pregnant women or women with infants. Services included provide practical support, such as maternity and baby clothing, as well as emotional support throughout pregnancy. Group focuses on caring for young children, and encourages education and responsibility.

Diapers and Baby Items

Birthline Of San Diego County, Inc

Phone: (858) 270-2491

Address: 3660 CLAIREMONT DR SAN DIEGO, CA 92117

Provides client advocacy and referrals for pregnancy, adoption, domestic violence and county services as well as resources for self-sufficiency and independence. In addition, Birthline provides basic necessities such as food, diapers, pregnancy tests, children's clothing, formula and other baby items

Community Christian Service Agency, CCSA Clairemont Center

4167 Rappahannock Avenue

San Diego, CA 92117

(858) 274-2273

Provides emergency services to low-income individuals and families. Emergency food is available up to six times per year and eight times for seniors, clothing and hygiene items are also available to those in need. Limited transportation assistance given (One MTS day passes for verified appointment)

Crisis House, Inc

1034 North Magnolia Avenue

El Cajon, California 92020

(619) 444-1194

Single moms and pregnant households can get diapers, applications to CalFresh food stamps, and access to a children and baby pantry. A thrift store may sell low cost car seats, cribs, and other bay furniture as well.

Emergency Food, Ocean Beach

2083 Sunset Cliffs Boulevard

San Diego, California 92107

Everything from baby food to diapers, soap, and cleaning supplies are passed out as supplies allow.

Heavens Windows | Clothing Assistance

Phone: (619) 463-0725

Address: 2300 BANCROFT DR SPRING VALLEY, CA 91977 [view map](#)

Updated on 6/6/19

Disclaimer: This document may contain errors. Always verify information listed.

Distributes gently used clothing for men, women, children and infants at no cost. When available, provides diapers, formula, car seats, cribs, high chairs, and other baby items....

Presbyterian Urban Ministries

Office is at 2459 Market Street
San Diego, California 92102
(619) 232-2753

Client Services from the non-profit helps low income moms and dads. There are hygiene articles and diapers given at most once every 4 months. Emergency food, tools vouchers for baby furniture, and even shoes/toys may be offered too.

Right-to-Life Pregnancy Support Center in San Diego County

1220 Third Avenue, Suite 1
Chula Vista, California 91911
Main phone - (619) 425-5012

May assistance programs are arranged for new and expecting moms, including single parents. There is distribution of maternity and baby clothes, nutritional support, and nonperishable including formula. Other support provides may be free diapers, clothing for kids under the age of 5, and maternity stuff. They also offer counseling and pregnancy tests.

Salvation Army Family Resource and Community Centers

6605 University Avenue, San Diego, California 92115, (619) 269-1430
Salvation Army, Escondido, 1301 Las Villas Way, Escondido, CA 92026, phone (760) 745-8685
The church based charity helps in an emergency. There are diapers, formula, wipes, and hygiene kits for low income families or the homeless in San Diego County. Other support include free toys, baby blankets, food, and even gas vouchers or money for paying bills. All services are in Spanish as well.

Sharia's Closet

Phone: (619) 808-4979
Address: 6244 EL CAJON BLVD SAN DIEGO, CA 92115 [view map](#)

Accepts and provides free, gently-used emergency clothing to give to individuals and families

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who are experiencing financial hardship or crisis. Care bags are customized for each individual based on their preferences and needs, with hand-selected outfits.

Discount on Utilities

California Home Energy Assistance Program (Heap)

California's Home Energy Assistance Program (HEAP) helps eligible low-income households with their utility bills, particularly those with the lowest incomes and the highest home energy costs.

Eligible households may receive one regular HEAP benefit each year to help pay for heating their home — ranging from \$21 to \$575 depending on the type of fuel used as the primary heating source.

When the HEAP season is open you may apply online via [myBenefits](#) or apply in person at your HEAP Local District Contact.⁸ Due to limited funding, applicants are prioritized based on greatest need.

You may also be eligible for **emergency HEAP benefits** if you are in danger of running out of fuel or having your utility service shut off in less than 48 hours.

California LifeLine Program

Receive a discount on your phone through California LifeLine Program, call 1866-272-0349. The California LifeLine Program (California LifeLine) is a state program that provides discounted home phone and cell phone services to eligible households. -

<https://www.californialifeline.com/PublicWebApp/en>

SDG&E

Apply for discount programs through SDG&E to save 30% or more on your energy bill!

<http://webarchive.sdge.com/residential/care-video>

Discount WIFI

[ACCESS from AT&T | Low Cost Internet](#)

Provides a low-cost option ranging from \$5-\$10 a month for home internet access to low-income households in the 21 states where they offer wire line home internet services. Service includes free installation and free WiFi modem.

Eligibility Requirements:

Must meet the following guidelines: 1. At least one person in the household participates in the Supplemental Nutrition Assistance Program (SNAP) 2. Live in one of the 21 states where AT&T provides wire line home Internet service; and at least one of the Access from AT&T Internet speed tiers is available at the address. California residents also are eligible if: 1. At least one member of the household receives SSI benefits 2. At least one of the Access from AT&T Internet speed tiers is available at the address. Other requirements also apply.. EBT Card;SS Card. Applications can be submitted online at: <https://accessatt.solixcs.com/#/home> After AT&T receives and processes the application, a letter indicating the application status will be mailed to you.

www.att.com/shop/internet/access/#/

[Cox Connect2Compete | Connect2Compete](#)

Offering \$9.95 high-speed internet for 2 years, free installation & modem rental, no deposit & no contract. Partnering with Computers 2 SD Kids and San Diego County Office of Education to bring tools to students and their families to help them succeed.

Families that have a K-12 student and receive one of the following government assistance programs: National School Lunch Program (NSLP), SNAP, TANF or Public Housing. Also have not subscribed to Cox Internet in last 90 days or have any outstanding bills or unreturned equipment with Cox.. Proof of government assistance programs

<http://cox.connect2compete.org/welcome.aspx>

[EveryoneOn.org](#)

Helps bring affordable internet and devices into the home for those who are in need. Provides free basic digital literacy training.

Proof of Income;Proof of government assistance programs. Start process online at:

<https://www.everyoneon.org/find-offers/> For question or concerns complete fill out the following form at: <https://www.everyoneon.org/find-offers/>

<http://everyoneon.org/>

Internet Essentials From Comcast

The [Internet Essentials program from Comcast](#) allows qualifying customers to purchase an affordable 15 Mbps plan at just \$9.95 per month. The service also includes free in-home WiFi and is available without a credit check.

One unique perk to the Internet Essentials program is the ability for customers to purchase a subsidized laptop or desktop computer for \$149, which is less expensive than what you'd usually find in-store or online. The computer includes Microsoft Office, Norton Security Suite, and a 90-day warranty.

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In order to be eligible for the Internet Essentials program, you must have at least one child eligible for the National School Lunch program as well as meet a number of other criteria.

Spectrum Internet™ Assist

Spectrum is proud to be the fastest-growing Internet, TV and Voice company. We believe that everyone should have access to reliable, high-speed Internet. Through the **Spectrum Internet Assist** program, qualified households* can receive:

- High-speed 30 Mbps Internet with no data caps
- Internet modem included
- No contracts required
- Add in-home WiFi for \$5 more per month

To qualify for Spectrum Internet Assist, a member of the household must be a recipient of one of the following programs:

- The National School Lunch Program (NSLP); free or reduced cost lunch
- The Community Eligibility Provision (CEP) of the NSLP
- Supplemental Security Income (≥ age 65 only)

<https://www.spectrum.com/browse/content/spectrum-internet-assist.html>

Get Help: Rent, Food and Utility Assistance

Reduced Cost or Free Childcare

Child Development Associates, Inc | Alternative Payment Program - Bonita

Offers subsidized child care that serves children from birth through 12 years of age. The program allows eligible parents to choose the type of care they feel best meets the needs of their family. CDA then pays the child care providers directly on behalf of the parents. Parents may select a licensed child care center, a licensed family child care home, a before/after school program, a legally licensed-exempt provider such as a relative (i.e. grandparent, aunt or uncle) or a friend or neighbor.

Location: Bonita

<https://cdasd.org/families/ap-program/>

Childcare Resource Service, YMCA Of San Diego County | YMCA Childcare Resource Service, Alternative Payment Program - YMCA

The Alternative Payment Program (APP) offers child care subsidies to families who qualify for child care services based on income and need. APP pays a partial or the full cost of child care for eligible families and pays the child care facility directly.

In order to qualify for subsidized child care services, adult family members must be one of the following: 1. Employed or looking for work (for no more than 60 days per family per fiscal year) 2. Enrolled in job-related training 3. Medically incapacitated 4. Homeless 5. Referred through Child Protective Services 6. Participants in CalWORKS and deemed stable by the County Welfare Department 7. Meet the following income guidelines Maximum Income Levels for Subsidized Care 1-2 / \$4,030 3 / \$4,340 4 / \$4,877 5 / \$5,657 6 / \$6,438 7 / \$6,584 8 / \$6,730 The APP serves the following aged children: 1. Infant to 13 years old 2. 18 to 21 years old for people with documented exceptional needs, as long as a parent or caregiver remains eligible for the program.. Call for details/more information;Proof of Guardianship;Proof of identification;Proof of Income;Proof of Residency;Intake/Application Form. Families are enrolled in the Alternative Payment Program either through the San Diego County Centralized Eligibility List (CEL) or as transfers from the county. Families can place their children on the CEL by applying online: English Application: <https://app.childcaresandiego.com/> Spanish Application: https://app.childcaresandiego.com/es_login.asp

Child Development Centers, Child Development Associates Inc, Finney Child Development Center – South Bay

Educationally based, year round preschool program. Full-day or part-day (3-hour sessions, morning or afternoon). CDA's California State Preschool Centers provide high quality and enriched learning experiences for children 3-5 years of age. We value each child's learning and work closely with the local school districts to ensure children have the necessary skills to be successful as they enter kindergarten. We provide an environment and developmental experiences that nurture growth and learning to ensure children enter school eager and excited to learn. The California State Preschool Program is a state-funded preschool program.

Tuition assistance is provided to income eligible families by the California Department of Education, and each of CDA's preschool centers meet or exceed the California Department of Education and Department of Social Services health and safety standards.

To receive services in CDA's Part-Day Program, families must meet eligibility criteria (a qualifying need is not required). To meet the eligibility criteria, families must be low income, include a current CalWORKs cash aid recipient, be homeless or have a child who is at risk of abuse, neglect, or exploitation or receiving protective services through the county welfare department. To determine if your family's income falls within the allowable income guidelines, look for your family size and gross (before taxes) monthly income on the chart below. If your family's gross income is less than the amount listed on the chart, you may be eligible for subsidized child care.

Family Size Gross Monthly Income: 1-2 \$3,283 | 3 \$3,518 | 4 \$3,908 | 5 \$4,534 | 6 \$5,159 | 7 \$5,276 | 8 or more \$5,395

Location: South Bay

<http://www.cdapreschools.org/>

Child Development Centers, Child Development Associates Inc, Hilltop Child Development Center – Chula Vista

Educationally based, year round preschool program. Full-day or part-day (3-hour sessions, morning or afternoon). CDA's California State Preschool Centers provide high quality and enriched learning experiences for children 3-5 years of age. We value each child's learning and work closely with the local school districts to ensure children have the necessary skills to be successful as they enter kindergarten. We provide an environment and developmental experiences that nurture growth and learning to ensure children enter school eager and excited to learn. The California State Preschool Program is a state-funded preschool program.

Tuition assistance is provided to income eligible families by the California Department of Education, and each of CDA's preschool centers meet or exceed the California Department of Education and Department of Social Services health and safety standards.

Location: Chula Vista

To receive services in CDA's Part-Day Program, families must meet eligibility criteria (a qualifying need is not required). To meet the eligibility criteria, families must be low income, include a current CalWORKs cash aid recipient, be homeless or have a child who is at risk of abuse, neglect, or exploitation or receiving protective services through the county welfare department. To determine if your family's income falls within the allowable income guidelines, look for your family size and gross (before taxes) monthly income on the chart below. If your family's gross income is less than the amount listed on the chart, you may be eligible for subsidized child care.

Family Size Gross Monthly Income: 1-2 \$3,283 | 3 \$3,518 | 4 \$3,908 | 5 \$4,534 | 6 \$5,159 | 7 \$5,276 | 8 or more \$5,395

<http://www.cdapreschools.org/>

Child Development Centers, Child Development Associates Inc, The Parks Child Development Center – National City

Educationally based, year round preschool program. Full-day or part-day (3-hour sessions, morning or afternoon). CDA’s California State Preschool Centers provide high quality and enriched learning experiences for children 3-5 years of age. We value each child’s learning and work closely with the local school districts to ensure children have the necessary skills to be successful as they enter kindergarten. We provide an environment and developmental experiences that nurture growth and learning to ensure children enter school eager and excited to learn. The California State Preschool Program is a state-funded preschool program.

Tuition assistance is provided to income eligible families by the California Department of Education, and each of CDA's preschool centers meet or exceed the California Department of Education and Department of Social Services health and safety standards.

Location: National City

To receive services in CDA’s Part-Day Program, families must meet eligibility criteria (a qualifying need is not required). To meet the eligibility criteria, families must be low income, include a current CalWORKs cash aid recipient, be homeless or have a child who is at risk of abuse, neglect, or exploitation or receiving protective services through the county welfare department. To determine if your family’s income falls within the allowable income guidelines, look for your family size and gross (before taxes) monthly income on the chart below. If your family’s gross income is less than the amount listed on the chart, you may be eligible for subsidized child care.

Family Size Gross Monthly Income: 1-2 \$3,283 | 3 \$3,518 | 4 \$3,908 | 5 \$4,534 | 6 \$5,159 | 7 \$5,276 | 8 or more \$5,395

www.cdapreschools.org

Children's Home Society Of California | Child Care Services, San Diego Office

Provides subsidized child care for low-income families in licensed private homes. Child care providers receive ongoing training and guidance. Children from birth through age 12 or until age 21 if child has special/exceptional needs.

Location: Camino Del Rio North, San Diego

<https://www.chs-ca.org/>

Updated on 6/6/19

Disclaimer: This document may contain errors. Always verify information listed.

Early Care and Education Full Day Centers, Educational Enrichment Systems, Jeff and Deni Jacobs Child Development Center – Linda Vista

Provides subsidized child care and education for low-income families with children ages 2 year through 5 years of age.

May provide tuition assistance to households that meet specified income eligibility criteria. In order to be eligible for state subsidized education, a family’s gross monthly income must be below the state’s maximum monthly income ceiling. The maximum gross monthly household income ceiling varies by family size. Family size means the parent and the children who comprise the household in which the child receiving services is living.

Families with monthly gross income that exceeds the below listed maximum amounts are not eligible for subsidized education.

Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees.

Family Size Maximum Gross Monthly Income (before taxes)

2 \$3,283 per month

3 \$3,518 per month

4 \$3,908 per month

5 \$4,534 per month

6 \$5,159 per month

7 \$5,276 per month

8 or more \$5,394 per month

Location: Linda Vista

<http://www.educ-enrichment.org/>

Educational Enrichment Systems | Early Care And Education Full Day Centers, Child Development Center – Linda Vista

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year. Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size / Maximum Gross Monthly Income (before taxes) 2

/ \$4,173 per month 3 / \$4,502 per month 4 / \$5,256 per month 5 / \$6,098 per month 6 / \$6,939 per month 7 / \$7,096 per month 8 / \$7,254 per month. Call for details/more information. Additional Required Documents: Physicians Report within the 1 year of enrollment date. <https://static1.squarespace.com/static/555bb38ee4b0e54dcecd867b/t/559d75efe4b07f54795c7a62/1436382703052/LIC701+Physician%27s+Report.pdf> Complete application online and print or email: <http://www.educ-enrichment.org/s/EE-4R-Enrollment-information.docx> Enrollment Requirements (Full-Day Program) <http://www.educ-enrichment.org/s/promo-ees-preschools-full-day.pdf> Enrollment Requirements: <http://www.educ-enrichment.org/s/Enrollment-Requirements-Part-Day.pdf>

Location: Linda Vista, San Diego

<https://www.educ-enrichment.org/san-diego/>

Educational Enrichment Systems | Early Care And Education Full Day Centers, Park Village Children's Center – Chula Vista

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year. Area served Chula Vista.

Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size / Maximum Gross Monthly Income (before taxes) 2 / \$4,173 per month 3 / \$4,502 per month 4 / \$5,256 per month 5 / \$6,098 per month 6 / \$6,939 per month 7 / \$7,096 per month 8 / \$7,254 per month. Call for details/more information. Additional Required Documents: Physicians Report within the 1 year of enrollment date.

<https://static1.squarespace.com/static/555bb38ee4b0e54dcecd867b/t/559d75efe4b07f54795c7a62/1436382703052/LIC701+Physician%27s+Report.pdf> Complete application online and print or email: <http://www.educ-enrichment.org/s/EE-4R-Enrollment-information.docx> Enrollment Requirements (Full-Day Program) <http://www.educ-enrichment.org/s/promo-ees-preschools-full-day.pdf> Enrollment Requirements: <http://www.educ-enrichment.org/s/Enrollment-Requirements-Part-Day.pdf>

Location: Chula Vista

<http://www.educ-enrichment.org/south-bay>

Clothing

Clothing, household goods, basic needs - Those items, and more, are offered by clothing closets, churches, and charities across San Diego California. Some locations also offer such items as free school supplies, diapers or Christmas assistance. While items may be provided for free, the general public can often buy high quality yet low cost goods from thrift stores and other non-profits. Find a listing of centers. More on [free clothes and school supplies in San Diego County](#).

Clothing, Food, Hygiene Supplies

Uptown Faith Community Service Center – Families who are at risk for homelessness, low-income individuals and families, and the current homeless can get assistance. Services include clothing, emergency food, hygiene supplies, and access to a computer. 4101 30th Street, Suite B, San Diego, California, 92104, phone (619) 281-8411, or find more [information on UPTOWN programs](#).

Food, Healthcare, Utilities

Cash Assistance and San Diego Social Services - The county has two primary organizations that can provide emergency financial assistance. They include the Health and Human Services Agency as well as Family Resource Centers. They provide a number of resources, including free food, health care, electric bill help, and other aid. Read more [San Diego public assistance](#).

Healthcare and Housing

St Vincent De Paul Society For The Diocese Of San Diego -

Offers various low income programs and advice to those who are struggling. A focus of this non-profit charity is on housing and medical care. They operate health and dental clinics in the region. Housing and homeless prevention programs can assist a wide number of San Diego California families and individuals, including veterans, people facing eviction, and those who are currently homeless and who need to find a new home or apartment to live in. Click here [Saint Vincent de Paul assistance programs in San Diego](#).

Individuals with Cancer

Rock Cancer C.A.R.E. of San Diego County is for cancer patients and families. Services may be transportation to doctor appointments and treatment, house cleaning, information on prescription assistance and medical bill payment programs, counseling, free meal delivery, and much more. (888) 251-0620

Mortgage and Prevent a Foreclosure

The price to own or buy a home in San Diego County is sky high. Many **people struggle to pay their mortgage or come up with the funds for a down payment**. Or they need help applying,

improving credit scores, or something else. There are a number of [assistance programs for mortgages](#).

Rent/Mortgage

Heavens Windows is involved in offering the Emergency Food and Shelter Program, or EFSP. It is an annual, federally funded grant program that offers limited emergency rent payment assistance to residents facing a one-time crisis and that are facing eviction. Loans may also be issued expenses such as utility bills or security deposits. Applicants need to be able to show they will be self-sufficiency in the immediate future and can pay the rent on their own. Spring Valley, California based. Dial (619) 303-7806.

San Diego Housing Commission (phone (619) 231-9400) provides rental assistance, section 8 housing resources, home buyers assistance, public housing, and state rental housing.

Several other cities and towns in southern California offer **section 8 housing vouchers**. Some examples are below. However call your local social service office as well for information. Participants will need to still pay 30% of monthly income toward rent. Most centers will have a waiting list in place.

- City of Oceanside, 321 North Nevada Street, call (760) 435-3360
- 2965 Roosevelt Street, Suite B, Carlsbad, CA, 92008, call (760) 434-2810
- Housing and Community Development, County of San Diego, 3989 Ruffin Road, San Diego, CA, 92123, telephone number is (858) 694-4890
- Calexico Housing Authority, 1006 East Fifth Street, Calexico, California, 92231, call (760) 357-3013
- 2965 Roosevelt Street, Suite B, Carlsbad, CA, 92008, call (760) 434-2810
- 140 East Twelfth Street, Suite B, National City, California, 91950, call (619) 336-4254

Non-profit and free rent help - Several San Diego California area charities, churches, and government programs offer information on rental assistance programs. The organizations work to stop homelessness and may offer cash or loans to help pay rent or deposit expenses. More on [emergency rent assistance in San Diego](#).

Rent, Mortgage Assistance, Utilities, and Food Assistance

Unions United helps families struggling to make ends meet during emergency situations.

Through this partnership, Unions United can help with rent and mortgage assistance, food, and utilities. **For an appointment, call** (858) 636-4116.

San Diego Catholic Charities ((619) 231-2828) provides low income and other qualified individuals with access to crisis and critical services for adults, children, and families,

including counseling. There may also be emergency help for bills and other costs, pregnancy, parenting and adoption services, immigrant and refugee services, or rent assistance. Or residents can get free senior services, information on government programs, homeless and emergency services. Learn more on https://www.needhelppayingbills.com/html/san_diego_catholic_charities_a.html

San Diego Salvation Army provides a multitude of programs to assist to needy families, the unemployed, low income, seniors, youth and children. Get help with rent, mortgage payments, utility assistance, housing, free food, shelter, clothing, counseling, disaster services, and other aid in San Diego California.

Vouchers and free stuff is also passed out. This ranges from back to school supplies to furniture, possible medications, Christmas toys from Angel Tree and more. A number of centers offer the Family Services program, which is the main resource used to distributed aid. Call (619) 231-6000, or get more details on [Salvation Army San Diego programs](#).

Info Line of San Diego is a resource that the homeless and people facing eviction can get referrals from. Callers may learn about free food, emergency money for rent, or energy bills. There are a few numbers to try, including (619) 230-0997 in Greater San Diego, North County residents call (760) 943-0997, or inland, dial (760) 740-0997. Learn more on [Info Line services in San Diego](#).

Jewish Family Service of San Diego - Some resources are available regardless of faith. Assistance programs include a free food pantry, support for veterans and seniors in San Diego, Ways to Work Car Loans, and referrals. They may also have home delivered meals or free pet food for the homebound and elderly. The non-profit is also involved in running shelter and transitional housing programs. Learn more on [help from Jewish Family Service of San Diego](#).

Crisis House focuses on self-sufficiency. However there may be some occasional financial aid offered for families that are out of options. While numerous services are administered, some include motel vouchers, shelter, and transitional housing. They work with the Career Center and other social service agencies in San Diego, such as food pantries. Any funds issued for rent, paying electric bills or a security deposit are targeted at homeless prevention. Or get help in applying for SSDI disability benefits, CalWorks, or food stamps. More on [San Diego Crisis House emergency programs](#).

Just In Time for Foster Youth offers Basic Needs/ Emergency Assistance. The non-profit provides qualified San Diego residents with immediate financial support in an emergency. Programs can assist with care repair, rent money, bus passes, gas cards, interview clothing, and grocery gift cards and vouchers youth ages 18 to 26. (760) 505-6647

Legal Support

Legal aid for utility disconnections, evictions, and

government benefits - There are firms that provide free advice, including Legal Aid Society of San Diego, to low income families, the disabled, and seniors. A focus is on addressing housing needs, so ensuring utilities are not disconnected or stopping evictions. They can also help people apply for SSI, food stamps / CalFresh, and deal with other consumer issues. More on [Legal Aid Society of San Diego programs](#).

Public Benefit Help, Legal Aid Society of San Diego, Inc, Central Office

Provides FREE help including counseling, advice, and/or representation in hearings to eligible people in helping with denials of CalWorks, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, Adoptive Assistance; questions about CalWorks, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, Adoptive Assistance; terminations of CalWorks, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, Adoptive Assistance; Overpayment or Overissuance of CalWorks, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, Adoptive Assistance; reduction of CalWorks, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, Adoptive Assistance; notices of actions of CalWorks, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, Adoptive Assistance.

9am-5pm Monday-Friday

(877) 534-2524

<http://www.lassd.org/>

Christmas

Low income Christmas assistance is available. Many donations and volunteers are available and support children and seniors in San Diego. Free holiday or Christmas gifts, food, and other items are available across the county and southern California. Find [San Diego County free Christmas and holiday assistance](#).

Clothing, Utilities, Auto Repair, Tuition

Nice Guys Assistance Program - Provides financial aid to people in need of temporary assistance. The exact type of assistance varies and may include utility payments, include auto repair, tuition, wheelchair repairs, and new or gently used clothing.

Food

Feeding San Diego (858) 452-3663 - Provides food distribution locations and Cal Fresh sign-up support. <https://feedingsandiego.org/need-help/>

Neighborhood House Association (619) 263-7761 - Provides qualified individuals with emergency food (a household may receive food once in a 6-month period). Formula/baby food and diapers are also sometimes available.

San Diego Food Bank - They run the government Emergency Food Assistance Program (EFAP). This program can help children, seniors, and families that are faced with a crisis. The food bank also runs a free diaper bank, helps low income families with applying to CalFresh, gives referrals and more. Dial 1-866-350-3663 for referrals.

There are dozens of other **non-profit food pantries across San Diego** that families and individuals can turn to for assistance. Find phone numbers, addresses, or read more [San Diego free food pantries](#).

The Jacobs & Cushman San Diego Food Bank and our North County Food Bank chapter recently established our new **Diaper Bank Program** to overcome a barrier to work for parents living in poverty. <https://sandiegofoodbank.org/programs/diaper-bank-program/>

Food and Shelter

Home Start focuses on housing and long term support, with a focus on single parents. They offer assistance from the Financial Opportunity Center, may have one time funds from the federal emergency food and shelter grant program, a Maternity Shelter, applications for Cal Fresh or SSI disability and other solutions. More on [Home Start services](#).

Food, Shelter, Rental Assistance

San Diego County Lutheran Services administers programs for seniors, the disabled, and the working poor. Qualified families can receive everything from food to shelter and emergency rental assistance. Resources offered are comprehensive and address the root causes of the situation. Call for information on clothing, transitional housing, free meals, and eviction prevention. More on [Lutheran Services in Southern California](#).

Housing

Low income housing - Families facing imminent eviction or those that are homeless can get assistance from transitional housing programs or shelters. Resources and non-profits across San Diego are committed to helping the needy and less fortunate. Special focus for satisfying housing needs tends to be on families with children, women, veterans, and senior citizens. Read [transitional housing programs in San Diego](#).

Personal Hygiene and Food

San Diego Homeless Services is a non-profit that coordinates solutions. Assistance is offered from an Outreach team, and there is everything from shelter to transitional housing available. Basic needs around personal hygiene and free food are distributed, as well as information on financial and emergency money for bills and rental costs. Read more information on [housing and homeless services in San Diego](#).

Rent, Bills, Hot Meals, Emergency Shelter

Churches and faith based groups - Families can turn to a local church for help in San Diego County. The assistance is generally focused on a specific zip code, and the resources vary. In general, they offer financial help for paying rent or bills as a last resort. But some ongoing programs may be available, such as advice for immigrants seeking citizenship, emergency shelter, and hot meals among them. More on [help from San Diego churches](#).

Utilities

Campeños Unidos Inc, El Centro can help pay utility and electric bills. The non-profit provides non-emergency financial assistance with paying utility bills to working poor, low-income individuals and families. Hispanics and others can be assisted too.

Subsidies and financial aid for paying water bills - Most of these programs are funded using donations from the public. In general, in order to get help with a water bill, the applicant must follow the same income guidelines that are in place for CARE. Both non-profits and the utility provider may offer this, and locate more details on [San Diego water bill assistance programs](#).

Utilities, Rent, Legal Help, Help Finding Affordable Housing

HUD Rapid Rehousing and Eviction Prevention Services are available from a few agencies in San Diego County. ESG grants offer a continuum of care to stop homelessness. The program may provide the following.

One time funding for utility bills, even including water arrears may be offered along with rent help. Non-profits may offer legal support, or help a family find a new, affordable apartment to live in. The grants may also pay for other costs, and more on [San Diego eviction assistance and rehousing](#).

Additional Programs

California Unemployment Insurance

Unemployment insurance benefits provide temporary financial assistance to workers unemployed through no fault of their own — for up to 26 weeks. Weekly benefit amounts range from a minimum of \$40 to a maximum of [\\$450](#).

In order to qualify for this benefit program, you must have worked in the past 12 to 18 months, and have earned at least a minimum amount of wages as determined by the State’s guidelines.

You can apply for UI or reopen a UI claim online using [eApply4UI](#) or if you wish to file your claim over the phone, please call **1-800-300-5616** or **1-800-326-8937** for Spanish.

Facebook: “Buy Nothing, Sell Nothing” Group

You will have to find your community and ask to join your local group. This community is wonderful with sharing free items, everything is free! It is especially a popular place to acquire free baby items.