

## RESOURCE LIST

### KINSHIP SUPPORT



YMCA Kinship Support Program provides case management, support groups, respite care, emergency funding, family events, and more. Call (619) 719-9179 or email [kinshipyfs@ymcasd.org](mailto:kinshipyfs@ymcasd.org).

YMCA Childcare Resource Service provides free and confidential consultations, call (619) 521-3055 or email [crsbehaviorsupport@ymcasd.org](mailto:crsbehaviorsupport@ymcasd.org).



Project KEEP program helps caregivers improve their children's behavior and decrease stress, while building supportive networks and support systems. Contact (858) 565-4148 x278.



Foster, Adoptive and Kinship Care Education Program (FAKCE) provides quality workshops, classes, and support opportunities to assist foster, adoptive, and kinship parents. Visit [fakce.org/pink-book](http://fakce.org/pink-book) for more.



Assertive Family Solutions offers trainings, support groups, and classes to assist parents, tutors, and grandparents in raising children in non-traditional settings. Call (619) 787-0807 for more information.



Palomar Family Counseling Service, Inc. offers case management, resources and referrals, emotional support, parenting advice and educational workshops. Call Graciela Moreno (760) 466-8884 or email [gmoreno@pfcs.agency](mailto:gmoreno@pfcs.agency)



The Grandparents Connection offers support for grandparents or relatives raising children under 18. For more information, contact Shearl Lambert (619) 931-9548 or [shearl0688@yahoo.com](mailto:shearl0688@yahoo.com).

### FOOD ASSISTANCE



To find free meals in your neighborhood text "FOOD" or "COMIDA" to 304-304.



To find a food distribution near you visit [feedingsandiego.org/find-food](http://feedingsandiego.org/find-food).



To find your nearest food distribution and/or food pantry visit [sandiegofoodbank.org](http://sandiegofoodbank.org).



CalFresh, or the Supplemental Nutritious Assistance Program (SNAP), issues monthly benefits that can be used to buy most foods at many markets and stores. To apply, call 2-1-1 or visit [getcalfresh.org](http://getcalfresh.org).



SDCCU Wellness Wednesdays offer webinars to help the community improve their financial health. Visit [sdccu.com](http://sdccu.com).



Bill and payment assistance programs are available to help with current and past due energy bills. Visit [sdge.com](http://sdge.com), click Pay Bill, then Assistance Programs.



SANDAG is working to connect the San Diego region with internet access. Call 2-1-1 or visit [GetConnected.SANDAG.org](http://GetConnected.SANDAG.org).



Access and Crisis Line (ACL) offers San Diego County residents FREE, confidential counseling, and community resources 24/7. Call (888) 724-7240 or visit [optumsandiego.com](http://optumsandiego.com).



9-8-8 is the National Suicide Prevention Lifeline number and will connect residents to their local crisis center, including the ACL.



Family Urgent Response System (FURS) is a free 24/7/365 hotline for current or former foster youth and caregivers to get immediate help for any issues. Call (833) 939-3877 or visit [cal-furs.org](http://cal-furs.org).



Health Insurance Counseling & Advocacy Program (HiCAP) provides free information and counseling about Medicare. Call (858) 565-1392 to make an appointment.



Mental Health Systems/TURN provides specialized services in mental health, substance use disorder, supportive housing, and justice involved services. Visit <https://turnbhs.org/programs/>.



2-1-1 San Diego is a free, 24 hour confidential phone service and searchable database for the community. They provide referrals and information. Call 2-1-1 or visit [211sandiego.org](http://211sandiego.org).



Metropolitan Transit Services (MTS) and North County Transit District (NCTD) have several pass programs for youth, students, and families. Visit MTS at <https://bit.ly/3Ati50A> and NCTD at <https://bit.ly/3AQiuvF>.



Neighborhood House Association's Early Head Start and Head Start program provides free childcare and preschool. Call (888) 873-5145.



Elder Law & Advocacy provides free civil legal services and Medicare counseling to seniors & people with disabilities. Visit [elaca.org](http://elaca.org) for more.



USD Legal Clinics provide free legal assistance and can help address any legal questions. Call (619) 260-7470 or visit <https://bit.ly/3Yjq2zt>.

*Information on this flyer is subject to change. For questions, please email [HHSA.Communities@sdcounty.ca.gov](mailto:HHSA.Communities@sdcounty.ca.gov).*

For more information, please call 2-1-1 or visit: [211sandiego.org/grandparents](http://211sandiego.org/grandparents)

Stay connected with events and resources, sign up for our *Monthly Newsletter* by scanning the QR code with your phone or email us!

[HHSA.Communities@sdcounty.ca.gov](mailto:HHSA.Communities@sdcounty.ca.gov)



LIVE WELL  
SAN DIEGO