



# **Community Resource Guide**

Provided by:

**Fleet & Family Support Centers of San Diego (FFSC)**

There are a tremendous number of resources in the greater San Diego area. The listed resources are the most relevant resources for military and family members in the San Diego Area. The list of the organizations does not constitute endorsement by the United States Department of Defense or the United States Department of the Navy.



## About Fleet & Family Support Centers (FFSC)

Fleet & Family Support Centers offers a wide array of support programs and resources. Programs and services provided include:

- Counseling and Advocacy Programs
- Deployment and Homecoming
- Ombudsman and FRG Support
- Disaster Preparedness
- Career Services and Transition Assistance (TAP)
- Command Programs
- Exceptional Family Member
- Personal Financial Management
- Life Skills
- New Parent Support
- Relocation, Assistance
- Retiree Support
- Sexual Assault Prevention and Response

Fleet and Family Support Centers are here on phone, email, social media and webinar to support you" virtually" during the COVID crisis. Even though we are not opening our doors to walk in clients yet, we are one call or email away!

To set up an appointment, call the  
**Centralized Scheduling office at 1-866-923-6478.**

When we do reopen, we have locations at:

<i>Naval Base Coronado</i> 318 Saufley Rd., Bldg. 318 San Diego, CA 92135  619-545-6071	<i>Naval Base Point Loma</i> 140 Sylvester Rd. Bldgs. 211 & 212 San Diego, CA 92106  619-553-7505	<i>Naval Base San Diego</i> 3005 Corbina Aly, Suite 1 Bldgs., 259, 263, & 271 San Diego CA, 92136  619-556-7404
<i>Bayview Hills Branch</i> 1967 Sky Harbor Rd, San Diego, CA 92139  619-267-1720	<i>Gateway Village Branch</i> 3207 Rosecrans Pl. San Diego, CA 92110  619-222-5548	<i>The Village at Serra Mesa Branch</i> 3141 Afton Rd San Diego, CA 92123  858-505-1369
	<i>Kearny Mesa Branch</i> 3950 Calle Fortunada San Diego, CA 92123  619-987-9449	



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## Benefits

- ♦ Chaplain
- ♦ Child Care
- ♦ Commissary
- ♦ Defense Finance Accounting Service
- ♦ Morale, Welfare, and Recreation (MWR)
- ♦ Naval Medical Center San Diego
- ♦ NAVY Exchange
- ♦ Navy Housing
- ♦ Tricare
- ♦ US Navy Personnel Command Casualty Assistance

## Death & Bereavement Support

- ♦ Army Survivor Outreach Services
- ♦ Big Brothers, Big Sisters
- ♦ Courage 2 Call
- ♦ National Resource Directory
- ♦ Navy Gold Star
- ♦ Navy League
- ♦ Tragedy Assistance Program for Survivors
- ♦ U.S. Air Force Casualty Matters
- ♦ U.S. Marine Corps Casualty Assistance
- ♦ U.S. Navy Command Casualty Assistance

## Deployment

- ♦ 211
- ♦ American Red Cross
- ♦ ASYMCA
- ♦ Blue Star Families
- ♦ Chaplain's Office
- ♦ Chaplain's Office
- ♦ Courage 2 Call
- ♦ Dogs on Deployment
- ♦ FFSC
- ♦ FOCUS
- ♦ Homefront San Diego
- ♦ Marine Corps Community Services (MCCS)
- ♦ MCCS Miramar/ MCRD
- ♦ Military Kids Connect
- ♦ Military One Source
- ♦ Project Evergreen
- ♦ PSD
- ♦ United States Postal Service
- ♦ United Through Reading
- ♦ USO

## Domestic Violence/Sexual Assault

- ♦ 211
- ♦ Courage 2 Call
- ♦ Family Courts
- ♦ Family Justice Center
- ♦ MCRD Legal
- ♦ Military One Source
- ♦ Navy Region Legal
- ♦ San Diego Police Dept.
- ♦ South Bay Community Services Women's Resource Center
- ♦ DoD Safe Helpline
- ♦ Salvation Army



## Employment/Transition/Education

- ♦ Bayside Community Center
- ♦ DAV
- ♦ Dept. of Labor
- ♦ Father Joe's Village
- ♦ GI Bill
- ♦ Housing Opportunities Collaborative
- ♦ Interfaith Community Services
- ♦ Marine Corps Community Services (MCCS)
- ♦ MCCS Miramar/ MCRD
- ♦ Military One Source
- ♦ Military Spouse Corporate Career Network
- ♦ Military Spouse Employment Program
- ♦ MYCAA
- ♦ National Military Family Association
- ♦ Navy College
- ♦ Onward to Opportunity
- ♦ San Diego Community Colleges
- ♦ San Diego Continuing Education
- ♦ South Metro Career Center
- ♦ Spouse Preference
- ♦ Veterans of Foreign War
- ♦ Veterans Village of San Diego
- ♦ Volunteer Match
- ♦ Zero 8 Hundred

## Family/Marriage/ Kids

- ♦ ASYMCA
- ♦ Best Schools
- ♦ Big Brothers/ Big Sisters
- ♦ Boy Scouts/ Girl Scouts

- ♦ Blue Star Families
- ♦ California Department of Child Support
- ♦ Chaplain's Office
- ♦ Child Development Centers
- ♦ Childcare Aware (NACCRRRA)
- ♦ Childcare Aware EFMP- Respite Care
- ♦ Consumer Product Safety Commission
- ♦ CYP
- ♦ DEERS
- ♦ EFMP
- ♦ Family Courts
- ♦ Family Justice Center
- ♦ First 5
- ♦ Flourishing Families
- ♦ FOCUS
- ♦ GCF Learn Free
- ♦ Great Schools
- ♦ Head Start
- ♦ Healthy Start
- ♦ Jewish Family Services
- ♦ Keep 'em safe program
- ♦ Marine Corps Community Services
- ♦ MCCS Miramar/ MCRD
- ♦ Military Childcare.com
- ♦ Military Kids Connect
- ♦ Military One Source
- ♦ Miramar Youth Center
- ♦ National Highway Safety Administration
- ♦ National Military Family Association
- ♦ Navy CYP
- ♦ Navy Marine Corps Relief Society
- ♦ Navy Worldwide Locator
- ♦ Operation Home front
- ♦ Say San Diego

- ♦ School Liaison
- ♦ Tutor.com
- ♦ US Citizenship and Immigration Services
- ♦ USO
- ♦ YMCA Childcare Referrals

## Financial

- ♦ 211
- ♦ Access for Infants & Mothers
- ♦ Annual Credit Report
- ♦ ASYMCA
- ♦ CalFresh (SNAP)
- ♦ Catholic Charities
- ♦ Center for Community Services (CCS)
- ♦ Childcare Subsidies (NACCRRA)
- ♦ Consumer financial Protection Bureau
- ♦ Consumer Product Safety Commission
- ♦ DAV
- ♦ Father Joe's Village
- ♦ Federal Trade Commission
- ♦ FFSC
- ♦ FINRA Investor Education Foundation
- ♦ First 5
- ♦ Head-start
- ♦ Home-front San Diego
- ♦ Interfaith Community Services
- ♦ Manage Student Loans
- ♦ Marine Corps Community Services (MCCS)
- ♦ MCCS Miramar/ MCRD
- ♦ Military Garnishment Operations
- ♦ Military One Source
- ♦ Money Management International

- ♦ National Asian American Coalition
- ♦ Navy Marine Corps Relief Society
- ♦ Operation Home front
- ♦ PSD
- ♦ San Diego Financial Literacy Center
- ♦ San Diego Food Bank
- ♦ Say San Diego
- ♦ Support the Enlisted Project (STEP)
- ♦ Thrift Savings Plan (TSP)
- ♦ USO

## International Affairs

- ♦ 211
- ♦ Alliance of African Assistance
- ♦ House of Pacific Relations
- ♦ Interfaith Community Services
- ♦ Jewish Family Services
- ♦ Navy Region Legal
- ♦ Union of Pan Asian Communities
- ♦ US Citizenship and Immigration
- ♦ World Beat Cultural Center

## Mental/Physical Health

- ♦ 211
- ♦ Access for Infants and Mothers
- ♦ ASYMCA
- ♦ Bayside Community Center
- ♦ CCS
- ♦ Chaplain's Office
- ♦ Child Care Away EFMP Respite Care
- ♦ Courage 2 Call
- ♦ DAV
- ♦ DEERS

- ♦ EFMP
- ♦ FFSC
- ♦ First 5
- ♦ Flourishing Families
- ♦ FOCUA
- ♦ Head Start
- ♦ Interfaith Community Services
- ♦ MCCS
- ♦ MetLife
- ♦ Military One Source
- ♦ Naval Medical Center
- ♦ Safe Help Line
- ♦ SAIL
- ♦ Say San Diego
- ♦ Therapeutic Recreation Services
- ♦ Tricare
- ♦ Tricare ECHO

### Relocation/Housing

- ♦ 211
- ♦ Catholic Charities
- ♦ CCS
- ♦ Community Housing Works
- ♦ DEERS
- ♦ Defense travel
- ♦ CA DMV
- ♦ FAA
- ♦ Home front San Diego

- ♦ Interfaith Community Services
- ♦ Lincoln Military Housing
- ♦ Marine Corps Community Services
- ♦ Military Kids Connect
- ♦ Military One Source
- ♦ National Asian American Coalition
- ♦ NAVSUP
- ♦ Navy Gateway Inns and Suites
- ♦ Navy Housing
- ♦ Navy Lodge
- ♦ Operation Home front
- ♦ Pets Welcome

### Veterans Services

- ♦ 211
- ♦ Courage 2 Call
- ♦ DAV
- ♦ GI BILL
- ♦ National Asian American Coalition
- ♦ Navy League
- ♦ Patriot Riders
- ♦ San Diego Continuing Education
- ♦ Veterans Administration (Benefits)
- ♦ Veterans of Foreign Wars
- ♦ Veterans Village of San Diego
- ♦ VetAssist
- ♦ Zero8Hundred

## Resource Organizations

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### 211 SAN DIEGO

Address: P.O. Box 420039, San Diego, CA 92142

Phone: 2-1-1 or (858) 300-1211 or (800) 227-0997

Website: [www.211sandiego.org](http://www.211sandiego.org)

Email: [info@211sandiego.org](mailto:info@211sandiego.org); [resourcecenter@211sandiego.org](mailto:resourcecenter@211sandiego.org)

Contact Person: N/A

Services Offered: connection to community resources, Courage to Call

Languages Offered: More than 150 languages

Fees: none

Eligibility: Anyone

### ACCESS FOR INFANTS & MOTHERS (Medical Access Program)

Address: Medical Access Program, Po Box 15559, Sacramento, CA 95852

Phone: 800-433-2611

Website: [mcap.dhcs.ca.gov](http://mcap.dhcs.ca.gov) to apply through covered California

Email: N/A

Contact Person: Customer service

Services Offered: Information on low cost healthcare coverage

Languages Offered: Many languages offered

Fees: N/A

Eligibility: Anyone eligible for medical or covered California

### ALLIANCE OF AFRICAN ASSISTANCE

Address: 5952 El Cajon Blvd. San Diego CA. 92115

Phone: 619-286-9052

Website: <http://www.alliance-for-africa.org/index.php>

Email: [info@alliance-for-africa.org](mailto:info@alliance-for-africa.org)

Contact Person: Representative

Services Offered: Economic development, immigration services, home based child care, resettlement assistance, CalFresh information, thrift store, interpretations, tax assistance,

Languages Offered: Interpreters available for over 200 different languages and dialects

Fees: Differs with services needed

Eligibility: Anyone

## **AMERICAN RED CROSS**

Address: 3950 Calle Fortunada, San Diego, 92123

Phone: 858-309-1200

Website: [redcross.org](http://redcross.org)

Email: N/A

Contact Person: Receptionist

Services Offered: Disaster relief, emergency communication for military financial assistance, trainings and certifications

Languages Offered: English, Spanish, and over 75 languages

Fees: May apply for certain certifications

Eligibility: Anyone

## **ANNUAL CREDIT REPORTS**

Address: Central Source LLC, PO Box 105283, Atlanta, GA 30348

Phone: N/A

Website: [www.annualcreditreport.com](http://www.annualcreditreport.com)

Email: Contact form online

Contact Person: N/A

Services Offered: Free annual credit reports, consumer credit information, and education

Languages Offered: English

Fees: N/A

Eligibility: Anyone

## **ARMED SERVICES YMCA (ASYMCA)**

Address: Murphy Canyon- 3293 Santo Rd., San Diego, CA 92124

Naval Medical Center: 34800 Bob Wilson Drive, San Diego, CA 92134

Phone: Murphy Canyon: 858-751-5755

NMCSO: 619-532-8158

Website: [www.asysd.org](http://www.asysd.org)

Email: N/A

Contact Person: Front desk

Services Offered: Clinical counseling, thrift stores, in home visits, emergency food, child care referrals

Languages Offered: English

Fees: None or low cost

Eligibility: Active duty service members and family

## ARMY SURVIVOR OUTREACH SERVICES

Address: N/A

Phone: 855-707-2769

Website: [armymwr.com/sos](http://armymwr.com/sos)

Email: [usarmy.jbsa.imcom-hq.mbx.sos-survivor-advocate@mail.mil](mailto:usarmy.jbsa.imcom-hq.mbx.sos-survivor-advocate@mail.mil)

Contact Person: Army Gold Star and Surviving Family Members' Representative

Services Offered: Financial counseling, benefit and entitlements assistance, special events, recognition, and information and referral

Languages Offered: English

Fees: None

Eligibility: Surviving family members of fallen Soldiers

## BAYSIDE COMMUNITY CENTER

Address: 6882 Linda Vista Rd, San Diego, CA 92111

Phone: 858-278-0771

Website: <http://www.baysidecc.org/>

Email: [baysideinfo@baysidecc.org](mailto:baysideinfo@baysidecc.org)

Contact Person: Coordinator

Services Offered: Educational opportunities for children, youth, adults, and seniors; education, food distributions, and hot meals; blood pressure monitoring, wellness screenings, and flu shots; health lectures and workshops; fitness and dance classes

Languages Offered: English, Spanish, and Vietnamese

Fees: None

Eligibility: Some services are income sensitive

**Office is closed due to COVID but they hold food drives Wednesday at 2 pm in the parking lot.**

## **BIG BROTHERS/BIG SISTERS**

Address: 4305 University Ave., Suite 300 San Diego, CA 92105

Phone: 858-536-4900

Website: <http://sdbigs.org>/Email:

Contact Person: Main Office

Services Offered: Operation Bigs (one-to-one mentoring for military children), volunteer opportunities, mentoring for children in the community, special programs

Languages Offered: Variety of languages depending on availability

Fees: Application fees may apply

Eligibility: Those who meet the qualifications

**Applications are on hold and the agency is not accepting new applications during COVID 19.**

## **BLUE STAR FAMILIES**

Address: P.O. BOX 230637 Encinitas, CA 92023

Phone: (202) 630-2583

Website: <https://bluestarfam.org/>

Email: Contact form online

Contact Person: Representative

Services Offered: Military Family Life, Career and Employment initiatives, Relocation, Deployment Support, and Community Involvement

Languages Offered: English

Fees: None

Eligibility: Depends on service

## **BOY SCOUTS OF AMERICA- SAN DIEGO-IMPERIAL COUNCIL**

Address: 1207 Upas Street San Diego, CA 92103

Phone: 619.298.6121 or 866-437-2272

Website: <https://www.sdicbsa.org/>

Email: N/A

Contact Person: Council Office

Services Offered: programs for young people that build character, trains them in the responsibilities of participating citizenship and develops personal fitness

Languages Offered: English

Fees: Varies

Eligibility: Cub Scouts: For children in Grades 1-5

Boy Scouts: For youth 11-17 years old

## **CALFRESH PROGRAM/ SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

Address: N/A

Phone: 877- 847-3663; 858-654-1991

Website: [www.cdss.ca.gov/foodstamps](http://www.cdss.ca.gov/foodstamps)

SNAP: <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Email: [piar@dss.ca.gov](mailto:piar@dss.ca.gov)

Contact Person: Enrollment Specialist

Services Offered: employment, cash aid, food aid, day care referrals

Languages Offered: Armenian, Chinese, Hmong, Portuguese, English, Russian, Spanish, Tagalog, Ukrainian

Fees: Application and usage fee depends on service

Eligibility: Income sensitive



## **CALIFORNIA COURTS SELF-HELP CENTER**

Address: N/A

Phone: N/A

Website: <https://www.courts.ca.gov/selfhelp.htm>

Email: N/A

Contact Person: N/A

Services Offered: Assistance with California courts system

Languages Offered: English, Spanish, Vietnamese, Chinese, Korean

Fees: Free or low cost

Eligibility: Anyone

## **CALIFORNIA DEPARTMENT OF CHILD SUPPORT SERVICES (DCCS)**

Address: PO Box 419064 Rancho Cordova, CA 95741

Phone: Main 866-901-3212; Military liaison 858-650-5324

Website: <https://childsupport.ca.gov/>

Email: Contact form on website

Contact Person: Customer Service

Services Offered: Establishing paternity, locating a parent, child support case help, court info

Languages Offered: English/ Spanish, and other interpreters available

Fees: Depends on service

Eligibility: Anyone

## **CATHOLIC CHARITIES DIOCESE OF SAN DIEGO**

Address: PO Box 121831 San Diego, CA 92112

Phone: 619-231-2828

Website: [www.ccdsd.org](http://www.ccdsd.org)

Email: N/A

Contact Person: Front desk

Services Offered: Case management, housing and education info, and emergency assistance,

Languages Offered: Multiple languages available

Fees: None

Eligibility: Anyone

## **CENTER FOR COMMUNITY SERVICES 24 HOUR CRISIS LINE**

Address: 4508 Mission Bay Dr. San Diego, CA 92109

Phone: 888-385-4657 or 858-272-5777

Website: [www.ccssd.org/get-help/hotline/](http://www.ccssd.org/get-help/hotline/)

Email:

Contact Person: Operator

Services Offered: Information and referral, crisis intervention

Languages Offered: English/ Spanish

Fees: None

Eligibility: Anyone (NON-911)

## **CENTER FOR COMMUNITY SOLUTIONS LEGAL**

Address: 4508 Mission Bay Drive, San Diego, CA 92109

Phone: 619-697-7477 or 888-385-4657

Website: [www.ccssd.org](http://www.ccssd.org)

Email: N/A

Contact Person: Receptionist

Services Offered: Counseling for couples, children, teens, and families

Languages Offered: English/ Spanish

Fees: None

Eligibility: Victims of crime

## CHAPLAIN'S OFFICE

Address: 3670 Surface Navy Blvd., San Diego, CA 92136

Phone: NBSD 619- 556-2658

NASNI- 619-545-8213

Website:[https://cnic.navy.mil/regions/cnrsw/installations/navbase\\_san\\_diego/about/facilitie\\_and\\_resources/religious\\_programs.html](https://cnic.navy.mil/regions/cnrsw/installations/navbase_san_diego/about/facilitie_and_resources/religious_programs.html)

Email: NBSD\_Chaplain2@navy.mil

Contact Person: Chaplain, civilian clergy, enlisted personnel

Services Offered:

- ♦ Opportunities for worship & prayer
- ♦ Education
- ♦ Religious and spiritual development for personnel from a diverse range of faith backgrounds across a broad spectrum of personal experience

Languages Offered: English, Spanish, Tagalog

Fees: None

Eligibility: Full services available to Active duty, reserve, retirees, and dependents; Limited services may be available to DoD Civilians and Contractors

## CHILD CARE AWARE

Address: 1515 N. Courthouse Road 3rd Floor Arlington VA 22201

Phone: 1-800-424-2246 or 703-341-4100

Website: <https://www.childcareaware.org/fee-assistancerespite/>

Email: N/A

Contact Person: N/A

Services Offered:

- ♦ Fee Assistance
- ♦ Exceptional Family Member Program (EFMP) Respite CARE
- ♦ 40 hours of respite care per family per month;
- ♦ Sibling care for children under the age of 13 years old;
- ♦ Respite care provided by well-trained and background screened providers who are monitored by the local partner agencies; and
- ♦ Respite care services in the family's home, a family childcare home or an off-base child care centers by approved providers.

Languages Offered: Based on provider chosen

Fees: None

Eligibility:

- ♦ An Exceptional Family Member (EFM) is an authorized DEERs eligible family member who is enrolled in EFMP and possess a physical, emotional, developmental or educational disability, or condition requiring special medical, mental health, or educational services;
- ♦ Active Duty or Reserve on Active Duty stationed throughout the United States;
- ♦ Family enrolled in the Navy's EFMP; and
- ♦ EFM child who resides with the sailor, is between the ages of birth through 18 years and is designated category 4 or 5

## **CHILD DEVELOPMENT CENTER (CDC) DROP IN CARE**

Address: NBSD 3653 Filbert St. Bldg. 3653, San Diego, CA 92136

Phone: 619-556-3522

Consolidated with Naval Medical Center CDC During COVID 19.

Director Monica Armenta: (619) 532-7977

Website: [militarychildcare.com](http://militarychildcare.com) and [www.navylifefsw.com/sandiego/families/cyp/cdc](http://www.navylifefsw.com/sandiego/families/cyp/cdc)

Email: N/A

Contact Person: Front desk

Services Offered: Full day

Languages Offered: Multiple languages available

Fees: Based on income

Eligibility: Active Duty, DoD, Activated Reserve, Combat Wounded Warriors, Surviving Spouses, and DoD Contractors

## **CHILD SUPPORT SERVICES**

Address: PO Box 419064 Rancho Cordova, CA 95741

Phone: 866-901-3212

Website: <https://childsupport.ca.gov/>

Email: [heretohelp@sdcounty.ca.gov](mailto:heretohelp@sdcounty.ca.gov)

Contact Person: Service Provider

Services Offered: Military and veterans child support liaisons

Languages Offered: Many

Fees: None

Eligibility: Anyone

## **CHILDCARE SUBSIDIES**

Address: 1515 N. Courthouse Rd., Arlington, VA 22201

Phone: 800-424-2246; 703-341-4100

Website: [msp@usa.childcareaware.org](mailto:msp@usa.childcareaware.org)

Email: N/A

Contact Person: Representative

Services Offered: Reduced rates or subsidies for childcare

Languages Offered: Multiple languages available

Fees: None, but reduced childcare fees apply

Eligibility: Active duty, activated reserve, Navy civilians, Survivors, and Wounded Warriors who meet income requirements

## **CHILDREN'S HOME SOCIETY**

Address: 2650 Camino Del Rio North, Ste. 104, San Diego, CA 92108

Phone: 619-293-3411

Website: [www.chs-ca.org](http://www.chs-ca.org)

Email: N/A

Contact Person: Receptionist

Services Offered: Low income parental assistance in achieving self-sufficiency, childcare referrals

Languages Offered: English, Spanish, Arabic, Cantonese, Laotian, Luganda, Tagalog, Thai, Vietnamese

Fees: None

Eligibility: Anyone

## **COMMISSARY- NAVAL BASE SAN DIEGO**

Address: 2525 Callagan Hwy, Bldg. 3629 , San Diego, Ca 92113

Phone: 556-8657x3051

Website: <https://commissaries.com/shopping/store-locations/san-diego-nb>

Email: [william.vick@deca.mil](mailto:william.vick@deca.mil)

Store Email: [sandiegocommissary@deca.mil](mailto:sandiegocommissary@deca.mil)

Contact Person: Operator

Services Offered: ATM, Bakery, Deli, Fresh Lobster, Fresh Sandwiches to go, Hot Foods Dept., Party Cakes, Plants

Languages Offered: Many languages may be available depending on employee availability

Fees: N/A

Eligibility: Active duty, retirees, reservists, and their dependents

## COMMISSARY- NAVAL AIR STATION NORTH ISLAND

Address: Bldg. 2017 Colorado St. NAS North Island , San Diego Ca 92135

Phone: 619-545-6560

Website: <https://www.commissaries.com/shopping/store-locations/north-island-nas> Email:  
[josephine.hernandez@deca.mil](mailto:josephine.hernandez@deca.mil)

Email: josephine.hernandez@deca.mil

Store Email: NorthIslandNAS.commissary@deca.mil

Contact Person: Operator

Services Offered: Bakery, Custom Photo Cakes, Deli, Fresh Sandwiches to go, Hot Foods Dept., Party, Cakes, Plants, Rotisserie Chicken, Sushi

Languages Offered: Many languages may be available depending on employee availability

Fees: N/A

Eligibility: Active duty, retirees, reservists, and their dependents

## COMMISSARY- NOLF (IMPERIAL BEACH)

Address: 1500-13th Street, Bldg. 1264, NOLF Imperial Beach, Ca 91932

Phone: 619-437-9478

Website: <https://commissaries.com/shopping/store-locations/imperial-beach>

Email: [aaron.burcham@deca.mil](mailto:aaron.burcham@deca.mil)

Store Email: ImperialBeach.commissary@deca.mil

Contact Person: Operator

Services Offered: Bakery, Deli, Fresh Sandwiches to go, Hot Foods Dept., Cakes, Plants, Rotisserie Chicken

Languages Offered: Many languages may be available depending on employee availability

Fees: N/A

Eligibility: Active duty, retirees, reservists, and their dependents

## **COMMUNITY HOUSING WORKS**

Address: 2815 Camino del Rio S #350 San Diego, CA 92108

Phone: 619-282-6647

Website: [www.chworks.org](http://www.chworks.org)

Email: [info@chworks.org](mailto:info@chworks.org)

Contact Person: Receptionist

Services Offered: Affordable home search

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Anyone

## **CONSUMER FINANCIAL PROTECTION BUREAU**

Address: PO Box 2900 Clinton. IA 52733

Phone: 855-411-2372; 858-715-2642 ext. 144

Website: [www.consumerfinance.gov](http://www.consumerfinance.gov)

Email: N/A

Contact Person: Customer Service

Services Offered: Consumer tools, data and research, educational resources and compliance info

Languages Offered: More than 180 languages available

Fees: None

Eligibility: Anyone

## **CONSUMER PRODUCT SAFETY COMMISSION**

Address: 4330 East West Highway, Bethesda, MD 20814

Phone: 301-504-7923 or 800-638-2772

Website: [www.cpsc.gov](http://www.cpsc.gov)

Email: Contact form on website

Contact Person: Receptionist

Services Offered: Information on recalls, safety guidelines and child products

Languages Offered: English, Spanish, Vietnamese, Chinese

Fees: None

Eligibility: Anyone



## **COURAGE TO CALL/ MHS**

Address: 9465 Farnham St. STE 100, San Diego, CA 92123

Phone: 877-698-7838 or 2-1-1

Website: <https://www.courage2call.org/about-us/>

Email: [info@211sandiego.org](mailto:info@211sandiego.org)

Other: [couragetocall@mhsinc.org](mailto:couragetocall@mhsinc.org)

Contact Person: Admin or Veteran Peer

Services Offered: confidential, veteran-staffed 24/7 helpline dedicated to assisting service members through information, guidance, and referrals.

Languages Offered: English/ Spanish

Fees: None

Eligibility: Anyone

## **DEERS**

Address: DMDC Support Office , 400 Gigling Rd , Seaside, CA 93955-6771

Phone: 1-800-538-9552

Website: [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect)

Email: N/A

Contact Person: Representative

Services Offered: Benefits and enrollment information

Languages Offered: English

Fees: N/A

Eligibility: Information available on website

## **DEFENSE TRAVEL**

Address: 4800 Mark Center Drive , Suite 04J25-01 , Alexandria, VA 22350-9000

Phone: 888-435-7146 or 571-372-1300

Website: [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil)

Email: Help desk ticket online

Contact Person: Customer service

Services Offered: DoD travelers assistance

Languages Offered:

Fees: N/A

Eligibility: DoD

## **DEPARTMENT OF LABOR**

Address: 550 W C St. Suite 990 San Diego, CA 92101

Phone: 1-866-487-2365

Website: <https://www.dol.gov/general/contact>

Email: [executivesecretariat@dol.gov](mailto:executivesecretariat@dol.gov)

Contact Person: Receptionist

Services Offered: To foster, promote, and develop the welfare of the wage earners, job seekers, and retirees of the United States; improve working conditions; advance opportunities for profitable employment; and assure work-related benefits and rights

Languages Offered: English and Spanish

Fees: None

Eligibility: Anyone

## **DEPARTMENT OF MOTOR VEHICLES**

Address: 3960 Normal Street, San Diego, CA 92103

Phone: 1-800-777-0133

Website: [www.dmv.ca.gov/portal/dmv](http://www.dmv.ca.gov/portal/dmv)

Email: N/A

Contact Person: Representative

Services Offered: Vehicle registration, driver's license, and other vehicle related information

Languages Offered: English/ Spanish

Fees: Varies per service

Eligibility: Everyone

## **DISABLED AMERICAN VETERANS**

Address: 3725 Alexandria Pike, Cold Spring, KY 41076

Phone: 877-426-2838

Website: [www.dav.org](http://www.dav.org)

Email: Contact form online

Contact Person: Representative

Services Offered:

- Helps returning veterans transition back to civilian life by linking them with services that address their physical, emotional, and financial needs.
- Provides free, professional assistance to veterans of all generations in obtaining VA and other government benefits earned through service.
- Fights for veterans' rights on Capitol Hill.
- Links veterans to job training and job assistance programs.
- Funds rehabilitation programs for veterans with severe disabilities, such as blindness or amputation
- Languages Offered: English/ Spanish

Fees: Membership fees vary

Eligibility: Anyone: who served in the armed forces during a period of war or under conditions simulating war, and was wounded, disabled to any degree, or left with long-term illness as a result of military service, and was discharged or retired from military service under honorable conditions.

## **DOD SAFE HELPLINE**

Address: RAINN Attn: DoD Safe Helpline 1220 L Street, NW Suite 505 Washington, DC 20005

Phone: 877-995-5247 ; 202- 544-1034

Website: <https://www.safehelpline.org/>

Email: [info@safehelpline.org](mailto:info@safehelpline.org)

Contact Person: Trained Safe Helpline Staff

Services Offered: 24/7 hotline for sexual assault support in the DoD community, online support chat, confidential online helpline

Languages Offered: English

Fees: None

Eligibility: DoD Community

## **DOGS ON DEPLOYMENT**

Address: 970 W. Valley Parkway, Box 667, Escondido, CA 92025

Phone: 619-800-3631

Website: [www.dogsondeployment.org](http://www.dogsondeployment.org)

Email: [info@dogsondeployment.org](mailto:info@dogsondeployment.org)

Contact Person: Rich Setzer

Services Offered: Network for pet boarding during service member's time away due to military commitment, emergency grants for vet expenses

Languages Offered: English

Fees: None (Except for basic pet care costs while pet is boarded)

Eligibility: Active duty or activated reserve/ E6 and below for grants

## **EXCEPTIONAL FAMILY MEMBER PROGRAM FAMILY CONNECTIONS**

Address: 3200 Santo Rd San Diego, CA 92124 Murphy Canyon Chapel

Phone: 1-866-923-6478

Website: N/A

Email: [FFSCsdefmp@navy.mil](mailto:FFSCsdefmp@navy.mil)

Contact Person: Navy EFMP Case Liaison

Services Offered: Navy Region Southwest's Exceptional Family Member Program offers childcare while parents focus on improving the quality of life for their families with an exceptional family member through support, resources and providing a social forum to network and share information

Languages Offered: English

Fees: None

Eligibility: RSVP for childcare prior to attending

## **FAA PET TRAVEL REQUIREMENTS**

Address: Federal Aviation Administration, 800 Independence Avenue, SW, Washington, DC 20591

Phone: 1-866-835-5322

Website: [https://www.faa.gov/passengers/fly\\_pets/](https://www.faa.gov/passengers/fly_pets/)

Email: N/A

Contact Person: Representative

Services Offered: Guidelines on traveling with pets

Languages Offered: English/ Spanish

Fees: Varies by airline

Eligibility: Open to all

## **FAMILIES OVER COMING UNDER STRESS (FOCUS) PROJECT**

Address: Naval Base San Diego, Bldg. 265 Dolphin Alley, San Diego, 92136

Phone: 619-556-6075

Website: [www.focusproject.org](http://www.focusproject.org)

Email: [sandiego@focusproject.org](mailto:sandiego@focusproject.org)

Contact Person: Front desk

Services Offered: Resiliency training for military children and families

Languages Offered: English

Fees: None

Eligibility: Military members, spouses, and children

## **FAMILY COURTS**

Address: Downtown: 1555 6th Avenue, San Diego; Chula Vista: 500 3rd Avenue, Chula Vista ; East

County: 250 East Main, El Cajon; Vista: 325 South Melrose Drive, Vista

Phone: Downtown: 619-450-7888; Chula Vista: 619-746-6097; East County: 619-456-4181;

Vista: 760-201-8300

Website: [www.sdcourt.ca.gov/portal/page?\\_pageid=55,1524469&\\_dad=portal&\\_schema=PORTAL#familycourtservices](http://www.sdcourt.ca.gov/portal/page?_pageid=55,1524469&_dad=portal&_schema=PORTAL#familycourtservices)

Email: N/A

Contact Person: Receptionist

Services Offered: child custody recommending counseling in family law cases when separating or divorcing parents cannot agree on a child custody sharing plan

Languages Offered: Over 100 languages

Fees: Depends on service

Eligibility: Anyone

## **FAMILY JUSTICE CENTER**

Address: 1122 Broadway, Suite 200, San Diego, CA 92101

Phone: 866-933-HOPE or 866-933-4673

Website: [www.sandiego.gov/sandiegofamilyjusticecenter](http://www.sandiego.gov/sandiegofamilyjusticecenter)

Email: [swillard@pd.sandiego.gov](mailto:swillard@pd.sandiego.gov)

Contact Person: Front Desk

Services Offered: Free clothing, prosecutors, legal advice, resource and referrals

Languages Offered: Interpreters available

Fees: None

Eligibility: Anyone

## **FATHER JOE'S VILLAGE**

Address: 3350 E Street, San Diego, CA 92102

Phone: 619-446-2100

Website: [www.my.neighbor.org](http://www.my.neighbor.org)

Email: Contact form online

Contact Person: Receptionist

Services Offered: housing, rental assistance, healthcare, food, clothing, education, job training, mental health, addiction treatment

Languages Offered: English/ Spanish

Fees: None

Eligibility: Depends on service

## **FEDERAL TRADE COMMISSION (FTC)**

Address: 600 Pennsylvania Ave, NW, Washington, DC 20580

Phone: 202-326-2222

Website: [www.consumerftc.gov](http://www.consumerftc.gov) ; [www.identitytheft.org](http://www.identitytheft.org)

Email: N/A

Contact Person: Operator

Services Offered: Information on scams, and rights concerning consumerism

Languages Offered: English and Spanish

Fees: None

Eligibility: Anyone

## **FINRA INVESTOR EDUCATION FOUNDATION**

Address: 1735 K Street, NW Washington, DC 20006

Phone: 202-728-6933

Website: [www.saveandinvest.org](http://www.saveandinvest.org)

Email: N/A

Contact Person: Bud Schneeweis

Services Offered: Information on college, retirement, everyday finances, transition, credit and debt

Languages Offered: English and Spanish

Fees: None

Eligibility: Anyone

## **FIRST 5**

Address: 2750 Womble Road, Suite 201 (MS-A211) San Diego, CA 92106

Phone: 888-5 FIRST 5 or 888-534-7785

Website: <http://first5sandiego.org/>

Email: Contact form online

Contact Person: Receptionist

Services Offered: Childhood Injury Prevention Program, home visitation services, Healthy Development Services, Behavioral Health Services, Maternity Shelter Program, The Kit for New Parents

Languages Offered: English, Spanish, Vietnamese, Cantonese, Korean, and Mandarin

Fees: May apply for some services

Eligibility: Anyone with children prenatal-5 years old

## **FLOURISHING FAMILIES**

Address: 1475 Sixth Avenue, Fifth Floor, Suite 511, San Diego, CA 92101

Phone: 619-685-6970

Website: <http://specialneedsresourcefoundationofsandiego.org/special-needs-resource-list-san-diego>

Email: [specialneeds@sandiegofamily.com](mailto:specialneeds@sandiegofamily.com)

Contact Person: N/A

Services Offered: Financial Planning/Family Self-Sufficiency, General Health, Counseling, Hair Salons, In-Home Support Services, Nutrition, Recreation, Physical Therapy, Social Skills, Respite and many other resources that support specific disabilities and diagnoses

Languages Offered: Based on resource chosen

Fees: None

Eligibility: Open to the Public

## **GCF LEARN FREE**

Address: N/A

Phone: N/A

Website: [www.gcflearnfree.org](http://www.gcflearnfree.org)

Email: N/A

Contact Person: N/A

Services Offered: Online tutorials that help people learn the essential skills they need to live and work in the 21st century (i.e. Microsoft Office and email, reading, math, etc...)

Languages Offered: English, Spanish, French, Portuguese

Fees: None

Eligibility: Open to all

## **GI BILL**

Address: P.O. Box 8888 Muskogee, OK 74402-8888

Phone: 888-442-4551

Website: [www.benefits.va.gov/gibill](http://www.benefits.va.gov/gibill) ; [www.ebenefits.va.gov](http://www.ebenefits.va.gov)

Email: Contact form on website

Contact Person: Representative

Services Offered: Info on GI Bill entitlements, requirements, and process

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Information available on website

## **GIRL SCOUTS OF AMERICA-SAN DIEGO COUNCIL**

Address: 1231 Upas St. San Diego, CA 92103-5199

Phone: 619- 298-8391 or 800-643-4798

Website: <http://www.sdgirlscouts.org/>

Email: [info@sdgirlscouts.org](mailto:info@sdgirlscouts.org)

Contact Person: Girl Scouts San Diego Council

Services Offered: a collection of engaging, challenging, and fun activities like earning badges, going on awesome trips, selling cookies, exploring science, getting outdoors, and doing community service projects

Languages Offered: Varies

Fees: None

Eligibility: Kindergarten - High school



## **GREATSCHOOLS.ORG**

Address: 1999 Harrison Street, Suite 1100, Oakland, CA 94612

Phone: N/A

Website: [www.greatschools.org](http://www.greatschools.org)

Email: N/A

Contact Person:

Services Offered: Provide trusted ratings and school information that help parents find the right school for their family and improve schools in their communities. The thousands of articles, tips and interactive tools help parents support their child's learning and wellbeing every day.

Languages Offered: English, Spanish

Fees: None

Eligibility: Open to all

## **HEAD START**

Address: 841 S. 41st. St., San Diego, CA 92113

Phone: 888-873-5145 or 858-715-2642

Website: [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

Email: N/A

Contact Person: Receptionist

Services Offered: Parental training and workshops, family social services, health, mental health, and nutrition

Languages Offered: English/ Spanish

Fees: None

Eligibility: Any family who meets the income requirements with children ages 0-5

## **HEALTHY START MILITARY FAMILY RESOURCE CENTER**

Address: 8755 Aero Dr. Ste. 100, San Diego, CA 92123

Phone: 858-565-4148

Website: <https://www.saysandiego.org/program/healthy-start-military-familysource-center/>

Email: [dromero@saysandiego.org](mailto:dromero@saysandiego.org) or [info@saysandiego.org](mailto:info@saysandiego.org)

Contact Person: Daniel Romero

Services Offered: Parenting workshops, playgroups, school system advocacy

Languages Offered: Multiple languages available

Fees: N/A

Eligibility: Anyone

## **HOME-FRONT SAN DIEGO**

Address: Call for drop off or pick up locations

Phone: 760-392-1551

Website: [www.homefrontsandiego.org](http://www.homefrontsandiego.org)

Email: [contactus@sandiegohomefront.org](mailto:contactus@sandiegohomefront.org)

Contact Person: Receptionist

Services Offered: Financial assistance, furniture, donated vehicles, computers, cars, emergency bill payment, food distribution, grocery and gas cards

Languages Offered: English

Fees: None

Eligibility: Military families in San Diego area

## **HOUSE OF PACIFIC RELATIONS**

Address: 2191 West Pan American Rd San Diego, CA 92101

Phone: 619- 234-0739

Website: <http://www.sdhpr.org/>

Email: [info@sdhpr.org](mailto:info@sdhpr.org)

Contact Person: Receptionist

Services Offered: Educational and cultural programs, Lawn Programs, Open Houses, Hall of Nations, Annual Special Events

Languages Offered: Multiple languages and dialects available

Fees: May apply for some events

Eligibility: Anyone

## INTERFAITH COMMUNITY SERVICES

Address: 550 W. Washington Ave., Escondido, CA 92025

Phone: (760) 489-6380

Website: <http://www.interfaithservices.org/category/veterans-assistance/>

Email: Contact form online

Contact Person: Receptionist

Services Offered:

- ♦ Nutrition and Basic Needs
- ♦ Housing and Shelter
- ♦ Employment
- ♦ Self-Sufficiency and Support
- ♦ Behavioral Health and Recovery

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Anyone

## JEWISH FAMILY SERVICES

Address: 8804 Balboa Avenue San Diego, CA 92123

Phone: 858- 637-3210 or 858- 637-3000

Website: <http://www.jfssd.org/site/PageServer>

Email: Contact form online

Contact Person: Receptionist

Services Offered:

- ♦ Aging & Wellness Services
- ♦ Case Management
- ♦ Counseling & Family Support
- ♦ Food Assistance
- ♦ Jewish Connections
- ♦ Parenting & Youth Services
- ♦ Refugees & Immigration
- ♦ Teen Leadership

Languages Offered: Multiple languages available

Fees: May apply for some services

Eligibility: Anyone

**\*NO IN-PERSON SERVICES ATM, ONLY FOOD DISTRIBUTION\***

## KEEP 'EM SAFE PROGRAM

Address: Pacific Safety Center , 9880 Via Pasar, Suite F, San Diego, CA 92126

Phone: 858-621-2313 or 858-442-4909

Website: <http://www.psc411.com/>

Email: [info@psc411.com](mailto:info@psc411.com).

Contact Person: Noemi Duenas/Elvie Martinez

Services Offered: provide services by enhancing child passenger safety through an education program for parents or guardians, and child safety seat check-up events to promote the proper use of safety seats and seat belts for children of all ages, air bag safety and raise awareness of leaving children unattended in a vehicle

Languages Offered: English and Spanish

Fees: None

Eligibility: Everyone

**\*ALL SERVICES PROVIDED ARE CURRENTLY VIRTUAL DUE TO COVID-19\***

## LAWYER REFERRAL AND INFORMATION SERVICE & MODEST MEANS PROGRAM

Address: 401 West A. Street, San Diego, CA 92101

Phone: 619-231-8585

Website: [www.sdcba.org](http://www.sdcba.org)

Email: [bar@sdcb.org](mailto:bar@sdcb.org)

Contact Person: Receptionist

Services Offered: Lawyer referral service, legal help

Languages Offered: English, Spanish

Fees: None

Eligibility: Anyone

## LEGAL AID SOCIETY OF SAN DIEGO

Address: 110 S. Euclid Ave., San Diego, CA 92114

Phone: 877-534-2524

Website: [www.lassd.org](http://www.lassd.org)

Email: N/A

Contact Person: Admin Office

Services Offered: Legal advice, free clinics, and effective legal referrals

Languages Offered: English and Spanish

Fees: None

Eligibility: Income sensitive individuals

**\*NO IN-PERSON SERVICES. ALL SERVICES PROVIDED BY PHONE DUE TO COVID-19\***

## MANAGE STUDENTS LOANS

Address: Consumer Financial Protection Bureau, PO Box 2900 Clinton, IA 52733

Phone: 855-411-2372

Website: [www.consumerfinance.gov/payingforcollege](http://www.consumerfinance.gov/payingforcollege)

Email: Contact form on website

Contact Person: Representative

Services Offered: Info on financial aid, and repaying student debt

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Anyone

## MARINE CORPS COMMUNITY SERVICES- MCRD SAN DIEGO

Address: 3800 Chosin Ave # 5w, San Diego, CA 92140

Phone: 619-297-2500

Website: <http://www.mccsmcrd.com/>

Email: Contact form online

Contact Person: Operator

Services Offered: Behavioral health, family care, recreation, fitness, Marine Corps family team building, personal and professional development, retail, lodging

Languages Offered: Dependent on available employees

Fees: Depends on service

Eligibility: Active duty, dependents, reservists, retirees, and some services available to DoD civilians

## **MARINE CORPS COMMUNITY SERVICES- MIRAMAR**

Address: Bldg. 2273 2273 Elrod Ave., San Diego, CA 92145-2008

Phone: 858- 307-4918

Website: <http://www.mccsmiramar.com/>

Email: [kristina.gomez@usmc.mil](mailto:kristina.gomez@usmc.mil)

Contact Person: Admin

Services Offered: Behavioral health, family care, recreation, fitness, Marine Corps family team building, personal and professional development, retail, lodging

Languages Offered: Dependent on available employees

Fees: Depends on service

Eligibility: Active duty, dependents, reservists, retirees, and some services available to DoD civilians

## **MARINE CORPS RECRUIT DEPOT LEGAL ASSISTANCE OFFICE**

Address: 3700 Chosin Ave, Bldg. 12, San Diego, CA 92140

Phone: 619-524-4110 or 858-577-1656

Website: <https://www.mcrdsd.marines.mil/Permanent-Personnel-TAD/Resources/Legal-Assistance-Office/>

Email: N/A

Contact Person: Front Desk

Services Offered: Family law, mediation, powers of attorney, wills, legal assistance

Languages Offered: English and Spanish

Fees: None

Eligibility: Active duty, reserve, retired and family members

## **MILITARY GARNISHMENT OPERATIONS**

Address: PO Box 998002, Cleveland, OH 44199

Phone: 888-DFAS-411

Website: [www.dfas.mil/dfas/garnishment.html](http://www.dfas.mil/dfas/garnishment.html)

Email: N/A

Contact Person: Customer Service

Services Offered: Child and spousal support information

Languages Offered: English

Fees: None

Eligibility: Active duty, retired, reserves, and contractors

## **MILITARY KIDS CONNECT (DEPLOYMENT SUPPORT WEBSITE)**

Address: N/A

Phone: N/A

Website: <https://militarykidsconnect.health.mil/>

Email: Contact form on website

Contact Person: N/A

Services Offered: Virtual connection for military kids. Provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life

Languages Offered: N/A

Fees: None

Eligibility: military ages 6-17

## **MILITARY ONE SOURCE**

Address: P.O. Box 2127 Chesapeake, VA 23327

Phone: 800-342-9647

Website: [www.militaryonesource.mil](http://www.militaryonesource.mil)

Email: N/A

Contact Person: Triage Consultant

Services Offered: 24 hour confidential help, resources, products, articles and tips on numerous topics related to military life

Languages Offered: Multiple languages offered

Fees: None

Eligibility: Military, dependents, and occasionally DoD Civilians

## **MILITARY SPOUSE CORPORATE CAREER NETWORK**

Address: 5445 Murrell Road, Suite 102-177, Viera, FL 32955

Phone: 877-696-7226

Website: <http://www.msccn.org/>

Email: [askus@msccn.org](mailto:askus@msccn.org)

Contact Person: Representative

Services Offered: Employment Readiness Training Programs, Job Placement Solutions

Languages Offered: English

Fees: None

Eligibility: all military-affiliated spouses, retired military spouses and caregivers to war wounded heroes

## **MILITARY SPOUSE EMPLOYMENT PROGRAM (MSEP)**

Address: N/A

Phone: 1-800 342 9647

Website: <https://msepjobs.militaryonesource.mil/msep/>

Email: Form on website

Contact Person: Military One Source Spouse Advisor

Services Offered: Targeted recruitment and employment solutions, creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting.

Languages Offered: Interpreters available

Fees: None

Eligibility: Spouses of active duty, National Guard and reserve component military members in the Army, Marine Corps, Navy, Air Force, and Coast Guard. Spouses of military members separated from active duty, National Guard and reserves for less than 180 days. Surviving spouses of military members who died while on active duty

## **MIRAMAR LEGAL SERVICE SUPPORT**

Address: 2244 Elrod Ave San Diego, CA 92126

Phone: 858-577-6260 or 858-577-1656

Website: [www.miramar.marines.mil/Departments/LegalServicesSupportTeam.aspx](http://www.miramar.marines.mil/Departments/LegalServicesSupportTeam.aspx)

Email: N/A

Contact Person: Front Desk

Services Offered: Military justice, legal assistance, family law, mediation, wills, powers of attorney

Languages Offered: English

Fees: None

Eligibility: Active duty, reserve, retired, and family members



## **MIRAMAR YOUTH CENTER**

Address: MCAS Miramar Bldg. 2700

Phone: 858-577-4136

Website: [www.mccsmiramar.com/cyp](http://www.mccsmiramar.com/cyp)

Email: [ombcypmiramar@usmc-mccs.org](mailto:ombcypmiramar@usmc-mccs.org)

Contact Person: Front desk

Services Offered: Before and after school care, youth sports

Languages Offered: Interpreters available for multiple languages

Fees: Based on total family income

Eligibility: Active Duty, DoD, Activated Reserve, Combat Wounded Warriors, Surviving Spouses, and DoD Contractors

## **MONEY MANAGEMENT INTERNATIONAL**

Address: 3111 Camino del Rio North #400 San Diego, CA 92108

Phone: 619-220-8164

Website: <https://www.moneymanagement.org/locations/california/san-diego>

Email: Contact form online

Contact Person: Representative

Services Offered: Financial counseling and workshops

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Anyone

## **MWR**

Address: Bldg. 3544 2625 Le Hardy St. NBSD, San Diego, CA 92136

Phone: 619-556-8018

Website: <http://www.navymwr.org/programs/>

Email: Contact form online

Contact Person: Receptionist

Services Offered: Bowling, tickets, movie theaters, tours, events, entertainment, liberty, golf, fitness, lodging, children and youth programs

Languages Offered: Depends on staff available

Fees: Depends on service

Eligibility: Active duty, reservists, retirees, and their families; DoD employees

## **MYCAA (MY CAREER ADVANCEMENT ACCOUNT)**

Address: N/A

Phone: 800-342-9647

Website: <https://www.militaryonesource.mil/education-employment/for-spouses/mycaa-scholarship>

Email: N/A

Contact Person: MyCAA Certified Career Counselors

Services Offered: Workforce development program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification, or associates degree in a portable career field

Languages Offered: Multiple languages available

Fees: None

Eligibility: Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who can start and complete their coursework while their military sponsor is on Title 10 military orders, including spouses married to members of the National Guard and reserve component in these same pay grades.

## **NATIONAL ASIAN AMERICAN COALITION**

Address: 9265 Dowdy Drive, Suite 202. San Diego, California 92126.

Phone: 858-649-9979

Website: [www.naacoalition.org](http://www.naacoalition.org)

Email: [info@naac.org](mailto:info@naac.org)

Contact Person: Legal team

Services Offered: Affordable housing program, credit counseling, home buyer education

Languages Offered: Multiple languages available

Fees: N/A

Eligibility: Anyone

## **NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION**

Address: 1200 New Jersey Ave SE, West Building, Washington, D.C. 20590

Phone: 888-327-4236

Website: [safercar.gov](http://safercar.gov) or [www.nhtsa.gov](http://www.nhtsa.gov)

Email: N/A

Contact Person: Receptionist

Services Offered: Info on vehicle safety features, car seats, and child restraint guidelines

Languages Offered: Multiple languages available

Fees: None

Eligibility: Anyone

## **NATIONAL MILITARY FAMILY ASSOCIATION**

Address: 3601 Eisenhower Avenue, Suite 425, Alexandria, VA 22304

Phone: 703.931.6632

Website: [www.militaryfamily.org](http://www.militaryfamily.org)

Email: [info@MilitaryFamily.org](mailto:info@MilitaryFamily.org)

Contact Person: Receptionist

Services Offered: Partners with select schools to provide additional scholarships designed for military spouses, entrepreneurship scholarship, Operation Purple Camp (free camp for military children), family retreats, family healing adventures

Languages Offered: English

Fees: none

Eligibility: Active duty, retirees, reservists, and their families

## **NATIONAL RESOURCE DIRECTORY**

Address: N/A

Phone: 1-(800)-342-9647

Website: <https://nrd.gov/>

Email: [wwrc@militaryonesource.com](mailto:wwrc@militaryonesource.com)

Contact Person: N/A

Services Offered: access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration

Languages Offered: English

Fees: None

Eligibility: wounded warriors, Service Members, Veterans, their families

## **NAVAL MEDICAL CENTER SAN DIEGO (NMCS D)**

Address: 34800 Bob Wilson Drive, San Diego, CA 92134

Phone: 619-532-6400

Website: <https://www.med.navy.mil/sites/nmcsd/Pages/default.aspx>

Email: N/A

Contact Person: Quarterdeck

Services Offered: New parent classes, emergency care, pharmacy, etc.

Languages Offered: Interpreters available

Fees: N/A

Eligibility: Those with access to military medical insurance

## **NAVY CHILD & YOUTH PROGRAMS (CYP)**

Address: Multiple locations available

Phone: 619-556-9585 or 855-696-2934

Website: [militarychildcare.com](http://militarychildcare.com) or <http://navylifesw.com/sandiego/families/cyp/>

Email: [FamilySupport@MilitaryChildCare.com](mailto:FamilySupport@MilitaryChildCare.com)

Contact Person: CYP Support Office

Services Offered: Child development centers, child development homes, youth programs, and school liaison officers

Languages Offered: May differ per location

Fees: Based on total family income

Eligibility: Active Duty, DoD, Activated Reserve, Combat Wounded Warriors, Surviving Spouses, and DoD Contractors

## NAVY COLLEGE

Address: Virtual Education Center 472 Polaris Street, Suite 214, Virginia Beach, VA 23461

Phone: 1-877-838-1659 or text at 877-838-1659

Website: <http://www.navycollege.navy.mil/>

Email: Contact form online

Contact Person:

Services Offered: Virtual education, tuition assistance info,

Languages Offered: Varies on location

Fees: Depends on institution

Eligibility: Active duty and some reservists

**\*NOT TAKING CALLS DURING COVID 19 AT THIS TIME, PLEASE TEXT THE NUMBER STATED ABOVE\***

## NAVY EXCHANGE- NBSD

Address: 2260 Callagan Hwy , Building No. 3187A San Diego, CA 92136-5036 MULTIPLE LOCATIONS

Phone: 619-544-2100

Website: <https://www.mynavyexchange.com/storelocator/storerresults.jsp?searchMap=true&state=CA>

Email: Contact form online

Contact Person: Operator

Services Offered: Food court, flower shop, mini marts, jewelry and watch repair, electronics, garden center, auto accessories, package store, optical, gas stations, furniture, clothing, beauty, accessories, shoes, MWR ticket office

Languages Offered: Varies with employee availability and location

Fees: N/A

Eligibility: Active duty, reservists, retirees, dependents, and DoD civilians

## **NAVY GATEWAY INNS AND SUITES**

Address: Worldwide

Phone: 1-877-628-9233

Website: <http://ngis.dodlodging.net/>

Email: [CNIC\\_OnlineHelp.fct@navy.mil](mailto:CNIC_OnlineHelp.fct@navy.mil)

Contact Person: Customer support

Services Offered: Temporary lodging

Languages Offered: English

Fees: Room rate varies by location

Eligibility: Open to Active duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests

## **NAVY HOUSING**

Address: 2625 LeHardy Street, Bldg. 3544, San Diego, CA 92136

Phone: 619-556-8443

Website: <http://navylifesw.com/sandiego/housing/>

Email: [sandiegohousing@navy.mil](mailto:sandiegohousing@navy.mil)

Contact Person: Receptionist

Services Offered: Home Finding services, Inspection services, Issue Resolution, Housing Discrimination Complaints, Cost Savings and Relief Programs and Services for Unaccompanied Sailors

Languages Offered: English/ Spanish

Fees: None

Eligibility: Active Duty with 1 or more dependents and has 6 months or more in San Diego. Must also be in receipt of SD BAH

## NAVY LEAGUE

Address: 2300 Wilson Blvd Ste 200 Arlington VA 22201

Phone: 703.528.1775 or 800-356-5760

Website: <http://navyleague.org/>

Email: [nationalpresident@navyleague.org](mailto:nationalpresident@navyleague.org) or [membership@navyleague.org](mailto:membership@navyleague.org)

Contact Person: President

Services Offered: adopt ships and shore commands, reward and honor enlisted personnel, host dinners and celebrations for military personnel, and support family members left behind when spouses and parents are deployed

Languages Offered: Depends on availability of staff

Fees: •e-membership - \$25

•1-Year Premium Individual/International - \$55

•2-Year Premium - \$100 (save \$10\*)

•3-Year Premium - \$130 (save \$35\*)

•4-Year Premium - \$180 (save \$40\*)

•5-Year Premium - \$225 (save \$55\*)

•Life membership (to age 55) - \$1000

•Life membership (age 56 - 75) - \$750

•Life membership (age 76 +) - \$500

Eligibility: Any citizen interested in sea power or supporting America's sea services — the U.S. Navy, Marine Corps, Coast Guard and U.S.-flag Merchant Marine — is eligible for membership. Active duty military are not eligible for membership, but their spouses and family members are eligible

## NAVY LODGE

Address: Worldwide

Phone: 1- 800- 628-9466

Website: [www.dodlodging.net](http://www.dodlodging.net) or <https://www.navy-lodge.com/index.html>

Email: [DoDReservations@nexweb.org](mailto:DoDReservations@nexweb.org)

Contact Person: Customer service

Services Offered: Temporary lodging

Languages Offered: English

Fees: Room rate varies by location

Eligibility: Open to Active duty, Reservists, Retirees, NAF or DoD civilians and sponsored guests

## **NAVY MWR DIGITAL LIBRARY**

Address: 716 Sicard St. SE #1000, Washington, DC 20374

Phone: 202-433-9802 or 202-433-0785

Website: [www.navymwrdigitallibrary.org](http://www.navymwrdigitallibrary.org)

Email: [NGLP@navy.mil](mailto:NGLP@navy.mil)

Contact Person: Representative

Services Offered: Then there is Navy MWR Digital Library offering foreign language learning to Navy, Marine, and Coast Guard Families.

Languages Offered: Many available for learning

Fees: none

Eligibility: Those eligible to use MWR facilities

## **NAVY WORLD WIDE LOCATOR**

Address: Navy Personnel Command, PERS 1, 5720 Integrity Drive, Millington, TN 38055

Phone: N/A

Website: [https://www.navy.mil/navydata/nav\\_legacy.asp?id=168](https://www.navy.mil/navydata/nav_legacy.asp?id=168)

Email: N/A

Contact Person: N/A

Services Offered: Forward mail to sailor

Languages Offered: N/A

Fees: No fee for family of for official government business, everyone else \$3.50 per address

Eligibility: Contact Active Duty, retired, discharged, separated, reserve

## **NAVY-MARINE CORPS RELIEF SOCIETY**

Address: Naval Base San Diego, Bldg. 270, 3115 Dolphin Alley, San Diego, CA 92136

Phone: Front Desk: 619-767-6800

Website: [www.nmcrs.org](http://www.nmcrs.org)

Email: [sandiego@nmcrs.org](mailto:sandiego@nmcrs.org)

Contact Person: Front Desk

Services Offered: financial counseling, thrift shops, Budget for Baby workshop, no interest loans, and scholarships

Languages Offered: English/ Spanish

Fees: none

Eligibility: Active duty service members



## **ONWARD TO OPPORTUNITY**

Address: Bldg. 13150 Rm 311, Camp Pendleton, CA

Phone: 760-798-6060 or 315-443-6898

Website: <https://ivmf.syracuse.edu/apply/our-programs/>

Email: [kwarren@syr.edu](mailto:kwarren@syr.edu) or [ivmfeducation@syr.edu](mailto:ivmfeducation@syr.edu)

Contact Person: Program Manager

Services Offered: Onward to Opportunity (O2O) brings civilian career training to eligible service members up to six months prior to their transition date and any active duty military spouse, regardless of where their partner is in their military career

Languages Offered: English/ Spanish

Fees: None

Eligibility: Transitioning service members and spouses

## **OPERATION HOMEFRONT**

Address: 2525 Camino Del Rio South, #255

Phone: 858-242-4995 or 855-282-0960

Website: [operationhomefront.net](http://operationhomefront.net)

Email: [california@operationhomefront.org](mailto:california@operationhomefront.org) or find contact form online

Contact Person: Receptionist

Services Offered: Financial assistance, commissary vouchers, military family events, transitional housing, and essential basic items

Languages Offered: English (More languages offered through the national organization)

Fees: None

Eligibility: Active duty, their family, and Wounded Warriors

## **PACIFIC BEACON**

Address: 3705 Norman Scott Road, San Diego, CA 92136

Phone: 619-231-3400

Website: <http://www.pacificbeacon.com/>

Email: find form online or email [pbinfo@pacificbeacon.com](mailto:pbinfo@pacificbeacon.com)

Contact Person: Leasing specialist

Services Offered: privately owned and managed, 941-suite luxury high-rise apartment community on Naval Base San Diego overlooking San Diego Bay

Languages Offered: English

Fees: 82% of E4 San Diego BAH

Eligibility: single active duty service member attached to Naval Base San Diego at the rank of E4 and has the proper request chit approved by the housing office

## **PATRIOT GUARD RIDERS**

Address: Patriot Guard Riders, Inc. , c/o Tatum & Associates, Inc.

6641 E. 85th Street North Owasso, Ok 74055

Phone: Use contact form online

Website: <https://www.patriotguard.org/>

Email: [Pacific@PatriotGuard.org](mailto:Pacific@PatriotGuard.org)

Contact Person: Joe Mastroianni, Pacific Region Captain.

Services Offered: to attend the funeral services of fallen American heroes as invited guests of the family.

Each mission we undertake has two basic objectives:

1. Show our sincere respect for our fallen heroes, their families, and their communities.
2. Shield the mourning family and their friends from interruptions created by any protester or group of protesters.

We accomplish the latter through strictly legal and non-violent means.

Languages Offered: Dependent on availability

Fees: Free to be a member

Eligibility: Varies

## **PETS WELCOME**

Address: N/A

Phone: 845-297-5150

Email: [customerserv@petswelcome.com](mailto:customerserv@petswelcome.com)

Contact Person: Representative

Services Offered: Information about hotels, restaurants, and activities that are pet friendly

Languages Offered: English

Fees: N/A

Eligibility: Open to all

## **PROJECT EVERGREEN**

Address: 8500 Station St., Suite 230 Mentor, OH 44060

Phone: 877-758-4835 or 888-611-2955

Website: [www.projectevergreen.org/programs/gcft](http://www.projectevergreen.org/programs/gcft)

Email: [kimatsko@projectevergreen.org](mailto:kimatsko@projectevergreen.org)

Contact Person: Joy Westenberg/ Ki Matsko

Services Offered: Free lawn care and landscape service for deployed service members and family

Languages Offered: English

Fees: None

Eligibility: Deployed active duty and activated reserve

## **PSD (Personnel Support Detachment)**

Address: 3395 Sturtevant St, Ste 1, Bldg. 56 , San Diego, CA 92136-5075

Phone: 619-556-1945

Website: <http://www.public.navy.mil/bupers-npc/psd/Pages/default.aspx>

Email: N/A

Contact Person: Front desk

Services Offered: Pay and personnel information, electronic service records updates, NSIPS

Languages Offered: English

Fees: N/A

Eligibility: Active duty and reserve military members

## REGION LEGAL SERVICE OFFICE

Address: Bldg. 56, Naval Base San Diego

Phone: 6919) 556-2211 or (619) 556-0049

Website: [https://www.jag.navy.mil/legal\\_services/rlso/rlso\\_southwest.htm](https://www.jag.navy.mil/legal_services/rlso/rlso_southwest.htm)

Email: N/A

Contact Person: Receptionist/ Quarterdeck

Services Offered: Wills, divorce, adoption, powers of attorney, notary, and other attorney services

Languages Offered: Depends on staff availability

Fees: N/A

Eligibility: Active duty, retirees, reservists, and their dependents

## SAFE HELP LINE

Address: 1220 L Street, NW Suite 505, Washington, DC 20005

Phone: 877-995-5247

Website: [www.safehelpline.org](http://www.safehelpline.org)

Email: [info@safehelpline.org](mailto:info@safehelpline.org)

Contact Person: Trained staff

Services Offered: One on one confidential, 24/7, worldwide help for sexual assault related incidences

Languages Offered: English

Fees: None

Eligibility: DoD Community

## SAIL

Address: N/A

Phone: Military Crisis Line: 1-800-273-8255

Website: [https://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/suicide\\_prevention/command/Pages/SAIL.aspx](https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/command/Pages/SAIL.aspx)

Email: N/A

Contact Person: (619) 909-7398 Sarah McGrath

Services Offered: evidence-based approach to intervention that provides rapid assistance, ongoing risk assessment, care coordination and reintegration assistance for service members identified with a suicide related behavior

Languages Offered: English

Fees: N/A

Eligibility: Service members identified with a suicide related behavior

## **SALVATION ARMY CORPS COMMUNITY CENTER**

Address: 825 7th Avenue, San Diego, CA 92101

Phone: 619-699-2200

Website: <http://centrecity.salvationarmy.org/>

Email: Contact form online

Contact Person: Receptionist

Services Offered: Emergency shelter, addiction counseling, food drives, disaster assistance, employment assistance, adult day care and community centers, Christian worship services and ministries

Languages Offered: Many languages may be available depending on location

Fees: N/A

Eligibility: Anyone

## **SAN DIEGO COMMUNITY COLLEGES**

Address: 3375 Camino Del Rio South, San Diego, California 92108

Phone: 619-388-6500

Website: <http://www.sdccd.edu/>

Email: N/A

Contact Person: Admin

Services Offered: Three colleges that offer Associate's Degrees, certificates, and degrees for transfer.

Languages Offered: English/ Spanish

Fees: Varies

Eligibility: Everyone

## **SAN DIEGO CONTINUING EDUCATION**

Address: 4343 Ocean View Blvd., San Diego, CA 92113

Phone: 619-388-4884 OR 619-388-4956

Website: <http://www.sdce.edu/organization/contact>

Email: N/A

Contact Person: Admin

Services Offered: Quality education and support services to diverse adult learners in pursuit of lifelong learning, training, career advancement, and pathways to college.

Languages Offered: Multiple languages may be available based on staff presence

Fees: Varies

Eligibility: Anyone

## **SAN DIEGO COUNTY DISTRICT ATTORNEY'S OFFICE**

Address: 330 W. Broadway, San Diego, CA 92101

Phone: 619-531-4040

Website: <http://www.sdcda.org/>

Email: [publicaffairs@sdcca.org](mailto:publicaffairs@sdcca.org)

Contact Person: Receptionist

Services Offered: Crime reporting, crisis intervention, victim advocates, counseling, resource and referral, case status, emergency assistance

Languages Offered: English, Spanish, Tagalog, Mandarin, Arabic, Vietnamese, and Farsi

Fees: N/A

Eligibility: Anyone

## **SAN DIEGO FINANCIAL LITERACY CENTER (SDFLC)**

Address: 649 W. Mission Ave., Room 2400, Escondido, CA 92025

Phone: 760-740-5582

Website: [www.sdfhc.org](http://www.sdfhc.org)

Email: [mvrc@sdfhc.org](mailto:mvrc@sdfhc.org)

Contact Person: Military and Veterans Resource Center

Services Offered: Free financial literacy seminars, Boost for Our Heroes awards, educational and financial grant programs

Languages Offered: English

Fees: None

Eligibility: Anyone

## **SAN DIEGO FOOD BANK**

Address: 9850 Distribution Avenue, San Diego, CA 92121

Phone: 866-350-3663 or 858-527-1419

Website: [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

Email: N/A

Contact Person: Operator

Services Offered: Food drives and distributions

Languages Offered: English and Spanish

Fees :none

Eligibility: Anyone

## **SAN DIEGO MILITARY FAMILY COLLABORATIVE**

Address: 3487 Santo Rd, San Diego, CA, 92124

Phone: 858.496.0044

Website: <http://sdmilitaryfamily.org/>

Email: [info@sdmilitaryfamily.org](mailto:info@sdmilitaryfamily.org)

Contact Person: Ms. Kathryn Brown

Services Offered: Provide an inclusive forum to maximize the collective impact of community resources to enhance military family life.

Languages Offered: English

Fees: None

Eligibility: Varies per organization

## **SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)**

Address: 4426 Harbinson Ave. La Mesa, CA 91942

Phone: 619-461-4164

Website: [www.sandiegomom.org](http://www.sandiegomom.org)

Email: [office@sandiegomom.org](mailto:office@sandiegomom.org)

Contact Person: Front Office

Services Offered: Food distribution, infant and children items, small household goods

Languages Offered: English

Fees: None

Eligibility: E5 active duty and below and Wounded Warriors

## **SAN DIEGO POLICE DEPARTMENT**

Address: 1401 Broadway, San Diego, CA 92101

Phone: 619-531-2000

Website: <https://www.sandiego.gov/police>

Email: N/A

Contact Person: Non-emergency

Services Offered: Crime reporting, restraining orders, community outreach

Languages Offered: Depends on staffing

Fees: N/A

Eligibility: Anyone

## **SAN DIEGO UNITED VETERANS COUNCIL**

Address: 3245 University Avenue Suite 1-227, San Diego CA 92104

Phone: N/A

Website: <http://dm.sduvc.org/>

Email: UVCNews@gmail.com

Contact Person: Representative

Services Offered: Collaboration of Veteran's organizations and resource and referral

Languages Offered: English

Fees: N/A

### **Eligibility: Veterans and their families**

**Veterans Crisis Line 800-273-8255 & Press 1.**

**Chat online <http://www.VeteransCrisisLine.net> . Send a text message to 838255**

## **SAN DIEGO VETERANS COALITION**

Address: 5520 Overland Avenue, The Commons Room, San Diego, CA 92123

Phone: N/A

Website: [www.sdvetscoalition.org](http://www.sdvetscoalition.org)

Email: Contact form online

Contact Person: Representative

Services Offered: Collaboration and coordination of various organizations and resources for military and veterans in San Diego

Languages Offered: English

Fees: N/A

Eligibility: Veterans and their families



## SAVING FOR COLLEGE

Address: 300 South Grand Ave 16th Floor, Los Angeles, CA 90071

Phone: (301) 590-6500

Website: [www.finra.org/investors/saving-college](http://www.finra.org/investors/saving-college)

Email: Contact form online

Contact Person: Representative

Services Offered: College saving calculator and info about college savings plans

Languages Offered: English/ Spanish

Fees: N/A

Eligibility: Anyone

## SAY SAN DIEGO

Address: Administrative Office- 8755 Aero Drive, Suite 100, San Diego, CA, 92123

Mid-City Family Resource Center- 4275 El Cajon Blvd., San Diego, CA 92105

Phone: 858-565-4148 or 619-283-9624

Website: <https://www.saysandiego.org/>

Email: [info@saysandiego.org](mailto:info@saysandiego.org)

Contact Person: Admin

Services Offered: Before and after school programs, child abuse prevention, community development, family support, mental health services, prevention strategies, and school success

Languages Offered: English, Spanish, French, and more

Fees: May apply for some programs

Eligibility: Anyone

## SCHOOL LIAISON PROGRAM

Address: 2625 Le Hardy St. Bldg. 3544 San Diego, CA 92136

Phone: 619-532-1034

Website: [www.navalifesw/sandiego/families/cyp/schoolliaison](http://www.navalifesw/sandiego/families/cyp/schoolliaison)

Email: [nbsdslo@navy.mil](mailto:nbsdslo@navy.mil)

Contact Person: School Liaison Officer

Services Offered: Agency referrals, school transfer assistance, local school info

Languages Offered: English

Fees: None

Eligibility: Active duty military and dependents

**Kelly Frisch Regional School Liaison Officer: 619 247 9109**

## **SOUTH BAY COMMUNITY SERVICES**

Address: 430 F Street, Chula Vista CA 91910

Phone: 619-420-3620 ; 800-640-2933

Website: <http://southbaycommunityservices.org/>

Email: N/A

Contact Person: Receptionist or 24 hour hotline

Services Offered: Domestic violence support services, emergency and transitional housing, food assistance and distribution, tax services, and family support

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Anyone

## **SOUTH METRO CAREER CENTER**

Address: 4389 Imperial Ave, San Diego, CA 92113

Phone: (619) 266-4200

Website: <https://workforce.org/events/south-metro-career-center-employer-panel-workshop/>

Email: N/A

Contact Person: Receptionist

Services Offered: Local Labor Market Information, including Job Postings Board, Information and Referral to Partner and Community Resources , Recruitment and Job Fairs , Staff-lead career readiness workshops , Resource Room and Computer Center Access , typing Certificate and Microsoft Word classes

Languages Offered: Multiple languages available

Fees: None

Eligibility: Anyone

## **SPOUSE PREFERENCE**

Address: N/A

Phone: N/A

Website: <http://www.secnav.navy.mil/donhr/how-to-apply/military-spouses/pages/default.aspx>

Email: N/A

Contact Person: OCHR San Diego Operations Center

Services Offered: Information about military spouse preference for employment

Languages Offered: N/A

Fees: None

Eligibility: Please visit website for specific eligibility requirements.

## **SUPPORT THE ENLISTED PROJECT (STEP)**

Address: 9951 Business Park Ave. Ste. A, San Diego, CA 92131

Phone: 858-695-6810

Website: [www.stepsocal.org](http://www.stepsocal.org)

Email: [info@stepsocal.org](mailto:info@stepsocal.org)

Contact Person: Receptionist

Services Offered: Emergency financial grants, holiday relief, financial classes, Wounded Warrior caregiver support

Languages Offered: English and Spanish

Fees: None

Eligibility: Junior Enlisted Service members and their families

## **THE BEST SCHOOLS**

Address: 1336 Main, St., Pella, IA 50219

Phone: 708-305-0257

Website: [www.thebestschools.org](http://www.thebestschools.org)

Email: [thebestschools.org@gmail.com](mailto:thebestschools.org@gmail.com)

Contact Person: Mr. James Barham

Services Offered: In-depth rankings of degree programs as well as of colleges and universities

Languages Offered: English

Fees: None

Eligibility: Open to all

## **THE SAN DIEGO LGBT COMMUNITY CENTER**

Address: 3909 Centre Street San Diego, CA 92103

Phone: 619-692-2077

Website: <http://www.thecentersd.org>

Email: Contact form online

Contact Person: Delores Jacobs

Services Offered: Advocacy and civil rights, behavioral health programs, discussion groups, special events, family services, Latino services, and youth programs

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Anyone

## **THERAPEUTIC RECREATION SERVICES**

Address: 3325 Zoo Drive San Diego, CA 92101

Phone: 619-525-8247

Website: <http://www.sandiego.gov/park-and-recreation/pdf/trscalendar.pdf>

<https://www.sandiego.gov/park-and-recreation/activities/trs>

Email: [JMRichards@sandiego.gov](mailto:JMRichards@sandiego.gov)

Contact Person: N/A

Services Offered: The City of San Diego Park & Recreation Therapeutic Recreation Services program provides sports, recreation, leisure and outreach services to San Diegans with physical, mental and emotional disabilities

Languages Offered: English

Fees: Based on activity

Eligibility: Open to the public ages 3- adulthood, some activities may have a physical assessment

## **THRIFT SAVINGS PLAN (TSP)**

Address: N/A

Phone: 877-968-3778

Website: [www.tsp.gov](http://www.tsp.gov)

Email: N/A

Contact Person: Receptionist

Services Offered: Information on savings, investing and retirement through the TSP

Languages Offered: English

Fees: None

Eligibility: Federal employees and military

## **TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)**

Address: 3033 Wilson Boulevard, Suite 630 Arlington, VA 22201

Phone: 1-800-959-TAPS (8277)

Website: <http://www.taps.org>

Email: [info@taps.org](mailto:info@taps.org)

Contact Person: TAPS Services and Support

Services Offered: Survivor programs, connections, camps for children, seminars, and resources

Languages Offered: Dependent on staff

Fees: None

Eligibility: Family of a fallen service member

## TRICARE

Address: N/A

Phone: 1-844-866-9378 (HealthNet West)

Website: [www.tricare.mil](http://www.tricare.mil) ;

Email: Contact form online

Contact Person: Customer Service

Services Offered: Healthcare coverage, claims information, enrollment

Languages Offered: Multiple languages available

Fees: N/A

Eligibility: Active, retired, activated reserve, and dependents

## TRICARE EXTENDED CARE HEALTH OPTION (TRICARE ECHO)

Address: N/A

Phone: 1-844-866-WEST; Fax: 1-877-890-8156

Website: <http://www.tricare.mil/echo>; [www.uhcmilitarywest.com](http://www.uhcmilitarywest.com)

Email: Case Manager

Contact Person: Case Manager

Services Offered:

Applied Behavior Analysis therapy for qualifying conditions (not a cost share service)

Durable equipment

Expanded in-home medical services through Tricare ECHO Home Health Care (EHHC)

Interpreter or translator services for patients with visual or hearing impairments

Medical and rehabilitative services

Respite care for the caregiver

Training to use assistive devices

Transportation to ECHO-authorized services when appropriate

Languages Offered: Based on provider

Fees: Cost Share per family

E1-E5	\$25	CWO-5 & O5	\$65
E6	\$30	O6	\$75
E7 & O	\$35	O7	\$100
E8 & O2	\$40	O8	\$150
E9, WO/WO-1, CWO-2, & O3	\$45	O9	\$200
CWO-3,CWO-4 & O4	\$50	O10	\$250

Eligibility:

ECHO is offered to the following beneficiaries who are diagnosed with moderate or severe mental retardation, a serious physical disability, or an extraordinary physical or psychological condition

Enrolled in the Exceptional Family Member Program (unless given a waiver for specific reasons)

Tricare-eligible Active Duty Family Members (ADFMs), including family members of National Guard and Reserve members called or ordered to active service for more than 30 days

Family members who are eligible for continued coverage under the Transitional Assistance Management Program

Children or spouses of former service members who were victims of physical or emotional abuse

Family members of deceased active duty sponsor (during the period they are in transitional survivor status)

## **TUTOR.COM**

Address: N/A

Phone: 1800-411-1970

Website: [www.tutor.com/military](http://www.tutor.com/military)

Email: [militarysupport@tutor.com](mailto:militarysupport@tutor.com)

Contact Person: Customer service representative

Services Offered: Free one on one tutoring for military

Languages Offered: Multiple languages available

Fees: None for military

Eligibility: US Active Duty and activated reserve and their school age children and spouses

## **U.S. AIR FORCE CASUALTY MATTERS DIVISION**

Address: 550 C Street W JBSA-Randolph AFB, TX 78150

Phone: TOLL-FREE: 800-525-0102, Option 1, then Option 1

Website: <http://www.afpc.af.mil/Air-Force-Casualty-Operations/>

Email: [afpc.casualty@us.af.mil](mailto:afpc.casualty@us.af.mil)

Contact Person: Casualty Operations

Services Offered: The branch provides guidance to commanders, casualty assistance representatives, family assistance representatives, and many other support agencies to ensure members and their families are taken care of as expeditiously as possible in a family emergency

Languages Offered: English

Fees: N/A

Eligibility: Family of fallen active duty member

## **U.S. MARINE CORPS CASUALTY ASSISTANCE**

Address: N/A

Phone: 1-800-847-1597

Website: <http://www.usmc-mccs.org/services/benefits/casualty-assistance/>

Email: N/A

Contact Person: Casualty Assistance Command Representative

Services Offered: Provide immediate casualty assistance to Marine Corps families with compassion, dignity and honor, task and assign units to provide Casualty Assistance Calls Officers (CACOs) to supported family members, facilitate delivery of command investigations to family members to provide closure.

Languages Offered: English

Fees: N/A

Eligibility: Family members of fallen active duty service members

## **UNION OF PAN ASIAN COMMUNITIES**

Address: 1031 25th Street San Diego, CA 92102

Phone: 619- 232-6454

Website: <http://www.upacsd.com/>

Email: [jleedom@upacsd.com](mailto:jleedom@upacsd.com)

Contact Person: Jennifer Leedom

Services Offered: Adult, children, and adolescent mental health; addiction treatment and recovery; housing counseling; community development; senior nutrition program

Languages Offered: Over 30 different languages and dialects

Fees: N/A

Eligibility: low-income families and individuals in the County of San Diego

## **UNITED SERVICE ORGANIZATION (USO) LIBERTY STATION**

Address: 2798 Cushing Road, San Diego, CA 92106

Phone: 619-235-6503

Website: <https://sandiego.uso.org/>

Email: [resourcerequest@usosandiego.org](mailto:resourcerequest@usosandiego.org)

Contact Person: Front desk

Services Offered: Center Activities for Families, MILSPOUSE Connect, Teen Talk, Active Duty Service Member Program and Support, and Need Based Resource Connections

Languages Offered: English and Spanish

Fees: none

Eligibility: Active duty and dependents



## **UNITED SERVICE ORGANIZATION (USO) SAN DIEGO INTERNATIONAL AIRPORT**

Address: 3705 North Harbor Drive, San Diego, CA 92101

Phone: 619-296-3192

Website: <https://sandiego.uso.org/neil-ash-airport>

Email: [resourcerequest@usosandiego.org](mailto:resourcerequest@usosandiego.org)

Contact Person: Front desk

Services Offered: This location serves military members who are traveling through the San Diego International Airport. Food and beverages, comfortable seating, video games, showers, and children's play area.

Languages Offered: English and Spanish

Fees: none

Eligibility: Active Duty and Dependents

## **UNITED STATES POSTAL SERVICE (USPS) CARE PACKAGE PROGRAM**

Address: N/A

Phone: 1800-610-8734

Website: [usps.com/ship/apo-fpo-dpo.htm](https://usps.com/ship/apo-fpo-dpo.htm)

Email: N/A

Contact Person: USPS Representative

Services Offered: Free military care kit

Languages Offered: Multiple languages available

Fees: Free kit, postage is additional

Eligibility: Anyone

## **UNITED THROUGH READING**

Address: 1455 Frazee Rd. Ste. 500, San Diego, CA, 92108

Phone: 858-481-7323

Website: [unitedthroughreading.org](https://unitedthroughreading.org)

Email: [lilycarlton@utr.org](mailto:lilycarlton@utr.org)

Contact Person: Receptionist

Services Offered: Connecting children to deployed parents through recorded reading.

Languages Offered: English and some Spanish

Fees: None

Eligibility: Active duty, activated reserve, and family

## **US CITIZENSHIP AND IMMIGRATION SERVICES**

Address: 1325 Front Street, San Diego, CA 92101

Phone: 877-CIS-4MIL (877-247-4645)

Website: <https://www.uscis.gov/military>

Email: Contact form online

Contact Person: Representative

Services Offered: USCIS offers immigration information and links to resources geared specifically for members of the military and their families.

Languages Offered: English/ Spanish online; more languages may be available

Fees: N/A

Eligibility: Anyone

## **US NAVY PERSONNEL COMMAND CASUALTY ASSISTANCE**

Address: 5720 Integrity Driven Millington, TN 38055-1300

Phone: 1-800-368-3202 or 901-634-9279 for after hours

Website: <http://www.public.navy.mil/BUPERS-NPC/SUPPORT/CASUALTY/Pages/default2.aspx>

Email: N/A

Contact Person: CACO

Services Offered: provide timely and first class casualty assistance to Navy families when a Sailor is seriously ill or injured, is placed in a duty status whereabouts unknown (DUSTWUN), or is declared missing and/or Prisoner of War or dies.

Languages Offered: English

Fees: None

Eligibility: Family of active duty service member

## **VETASSIST**

Address: 3711 Long Beach Blvd. Suite 708 Long Beach, CA 90807

Phone: 562-208-1883 or 877-878-4248

Website: <https://veteranshomecare.com/>

Email: [infoca@veteranshomecare.com](mailto:infoca@veteranshomecare.com)

Contact Person: Receptionist

Services Offered: In Home Care For Veterans and Spouses Paid For By Your Service To Our Country

Languages Offered: English

Fees: None

Eligibility: a veteran or the surviving spouse of a veteran who served at least 90 days on active duty, at least one day during wartime, with non service-connected medical condition causing you to need assistance with activities of daily living

## **VETERANS ADMINISTRATION (SAN DIEGO REGIONAL OFFICE)**

Address: 8810 Rio San Diego Drive, San Diego, CA 92108

Phone: 1-800-827-1000 (VA Benefits Line)

Website: <http://www.benefits.va.gov/sandiego/>

Email: N/A

Contact Person: Representative

Services Offered: Information regarding benefits, GI Bill, home loans, survivor benefits, life insurance, employment centers, and more.

Languages Offered: Multiple languages available

Fees: None

Eligibility: Veterans, service members, their families and survivors

## **VETERANS OF FOREIGN WARS (VFW)**

Address: 406 W. 34th St., Kansas City, MO 64111

Phone: (816) 756-3390

Website: [www.vfw.org](http://www.vfw.org)

Email: Contact form online

Contact Person: Operator

Services Offered: Insurance programs, financial services, travel coordination, end of life services, active duty to civilian transition.

Languages Offered: English

Fees: \$45 annually for membership

Eligibility: US citizen, honorably served in the Armed Forces for a war, expedition, or campaign on foreign soil or hostile waters

## **VETERANS VILLAGE SAN DIEGO**

Address: 4141 Pacific Highway, San Diego, CA 92110

Phone: 619-393-2000

Website: [www.vvsd.net](http://www.vvsd.net)

Email: [info@vvsd.net](mailto:info@vvsd.net)

Contact Person:

Services Offered: VVSD extends assistance to needy and homeless veterans and their families by providing: Substance Abuse Recovery, Mental Health Counseling, Job Training and Job Search Assistance, Housing, Food, Clothing, and Legal Services.

Languages Offered: English and Spanish

Fees: none

Eligibility: Homeless military veterans and their families

## **VOLUNTEER LAWYER PROGRAM**

Address: 707 Broadway, Ste. 1400, San Diego, CA, 92101

Phone: 619-235-5656

Website: [www.sdvlp.org](http://www.sdvlp.org)

Email: N/A

Contact Person: Operator

Services Offered: Free civil legal services

Languages Offered: English and Spanish

Fees: None

Eligibility: Income sensitive and San Diego residents

## **VOLUNTEER MATCH**

Address: 409 13th Street, Suite 800 Oakland, CA 94612

Phone: N/A

Website: [www.volunteermatch.org](http://www.volunteermatch.org)

Email: N/A

Contact Person: Representative

Services Offered: Connect to various volunteer opportunities where you live based on your interests.

Languages Offered: English

Fees: None

Eligibility: Open to all

## **WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM NBSD**

Address: Bldg. 265, 3005 Corbina Alley, San Diego, CA 92136

Phone: 800-500-6411; 858-860-4608

Website: [www.sandiegowic.org](http://www.sandiegowic.org)

Email: [wic@sandiegowic.org](mailto:wic@sandiegowic.org)

Contact Person:

Services Offered: Healthy food checks, nutritional guidance, breastfeeding support, and referrals.

Languages Offered: English and Spanish

Fees: None

Eligibility: Pregnant women ;Breastfeeding women up to one year postpartum; Non-breastfeeding women up to six months postpartum; Infants and children under five years old; All foster children under five years old

## **WOMEN'S RESOURCE CENTER**

Address: 1963 Apple St. Oceanside, CA 92054

Phone: 760-757-3500

Website: <http://www.wrcsd.org/>

Email: Contact form online

Contact Person: Director

Services Offered: Transitional housing, crisis intervention, adult and children's counseling, domestic violence hotline, domestic violence perpetrator program, sexual assault response teams, domestic violence response teams, and community and school prevention programs.

Languages Offered: English and Spanish

Fees: N/A

Eligibility: Men, women, and children involved in or threatened by domestic violence or sexual assault

## **WORLD BEAT CULTURAL CENTER**

Address: 2100 Park Blvd. San Diego, CA 92101

Phone: 619-230-1190

Website: <http://www.worldbeatcenter.org/>

Email: Contact form online

Contact Person: Receptionist

Services Offered: Cultural immersion opportunities, children's summer camp, student internships, outreach program, outdoor classroom, and cultural activity classes.

Languages Offered: Multiple languages available depending on staff

Fees: May apply to some events/classes

Eligibility: Anyone

## **YMCA CHILDCARE RESOURCES**

Address: 1750 5th Ave. San Diego, CA 92101

Phone: 619-521-3070 800-481-2151

Website: [www.ymca.org/crs](http://www.ymca.org/crs)

Email: [myreferral@ymca.org](mailto:myreferral@ymca.org)

Contact Person: Receptionist

Services Offered: Childcare referral for income sensitive families.

Languages Offered: Multiple languages available

Fees: None for referral, but childcare fees will apply

Eligibility: Anyone

## ZERO8HUNDRED

Address: 4220 Hotel Circle Court, Suite 250 San Diego, CA 92108

Phone: N/A

Website: <https://www.zero8hundred.org/>

Email: Contact form online

Contact Person: Peer Navigator

Services Offered: access to online skills assessments and industry matching tools, coaching by sector leader in the area of interest, access to community resources for resume writing and interview skills, access to veterans resource centers, directory of small/mid-sized companies ready to hire, linkages to existing education and employment navigators, emergency food, shelter/housing, material goods, transportation, utilities, financial services and legal aid services, support groups, social development, self-care and personal enrichment, and military family support services.

Languages Offered: English

Fees: None

Eligibility: Veterans and their family members within 6 months prior to leaving active duty and up to 12 months after







