



C U Y A M A C A
· C O L L E G E ·

Cuyamaca Cares Student Guide to Resources



Campus Resources

CalWORKS

- For TANF/Welfare to Work Participants
- Counseling
- Textbooks Assistance
- Childcare
- Transportation
- Work Study

Contact/Location/More Information

- (619) 660-4340
- A-109
- www.cuyamaca.edu/calworks

Cuyamaca Cares - Harvest Pantry

- Free and Confidential Food and Drinks
- Food for School, Home, or Both

Contact/Location/More Information

- (619) 660-4200
- I-134
- www.cuyamaca.edu/health

EOPS/CARE/UP!/Next Up/Borderless Spaces

- Services For
 - Economically and Educationally Disadvantaged
 - Single Parents
 - Former and Current Foster Youth
 - Youth Raised in Guardianship
 - Homeless Youth
 - Participants in AB-540, CA Dream Act or DACA
- Food Pantry

Contact/Location/More Information

- (619) 660-4204
- A-300
- www.cuyamaca.edu/eops

Financial Aid

- Financial Aid and Scholarship Information
- Emergency Book Loans
- California Community Colleges Promise Grants

Contact/Location/More Information

- (619) 660-4201
- A-300
- www.cuyamaca.edu/finaid

Health and Wellness Center

- Assistance with Illness or Accidents
- Answers to Health Questions
- Wellness Intervention for Student Homelessness and Hunger (WISHH)
- Sexual Health Literature, Condoms, and Lubricant
- Female Hygiene Products

Contact/Location/More Information

- (619) 660-4200
- I-134
- www.cuyamaca.edu/health

Personal Counseling

- Free Personal Counseling

Contact/Location/More Information

- (619) 660-4200
- I-134
- www.cuyamaca.edu/health

Veterans Resources

- G.I. Bill Assistance (I-113)
- Study Space (I-113)
- Computer Lab (I-113)
- Free Printing (I-113)
- Calculators (I-113)
- Communal Space (I-113)

Contact/Location/More Information

- (619) 660-4282
- I-113
- www.cuyamaca.edu/services/veterans

Community Resources

Alpha Project

Programs/Services:

- Residential Substance Abuse Treatment
- Temporary Bridge Shelter
- Cortez Hill Family Center (Temporary Shelter and Services for Homeless Families)
- Homeless Outreach
- Rapid Rehousing
- Hospice for the Homeless
- Transitional Employment
- Fire Prevention Services
- Community Court
- Home Finder Program
- Wheels of Change (Community Focused Transitional Employment)
- Tenant Peer Support Services Program

Contact/Location/More Information

- (619) 542-1877
- info@alphaproject.org
- 3737 Fifth Ave, Suite 203, San Diego, CA 92103
- <https://alphaproject.org/>

Community Through Hope

Programs/Services:

- Chula Vista Homeless Outreach Team
- Housing Navigation with Case Management
 - Subsidized Funding for Low Income Housing
 - Linking to Other Resources (mental health, drug and alcohol treatment and emergency services)
- C.V.H.O.T/McAlister Ready to Work Program
- Day of Hope (homeless outreach events)
 - Showers
 - Medical Mobile Units

- Haircuts
- C.V.H.O.T Providers
- Hygiene Kits
- Nutrition
- Clothing

Contact/Location/More Information

- info@communitythroughhope.org
- 465 C Street, Chula Vista, CA 91910
- <https://www.communitythroughhope.org/>

Crisis House

Programs/Services:

- Housing Services
 - Homeless Prevention (Domestic Violence [DV] Related)
 - Joint Transitional Housing and Rapid Re-Housing (DV)
 - Journey Home, Safe Journey, and New Journey - Rapid Re-Housing (DV)
 - El Cajon Housing Connections
- Emergency and Social Services
 - Information and Referral
 - Assessment
 - Case Management
 - Job Assistance
 - Medical Outreach
 - Care - Utility Assistance Program
 - Civil Legal Services
 - Cal Fresh (Food Stamps) Enrollment Assistance
 - Children's Pantry
 - Clothing
 - California ID & Birth Certificates
 - Referral to Other Food Resources
- Homeless Outreach Services
 - Food
 - Hygiene Kits
 - Showers
 - Safe Storage
 - Mail and Phone Calls

Contact/Location/More Information

- (619) 444-1194
- info@crishouse.org
- 1034 N. Magnolia, El Cajon, CA 92020
- <https://www.crisishouse.com/>

Dreams for Change

Programs/Services:

- Safe Parking (safe place to sleep in vehicle at night with supportive services)
- Achieving Financial Independence (financial management training)
- Eat Better Today (mobile fresh food truck for homeless population)
- North County Senior Connections (food for low income seniors)
- THRIVE San Diego (free tax preparation)
- Workforce Development

Contact/Location/More Information

- (619) 497-0236
- Teresa@dreamsforchange.org (Teresa Smith, CEO)
- volunteers@dreamsforchange.org (Volunteer Coordinator)
- PO Box 16327, San Diego, CA 92176
- <https://www.dreamsforchange.org/>

East County Transitional Living Center

Programs/Services

- Housing
 - 500 Program Members
 - 3 Meals/Day
 - Clothing
 - Health and Hygiene Services
- Education
 - GED Program
 - Partnership with Grand Canyon University
- Work Therapy
 - Vegetation Management
 - Concessions at Sports Venues
 - Construction Laborer
 - Special Events
- Personal Services
 - Individual, Marriage, and Family Counseling
 - Job Resource Center

- Job Interview Training
- Financial and Life Skills Classes
- Family Reconciliation

Contact/Location/More Information

- (619) 442-0457
- info@ectlc.org
- 1527 E Main Street, El Cajon, CA 92021
- <https://www.ectlc.org/>

Family Health Centers of San Diego

Programs/Services:

- Healthcare for the Homeless Services
 - Case Management
 - Mental Health and Counseling
 - Primary Care
 - Substance use Disorder Counseling
 - Housing Navigation
 - Assistance for HIV-Positive Persons
 - Benefits Enrollment Assistance
 - Patient Assistance Program
 - Restorative Dental Program
 - Vision & Dental Coverage & Referrals
 - Assistance for Veterans
- Insurance Enrollment Assistance
 - Medi-Cal Enrollment
 - CalFresh Enrollment
 - Covered California Enrollment
 - Comprehensive Enrollment Presentations
- Community Support
 - Support Groups
 - Substance Use Disorder Services
 - Street & Community-Based Outreach and Education
 - Case Management

Contact/Location/More Information

- (619) 515-2551
- 525 E Main St, El Cajon, CA 92020 (Case Management)

- 1250 6th Ave, Suite 100, San Diego, CA 92101 (Healthcare for the Homeless and Case Management)
- <https://www.fhcsd.org/>

Father Joe's Villages

Programs/Services:

- Housing Services
 - Emergency Shelter
 - Longer Term Shelter (veterans, families, and people with life-threatening illness)
 - Rapid Rehousing
 - Permanent Supportive Housing (people with a disability)
 - Affordable Housing
 - On-Going Support
 - Assessment and Referral Services
- Child and Family Services
 - Child Development Programs
 - Child Behavioral Health
 - Child Literacy Program
 - After-School Programs
 - Parenting Support
 - Mentorship
 - Housing for Families
 - Integrated Services (access to other services at FJV)
- Health Services
 - Physical and Mental Health Care
 - Partnership with UCSD
- Self-Sufficiency Services
 - Employment Classes
 - Job Placement and Development
 - Job Searching Tools
 - Skills & Training Enhancement Program (Vocational Training)
 - Chaplaincy Services (spiritual services for all faiths)

Contact/Location/More Information

- (619) 230-7390
- 299 17th St, San Diego, CA 92101 (Single Adults)
- 1501 Imperial Ave, San Diego, CA 92101 (Families)
- <https://my.neighbor.org/>

Feeding the Flock

Programs/Services:

- Social Services
- Home Rehabilitation Loans
- Showers
- Food Distribution
- Personal Hygiene Item Distribution

Contact/Location/More Information

- (619) 631-8704
- feedingtheflocksandiego@gmail.com
- 470 N Mollison Ave, El Cajon, CA 92021
- <https://www.facebook.com/feedingtheflocks/> (FB Page)
- http://sandiego.networkofcare.org/mh/services/agency.aspx?pid=FeedingtheFlock_61_2_0 (Network of Care Page)

Good Shepherd Ministry - Excel Youth Resource Center

Programs/Services:

- Bethlehem Food Pantry (food distribution Sat 9:00 am - 11:00 am)
- Shepherd's Closet (Sat 9:00 am - 11:00 am)
 - Basic Clothing
- Excel Youth Resource Center (Tues & Thur 3:00 pm - 6:30 pm)
 - Free WiFi, Computers, and Printing
 - Snack and Dinner
 - Personal Finance Class & Online Subscription
 - Showers
- Bastyr Clinic (Tues & Thur 3:30 pm - 6:30 pm)
 - Naturopathic Care
 - Diet and Exercise Counseling
- Eleanore's Boutique II (Mon - Fri 12:30 pm - 5:00 pm)
 - Women's Professional Clothing

Contact/Location/More Information

- (619) 442-9491
- gsmc@foothillsumc.org
- 722 S. Johnson Ave, El Cajon, CA 92020
- <https://www.foothillsumc.org/what-we-do/good-shepherd/>

Home Start

Programs/Services:

- Community Services for Families (priority for families involved in Child Welfare Services)
 - Parent Education
 - Parent Partners (peer support program)
 - Community Resource Connections
- Maternity Housing Program
 - Housing (pregnant women or women with small children)
 - Support Services
- Behavioral Health Services
 - Parent Child Interaction Therapy
 - Trauma-Focused Cognitive Behavior Therapy
 - Play Therapy
- Communities in Action
 - Referrals to Community Resources
 - Financial Literacy Education and Tax Prep Assistance

Contact/Location/More Information

- (619) 692-0727 (Main Office)
- 5005 Texas Street Suite 203, San Diego, CA 92108 (Main Office)
- (619) 401-8375 (East County Office)
- 131 Avocado Ave, El Cajon, CA 92020 (East County Office)
- <https://home-start.org/>

Jewish Family Services Housing Services

Programs/Services:

- Safe Parking Program
 - Lots in Balboa Ave, Aero Drive, and Mission Village Drive
 - Seven Nights a Week
- Resource and Housing Navigation
 - Food Assistance
 - Employment Development
 - Emergency Support
 - Benefits Access
 - Financial Education
 - Credit Repair
- Family and Children's Hub
 - Academic and Social Development

- Books, Tutoring, Wellness Activities, and Creative Projects

Contact/Location/More Information

- (858) 637-3210 (general confidential helpline)
- (858) 637-3373 (safe parking and housing)
- 8804 Balboa Avenue, San Diego, CA 92123
- <https://jfssd.org/>

Rachel's Women's Center

Programs/Services (for individual women only):

- Drop in Day-Center
- Bathrooms, Showers, and Laundry
- Meals
- Replacement Clothing
- Mailing Address
- Alcohol/Drug Recovery Services
- Mental Health Screening and Referrals
- Medical Screening
- Resource Specialist
- Health and Wellness Activities
- Education

Contact/Location/More Information

- (619) 696-0873
- 759 8th Avenue, San Diego, CA 92101
- <https://www.facebook.com/pages/Rachels-Womens-Center/126274734093108>

San Diego Youth Services

Programs/Services:

- Street Outreach
- TAY Academy (hub for resources/services for youth age 14-25)
 - Job-Readiness Training
 - Case Management
 - Education
 - Mental Health
 - Housing
- Transitional Housing Continuum (ages 16-24)
 - Affordable Housing
 - Independent Living Skills Training

- Supportive Services
- Youth Emergency Shelter

Contact/Location/More Information

- (619) 221-8600
- lbaclig-passons@sdyouthservices.org (Admin)
- ttran@sdyouthservices.org (Volunteer Services)
- 2220 Broadway, San Diego, CA 92102
- <https://sdyouthservices.org/>

Urban Street Angels

Programs/Services:

- Short-term and Bridge Housing Program (ages 18-25 who are...)
 - Currently Experiencing Homeless and
 - Prodromal Symptoms (symptoms of serious illness) or
 - Serious Emotional Disturbance (SED) or
 - Serious Mental Illness (SMI)
- Just Be U Program (ages 18-25 and homeless with SMI)
 - Supportive Housing
 - Case Management
 - Integrative Medicine
 - Holistic Healthcare
- Overnight Shelter Program (ages 18-25)
 - North Park and El Cajon
 - North Park Tuesday Nights
 - El Cajon Thursday Nights
 - Dinner and Breakfast
 - Referrals
 - Showers and Laundry
 - Minor Medical and Hygiene Care
 - Clothing and Footwear

Contact/Location/More Information

- (619) 415-6616
- info@urbanstreetangels.org
- 1404 Fifth Ave, San Diego, CA 92101
- <http://www.urbanstreetangels.org/>

Veterans Village of San Diego

Programs/Services:

- Housing
 - Affordable rent based on income
 - Supportive services available
- Bridge Housing (short term transitional housing)
 - For veterans who have accepted a permanent housing intervention
- Transitional Housing (temporary housing)
 - Independency Planning
 - Case Management
- Supportive Services for Veteran Families
 - Time-Limited Financial Assistance
 - Case Management
 - Rehousing and Homelessness Prevention

Contact/Location/More Information

- (619) 393-2000
- 4141 Pacific Highway, San Diego, CA 92110
- <https://vvsd.net/>

Wesley Community Services Center

Programs/Services:

- The WELL (Wesley Life Line)
 - Health Services
 - Healthy Food
 - Community Based Support Services
- Patio Pantry (Tues & Wed 5:00 pm)
 - Bring Your Own Bag
- Co-Op Cafe
 - Hot and Free Meals
 - Mon & Fri: Breakfast at 8:30 am/Lunch at 10:30 am
 - Wed: Breakfast at 8:30 am/Dinner at 4:00 pm
- Patient Advocacy Services
 - Appointments Assistance
 - Transportation Assistance
 - Help with Forms, Medications, and Healthcare Options

Contact/Location/More Information

- (619) 354-8094
- info@wesleycsc.com

- 5380 El Cajon Blvd, San Diego, CA 92115
- <http://wesleycsc.com/>

Wesley House

Programs/Services:

- Affordable Housing
 - Starting at \$925/month
- Resident Assistant Program
 - Administrative Work and Experience for Students
- Educational Programs
- Recreational Activities
- Second Start Program
 - College Support for Homeless and Foster Youth

Contact/Location/More Information

- (619) 582-0773
- 5710 Hardy Avenue, #12, San Diego, CA 92115
- <http://wesleysdsu.org/>

(NOTE: If any of the above information is found to be incorrect or out of date, please contact John Kennon at john_kennon@gcccd.edu, so that information is kept accurate and up to date)