



Academic Services/Tutoring

SAN DIEGO UNIFIED SCHOOL DISTRICT (YOUTH)

- Call the SDUSD school that your child attends to get a comprehensive list of tutoring services provided on-campus & through the school district.

SAN DIEGO CONTINUING EDUCATION (ADULTS)

Central Administrative Offices, Student Services:

- Phone: (619) 388-4856 Email: SDCEECC@sdccd.edu
- Website: <http://www.sdce.edu/>



Career Development

SAN DIEGO WORKFORCE PARTNERSHIP

Connect2Careers (Youth):

- Phone: (619) 228-2945 Request "Peer Job Coach"
- Email: sdwppprogramsdepartment@workforce.org
- Website: <http://c2csd.org/>
- Hours: M-F 8 AM -5 PM

Metro Career Center (Adults):

- Phone: (619) 266-4200
- Address: 4389 Imperial Ave., San Diego, CA 92113
- Website: <https://workforce.org/>
- Hours: M – F: 8:00 AM – 5:00 PM

Extended Hours: W: 5:00 PM – 7:00 PM

First Saturday of every month: 10 AM – 2 PM



Food Banks

CO-OP CAFE, WESLEY COMMUNITY SERVICES CENTER

- Phone: (619) 354-8094 - Email: info@wesleycsc.com
- Website: http://wesleycsc.com/?page_id=17
- Address: 5380 El Cajon Blvd., San Diego, CA 92115
- Meal Hours: MWF: 8:30-10:00 AM Breakfast, MF: 10:30 AM Lunch; Wednesday: 4:00 PM Dinner
- Produce Distribution: Tu/W: 5:00 PM

[Hot Meals](#) | [Fruits & Vegetables](#)



Foster Care

SAN DIEGO YOUTH SERVICES

Foster Family Agency:

- Phone: (619) 221-8600
- Website: www.sdyouthservices.org
- Address: 3255 Wing St., San Diego, CA 92110

[Homelessness](#) | [Child Abuse & Neglect](#) | [Mental Health](#)
| [Addiction Recovery](#) | [LGBTQ+](#)



Sexual Assault/Domestic Violence

CENTER FOR COMMUNITY SOLUTIONS

- Phone: (858) 272-5777
 - Dial 1-888-385-4657 for immediate needs 24 hours/day
- Website: www.ccssd.org
- Address: 4508 Mission Bay Dr., San Diego, CA 92109
- Hours: M – F: 8:30 AM – 5:30 PM



Financial Services

SELF-HELP FEDERAL CREDIT UNION

- Phone: (877) 369-2828
- Website: <https://www.self-helpfcu.org/locations/san-diego-branch>
- Address: 4029 43rd St., Ste. 400, San Diego, CA 92105
- Hours: M/Tu/Th: 9:00 AM – 5:00 PM; W: 10:00 AM – 5:00 PM; F: 10:00 AM – 6:00 PM

ATM | Home Mortgage | Auto, Personal & Business Loans



Legal Consultation

COMMUNITY LAW PROJECT

- Phone: (619) 356-8994 (Hoover High)
- Website: <https://www.cwsl.edu/clinics-and-programs/community-law-project>

School Campus Clinic Addresses & Hours:

Herbert Hoover High School

- Address: 4474 El Cajon Blvd., San Diego, CA 92115
- Hours: Tu: 12:00 PM – 2:00 PM

Rosa Parks Elementary School

- Address: 4510 Landis St., San Diego, CA 92105
- Hours: F: 8:30 AM – 11:00 AM

[Criminal Law](#) | [Bankruptcy](#) | [Trusts & Estates](#) | [Personal Injury](#) | [Fair Housing](#) | [Employment, Immigration, Consumer & Family Law](#) | [Access to Public Benefits](#)



Mental Health

MENDING MATTERS

- Phone: (619) 940-5165 (Email via website)
 - Website: <https://www.mendingmatters.org/>
 - Hoover Students Contact Haley Presnell (619) 491-7898 (contact numbers & language preference requested)
- [Crisis Support](#) | [Individual therapy](#) (select students without insurance or who can't be seen by a school link provider) | [Pause Workshops](#) (virtual resources and videos designed to help students "take a pause" and build coping skills)



Homelessness/Affordable Housing

2-1-1 SAN DIEGO*

- **Phone:** (858) 300-1211
 - Dial 7-1-1 if you are hearing-impaired
- **Website:** <http://211sandiego.org>

* By dialing 2-1-1, you link to a highly-trained Client Service Representative who will navigate you through your situation by assessing your needs & then matching you to the best resource in your community. Assistance is confidential & offered in more than 150 languages. **Its FREE**

PATH - City Heights

Outreach Worker – Jessie Angeles (858) 232-8661
www.epath.org/regions/greater-san-diego/



Public Assistance

HOME START, CITY HEIGHTS COMMUNITY CENTER

Community Services for Families

- **Phone:** (619) 229-3660
Emergency Services: 800-479-3339
- **Website:** <https://home-start.org/community-services-families/>
- **Address:** 404 Euclid Ave., Ste 328, San Diego, 92114
- **Hours:** M – F: 8:30 AM – 4:30 PM

Emergency Food | Nutrition Education | Benefits
Application Assistance (CalWORKs/CalFresh/Medi-Cal) |
Workforce Development | Tax Consultation



Substance Abuse

UPAC

- **Phone:** (619) 521-5720
- **Website:** www.upacsd.com
- **Service Location:** Hoover High
Monday through Friday: 10:00AM – 6:30PM

Residential & Day Treatments | Outpatient Recovery

Family Counseling | Crisis Intervention | Referrals

Eldorado Community Center – Euclid Services (619) 263-0433

Medical Assisted Treatment - Free 21-day program for those not previously enrolled in methadone treatment programs.



COVID-9 Resources

On ODI Website: oceandiscoveryinstitute.org/covid-19-resources

San Diego 211: 211sandiego.org/resources/health-wellness/covid-19-resources



Immigration & Resettlement

INTERNATIONAL RESCUE COMMITTEE

- **Phone:** (619) 389-8723
- **Email:** immigration.sd@rescue.org
- **Website:** <https://www.rescue.org>

DACA | AB 60 License | Citizenship | Legal Assistance

STUDENTS WITHOUT LIMITS (@ HOOVER HIGH)

In-school & remote legal, mental health & continuing education support to at-risk minority & immigrant teens from low-income families who will be first-gen college students.

- **Website:** <https://studentswithoutlimits.org>
- **Phone:** (858) 880-7094
- **Email:** amie@studentswithoutlimits.org



Physical Health/Medical Coverage

LA MAESTRA COMMUNITY HEALTH CENTERS

- **Phone:** (619) 269-1269
- **Website:** <https://www.lamaestra.org/city-heights/default.html>
- **Address:** 4171 Fairmount Ave., San Diego, CA 92105
- **Hours:** M – F: 8:00 AM – 6:00 PM; Sat: 8:00AM – 2:00PM

School Campus Clinic Addresses & Hours:

Central Elementary (For all children ages 0-18)

- **Phone:** (619) 961-0814 ext. 3800
- **Address:** 4063 Polk Ave., San Diego, CA 92105
- **Hours:** M: 7:30 AM – 12:00 PM, WF: 7:30 AM – 4:00 PM

Rosa Parks Elementary (For all children ages 0-18)

1. **Phone:** (619) 501-8065
2. **Address:** 4510 Landis St., San Diego, CA 92105
3. **Hours:** Tu: 7:30 AM – 12:00 PM, WF: 7:30 AM – 4:00 PM

Monroe Clark Middle (For all children ages 0-18)

1. **Phone:** (619) 795-8433
2. **Address:** 4388 Thorn St., San Diego, CA 92105
(Entrance to Clinic on Myrtle Ave.)
3. **Hours:** M/Th: 7:30 AM – 4:00 PM; Tu: 1:00 PM – 4:00 PM

Hoover High School (Offering Medical & Dental care for students & their families)

- **Phone:** (619) 795-5979 ext. 3810 or 3811
- **Address:** 4474 El Cajon Blvd., San Diego, CA 92115
- **Hours:** M – F: 8:00 AM – 12:00 PM

Family Practice | Pediatrics | OB/GYN | Family Wellness |
Imaging/Radiology | Pharmacy | Laboratory | Optometry |
Health Education | Legal Social Services | Community Health
Workers | Dental Services