

HOT MEALS/ *Comidas Calientes*

Wednesday/ *miercoles*..... 5 pm to 6 pm

South Bay Community Services
707 F Street, Chula Vista

Friday/ *viernes*4 pm to 5 pm

Church of the Most Precious Blood
1245 Fourth Avenue, Chula Vista

Sunday/ *domingo*5 pm to 6 pm

International Christian Center
1236 Third Avenue, Chula Vista

MOBILE HEALTH CENTERS/

Clinicas de Salud Movil

St. Rose of Lima.....619-427-0230

Most Precious Blood619-422-2100

Call first for appt. / *Hable primero para cita*

Family Health Centers of S.D. 619-515-2300

Available at various Chula Vista sites.

Call for the current schedule. /

Ubicados en varios lugares en Chula Vista.

Hable para horario.

HEALTH CLINICS/ *Clinica de Salud*

Some may have costs involved/ *Puede haber costo*

HHS Public Health Center619-409-3110

Imperial Beach HC619-429-3733

San Ysidro HC619-662-4100

Maternal & Child HC619-662-4100

Otay Family Health Care NO #

Operation Samahan619-474-8686

National City Family Clinic.....619-336-2300

Chula Vista Family Health Center 619-515-2500

Planned Parenthood888-743-7526

PARENT RESOURCES/ *Recursos para Padres*

South Bay Community Services....619-420-3620

Developmental screening /

consultas de desarrollo saludable

Home nurse visits for new borns /

Visita de enfermera para padres primerizos

FOOD RESOURCES/ *Comida*

South Bay Community Services....619-420-3620

Lutheran Social Services.....619-425-4061

San Diego Food Bank.....858-527-1419

St. Rose of Lima Church619-427-7637

Our Lady of Mount Carmel619-428-2091

Good Neighbor Center619-429-0802

Church of the Most Prec. Blood ...619-422-2100

Life Christian Center619-585-3638

Salvation Army619-422-7027

Renewing Life Food Pantry619-934-1940

CalFresh Application Asst.866-847-3663

Project Hand619-425-4061

Information Resource211

Turning the Hearts Center619-691-9643

HOSPITALS/ *Hospitales*

Sharp Chula Vista Medical Ctr.... 619-502-5800

Paradise Valley Hospital 619-470-4321

Scripps Mercy Hospital..... 619-691-7000

SOUTH COUNTY DIRECTORY

Emergency Shelter, Services & Food Assistance

*Directorio de Albergues,
Servicios Sociales y
Asistencia de Comida de
Emergencia*

For other assistance call
Para otro tipo de ayuda llame

2-1-1



Developed by
South Bay Community Services 3/15

SHELTERS/ *Albergues*

South Bay Community Services ...619-420-3620
24 hour hotline: 1-800-640-2933
Domestic violence/ *violencia domestica*
Homeless families/ *albergues de familias*
Hotel/ motel vouchers/ *cupones para motel*
Youth aging out of foster care

SEASONAL SHELTER/ *Albergue Temporal* (Dec - Mar)

METRO Good Neighbor Center, Nestor
.....619-429-0802
South Bay Community Services....619-420-3620

TRANSPORTATION/ *Transporte*

Regional Transit619-233-3004
Bus - trolley - rout schedules

HOUSING/ *Vivienda*

South Bay Community Services....619-420-3620

- *Affordable housing*
- *Fair housing*

MAAC Project619-426-3595

- *Rental assistance*
- *Affordable housing*

City of Chula Vista619-585-5600

- *Affordable housing*

City of National City619-336-4250

- *Affordable housing*

County of San Diego858-694-4810

- *Affordable housing*

Veteran's Village San Diego619-497-0142

- *Clothing/ Ropa*

Lutheran Social Services.....619-425-4061
Saint Rosa of Lima Church619-427-0230
Our Lady of Mount Carmel619-428-2091
Church of the Most Precious Blood619-422-2100

- *Legal Assistance/ Asesoria Legal*

ACLU619-323-2121
YWCA Legal Advocacy.....619-239-2341

DOMESTIC VIOLENCE/

Violencia Domestica

South Bay Community Services 24-hr Hotline
..... 1-800-640-2933
Information Resource2-1-1
Family Justice Center.....619-533-6000
National Domestic Violence Hotline
..... 1-800-799-7233

MENTAL HEALTH/ *Salud Mental*

Some costs may be involved/ *Puede haber costo*

Bayview Behavioral Health.....619-426-6311
S.D. Access & Crisis Line..... 1-888-724-7240
Nueva Vista619-585-7686
San Ysidro Mental HC619-428-5561
Souoth Bay Guidance Center619-427-4661
Maria Sadinan.....619-428-1000

SCHOOL BASED SERVICES/

Servicios Escolares

San Ysidro SD619-428-4476 x3083
Sweetwater UHSD619-934-8300
Chula Vista ESD619-425-9600 x1570
San Diego County Office of Education
..... 1-858-292-3500
National School District.....619-336-7510
South Bay Union SD.....619-628-1600

EMPLOYMENT DEVELOPMENT/

Servicios de Empleo

Comprehensive Training Systems .619-424-6650
MAAC Project.....619-426-3595
South Bay Comm. Services.....619-420-3620
South Bay Cnty Career Ctr619-424-1112
Employment Development Department (EED)
..... 1-800-300-5616
.....619-424-1112