

San Diego Refugee Resources: Interactive map available at <http://tinyurl.com/sdrefugeeservices>

last updated January 2, 2012

Map Location	Organization	Website	Telephone	Address	Zip	Services Identified*
Resettlement and Voluntary Agencies Assisting Refugees						
1 Map F	Alliance for African Assistance	www.alliance-for-africa.org	(619) 286-9052	5952 El Cajon Blvd.	92115	Resettlement, Immigration, Job Services, Job Placement, Social Services, Translation Services
2 Map A	Catholic Charities Diocese of San Diego	www.ccdsd.org	(619) 287-9454	4575-A Mission Gorge Place	92120	Resettlement, Cultural Orientation, English Literacy Classes, Social Services, Health Promotion and Education, Job Services, Job Placement, Food Assistance, Mental Health
3 Map E	Horn of Africa	www.hornofafrica.org	(619) 583-0532	5296 University Ave., Suite F	92105	Resettlement, Education, Health Promotion and Education, Cultural Orientation, Social Services, Job Services
4 Map E	International Rescue Committee	www.rescue.org	(619) 641-7510	5348 University Ave., Suite 205	92105	Resettlement, Afterschool Care, English Literacy Classes, Youth Services, Education, Job Placement, Child Care, Cultural Orientation, Job Services, Social Services, Immigration
5 Map A	Jewish Family Services	www.jfssd.org	(858) 637-3030	8804 Balboa Ave.	92123	Resettlement, Job Placement, Legal Services, Cultural Orientation, Immigration Services
6 Map I	Kurdish Human Rights Watch	www.khrw.org	(619) 447-9933	1109 East Washington Ave.	92019	Resettlement, Cultural Orientation, Social Services, Education, English Literacy Classes, Pediatrics, Youth Services, Education, Job Services, Job Placement, Translation Services, Health Promotion and Education, Geriatrics
Mutual Assistance Agencies Serving Refugees						
7 Map D	Affordable Housing Advocates, City Heights Tenant's	http://www.affordablehousingadvocates.org/	(619) 233-7263	4305 University Ave., Suite 110	92105	Tenant Rights
8 Map F	The Aja Project	www.ajaproject.org	(619) 223-7001	5253 El Cajon Blvd., Suite A	92115	Education
9 Map A	Bayside Community Center	www.baysidecc.org	(858) 278-0771	2202 Comstock St.	92111	English Literacy Classes, Afterschool Care, Social Services, Food Assistance, Geriatrics

10	Map E	Calvary Cupboard	none	(619) 229-9745	3060 54th Street	92105	Food Assistance
11	Map D	Church of the Nazarene	none	(619) 516-1000	4101 University Ave.	92105	Health Promotion and Education; General health care, Food Assistance
12	Map C	City Heights Assembly of God	http://cityheightsassembly.org	(619) 281-4583	3737 Wightman	92105	Food Assistance
13	Map D	Coalition For The Homeless	none	(619) 281-1815	4101 University Ave.	92105	Food Assistance
14	Map D	East African Community And Cultural Center	www.eacandcc.org	(619) 501-0977	4061 Fairmount Ave., Suite A	92105	Youth Services, Job Services, Cultural programs
15	Map D	Employee Rights Center	http://info.weberc.net/service	(619) 521-1372/1313	4265 Fairmount Ave., Suite 210	92105	Workplace Rights
16	Map I	Home Start	home-start.org	(619) 401-8375	338 W. Lexington Ave., Ste. 105	92020	Mental Health, Food Assistance, Job Services
17	Map E	Home Start	home-start.org	(619) 229-3660	5296 University Ave., Suite F-2	92105	Mental Health, Food Assistance, Job Services
18	Map E	Home Start - Emergency Assistance (Food and Clothes)	www.home-start.org	(619) 229-3660	5296 University Ave., Suite F2	92115	Food Assistance
19	Map G	Huda Community Center (Masjid Al-huda)	http://hudacommunitycenter.org	(619) 398-7426	4175 Bonillo Drive	92115	Education, Crisis Intervention, Social Services
20	Map D	La Maestra Community Health Center 'WORKS - Microenterprise, Job Development and Placement Center'	www.lamaestra.org	(619) 501-5706	4060 Fairmount Ave.	92105	Job Services, Job Placement
21	Map I	License to Freedom	www.licensetofreedom.org	(619) 401-2800 Arabic/Kurdish Language Help-Line: (619) 813-7415	131 Avocado Ave.	92020	Crisis Intervention
22	Map A/B	Loving Care Adult Day Center	www.lovingcareadhc.com	(619) 718-9777	2565 Camino Del Rio South, Suite 201	92108	Geriatrics, Mental Health
23	Map E	Metro United Methodist Urban Ministry - GOOD NEIGHBOR CENTER	www.metro-sandiego.org	(619) 264-0368	906 North 47th St.	92102	Food Assistance
24	Map G	Mid-City Christian Service Agency	none	(619) 286-1100	6184 University Ave.	92115	Food Assistance

25	Map G	Niles Sisters Development Initiative	www.nilesisters.org	(619) 265-2959	6035 University Ave., Suite 22	92115	Job Services, Job Placement, Education, Health Promotion and Education, Cultural Orientation, English Literacy Classes, Social Services, Mental Health, Pediatrics, Counseling
26	Map J	PCI	www.pciglobal.org	(619) 791-2610 x302	121 E. 31st St. Suite A National City, CA 91950	91950	Health; Assistance for Filipino, Latino and Somali populations with chronic diseases
27	Map D	San Diego Continuing Education Center: Mid-City	www.sdce.edu	(619) 388-4500	3792 Fairmount Ave.	92105	Education, English Literacy Classes, Job Services
	call for locations	San Diego Unified School District Early Childhood Program	none	(858) 278-1810	call for locations	SD	Afterschool Services, Youth Services
28	Map D	Scripps Mercy City Heights Wellness Center, City Heights Hope	www.scripps.org/locations/well-being-centers__city-heights	(619) 277-0402	4440 Wightman St., Suite 200	92105	Health Education and Promotion, Education, Geriatrics, Youth Services
29	Map D	Somali Bantu Community of San Diego	http://www.sbantucofsd.org	(619) 274-6273	4034 43rd St., Suite	92105	Translation Services, Job Services, Job Placement, Social Services
30	Map G	Somali Family Service	www.somalifamilyservice.org	(619) 265-5821	6035 University Ave., Suite 6	92115	Job Services, Job Placement, Education, English Literacy Classes, Youth Services, Afterschool Services, Immigration, Translation Services, Cultural Orientation, Social Services, Health Education and Promotion, Youth Services, STAR (asylum project)
31	Map G	Somali Youth United	www.somaliyouthunited.org	(619) 623-0513	6035 University Ave. Suite 21	92115	Afterschool Care, Youth Services
32	Map D	Southern Sudanese Community Center	www.sccsd.org	(619) 516-3546	4077 Fairmount Ave.	92105	Youth Services, Cultural Orientation, Job Services, Job Placement, Education, Afterschool Services
33	Map G	South Sudan Christian Youth and Community		(619) 858-1861	6035 University Ave., Suite 14	92115	Social Services
34	Map D	St. Luke Refugee Network (The Episcopal Refugee Network)	www.sudanese-refugees.com	(619) 283-1337	4305 University Ave. Suite 630	92105	Translation Services, Job Placement, Social Services, Education, Health Education and Promotion, Food Assistance
35	Map D	Tabernacle African Caribbean Refugee Association (TACRA)	http://www.tacrassoc.org/our_services	(619) 209-1401	4061 Fairmount Ave	92105	Job Placement, Education, Immigration, English Literacy Classes
36	Map D	United Women of East Africa	none	(619) 277-0402	4061 Fairmount Ave.	92105	Health Education and Promotion, Mental Health

37	Map F	Unity Tech Fitness Center	www.unitytech.org	(619) 287-8182	5540 El Cajon Blvd.	92115	Afterschool Care, Youth Services
Healthcare Providers and Services							
38	Map C	Alternative Healthcare	www.althealnet.org	(619) 546-4806	3412 Adams Ave.	92116	Alternative Medicine
39	Map B	American Indian Health Center	www.sdaihc.com	(619) 234-2158	2630 First Ave.	92103	General health care, Dental, Nutrition
40	Map G	American Red Cross WIC Program	www.sandiegowic.org	(800) 500-6411	5821 University Ave.	92115	Food Assistance
41	Map A	Anderson Center for Dental Care/Rady Children's Hospital	http://www.rchsd.org/ourcare/progr amsservices/c- d/dentalcare/andersoncenterfordent alcare/	(800) 788-9029	3020 Children's Way, MC 5073	92123	Pediatric, Dental
42	Map E	Central Region Public Health Center	www.sdcounty.ca.gov	(619) 229-5400	5202 University Ave.	92105	Public Health Nurses, Immunizations Clinic, Assessments of health needs, education; referrals are available.
43	Map I	Centro Medico, El Cajon	www.borregomedical.org	(619) 401-0404	396 North Magnolia, Suite #3	92020	Mental Health, General health care, Pediatrics, Women's Health, Family Planning, Health
44	Map I	Chase Avenue Family Health Center	www.fhcsd.org	(619) 515-2499	1111 W Chase Ave.	92020	General healthcare, Pediatrics, Women's Health, Family Planning
45	Map F	City Heights Family Health Center	www.fhcsd.org	(619) 515-2400	5379 El Cajon Blvd.	92115	
46	Map I	East Region Public Health Center	www.sdcounty.ca.gov	(619) 441-6500	460 N. Magnolia Ave., Suite 110	92020	Public Health Nurses, Immunizations Clinic, Assessments of health needs, education; referrals are available.
47	Map I	Family Resource Center - El Cajon	http://www.sdcounty.ca.gov/hhsa/fa cilities/east/family_resource_center_ el_cajon.html		220 S. 1st St.	92020	CalWORKs, CAPI, Food Stamps, Medi-Cal, General Relief, etc.
48	Map G	Grossmont Pediatrics	http://grossmontpediatrics.com/	(619) 698-2184	6942 University Ave., #A	91942	Pediatrics (Ages 0 to 19)
49	Map D	La Maestra Community Health Clinic	www.lamaestra.org	(619) 280-4213	4060 Fairmount Ave.	92105	General health care, Pediatrics, Women's Health, Vision, Dental
50	Map I	La Maestra Community Health Clinic	www.lamaestra.org	(619) 312-0347	165 South First St.	92019	General health care
51	Map D	La Maestra Community Health Clinic - Dental Unit	www.lamaestra.org	(619) 501-1235 / (619) 285-8135	4305 University Ave., Suite 150 + 120	92105	Dental
52	Map I	La Maestra Community Health Clinic - Dental Unit	www.lamaestra.org	(619) 328-1335	183 South First St.	92019	Dental
53	Map A	Linda Vista Health Care Center	www.lvhcc.com	(858) 379-0925	6973 Linda Vista Rd.	92111	Pediatrics, General health care, Family Planning, Mental Health, Teen

54	Map B	Lions Optometric Vision Clinic	none	(619) 298-5273	1805 Upas St.	92103	Vision
55	Map D	Mid-City Community Clinic (Adults)	http://www.lvhcc.com	(619) 563-0250	4290 Polk Ave.	92105	Women's Health, Mental Health, Family Planning, General health care
56	Map D	Mid-City Community Clinic (Children)	http://www.lvhcc.com	(619) 280-2058	4305 University Ave.	92105	Pediatrics
57	Map I	Neighborhood Healthcare	www.nhcare.org	(619) 440-2751	855 E. Madison Ave.	92020	General health care, Pediatrics, Women's Health, Family Planning,
58	Map B/C	North Park Family Health Center	www.fhcsd.org	(619) 515-2424	3544 30th St.	92104	General health care, Dental
59	Map B/C	North Park Pediatric Development Center	www.fhcsd.org	(619) 515-2424	3514 30th St.	92104	Pediatrics
60	Map D	Planned Parenthood	www.plannedparenthood.org	(619) 881-5099	4305 University Ave., Suite 350	92105	Family Planning
61	Map F	Planned Parenthood	www.plannedparenthood.org	(619) 881-4582	4575 College Ave.	92115	Family Planning
62	Map A/B	Planned Parenthood	www.plannedparenthood.org	(619) 881-4594	1333 Camino del Rio South, Suite 306	92108	Family Planning
63	Map B	San Diego County Health Services Complex	http://sdpublic.sdcounty.ca.gov/portal/page?_pageid=93,298271&_dad=portal&_schema=PORTAL	(619) 692-8550	3851 Rosecrans St.	92110	HIV, Hep B & C, Syphilis, Hepatitis Vaccinations
64	Map B/C	San Diego State University WIC Program	www.wic-sdsu.org	(858) 569-1424	4101 30th St.	92104	Food Assistance
65	Map I	San Diego State University WIC Program	www.wic-sdsu.org	(858) 569-1424	321 Van Houten Ave.	92020	Food Assistance
66	Map D	Scripps Health WIC Program	none	(619) 260-1722	4440 Whitman St.	92105	Nutrition
67	Map D	Shui Gee Tong Herbs	none	(619) 281-4098	4459 University Ave.	92105	Medicinal Herbs
Call for location		Survivors of Torture, International	www.notorture.org	(619) 278-2400	P.O. Box 151240, San Diego, CA (For the privacy	92175	Mental Health
68	Map D	Tan Nguyen Phong Chinese Herbs & Ginseng	none	(619) 281-3968	4153 University Ave.	92105	Medicinal Herbs
call for locations		UCSD Free Clinic, Pacific Beach	http://meded.ucsd.edu/freeclinic	(858) 534-6110	call for locations and services		
69	Map B	UCSD Mother, Child and Adolescent HIV Program	www.ucsdmcap.org	(619) 543-8080, Ext. 236	150 West Washington St., Suite 100	92103	Women's Health, Pediatrics
70	Map I	Volunteers in Medicine	www.vim-sandiego.org	(619) 440-4591	1465 E. Madison Ave.	92019	call for appt and eligibility; no walk-ins
71	Map B/C	Western Dental	www.westerndental.com	(619) 294-4500	2948 University Ave.	92104	Dental (Accepts Healthy Families and DentiCal/Medi-Cal)

72	Map D	Western Dental	www.westerndental.com	(619) 521-0012	4123 University Ave.	92105	Dental (Accepts Healthy Families and Denti Cal/Medi-Cal)
73	Map D	Dr. Michael Wong	none	(619) 265-0801	4134 Fairmount Ave.	92105	Women's Health; Insurance and Cash only
74	Map F	Xuan Sanh Duong Chinese Herb & Tea	none	(619) 285-1580	4639 El Cajon Blvd.	92115	Medicinal Herbs

Community and Religious Centers

75	Map H	Al Rahma Islamic Center	www.al-rahma.org	(619) 697-7873	7520 El Cajon Blvd., Suite 108	91941	
76	Map G	Al-Salaam Foundation	www.alsalaamfoundation.org	(619) 408-5559	6064 University Ave.	92115	
77	Map E	Christ Church Unity San Diego	www.unitysandiego.org	(619) 280-2501, ext. 101	3770 Altadena Ave.	92105	
78	Map D	City Heights Recreation Center	www.sandiego.gov/park-and-recreation/centers/cityhts.shtml	(619) 641-6125	4380 Landis St.	92105	
79	Map C	City Heights Community Development Corporation	www.cityheightscdc.org	(619) 584-1535	4001 El Cajon Blvd., Suite 205	92105	
80	Map F	Iqra Learning Center	none	(619) 229-9606	5702 El Cajon Blvd.	92115	
81	Map G	Kroc Center	http://kroccenter.org/	(619) 287-5762	6845 University Avenue	92115	
82	Map B/C	Maranatha Ethiopian Christian	none	(619) 491-0655	2930 Howard Ave.	92104	
83	Map E	Masjid Alnasar Islamic Center	none	(619) 282-4407	4014 Winona Ave.	92105	
84	Map D	San Diego Youth & Community Services	www.sdyics.org	(619) 521-2250	3660 Fairmount Ave.	92105	
call for locations		SAY San Diego, Inc.	www.saysandiego.org	(858) 565-4148	call for locations	92123	
85	Map D	Sudanese American Youth Center	www.saycsd.org†	(619) 800-0824	4140 Fairmont Ave.	92105	
86	Map F	St. Gabriel Independent Ethiopian Church	none	(619) 229-1194	4808 Trojan Ave.	92115	
87	Map G	Umi Learning Center	www.umilearningcenter.org	(619) 366-1289	6157 University Ave.	92115	
88	Map F	YMCA	none	(619) 594-6805	5300 Campanile Drive	92115	

89 Map C	YMCA	none	(619) 283-2251	3901 Landis St.	92105
call for locations	YMCA Childcare Resource Service	www.ymcacr.org	(619) 521-3055	call for locations	92108

General Phone Numbers to Additional Health Services

Child Health and Disability Prevention Program (CHDP) Providers	(800) 675-2229	call to find a location and eligibility
County Medical Services (CMS) / Children's Health Insurance Program	(800) 587-8118	call to find a location and eligibility
Family Health Centers of San Diego (FHCS)	(619) 515-2300	call to find a location and eligibility
Council of Community Clinics	(619) 542-4300	call to find a location and eligibility
Neighborhood HealthCare	(760) 520-8372	call to find a location and eligibility
Mobile Medical Unit	(619) 515-2312	call for daily locations and eligibility
Cancer Detection Programs: Every Woman Counts (breast/cervical)	(800) 511-2300	call to find a location and eligibility
Family PACT - Family Planning Services	(800) 942-1054	call to find a location and eligibility

General Information

California Vision Foundation (apply for optometric services)	www.californiavision.org or 800.877.5738
InfantSEE® Pediatric Optometric Services	(888) 396-EYES (3937) or www.infantsee.org
Sight for Students - VSP Charity (under 18 optometric services)	www.sightforstudents.org
New Eyes for the Needy (eyeglass vouchers)	www.neweyesforheneedy.org
General Information on Services in San Diego	Dial 211 or (858) 300-1211
Social Security/SSI	(800) 772-1213
California Poison Control Program	(800) 222-1222
California Occupational Safety and Health Administration (Cal-OSHA)	Consultation: (619) 767-2060 (Complaints): (619) 767-2280 Regulatory
24-hour Access & Crisis Line, Mental Health Assistance	(800) 479-3339
Drug and Alcohol Services	(619) 584-5007
County's General Relief	(866) 262-9881
SDG&E Discount Programs (CARE and FERA)	www.sdge.com/residential/assistance/assistservcare.shtml
National Domestic Violence Hotline	(800) 799-7233
General Refugee Resources	www.refugeeinfo.org
General County Resources	apps.sandiego.gov/citizenservices/resource.php?id=30_and
Legal Aid Society of San Diego	1-877-LEGAL AID / (1-877-534-2524) and www.lasds.org
Casa Cornelia Law Center	www.casacornelia.org and (619) 231-7788
Women's Empowerment International – Business training, microcredit loans, entrepreneurial assistance for women	http://www.womenempowerment.org and (858) 486-6466
Grossmont-Cuyamaca Community College District Welcome Back Center (provides linguistic, business, and cultural competence to refugees in health care, electrical, mechanical, computer, or civil engineer fields)	http://www.welcomebackcenter.org and (619) 409-6417