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Counseling Department

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San Diego County Resource Guide



by [Salvador Becerra](#) on September 26, 2018

This document is meant to serve as a community resource guide for parents, students and staff. It is composed of local and county agencies offering little to no cost services to families across the San Diego County. You can always dial 211 from your phone and get connected to resources you might need in your area.

San Diego County
Homeless

[Nueva Vida Haven Emergency Shelter for Women and Children](#)

You must call the following number to speak to an intake specialist.

Intake Hours: 5:30 - 7:30

619-687-3720 or 619-819-1844

[YMCA - San Diego](#)

At YMCA Youth and Family Services we believe all people should have a safe place to live, a reliable support system, a sense of purpose and connections to resources needed to flourish. Our Transitional Housing Department offers a safe and welcoming environment for homeless youth, foster youth and transition age youth to support them in their transition to independence and self-sufficiency.

For more information about Transitional Housing, please contact:

Lyndsey Macaranas at lwilders@ymca.org

Amanda Mizer at amizer@ymca.org

General Phone Number: [\(760\) 721-8930](tel:(760)721-8930)

Women's Shelter Number: [619-420-3620](tel:619-420-3620)

[Rachel's Women's Center](#)

Drop in day-center, safe and sober environment, bathroom, shower, and laundry facilities, lunch service, replacement clothing, mailing address, alcohol/drug recovery services, mental health screening and referrals, medical Screening, resource specialist on site, socialization activities, health and wellness activities and education

Location: 759 Eighth Ave. San Diego, CA 92101

Phone Number: 619-696-0873

Intakes: Monday - Friday from 7 am - 8:30 am.

[East County Transitional Living Center](#)

The East County Transitional Living Center provides both emergency shelter and transitional living programs. One must call and speak to intake specialist for more assistance and services.

General Phone Number: 619-442-0457

[Urban Street Angels](#)

Urban Street Angels serves San Diego's homeless youth every week in our emergency overnight shelter. You must fill out a referral form that can be found on our [Counseling Drive](#).

Please Email the referral form to:

Tanya Soto at tanya@urbanstreetangels.org

Phone Number: 619-780-1308

[211 San Diego Runaway/Youth Shelter](#)

Provides a list of programs that provide temporary emergency shelter for children and youth who have run away from or have been pushed out of their homes or who are acting out and at risk for abuse pending return to their own families or suitable alternative placement. Such facilities usually provide in-house individual, group and family counseling and the full range of other secondary services related to runaways including referral to appropriate resources. Please click the hyperlink for more information



Combat Injured Assistance, Combat Injured

Assists Veterans experiencing post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI) with basic expenses (mortgage/rent, food and home utilities), enabling them to receive treatment and be assured their family is taken care of.