

RESOURCE LIST

KINSHIP SUPPORT



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA Kinship Support Program provides case management, support groups, respite care, emergency funding, family events, and more. Call (619) 719-9179 or email kinshipyfs@ymcasd.org.



The YMCA Childcare Resource Service provides free and confidential consultations, call (619) 521-3055 or email crsbehaviorsupport@ymcasd.org.

The Grandparents Connection offers support for grandparents or relatives raising children under 18. For more information, contact Shearl Lambert (619) 931-9548 or shearl0688@yahoo.com.



Assertive Family Solutions offer trainings, support groups, and classes to assist parents, tutors, and grandparents in raising children in nontraditional settings. Visit assertivefamilysolutions.org.



The Project KEEP program helps caregivers improve their children's behavior and decrease stress while building supportive networks and support systems. Contact (858) 565-4148 x278.



The Foster, Adoptive and Kinship Care Education Program (FAKCE) provides quality workshops, classes, and support opportunities to assist foster, adoptive, and Kinship parents.



Text "FOOD" or "COMIDA" to 304-304 to find free meals in your neighborhood.



Visit feedingsandiego.org/find-food to find a food distribution near you.



Visit sandiegofoodbank.org for your nearest food distribution and/or food pantry.



CalFresh, or the Supplemental Nutritious Assistance Program, issues monthly benefits that can be used to buy most foods at many markets and stores. To apply, call 2-1-1 or visit getcalfresh.org.



¡Más Fresco! provides rebate dollars to CalFresh recipients when purchasing fresh fruits and vegetables using their EBT card. Call (888) 282-2711 or visit masfresco.org.



Visit sdccu.com for Financial Wellness Wednesdays. These webinars are intended to help the community make educated financial decisions.

FOOD ASSISTANCE



Bill and payment assistance programs are available to help with energy, utility, and rental bills. Visit sdge.com, click Pay Bill, then view Payment, and Bill Assistance.



The Access and Crisis Line (ACL) offers San Diego County residents FREE, confidential counseling and community resources 24/7. Call (888) 724-7240 or visit optumsandiego.com.



9-8-8 is the new National Suicide Prevention Lifeline number and will connect residents to their local crisis center, including the ACL.



Family Urgent Response System (FURS) is a free 27/4/365 hotline for current or former foster youth and caregivers to get immediate help for any issues. Call (833) 939-3877 or visit cal-furs.org.



The Health Insurance Counseling & Advocacy Program (HICAP) provides free information and counseling about Medicare. Call (858) 565-1392 to make an appointment.



San Diego Regional Center (SDRC) provides support and services to persons with developmental disabilities and their families in San Diego and Imperial Counties. Call (858) 576-2996 or visit www.sdrc.org



2-1-1 San Diego is a free, 24 hour confidential phone service and searchable database for the community. They provide referrals and information, call 2-1-1 or visit 211sandiego.org.



Check out a Chromebook and WiFi hotspot for up to one year with a library card. For availability, contact the County Library at (858) 694-2415.



Metropolitan Transit Services (MTS) and North County Transit District (NCTD) have several pass programs for youth, students, and families. Visit MTS at <https://bit.ly/3Ati50A> and NCTD at <https://bit.ly/3AQiuvF>.



SANDAG is working to connect the San Diego region with internet access. Call 2-1-1 or visit GetConnected.SANDAG.org.



The Shallow Rental Subsidy Program is designed to address the crisis of homelessness among older adults by improving housing stability for low-income older adults. For more information call (619) 980-4168.

Information on this flyer is subject to change. For questions, please email HHSA.Communitites@sdcounty.ca.gov.

For more information, please call 2-1-1 or visit: 211sandiego.org/grandparents

Stay connected with events and resources, sign up for our *Monthly Newsletter* by scanning the QR code with your phone or email us!

HHSA.Communitites@sdcounty.ca.gov

