

## 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](mailto:kinshipyfs@ymcasd.org).

The YMCA Childcare Resource Service provides free and confidential consultations, call (619) 521-3055 or email [crsbehaviorsupport@ymcasd.org](mailto: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](mailto:shearl0688@yahoo.com).



Family Engagement Grandfamilies Support Group; for more information, contact Veronica Meza from St. Paul's PACE at (480) 374-9670 or [vmeza@stpaulspace.org](mailto:vmeza@stpaulspace.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](http://feedingsandiego.org/find-food) to find a food distribution near you.



Visit [sandiegofoodbank.org](http://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](http://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](http://masfresco.org).

### FOOD ASSISTANCE



Visit [sdccu.com](http://sdccu.com) for Financial Wellness Wednesdays. These webinars are intended to help the community make educated financial decisions.



Bill and payment assistance programs are available to help with energy, utility, and rental bills. Visit [sdge.com](http://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](http://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](http://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](http://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](http://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](http://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](mailto:HHSA.Communitites@sdcounty.ca.gov).*

For more information, please visit: [livewellsd.org/kinship](http://livewellsd.org/kinship)

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](mailto:HHSA.Communitites@sdcounty.ca.gov)

