



Community Resource Guide

San Diego County v.0_2026

April Parker Foundation

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Welcome

This Resource Guide is designed to help individuals, families, and community members access the support and services they need. Whether you are seeking assistance with housing, health care, education, employment, wellness, or basic needs, this guide brings trusted resources together in one place so you can navigate your next steps with confidence.

Across every program at the April Parker Foundation, our goal remains the same: **to strengthen communities by improving access to opportunities, reducing barriers, and supporting wellbeing.**

How to Use This Guide

Resources in this guide are organized by category and typically include:

- Organization or program name
- Description of services provided
- Contact information
- Eligibility notes, when available

You may use this guide independently or with the support of a **CARE Mentor, Case Manager, Navigator, or Program Staff**, who can assist you in connecting to the services that best meet your needs.

If You Need Immediate Help

If you are experiencing a crisis—emotional, medical, or safety-related—please contact the appropriate emergency support in your area, such as:

- Local Crisis Line or Access Line
- Domestic Violence Hotline
- Emergency Services (9-1-1)

These services can provide immediate assistance, safety planning, and connection to urgent resources.



Important Notes

- Information in this guide may change over time. Contact organizations directly for the most up-to-date details.
- Inclusion in this guide does not represent an endorsement; it is intended as a navigation tool for individuals seeking support.
- This guide may include services designed for specific populations (youth, adults, families, veterans, LGBTQIA2S+, individuals with disabilities, justice-involved individuals, etc.). Always ask about eligibility when reaching out.

About the April Parker Foundation

The April Parker Foundation is a community-based nonprofit organization committed to transforming communities by empowering sustainable futures. We work alongside individuals, families, and partners to expand access to resources, remove systemic barriers, and support long-term health, stability, and economic opportunity.

Through our programs and partnerships, APF provides navigation, case management, workforce development, housing support, youth development, and community-based services designed to meet people where they are and walk with them toward where they want to go.

Our work is grounded in equity, dignity, accountability, and compassion, and guided by the belief that everyone deserves access to the tools and support needed to thrive.

How We Can Support You

APF staff may be able to assist with:

- Resource navigation and referrals
- Care coordination and case management
- Program enrollment and eligibility guidance
- Follow-up support and service connections

If you are working with an APF CARE Mentor, Case Manager, or Program Staff, they can help you use this guide and connect to services.



San Diego – Adult Resources

Housing & Homeless Services

| Organization | Services Provided | Phone | Website |
|--|---|------------------|--|
| Regional Task Force on Homelessness | Coordinated Entry, shelter referrals, housing navigation | Access via 2-1-1 | www.rtfhsd.org |
| San Diego Housing Commission | Emergency shelters, rapid rehousing, permanent supportive housing | (619) 578-7550 | www.sdhc.org |
| Alpha Project | Emergency shelter, outreach, housing services | (619) 542-1877 | www.alphaproject.org |
| Father Joe's Villages | Shelter, housing, meals, health services | (619) 233-8500 | www.my.neighbor.org |

Mental Health & Crisis Support

| Organization | Services Provided | Phone | Website |
|--|--|----------------|---|
| San Diego County Behavioral Health Services | Outpatient mental health care and care coordination | (619) 563-2700 | www.sandiegocounty.gov/bhs - |
| San Diego Access & Crisis Line | Mental health and substance use referrals | (888) 724-7240 | www.up2sd.org |
| Family Health Centers of San Diego | Counseling, psychiatry, integrated behavioral health | (619) 515-2300 | www.fhcsd.org |

Substance Use Treatment

| Organization | Services Provided | Phone | Website |
|---|---|----------------|--|
| San Diego County Substance Use Disorder Services | Detox, outpatient and residential SUD treatment | Access via BHS | www.sandiegocounty.gov |
| McAlister Institute | Residential and outpatient recovery programs | (619) 442-0277 | www.mcalisterinc.org |
| CRASH Inc. | Detox and residential treatment | (858) 560-1432 | www.crashinc.org |

Medical & Primary Care

| Organization | Services Provided | Phone | Website |
|--|---|----------------|--|
| San Diego County Health and Human Services Agency | Public clinics and preventive care | (619) 515-6555 | www.sandiegocounty.gov/hhsa |
| Family Health Centers of San Diego | Primary care, dental, behavioral health | (619) 515-2300 | www.fhcsd.org |
| UC San Diego Health | Primary and specialty care, hospital services | (800) 926-8273 | health.ucsd.edu |
| Kaiser Permanente (Members Only) | Primary and specialty care for enrolled members | 1-800-464-4000 | www.kp.org |

Food & Basic Needs

| Organization | Services Provided | Phone | Website |
|---|--|----------------|--|
| Feeding San Diego | Food distributions and pantry referrals | (858) 452-3663 | www.feedingsandiego.org |
| Jacobs & Cushman San Diego Food Bank | Emergency food assistance | (866) 350-3663 | www.sandiegofoodbank.org |
| 211 San Diego | Food, utility, and basic needs referrals | 2-1-1 | www.211sandiego.org |

Legal, Domestic Violence & Advocacy

| Organization | Services Provided | Phone | Website |
|--|----------------------------------|----------------|--|
| Legal Aid Society of San Diego | Free civil legal assistance | (877) 534-2524 | www.lassd.org |
| San Diego Family Justice Center | DV advocacy and legal support | (619) 533-6000 | www.sandiego.gov |
| Center for Community Solutions | Survivor advocacy and counseling | (858) 272-5777 | www.ccssd.org |

Employment & Workforce

| Organization | Services Provided | Phone | Website |
|--|--------------------------------------|----------------|--|
| San Diego Workforce Partnership | Job training and employment services | (619) 228-2900 | workforce.org |
| Goodwill Industries of San Diego County | Job readiness and placement | (619) 523-2150 | www.sdgoodwill.org |

Veteran Services

| Organization | Services Provided | Phone | Website |
|---|--|----------------|--|
| San Diego County Office of Military & Veterans Affairs | Benefits counseling and assistance | (858) 694-3222 | www.sandiegocounty.gov |
| Veterans Village of San Diego | Housing, mental health, employment support | (619) 393-2000 | www.vvsd.net |
| VA San Diego Healthcare System | Medical and mental health services | (858) 552-8585 | www.va.gov |

Disability & Adult Protective Services

| Organization | Services Provided | Phone | Website |
|---|--|----------------|--|
| Adult Protective Services San Diego County | Abuse, neglect, exploitation reporting | 1-800-339-4661 | www.sandiegocounty.gov |
| Disability Rights California | Disability legal advocacy | (800) 776-5746 | www.disabilityrightsca.org |
| IHSS San Diego County | In-home supportive services | (800) 339-4661 | www.sandiegocounty.gov |

Transportation Assistance

| Organization | Services Provided | Phone | Website |
|--|--------------------------------------|---------------------|--|
| San Diego Metropolitan Transit System | Bus and trolley transportation | (619) 234-5000 | www.sdmts.com |
| Medi-Cal Transportation | Non-emergency medical transportation | Contact health plan | www.dhcs.ca.gov |
| 211 San Diego | Transportation assistance referrals | 2-1-1 | www.211sandiego.org |

You Are Not Alone

Accessing services can feel overwhelming, and it's okay to need support along the way. This Resource Guide is intended to help you take the next step at your own pace and connect with services that support your health, stability, and wellbeing.

If you encounter barriers, long waitlists, or are unsure where to start, help is available.

How We Can Help

We provide navigation, care coordination, and community-based support to help individuals and families move forward. Our CARE Mentors and Case Managers can assist with referrals, applications, follow-up, and problem-solving when systems feel difficult to navigate.