

San Diego Financial Literacy Center

Please give an overview of your program and services.

The San Diego Financial Literacy Center (SDFLC) enhances the financial IQ of San Diego County residents with a focus on youth (K-12 & College), military (active, transitioning and veteran), and low-to-moderate income persons. The financial literacy of our constituents is enhanced through our complimentary and custom built educational seminars and workshops. Working collaboratively to bring real, relevant and non-duplicative resources to San Diego is the cornerstone of the SDFLC. Additional education is offered via confidential one on one meeting with a pro bono certified financial planner.

What is your intake/application process?

Currently all presentations and one on ones are done virtually or over to phone so please call 858-810-7007 or email info@sdfc.org

What are the eligibility requirements for your program?

None anyone is welcome.

How do I refer families to your program?

Please have them visit SDFLC.org, email info@sdfc.org or call 858-810-7007

What languages do the staff at your agency speak?

English and Spanish. We do have volunteers fluent in other languages but less availability.

Do families have to pay a fee for your services?

No. All of our education is free.

Do you provide services to undocumented families?

Yes, we do not check resident status.

Do you provide services to military families?

Absolutely. Our Boost for Our Heroes program is specifically designed for the military and veteran families. Our Boost for Our Heroes Award is a quarterly \$3,000 award to give back and support military families going through a financial hardship.

Autism Tree Project Foundation

Please give an overview of your program and services.

ATPF offers more than 20 FREE community-based programs and services for children with autism and their families, designed to engage the children with autism and improve their confidence, behaviors and social communications. During the pandemic, we are currently offering 19 of our programs on virtual platforms, with over 160 virtual events hosted to date and counting.

What is your intake/application process?

Visit our website Programs page for a link to an online ATPF Parent Intake Form for you to fill out, which automatically places you in our bi-monthly e-newsletter list and ensures you will receive email, phone call or text reminders for our virtual events coming up. Or you can reach out directly to our ATPF Operations Manager Rebecca Barron via email or phone at RebeccaB@autismtreeproject.org or 909-815-8520 to get signed up.

What are the eligibility requirements for your program?

No eligibility requirements. All program events are FREE.

How do I refer families to your program?

Contact ATPF Operations Manager Rebecca Barron via email or phone at RebeccaB@autismtreeproject.org or 909-815-8520.

What languages do the staff at your agency speak?

English, however we have volunteers and parent mentors who speak Spanish who can help translate how best to help.

Do families have to pay a fee for your services?

No.

Do you provide services to undocumented families?

Yes.

Do you provide services to military families?

Yes.

Healthy Early Years Clinic

Please give an overview of your program and services.

The Healthy Early Years Clinic offers low-cost therapeutic services for young children and their families experiencing mild to moderate distress. We specialize in supporting children and families including pre- and post-natal mothers/parents, infants and young children, preschool, and primary school-aged children. Services are provided by advanced graduate student clinicians from San Diego State University and interns who are completing their hours for licensure. All counseling sessions are supervised by licensed mental health clinicians.

We also provide mental health consultation to childcare facilities, preschools, and elementary schools using a model founded on the Georgetown model of mental health consultation as well as the Early Childhood Consultation Partnership model which have been shown in randomized clinical control trials to reduce social-emotional difficulties in young children and enhance the capacity of teachers and administrators to respond to enhance the social-emotional functioning of young children

What is your intake/application process?

Families can request an appointment at

<https://education.sdsu.edu/hey/request-an-appointment> or by calling 619-530-0122

Or Professionals can put in a referral for a family.

What are the eligibility requirements for your program?

Children and families experiencing mild to moderate difficulties.

How do I refer families to your program?

Professionals can refer families to us by completing our referral at

<https://education.sdsu.edu/hey/make-a-referral>

What languages do the staff at your agency speak?

English, Spanish, Tagalog

Do families have to pay a fee for your services?

We offer a generous sliding scale and have scholarships available. We do not accept insurance.

Do you provide services to undocumented families?

Yes!

Do you provide services to military families?

Yes!

San Diego Continuing Education

Please give an overview of your program and services.

SDCE's short-term free career training programs include areas within Business, Accounting/Business Information Worker, Automotive, Child Development, Computers and Information Technology, Digital Media, Culinary, Fashion, HVAC (Heating, Ventilation and Air Conditioning), Healthcare, Plumbing, Upholstery and Welding. Additional free classes include High School Diploma/Equivalency, English as Second Language, and Emeritus (classes with instruction focused for age 55+). Programs are available at seven campuses in San Diego from the Barrio Logan community in the south, to Miramar in the north. Students also attend classes at over 200 community locations.

What is your intake/application process?

<https://sdce.edu/services/registration-enrollment>

What are the eligibility requirements for your program?

If you are 18 or older and a resident of California, you may attend classes. If you are under 18 and a high school graduate, married, or in the military, and a resident of California, you may also attend. Contact Student Services if you have questions about attending classes, SDCEStudentServices@sdccd.edu.

How do I refer families to your program?

Please email sdceoutreach@sdccd.edu or call (619) 800-4620

What languages do the staff at your agency speak?

English, Spanish, Arabic, French, Farsi, Somali, Swahili, Vietnamese, Russian

Do families have to pay a fee for your services?

No.

Do you provide services to undocumented families?

Yes

Do you provide services to military families?

SDCE offers active-duty, military spouses and veterans 70+ free career training programs and pathways to employment and college. Auto Technician, Auto Body and Paint Technician, Upholstery, and Shielded Metal Arc Welding are SDCE's VA approved certificate programs.

Support the Enlisted Project (STEP)

Please give an overview of your program and services.

Support the Enlisted Project (STEP) works with military families in the paygrades of E-1 through E-6 and recently separated Veterans who are facing a financial crisis. A financial crisis is defined as a loss of a basic life need such as eviction, repossession, utility disconnection, food, diapers etc. We work with the families by providing counseling, education and if needed a grant to help them focus on their mission and not have to worry about their family at home. We offer several other resources and programs to help off-set the cost of some things such as diapers, food and toiletries. These items help the families and give them a little room on their tight budget, no family should have to choose between buying diapers and paying an electric bill. We do offer financial counseling to all active duty and Veterans within 18 months of discharge (All paygrades)

What is your intake/application process?

All clients need to fill out an application and submit the required paperwork. The application can be found on our website under EFA, our website is: www.stepsocal.org

What are the eligibility requirements for your program?

Must be E-1 through E-6 or a Veteran within 18 months of discharge with an Honorable discharge and facing a financial crisis.

How do I refer families to your program?

You can refer clients to our program by calling our office and speaking to one of our social workers/case managers.

What languages do the staff at your agency speak?

At this time, our staff only speaks English.

Do families have to pay a fee for your services?

No, there is no fee for our services.

Do you provide services to undocumented families?

We serve all active duty E-1/E-6, Veterans within 18 months of separation and their families. If they must show proof of service, Dependent ID or a DD-214.

Do you provide services to military families?

Yes, we provide services to military families.

Positive Parenting Program-JFS

Please give an overview of your program and services.

The Positive Parenting Program (Triple P) is an evidence-based, preventive, early-intervention parent education program focused on improving child behavior management techniques. It is being offered FREE to select San Diego County Head Start Centers, as well as select elementary schools and preschools each year. The program is funded by a contract with the County of San Diego, Health and Human Services Agency (HHSA). By using a curriculum that has over 35 years of scientific research (www.triplep.net), the San Diego implementation has achieved a high rate of satisfaction across the county and documented outcomes for improving children's behaviors and reducing caregiver stress, depression and anxiety. Our mutual goal with schools is to help promote improved effectiveness and wellness of parents which, as research attributes, is the foundation for healthy and well-adjusted students. Every parent or caregiver could benefit from the information that is shared at the Seminars to help better understand why children behave the way they do, why we respond the way we do and what we can do to help the child to better self-regulate for improved behavior. This can be of significant value to parents, whether their children are currently presenting behavioral challenges or not. During the current pandemic, parents and children have had to deal with added stress due to children staying at home all day and schools not being open. Triple P's strategies can help reduce those stress levels to help promote better communication and improved cooperation.

What is your intake/application process?

Parents simply complete an online registration form that takes less than 5 minutes.

What are the eligibility requirements for your program?

All Head Start parents are eligible. We also present at elementary schools with 75% or more of the students qualifying for free or reduced lunch.

How do I refer families to your program?

We can schedule our Triple P Webinars for individual school sites or a cluster of sites and provide a promotional flyer with a link to the online registration form.

What languages do the staff at your agency speak?

The webinars can be presented in English, Spanish or both for each site.

Do families have to pay a fee for your services?

The Triple P webinars are fully funded by a County grant. There's no cost to the schools or the participants.

Do you provide services to undocumented families?

Our services are made available to everyone with children attending a Head Start, preschool or elementary school, regardless of their legal status.

Do you provide services to military families?

Our services are also made available to military families and we have a military specialist as part of our education team.

San Diego Food Bank

Please give an overview of your program and services.

The San Diego Food Bank offers hunger-relief and resource programs for our clients, if you are in need of immediate food assistance, please dial 2-1-1 from your phone, and an operator will find your nearest food distribution site. Calls are free, confidential, multilingual and available 24-hours a day.

What is your intake/application process?

Call the Food Bank over the phone. We will help determine your eligibility and assist you in completing a Cal-Fresh application. We will submit your application to the county on your behalf, and a county caseworker will interview you over the phone. It is fast and easy.

How do I refer families to your program?

- Cal-fresh – Please Visit our website <https://sandiegofoodbank.org/calfresh-help/> to fill out an online referral form and one of the coordinator will contact you to pre-screen the client to determine eligibility.
 - By Phone - Maritza Guardian (858) 863-5118
 - By email – mguardian@sandiegofoodbank.org
- EFAP – Please contact San Diego Food Bank 1(866) 350-FOOD (3663) or San Diego 2-1-1 for information on locations within your zip code.
- Neighborhood Distribution- Please contact San Diego Food Bank 1(866) 350-FOOD (3663) or San Diego 2-1-1 for information on locations around San Diego County.
- Diaper Bank - Please call the Food Bank or visit our website <https://sandiegofoodbank.org/programs/diaper-bank-program/> you will find the list of partner agencies that provide diapers including hours of operation, address and phone number.
- Senior Food Program – Please call the Food Bank or visit our website <https://sandiegofoodbank.org/programs/senior-food-program/> for more detail information on locations, dates, and requirements.

What languages do the staff at your agency speak?

Bilingual staff (English & Spanish)

Do families have to pay a fee for your services?

No, all of services are totally FREE!

Do you provide services to undocumented families?

San Diego Food Bank proudly serve EVERYONE in the community regardless of legal status, age, color, gender, race, and ethnicity.

Do you provide services to military families?

Our services include military families except Cal-fresh(most of military families receive a monthly Base Housing Allowance and that is consider income for the Cal-fresh program purposes and that put them over the income guidelines for the program)

County of San Diego, Dept. of Child Support Services

Please give an overview of your program and services.

Establish and enforce orders for child support (including spousal support if there is a child support order), Establish parentage, Locate functions, Assist with modifications due to changes in income, custody/visitation changes and overall life changes, Collect and distribute payments, Connect families to community resources such as childcare, education, employment, basic needs, financial support

What is your intake/application process?

Parents are encouraged to apply online

Paper applications are also available in our Offices and can be emailed/mailed

Parents receiving welfare do not need to complete an application form; we will automatically open a case based on a referral from HHSA

What are the eligibility requirements for your program?

Provide any court orders (if applicable) associated with child support

How do I refer families to your program?

Share our website: <https://www.sandiegocounty.gov/dcss/>

Our site will provide access for new customers, existing customers and to also reach us through our Communications Team: CommunicationTeam@sdcounty.ca.gov

We also have a LiveChat feature on our site for anyone to reach us from 7:30-4:30pm Monday through Friday

What languages do the staff at your agency speak?

English and Spanish

Other languages are also available through our phone lines (via use of a language service)

Do families have to pay a fee for your services?

Yes, parents receiving support incur an Annual Services Fee (which occurs annually in October upon the first payment of the federal fiscal year which runs from October through September): Each year, non-public assistance child support cases (cases that public assistance has never been provided) are charged a non-refundable \$35 fee after at least \$550 in support payments has been paid to the family in the prior federal fiscal year

Do you provide services to undocumented families?

To a degree, but many services and benefits of our program are limited due to parents who have an SSN or ITIN

Do you provide services to military families?

Yes

San Diego Career Center

Please give an overview of your program and services.

San Diego Career Centers provides employment and training services for jobseekers across San Diego County. The Career Center works with both jobseekers and employers.

What is your intake/application process?

The membership process is simple! Just go to workforce.org and checkout the orientation video. Once the video is viewed and the registration is complete, someone will contact the person to determine what services we can offer.

What are the eligibility requirements for your program?

Must be 18 or older. Beyond that, there may be other eligibility requirements depending on the program. Our staff can assist in determining the best program to meet needs. You can email careercenters@workforce.org for more information.

How do I refer families to your program?

Email careercenters@workforce.org and we can determine which center is the closest to the Family. A staff will reach out to the participants within 24 to 48 hours.

What languages do the staff at your agency speak?

English, Spanish, primarily. Also, Somali, Farsi, Swahili and some others.

Do families have to pay a fee for your services?

There are no fees for services from the Career Centers.

Do you provide services to undocumented families?

General Services are available including usage of the Career Center resource rooms.

Do you provide services to military families?

Yes, there are services for veterans and their spouses provided by the Career Center and EDD, our co-located partner.

Family Justice Center

Please give an overview of your program and services.

The San Diego Family Justice Center provides comprehensive services for victims of domestic violence, sexual assault and sex trafficking. Services including counseling for adults and children, legal services, law enforcement assistances, forensic medical examinations, clothing, kid programs and more.

What is your intake/application process?

During the COVID-19 pandemic, survivors and victims' should call the Center to be speak to one of our advocates: 619-533-6000.

What are the eligibility requirements for your program?

Each community partner has their own individuality requirements.

How do I refer families to your program?

They can call the FJC directly at (619) 533-6000 to be connected to services.

What languages do the staff at your agency speak?

Spanish and English

Do families have to pay a fee for your services?

All services are free

Do you provide services to undocumented families?

Yes

Do you provide services to military families?

Yes

Ashford University

Ashford University

Please give an overview of your program and services.

Ashford University is WASC accredited and offers a convenient and fully online format offering more than 60 relevant degree programs ranging from Business and Technology, to Education, Health and Sciences. We pride ourselves in providing excellent support to help our students achieve their education goals and aspirations. Learn more at ashford.edu.

What is your intake/application process?

Prospective students should contact an enrollment advisor by going online at [Ashford.edu](https://ashford.edu) or calling 1-866-711-1700.

What are the eligibility requirements for your program?

Have a high-school, GED, or earned an equivalent to a US high school diploma at an international high school according to approved Foreign Evaluation services.

Complete admission details here: <https://www.ashford.edu/online-admissions/bachelors-admission-requirements>

How do I refer families to your program?

Prospective students can complete this form to receive more information:

<https://forms.office.com/Pages/ResponsePage.aspx?id=OwFgtC0BqUOj6dp0h3B56e9uhKI9lhErbyoafWWO9tUOEFMSjFUMUJQSzJZVEhZVVdVUkRIVFIOMy4u>

What languages do the staff at your agency speak?

English is the primary language for Ashford, however there are bilingual student advisors available upon request.

Do families have to pay a fee for your services?

N/A

Do you provide services to undocumented families?

N/A

Do you provide services to military families?

More than 25% of Ashford's student population is active/retired military. Ashford has a great online Military Resource Center that includes access to resources both internal to the University and national external resources. More details are available at military.ashford.edu.

San Diego Family Care

Please give an overview of your program and services.

At San Diego Family Care we are high quality community health centers that provide, culturally, competent and affordable health care services to all San Diego residents.

Some of the services that we provide are:

Medical, Dental and Mental health.

Pediatric

Prenatal Clinics

Family Planning

Chiropractic

Acupuncture

Podiatrist

*Enrollment

What is your intake/application process?

For our enrollment services we are providing over the phone and teleservices to help you sign you sign up for insurance with programs as Covered California and Medi-Cal.

What are the eligibility requirements for your program?

Be a California resident and meet the program income and eligibility requirements

How do I refer families to your program?

Via phone or email

What languages do the staff at your agency speak?

English, Spanish, Vietnamese, Tagalog among other translation services

Do families have to pay a fee for your services?

Those who don't have health insurance may have to pay.

Enrollment services are free of charge

Do you provide services to undocumented families?

Yes.

Do you provide services to military families?

Yes.

Feeding San Diego

Please give an overview of your program and services.

Feeding San Diego is on a mission to connect every person facing hunger with nutritious meals by maximizing food rescue. We provide more than 26 million meals every year to children, families, seniors, college students, military families, veterans, and people facing homelessness in partnership with a network of 300 local charities, schools, faith communities, meal sites, and food pantries.

What is your intake/application process?

Volunteering: Visit our website and complete a volunteer application, we are actively recruiting volunteers who are 18 years of age and older and have a current food handler card.

How do I refer families to your program?

Visit feedingsandiego.org to learn more about our organization.

Need assistance finding food? Use our Find Food Map tool located on our website. Type in your zip code to find a distribution near you!

Call 858.452.3663 for any questions or concerns

What languages do the staff at your agency speak?

Spanish and English

Do families have to pay a fee for your services?

No

Do you provide services to undocumented families?

Yes

Do you provide services to military families?

Yes