

HOLIDAY RESOURCES

Prison Fellowship Angel Tree

Angel Tree Christmas is a program that collects gifts to give to children and families with incarcerated parent(s) and help celebrate the holiday.

[1-800-552-6435](tel:1-800-552-6435)

Salvation Army

The Salvation Army provides free Christmas assistance (toys and food) from their Angel Tree and Adopt-a-Family programs.

saangeltree.org



HEALTH RESOURCES

Health and Human Resources Agency

This Agency provides a broad range of health and social services to promote wellness, self-sufficiency, and a better quality of life for individuals and families in San Diego County.

[\(619\) 515-6555](tel:619-515-6555)

San Diego Public Health Services

San Diego Public Health Services is dedicated to community wellness and health protection for San Diegans like you.

[\(619\) 515-6555](tel:619-515-6555)



WE ARE HERE TO HELP.



Phone: **2-1-1**

Website: 211sandiego.org

 [@211sandiego](https://www.facebook.com/211sandiego)

 [@211sd](https://twitter.com/211sd)

 [@211sd](https://www.instagram.com/211sd)

For the most up to date resources, please visit 211sandiego.org or call 2-1-1.



Phone: **(619) 226-7625**

Website: sdrock.com

   [@therocksandiego](https://www.instagram.com/therocksandiego)



COMMUNITY RESOURCE GUIDE



EMPLOYMENT AND EDUCATION RESOURCES

Baby Ruth's Safe Haven

Let us help you prepare your resume, get ready for job interviews, and provide you with necessities. Reach out and get connected.

[\(208\) 597-3914](#)

Comprehensive Training Systems

We provide training programs and job placement assistance for eligible individuals interested in professional careers. Call us for more information

[\(619\) 424-6650](#)

Employment Development Department, State of California

Offering you the opportunity for job support, apprenticeship, internships, and on the job training. You are not alone, we are here for you.

[\(800\) 758-0398](#)

Goodwill Industries of San Diego County

Provides free job search assistance, including one-on-one appointments, and job readiness workshops available for you and your family.

[\(619\) 225-9483](#)



San Diego Workforce Partnership

You are invited to access job search resources, including paid work experiences, exclusive training programs and job leads to get you going on your journey.

[\(619\) 228-2945](#)

Self Sufficiency Programs, Health and Human Services Agency, County of San Diego

Call us to receive support in employment services, employment counseling and evaluations. Resources are available, get connected. Refugee Employment services available.

[\(619\) 516-1500](#)

RENTAL ASSISTANCE

County of San Diego COVID-19 Emergency Rent and Utilities Assistance Program

This program can help you and your family with payment assistance for rent and utilities if you are eligible and have been impacted by the COVID-19 pandemic.

[\(858\) 694-4801](#)

Housing Services for Families

Offers affordable rental units throughout San Diego County for individuals and families. All rents are below prevailing market rates to enable you and your family to live safely.

[\(619\) 285-5600](#)



GROCERIES

CalFresh

CalFresh is California's food stamps (SNAP) program that helps you to buy more fruit, vegetables, whole grains, lean protein and other healthy foods.

[getcalfresh.org](#)

Feeding San Diego

Feeding San Diego supports children and families with nutritious food and is here for you when you need a helping hand.

[\(858\) 452-3663](#)

Jewish Family Services of San Diego

Here you'll find the nutritious foods you and your family need and a connection to other resources here at JFS and in the community.

[\(858\) 637-3210](#)

Rock Church Food Distribution

We are here to serve you. Come to our monthly food distributions at Rock Church campuses throughout San Diego County.

[sdrock.com/provisions](#)

San Diego Food Bank

The Food Bank provides food to individuals and families to keep you healthy and well-nourished. Help is available.

[\(866\) 350-3663](#)

