

Abortion Healing/Recovery

- **Abortion Changes You**
www.abortionchangesyou.com (English)
www.elabortotecambia.com (Spanish)
- **Deeper Still Fallbrook-** Abortion Recovery retreats for women or men
Phone: (760) 297-6745 | Website: www.deeperstillfallbrook.org
- **International Helpline for Abortion Recovery**
24/7 helpline for abortion recovery/referrals
Phone: (866) 482-5433 | Website: www.internationalhelpline.org

Adoption

- **Adoption Center of San Diego**
Sarah Lanza: Director
3665 Ruffin Road, Suite 205 San Diego, CA 92123
Phone: (858) 535-3033 | Website: www.sdadopt.org
- **International Christian Adoptions**
41745 Rider Way, Ste. 2, Temecula, CA 92590
Phone: (951) 695-3336 | Website: icakids.org

Bereavement/Grief/Loss Support

- **Empty Cradle**
Phone: (619) 595-3887 | Website: www.emptycradle.org
- **Lullabies Lost** (Elizabeth Hospice)
Phone: (800) 797-2050 | Website: www.elizabethhospice.org

Breastfeeding Education/Help

- **Palomar Medical Center Escondido Lactation Warm Line**
Phone: (800) 628-2880; (442) 281-3089
- **San Diego County Breastfeeding Coalition**
Phone: (800) 371-6455 | Warm Line: (800)-371-MILK (6455)
Website: <https://breastfeeding.org>

Childcare and Child Development

- **Child Care Referrals – YMCA**
Phone: (800) 481-2151
- **Healthy Development Services, Palomar Health**
Free developmental assessments and therapy for developmental concerns.
Phone: (877) 504-2299

Children's Hospital Services

- **Rady Children's Urgent Care (Walk-In)**
625 W. Citracado Pkwy., Ste. 100, Escondido, CA 92025 | Phone: (760) 739-1543

Dental

- **TrueCare**
150 Valpreda Road, San Marcos, CA 92069 | Phone: (760) 736-6767
- **BrightNow! Dental**
501 W Felicita Avenue, Escondido, CA 92025 | Phone: (760) 705-3150
1286-B Auto Park Way, Escondido, CA 92029 | Phone: (760) 705-9464

Domestic Violence

- **Center for Community Solutions-** Locations in Escondido, San Diego, El Cajon
24/7 Crisis Line: (888) 385-4657 | Website: www.ccssd.org
- **National Domestic Violence Hotline**
(800) 799-7233 | Website: www.thehotline.org

Educational/School Assistance

- **CalSafe - Teen Parenting High School Program**
Orange Glen High School, Serves all of EUHSD
Phone: (760) 291-6062
- **Palomar College EOPS/CARE/CalWORKs**
Phone: (760) 744-1150, ext 2449 | Email: eopsadmin@palomar.edu

Emergency Food/Resources

- **2-1-1 (San Diego)** Referrals for food programs
Website: www.211sandiego.org
- **Interfaith Community Services-** Escondido
Phone: (760) 489-6380
- **North County Food Bank-** Multiple distribution sites throughout the North County
Phone: (858) 863-5193; (866) 350-3663 | Website: www.sandiegofoodbank.org/gethelp
- **Salvation Army-** Escondido
Phone: (760) 745-8616 | Website: www.escondidosalvationarmy.org

Foster and/or Emancipated Youth Housing Resources

- **Casa de Amparo-** Oceanside and San Marcos
Phone: (760) 754-5500 | Website: www.casadeamparo.org
- **Mary's Path-** Santa Ana (Orange County)
Phone: (714) 730-0930 | Website: www.maryspath.org

Health and Human Services Agency- Medi-Cal, CalWORKs, CalFresh

Main Phone: (866) 262-9881

- **North Inland Family Resource Center** | 649 West Mission Avenue, Escondido
- **North Coastal Family Resource Center** | 1315 Union Plaza Court, Oceanside

Hospitals

- **Palomar Medical Center Escondido**
2185 Citracado Pkwy., Esc, CA. 92029 | Phone: (442) 281-5000
- **Palomar Medical Center Poway**
15615 Pomerado Rd., Poway, CA. 92064 | Phone: (858) 613-4000

Housing

- **Interfaith Community Services:** Escondido
Phone: (760) 489-6380 ext. 276 | Website: www.interfaithservices.org
- **Operation Hope Shelter:** Vista
Phone: (760) 536-3880 | Website: www.operationhopeshelter.org
- **Solutions for Change** Vista
Phone (760) 941-6545 | Website: www.solutionsforchange.org

Human Trafficking/Sex Trafficking

- **9-1-1 for Emergencies**
- **National Human Trafficking Hotline**
24/7 Hotline: (888) 373-7888 | Text “HELP” or “INFO” to BeFree (233733)

Legal - Family Law/Immigration

- **Family Law Facilitators:** Superior Court of SD County
Website: www.sdcourt.ca.gov | Go to: Self Help -> Family Law
- **Interfaith Community Services- Legal Services**
Betty and Melvin Cohn Center: 550 West Washington Avenue, Escondido CA 92025
Phone: (760)489-6380

Maternity Housing

- **Home Start**
 - *North County Coastal:* 1320 Union Plaza Court, Oceanside, CA 92054
Phone: (760) 439-7513
 - *North County Inland:* 649 W. Mission Ave, #4, Escondido, CA 92027
Phone: (760) 489-4811
- **Lamb of God Maternity Home** (Agnus Dei Foundation)
Home for moms considering placing for adoption
Office: (760) 294-7969 | Crisis Line: (760) 715-6463
Website: www.agnusdeifoundation.org
- **National Maternity Housing Coalition**
Worldwide directory for housing nearby
24/7 Hotline: (800) 712-4357
Website: www.natlhousingcoalition.org

Medical Insurance for Pregnancy

- **Perinatal Care Network (PCN)** – Medi-Cal and Referrals | Phone: (800) 675-2229

Mental Health

- **It's Up to Us:** Mental Health Resources and Suicide Prevention
Crisis Line: (888) 724-7240 or Live Chat: up2sd.org

Paternity Testing

- **DNA Diagnostic Center (DDC)**
Phone: (800) 613-5768 | Email: contact@dnacenter.com

Poison Control

- **California Poison Control System**
24/7 Emergency Info: (800) 222-1222 | Website: www.calpoison.org

Postpartum Depression

- **9-1-1** Call immediately if at risk of harming self or others/baby
- **San Diego Postpartum Health Alliance**
Phone: (619) 254-0023 | Website: www.postpartumhealthalliance.org

Sex Trafficking- see Human Trafficking

STD/STI Testing

- **Alternatives Medical Clinic-** Escondido | Phone: (760) 741-9796
- **Centro Medico/Borrego Health-** Escondido | Phone: (760) 871-0606
- **College Area Pregnancy Services CAPS-** San Diego | Phone: (619) 337-8080
- **Neighborhood Healthcare-** Escondido | Phone: (833) 867-4642
- **San Diego County Public Health Centers**
 - *Oceanside* Phone: (760) 967-4401
 - *San Diego* Phone: (619) 229-5400

Substance Abuse/ Addiction/Recovery

- **Family Recovery Center** for Pregnant and parenting women. Oceanside
Phone: (760) 439-6702
- **Green Oak Ranch Recovery Program** (Male/Female) Vista
Phone: (760) 727-0251 | Website: www.greenoakranchrecovery.org
- **McAlister Institute - Regional Recovery Centers**
Phone: (619) 442-0277; (619) 465-7303 ext 2649
Access and Crisis 24/7 Line: (888) 724-7240
Website: www.mcalisterinc.org (see programs)

Suicide Prevention/ Grief Support

- **It's Up to US:**
Phone: (888) 724-7240 | Website: up2sd.org
- **Yellow Ribbon** - Suicide Prevention, Crisis Line, Support for Survivors
Crisis Line: (800) 273-TALK (8255) Text "help" to 741741

Veterans

- **Interfaith Community Services: Veterans Service Center-** Oceanside
Phone: (760) 529-9979 | Website: www.interfaithservices.org
- **San Marcos Vet Center**
Phone: (877)927-8387 | Website: <https://www.va.gov/san-marcos-vet-center/>
- **Toward Maximum Independence: Disabled Veteran Employment Services**
Website: <https://www.tmi-inc.org/veteran-employment-services>