

QUICK RESOURCE GUIDE

Abortion Healing/Recovery

- **Abortion Changes You** www.abortionchangesyou.com/home
- **National Helpline for Abortion Recovery** 24/7 helpline for abortion recovery/referrals (866) 482-5433 nationalhelpline.org/

Adoption Info.

- **Alternatives Womens Center** (760) 741-9796 www.awc-ca.com

Bereavement/Grief/Loss Support

- **Empty Cradle** (619) 595-3887 www.emptycradle.org
E-Mail: info@EmptyCradle.org
- **Elizabeth Hospice: Lullabies Lost** (800) 797-2050
www.elizabethhospice.org

Breastfeeding Education/Helps (other than *alternatives*)

- **Palomar Health** (800) 628-2880 Referral Line for Education
- **San Diego County Breastfeeding Coalition** (800) 371-MILK
- **San Diego Breastfeeding Center, LLC** (619) 606-2211 www.sdbfc.com

Childcare and Parenting

- **Casa de Amparo: Treat and Prevent Child Abuse and Neglect**
Young Parent Network: teen-24yo. Parenting support and education, individual and group therapy, discipline and communication education.
(760) 754-5500 www.casadeamparo.org
- **Child Care Referrals- YMCA**
(800) 481-2151-7793 www.ymca.org/crs/services-for-families.html
- **Rady's Children's** Urgent Care Pediatric Walk-In appointments.
625 W. Citracado Pkwy. Esc. 92025 Suite 100 (760) 739-1543
www.rchsd.org/locations/urgent-care/ Open late afternoons and /or evenings

Crisis

- **San Diego Access and Crisis Line** (aka *It's UP to US*)

24/7 Suicide/crisis prevention, mental health resources. M/F, Eng./Spanish, all ages.

(888)724-7240 (619) 641-6992 (TTY) www.Up2SD.org

- **Exodus Recovery**

Walk-in crisis mental health assessments M-F, 11am-6:30 pm. 660 E. Grand Ave. Esc., 92025 (760) 796-7760 www.exodusrecoveryinc.com

Dental Referrals

- **Dr. Charles Lee**

901 E. Ohio Ave. Esc., CA 92025. (760) 745-4241

- **Neighborhood Healthcare-Dental**

425 N. Date St., Ste. 129 Esc., CA 92025 (760) 520-8330

16650 Hwy. 76 Pauma Valley, CA 92061 (760) 742-0672

Domestic Violence

- **Center for Community Solutions (CCS North)**

106 S. Grape St. Escondido, 92025

Hotline: (888) 272-1767. National Hotline: (800) 799-7233 www.ccssd.org/

- **Domestic Violence Hotline** 24 hr. Crisis intervention/referrals (888) 385-4657

Emergency Food/Resources

- **Interfaith Community Services**

500 W. Washington St. Ste. B Escondido, 92025

(760) 489-6380 www.interfaithservices.org/

- **2-1-1 (San Diego) CalFresh** food program www.211sandiego.org

- **FeedingAmericaSD** www.feedingamericasd.org For locations and times.

- **FeedingAmerica Escondido: Pioneer Elem. School**-980 N. Ash St. 7am for ticket, 12:30 pm line-up, distribution at 2 pm. Mision Vida Nueva Info.- 760 500-9327

- **Iglesia Latina Emanuel:** 152 E. 5th Ave. 9:30AM Wed. and Fri. 760 432-6240

Hospitals

- **Palomar Medical Center** 2185 Citricado Pkwy. Esc., CA 92029 (442) 281-5000

- **Pomerado Hospital** 15615 Pomerado Rd. Poway, CA 92064 (858) 613-4000

- **Tri-City Medical Center** 4002 Vista Way Oceanside, CA 92056 (760) 724-8411

Housing

- **No. County Solutions for Change-Escondido**-(760) 941-6545
- **Interfaith Comm. Services** (760) 721-2117

Family Law

- **Family Law Facilitators** County Courthouse 325 So. Melrose Dr. Vista, 92081.
Sign-in time 7:30 a.m. www.sdcourt.ca.gov Look under: FAMILY

Parenting Resources

- *CalFresh* food assistance; Parenting: childcare and early development; Financial, Military and Veterans Services, Healthcare and Mental health; housing, Shelter and homeless services; Utilities assistance; Disaster response info.,
Dial 2-1-1 www.benefitsapplication.com/program_info/CA/CalFresh

Paternity Testing

- **Mobile Drug Testing** (858) 204-5779 www.mdtesting.com
- **Prenatal Paternities** (858) 842-4827 www.prenatalpaternities.com

Postpartum Depression

- **9-1-1** Call immediately if at risk of harm to self or others/baby
- **San Diego Postpartum Health Alliance**
(619) 685-7458-office. If no answer, leave msg., calls returned within 24 hr.
(619) 254-0023-msg. line. www.postpartumhealthalliance.org/

Recovery/Addiction

- **Interfaith Community Services Addiction and Recovery Program**
www.interfaithservices.org
- **North Inland Regional Recovery Center/Mental Health Services**
(Male/Female)
(760) 489-6380 555 W. Washington Ave, Escondido, Ca 92025

Suicide Prevention/ Grief Support

- **It's Up to US SD** Crisis Line (888) 724-7240 www.up2sd.org
- **Survivors of Suicide Loss** (not a crisis line, support Line only) (619) 482-0297
www.soslsd.org/