

Additional Resources for Families & Caregivers

MEDICAL PROGRAMS

The Assistance Fund (855) 845-3663

<https://tafcares.org/program-listing/>

The Assistance Fund is an independent charitable patient assistance foundation that helps patients and families facing high medical out-of-pocket costs by providing financial assistance for their copayments, coinsurance, deductibles, and other health-related expenses. We currently manage more than 60 funds —each of which covers the FDA-approved medications that treat a specific disease. Since our founding in 2009, The Assistance Fund has helped more than 78,000 adults and children access the medicines they need to stay healthy or manage a chronic condition.

Advicare (863) 683-6358

<https://myadvicare.com/>

Advicare resolves the most complex, problematic and costly clinical denials, such as No Authorization, Medical Necessity, Experimental / Investigational, and Readmissions. These types of denials present unique challenges for organizations because they require specialized medical or clinical clarification for payment and interdepartmental input.

Kids Mobility Network (303) 242-8281

<https://www.kidsmobility.org/>

Kids Mobility Network is a 501(c)3 non-profit organization providing children with disabilities with complex rehab technology and durable medical equipment such as wheelchairs, walkers and other medical equipment. We operate our organization with caring and integrity.

FOOD PROGRAMS

St John'S Catholic Church <https://saintjohnencinitas.org/ministries/food-pantry/>

Contact: Steve & Beth Toner (760) 753-6254

1001 Encinitas Blvd, Encinitas, CA, 92024

Our food pantry provides food to meet basic nutritional needs for individuals and families. Our clients are children, adults or senior citizens with limited or no income, who simply have fallen on hard times.

The Pantry is open on Monday mornings from 9:00 am until 1:00 pm, except for the week of the 3rd Tuesday of the month. On that week the Pantry is open on Tuesday from 12:30 pm until 2:00 pm. The Pantry is located in the trailer to the east of the Church parking lot.

Got Your Back San Diego <https://www.gotyourbacksandiego.org/>

(760) 575-4571

4061 Oceanside Blvd. Suite E, Oceanside, CA 92056

A weekend food assistance program developed specifically for children attending San Diego County schools who have been identified as homeless and/or food insecure. Every week we deliver backpacks full of food to local Tri-City schools. Each backpack contains 2 breakfasts, 2 lunches, 2 dinners, and a few healthy snacks, enough food to sustain a child throughout the weekend. On Friday afternoons, school representatives (liaisons) distribute the full backpacks to children in need and collect the empty backpacks from the prior week. Also included in each backpack is an interactive homework assignment to teach kids about food and making healthy food choices.

Lutheran Social Services of Southern California <https://www.lsssc.org/location/san-diego-county/>

St. Mark's Lutheran Church, Food Pantry Project Hand

Contact: Johnny Vilorio (619) 425-4061

580 Hilltop Dr., Chula Vista, CA 91910

We offer a range of opportunities for seniors, youth and those in need of emergency services. We operate the Cathy Hopper Clairemont Friendship Center, Senior Companion Program, two TRIO student education programs, an emergency food pantry and Caring Neighbors. Our services are valuable for both our clients and volunteers. Our food pantry serves everyone from low income families, single parents, senior citizens, unemployed individuals, disabled veterans, working poor, and anyone else that comes to the pantry.

South Bay Community Services (SBCS) Food Assistance and Distribution Program

In partnership with community members, faith-based partners, Smart Food Foundation and San Diego Food Bank, SBCS offers healthy food distribution and hot meals on a weekly base throughout South County San Diego. Food Assistance and Distribution Program offers healthy food distribution and warm meals on a weekly basis to families. Cal-Fresh food stamp sign-up and education on nutrition is also available on site.

3rd Tuesday | 3 – 6 p.m.

- National City Middle School – 1701 D Ave., National City CA 91950
- Castle Park Middle School – 160 Quintard St, Chula Vista, CA 91910
- Mar Vista Academy* – 1267 Thermal Ave, San Diego, CA 92154
- Montgomery Middle School – 1051 Picador Blvd, San Diego, CA 92154
- * Not available at Mar Vista Academy during school breaks

2nd Wednesday | 3 – 5 p.m.

- South Bay Community Services – 707 F St., Chula Vista, CA 91910

1st & 3rd Thursday | 8:30 – 9:30 a.m.

- Castle Park Elementary – 25 Emerson St., Chula Vista, CA 91911

Community Christian Service Agency <https://www.ccsasandiego.org/services/food>

(858) 274-2273

4167 Rappahannock Avenue, San Diego, CA 92117

Community Christian Service Agency (CCSA) offers Emergency Services on a walk-in basis for those in need of assistance in our community. Services include: emergency food, transportation for medical needs, and clothing. The Clairemont Service Center has two food programs. Families and individuals who need emergency food may receive a supply of food for 2-3 days for their family. This service is available to all residents of San Diego County, and they may request food up to 6 times a year. In addition, they will receive referrals to other services and sources of food for their family. In addition, the Clairemont Service Center distributes government commodities on the fourth Thursday of the month to families in a specific geographic area near the agency.

Riverside University Health System - Public Health

<http://www.ruhealth.org/en-us/public-health>

WIC Farmer's Market Nutrition Program

41952 6th Street, Temecula, CA, 92590

The WIC Farmers' Market Nutrition Program (FMNP) is associated with the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The FMNP provides coupons for fresh, unprepared, locally grown fruits, vegetables and herbs to individuals certified to receive WIC program benefits. FMNP coupons can be redeemed to buy eligible foods from farmers, farmers' markets or roadside stands that have been approved by the State agency to accept FMNP coupons.

We provide: - Fresh fruits, vegetables, herbs

All markets accept WIC and Senior Farmers Market Nutrition Program Checks

TRANSPORTATION

Community Resource Center (CRC)

<https://crcncc.org/transportation-services/>

Eligible participants are provided with support through the means of gas cards and/or bus and coaster passes, enabling them to get the vital transportation necessary to gaining employment and accessing other critical services.

Carlsbad:

1055 Carlsbad Village Drive

Phone: (760) 729-5209

Winter Hours: Tue & Sat: 10:00 AM – 6 PM; Sun/Mon/Wed/Thu/Fri: 10:00 AM – 5:30 PM

Encinitas:

1331 Encinitas Blvd

Phone: (760) 753-8222

Winter Hours: 10:00 AM-6:00 PM Daily

San Marcos:

210 S. Rancho Santa Fe Rd.

Phone: (760) 734-3872

Winter Hours: 9:30 AM – 5:00 PM

TAX FILING ASSISTANCE

South Bay Community Services (SBCS) <https://southbaycommunityservices.org/tax-services/>

FREE TAX PREPARATION

Begins February 4, 2020, to April 10, 2020. Available for low to moderate income residents (annual income of \$51,000 or below)

You may be entitled to a refund on your taxes. By claiming the Earned Income Tax Credit (EITC), the Child Tax Credit and other important credits, you may receive a refund to help in your financial security. SBCS's Earned Income Tax Credit (EITC) is a program of the Community Action Partnership (CAP) in partnership with County of San Diego, United Way of San Diego and the Internal Revenue Service.

South County Career Center

1111 Bay Blvd., Chula Vista CA 91911

When: February 4 – April 9, 2020 on Tuesday, and Thursday between 10 a.m. to 2 p.m.

Southwestern College

900 Otay Lakes Road – Lot B; Room 203 (parking fee)

When: February 7 to April 10, 2020 on Fridays between 10 a.m. to 3 p.m.

What to bring:

- Proof of identification
- Social Security cards for you, your spouse and dependents and/or a Social Security number verification letter issued by the Social Security Administration. No exceptions.
- Wage and earning statement (s) FormW-2, W-2G, 1099-R, from all employers.
- Birth dates for you, your spouse and dependents on the tax return.
- Bank routing numbers and account numbers for direct deposit.
- Interest and dividend statements from banks (Forms 1099).
- A copy of last year's federal and state returns if available.
- Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security number or the provider's business Employer Identification Number)

OTHER RESOURCE ORGANIZATIONS

San Diego Brain Tumor Foundation

<https://www.sdbtf.org/>

Contact: Asha Parker, Patient Advocate (619) 515-9908

852 Fifth Avenue, Suite 215, San Diego, CA 92101

This is a safe place to come and share your story and find comfort in knowing you are not alone. The San Diego Brain Tumor Foundation assist with financial grants for everyday expenses. Often when a person becomes sick, they themselves and sometimes their caretakers are unable to work. This means they do not have their typical income to cover monthly expenses. This can cause a hardship on the patient as well as the family. The San Diego Brain Tumor Foundation is here to assist with daily expenses to help ease the stress of the financial responsibilities. In many cases we are able to help with the following: Rent/Mortgage payments, Utility Bills, Insurance Co-Pays, Prescriptions, Groceries, Gas Cards, Car repairs, and Meal Services.

Kids Cures Foundation

<https://www.kidscures.org/>

906 Beaumont Ave.

Beaumont, CA 92223

info@kidscures.org

(951) 769-8700

Here at the Kids Cures Foundation we have many programs and services to help children and families in our communities. With our various programs and services, we are able to provide families with support and love during their most difficult times. Our programs vary from Cure Hunger Now, to our Comfort Build-a-Bag's for Children in the hospital. Together our Volunteers make it happen!

Mission Statement: "Our goal is to provide Health, Wellness, and Nutrition for Children and their families in our communities."

Salvation Army Murrieta Corps

<https://murrieta.salvationarmy.org/>

(951) 319-4137

Food Pantries

By offering access to free, fresh produce and canned goods, we provide valuable meal supplementation while helping those in need maintain their independence and dignity.

Meal Programs

From sit-down meals that provide nutritious food and valuable human interaction, to mobile meals that deliver much-needed sustenance to those who cannot reach a food distribution center, we ensure that the most vulnerable members of society do not go hungry.

Meal Assistance

Many families and individuals facing poverty often must make the painful choice heating and eating - that is, they must decide whether they'll pay their bills or pay for food. Without sufficient funds, many are forced to go without a warm, nutritious meal in order to keep a roof over their head.

Shelter

Housing insecurity and prolonged poverty are strongly linked, and that's why we work to provide short and long-term housing assistance to displaced families and individuals. The Salvation Army offers many programs that offer refuge to struggling men, women, children and families? from overnight and emergency shelters for those finding themselves homeless for the first time to transitional living centers that help rebuild lives.

Bill Pay Assistance

We help struggling families and individuals avoid falling into the cycle of crisis by supplementing their income with utility, rent and other vital payments. This assistance often becomes the difference between shelter and eviction, between maintaining honest work and selling drugs or services for money, and between keeping kids in one place and moving them out of their home and onto the streets.

Employment Assistance

As part of our comprehensive approach to helping families and individuals overcome poverty, we offer educational resources, career coaching and job placement opportunities to assist those in need secure stable and gainful employment.

Sahaba Initiative<https://sahabainitiative.org/about-us/>

1887 Business Center Drive South

San Bernardino, CA, 92408

(909) 381-3002

Sahaba Initiative's philosophy is to empower and sustain families in the American diaspora with programs that address mental health issues, poverty, hunger while also focusing on creating a narrative and culture of service. We aspire to build a legacy for the future that's rooted in supporting one another and bringing people together of all backgrounds to empower and serve the most vulnerable. Main Services: emergency financial assistance to pay internet or phone, utilities, housing, healthcare, food, and gas.

Our Vision: Sahaba Initiative will be, God willing, a Southern California Muslim nonprofit leader in providing services to low-income families

Our Mission: Sahaba Initiative, a 501(c)3, nurtures healthy families in the Inland Empire by collaborating for social change, promoting healing, and providing direct services.

Children's Fund

348 W. Hospitality Lane, Suite #110

San Bernardino, CA 92408

(909) 379-0000

Children's Fund works with social workers and case managers to provide emergency assistance to vulnerable children providing items and care they would not otherwise receive, such as: food, clothing, transportation, healthcare, and financial assistance.

Jewish Family Services<https://jfssd.org/our-services/>

Community Services Building

8804 & 8788 Balboa Avenue

San Diego, CA 92123

(858) 637-3210

Jewish Family Service is a client-centered, impact-driven organization working to build a stronger, healthier, more resilient San Diego. Founded in 1918, we are one of San Diego's most impactful non-profit human services agencies. Last year, we served more than 39,500 clients, including over 17,000 asylum seekers at the JFS Migrant Family Shelter. Our broad network of staff, volunteers, supporters, and community partners are committed to the pursuit of one shared goal: helping individuals and families in San Diego *Move Forward*.

Main Services: support groups, assistance with housing, phone, utilities, employment, and legal