

The Source



SDCCE
cares

Community Resource Guide

COMMITMENT
to
ACCESIBLE
RESOURCES
for
EDUATIONAL
SUPPORT



CONTACT US

www.sdcce.edu/services/sdcce-cares

619-388-1870



The Source

A resource guide for the SDCCE community

This is a partial list of basic needs community resources and services available for access.
If you are experiencing an emergency, please call 9-1-1.

Contents

CRISIS RESOURCES	2
CHILDCARE RESOURCES	4
CLOTHING RESOURCES	6
DOMESTIC VIOLENCE RESOURCES	7
FOOD RESOURCES	9
GOVERNMENT SUPPORT PROGRAMS	11
HEALTH SERVICES	12
HOUSING RESOURCES	13
IMMIGRANT SUPPORT RESOURCES	16
MENTAL HEALTH RESOURCES	19
LEGAL SERVICES	21
LGBTQIA+ RESOURCES	23
TECHNOLOGY RESOURCES	25
UTILITIES RESOURCES	27
VETERANS RESOURCES	28

CRISIS RESOURCES

San Diego Access and Crisis Hotline

Provides free and confidential services, 24/7

(888) 724-7240

<https://up2sd.org/>

Crisis Text Line

Free 24/7 support, text to connect with a volunteer crisis counselor

Text HOME to 741741

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

National Domestic Violence Hotline

Free, confidential, 24/7 live advocates for support, advice, and connections to a safe place

(800) 799-SAFE (7233)

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

National Sexual Assault Hotline

Confidential, 24/7 support for support, assistance, and advice

1-800-656-HOPE (4673)

<https://www.rainn.org/resources>

Suicide & Crisis Lifeline

Provides 24/7, free and confidential support for people in distress

9-8-8

<https://988lifeline.org/>

National Human Trafficking Hotline

24/7, confidential support, social and legal services for victims and survivors of human trafficking

1-888-373-7888

Text 233733

<https://humantraffickinghotline.org/>

The Trevor Lifeline for LGBTQ

Provides 24/7, free crisis support services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor

1-866-488-7386

Text START to 678-678

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

Trans Lifeline

Peer support services and hotline that connects trans people to community, support, and resources

877-565-8860

<https://translifeline.org>

CHILDCARE RESOURCES

CalWorks Childcare Services

Offers a voucher program for those who are receiving CalWORKs cash aid or who received cash aid within the past two years

<https://www.cdss.ca.gov/calworks-child-care>

To apply for services, [contact your local county welfare department](#)

California Childcare Resource & Referral Program

Maintains a directory of childcare providers and provides resources and information to parents looking for childcare

1 (800) KIDS-793

<https://rrnetwork.org/family-services/find-child-care>

The Chicano Federation Child Development Programs

Offers free childcare for children from birth to 36 months.
Parents/guardians must qualify based on income and need

(619) 285-5600

<https://www.chicanofederation.org/our-programs-1>

3180 University Avenue
Suite 137
San Diego, CA 92104

Apply at the office listed above, or call for more information

City College Child Development & Early Education Center

Free or low-cost early learning programs for income eligible families.
Welcomes children from ages 4 months to 4 years old

(619) 388-3205

San Diego City College
1313 Park Blvd
San Diego, CA 92101
Building EEC

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Mesa College Child Development & Early Education Center

Free or low-cost early learning programs for income eligible families. Welcomes children from ages 2 to 4 years old

(619) 388-2812

San Diego Mesa College
7250 Mesa College Dr., San Diego, CA 92111
Building R100

Miramar College Child Development & Early Education Center

Free or low-cost early learning programs for income eligible families. Welcomes children from ages 18 months to 4 years old

(619) 388-7851

San Diego Miramar College
10440 Black Mountain Rd., San Diego, CA 92126
Building F200

San Diego County Centralized Eligibility List

Connects families to agencies with subsidized childcare assistance and offers parent resources on safety, health, special needs and brain development

1 (800) 521-0560

<https://childcaresandiego.com/>

Apply Now

Free Resources for Parents

TOOTRIS

On-demand childcare resource hub to help provide access to affordable, quality childcare. With this online resource tool, parents can search, vet, and enroll children into affordable programs

<https://tootris.com/>

YMCA Childcare Resources

Offers preschool, early-learning readiness, and before-and-after school programs

(619) 952-0242

Hours of operation:

Monday – Friday, 8:00 a.m. – 5:00 p.m.

<https://www.ymcasd.org/programs/child-care>

CLOTHING RESOURCES

Sharia's Closet

Provides free, emergency clothing to individuals and families who are experiencing financial hardship or crisis

(619) 533-6000

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

Submit an [Emergency Clothing Request Form](#)

6244 El Cajon Blvd, Suite #5, San Diego, CA 92115

*Items must be picked-up in person at their facility
Items must be picked-up within 48 hours of pick-up notification*

To arrange alternative pick-up, please contact the SDCCE Basic Needs Coordinator

DOMESTIC VIOLENCE RESOURCES

Center for Community Solutions

Provides support services including legal services, victim advocacy, crisis counseling and shelter resources for assault survivors

888-385-4657 - 24/7 Crisis Hotline

(858) 272-5777 - Main Office

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

Coastal San Diego Location

4508 Mission Bay Dr., San Diego, CA 92109

East County Location

460 North Magnolia, El Cajon, CA 92020

North County Location

210 S. Juniper Street, Suite 101, Escondido, CA 92025

Community Resource Center (CRC)

Provides 24/7 domestic violence hotline, emergency shelters, and counseling

(877) 633-1112

crcncc.org

(Spanish available)

Love is Respect

24/7 access to resources and support specifically aimed at teen and young adult relationships

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

San Diego Family Justice Center

Provides confidential, comprehensive services to anyone who has experienced domestic violence, family violence, elder abuse, sexual assault, or sex trafficking

(619) 533-6000

<https://www.sandiego.gov/yoursafeplace>

Monday – Friday, 8:00 a.m. - 5:00 p.m.

1122 Broadway, 2nd Floor, San Diego, CA 92101

South Bay Community Services (SBCS)

Assists survivors of domestic violence in recovering from the trauma experienced in an abusive relationship

1 (800) 640-2933 - Hotline
(619) 420-3620

<https://sbcssandiego.org/portfolio/family-wellness/>

YWCA San Diego

Provides services to all genders of adult and child survivors who are experiencing domestic violence and abuse

(619) 234-3164 – 24-hour Crisis Support
<https://www.ywcasandiego.org/help/services/>

FOOD RESOURCES

CalFresh

A program for low-income families and individuals that meet certain income guidelines. CalFresh benefits help supplement your food budget and allow families and individuals to buy nutritious food.

Visit the website below to apply for benefits:

<https://www.getcalfresh.org/en>

Emergency Food Assistance

Distributes emergency food packages containing mostly nonperishable items at 80 locations across San Diego County every month. Proof of income is not required, but verbal confirmation is requested

For emergency food distribution sites and schedule, please visit:

<https://www.fhcsd.org/emergency-food-assistance/>

Feeding San Diego

Provides food distributions across San Diego County

Please visit the website below to find a food distribution near you:

<https://feedingsandiego.org/find-food/>

Logan Heights Community Development Corporation

Monthly food distribution

3rd Friday of every month

10 a.m. - 12 p.m.

Logan Heights CDC

3040 Imperial Ave, San Diego, CA 92102

Please email info@loganheightscdc.org for more information or call (619) 858-0563

Our Lady of Guadalupe

Monthly food distribution sponsored by SAY San Diego, Lived Experiences, Casa de Misericordia and the SDPD

1st Thursday of every month

2:30 p.m. - until supplies last

Our Lady of Guadalupe

744 Beardsley Street, San Diego, CA 92113

Porchlight Community Services

Year-round food program serving Bay Park (92110), Clairemont (92117), Linda Vista (92111), and Serra Mesa (92123)

Visit the website below to apply to:

FREE Food Basket Program
Foodshare Program

<https://porchlightcommunity.org/>

Project New Village

People's Produce mobile farmers market provides fresh, local produce in Southeastern San Diego

Please visit:

<https://projectnewvillage.org/>

for the People's Produce mobile market weekly schedule and for more information

San Diego Food Bank

Provides nutritious food to individuals and families in need in communities throughout San Diego County

If you are in need of emergency groceries, please use the food locator map* below to find the nearest food distribution site:

<https://sandiegofoodbank.org/gethelp/>

**If you need help with the map or have any questions about the distributions, please call the Food Bank at*

1-866-350-3663

Monday through Friday from 8 a.m. to 5 p.m.

Sherman Heights Community Center

Monthly food distribution sponsored by San Diego Food Bank

1st Thursday of every month

9 a.m. - 12 p.m.

Sherman Heights Community Center
2258 Island Avenue, San Diego, CA 92102

SDCCE CARES – THE SOURCE

GOVERNMENT SUPPORT PROGRAMS

211

Provides connections to community, health, food and other resources, 24 hours a day, in more than 200 languages

2-1-1

<https://211sandiego.org/>

CalFresh

A program for low-income families and individuals that meet certain income guidelines. CalFresh benefits help supplement your food budget and allow families and individuals to buy nutritious food.

1-877-847-3663 (FOOD)

<https://www.getcalfresh.org/?source=dssfood>

CalWORKs

Provides cash aid and services to eligible California families who have little or no cash and need housing, food, utilities, clothing, or medical care

1-800-262-9881

<https://www.cdss.ca.gov/calworks>

CalWORKs at SDCCE

Serves SDCCE students receiving public assistance to achieve self-sufficiency through education and career training opportunities

(619) 388-4530 or (619) 388-4933

<https://sdcce.edu/services/calworks>

WIC

Provides healthy food benefits, nutrition education, breastfeeding support, and referrals to community resources for those who are pregnant or have a child under five

1-888-942-9675

<https://sandiegowic.org/>

HEALTH SERVICES

Family Health Centers of San Diego

Provides caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.

619-515-2300

www.fhcsd.org/

La Maestra Community Health Centers

Provides holistic, solution-based approach to health care for underserved populations, regardless of ability to pay

619-280-4213 (Main Clinic)

<https://lamaestra.org/>

Locations in City Heights, El Cajon, Lemon Grove and National City

Public Health Services

858-694-3900

San Diego County Health and Human Service Agency

Family Resource Centers

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

866-262-9881

<https://www.sandiegocounty.gov/hhsa/>

[Family Resource Center Locations](#)

YMCA Mobile Health Fair

Provides free health resources including screenings for diabetes, blood pressure, cholesterol, and more

1st Wednesday of every month

10 a.m. - 3 p.m.

Jackie Robinson YMCA

151 YMCA Way

San Diego, CA 92102

HOUSING RESOURCES

2-1-1 San Diego

Provides housing resources, including transitional housing and affordable housing, by connecting with a homeless service provider

<https://211sandiego.org/housing-information/>

Call 2-1-1 or visit their website to receive live help with locating community resources

Community HousingWorks

Operates affordable housing communities in San Diego

(619) 282-6647

<https://chworks.org/>

Community Resource Center

Provides families and individuals experiencing homelessness with case management and housing navigation support

(760) 300-3238

<https://crcncc.org/get-help/housing-supportive-services/>

Homelessness Response Center (HRC)

Provides a broad range of services to help individuals and families experiencing homelessness on their path to permanent or longer-term housing

(619) 880-8810

1401 Imperial Avenue, San Diego, CA 92101

Email: HRCSD@sdhc.org

HOURS:

Monday – Thursday: 8 a.m. - 4 p.m.

Friday & Saturday 8 a.m. - 2 p.m.

Closed Sunday

Home Start Housing Programs

Provides safe and secure transitional and permanent supportive housing for single Transitional Age Youth, ages 18-24, pregnant/parenting Transitional Age Youth, and Transitional Age Youth aging out of the foster care system. Provides outreach services, housing navigation, domestic violence services, rapid rehousing, and other support services for individuals experiencing homelessness or who are at-risk of homelessness

<https://home-start.org/maternity-shelter-program/>

Housing and Community Development Services

Provides application specific to existing Section-8 Rental Assistance and other Programs for the Housing Authority of the County of San Diego

<https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance.html>

Independent Living Association

Offers privately-owned or operated homes or complexes that provide shared housing for adults with disabilities, including mental illness, and others who may benefit from a shared living environment

(858) 609-7963

<https://ilacalifornia.org/san-diego-county/>

PATHWAYS at SDCCE

Guides SDCCE students who are unhoused on their pathway to completion, career, and/or transition to college through intensive and direct support services

<https://sdcce.edu/services/r2s/r2s-pathways>

Rachel's Women's Center

Provides a safe, supportive environment and opportunities for women with few or no resources, includes a drop-in day center for homeless and very low-income women, emergency night shelter, and independent living for unhoused women

(619) 696-0873

759 Eighth Avenue, San Diego, CA 92101

<https://ccdsd.org/homeless-womens-services/>

San Diego Housing Commission

Offers rental assistance and housing opportunities

(619) 231-9400

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

San Diego Interfaith Housing Foundation

Offers affordable apartment homes throughout San Diego County to low- and moderate-income families, seniors, and persons with disabilities

(619) 668-1532

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

Salvation Army Door of Hope

Provides transitional living, short-term housing and re-housing for single women or women with children experiencing homelessness

(858) 279-1100

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

Monday – Friday, 8:30 a.m. - 5:00 p.m.

2799 Health Center Dr. San Diego, CA 92123

South Bay Community Services

Provides emergency shelters, transitional housing, affordable housing and rental assistance & rapid rehousing programs

<https://sbcssandiego.org/housing-support-services-homeless-famil>

Safe Parking Program

Provides safe parking in secured lots throughout San Diego for unsheltered San Diegans. It offers a welcoming environment, meaningful resources and tools, and dignified support to help families stabilize and transition back into permanent housing

Call **(858) 637-3373** to enroll

Or enroll [online](#)

<https://www.jfssd.org/our-services/adults-families/safe-parking-program/>

Lot locations include:

Aero Drive, Balboa Avenue, Mission Valley, Rose Canyon

IMMIGRANT SUPPORT RESOURCES

Alliance San Diego

Provides high-quality and trusted immigration services, including one-on-one consultations, and application assistance for citizenship, green card renewals, DACA, TPS, work authorization renewals and FOIA requests for individuals located in San Diego County

(619) 269-1823

<https://www.alliancesd.org/san-diego-immigration-services>

Casa Familiar

Provides advocacy and assistance with immigrant & human rights

(619) 428-1115

Monday – Friday 8 a.m. - 5 p.m.

For more information: info@casafamiliar.org

<https://www.casafamiliar.org/programs-and-services/>

Community College Immigration Legal Services Program

The purpose of the Community College Immigration Legal Services program is to provide free immigration legal services, including education and outreach services, to students, staff, and faculty on California community college campuses statewide

<https://www.cccco.edu/Students/Support-Services/Special-population/Undocumented-Students/Legal-Services>

Gateway to College and Career at SDCCE

Supports immigrants, refugees, and English Language Learners with transition to college, connections to employment and internship opportunities, and earning a high school diploma or high school equivalency.

<https://sdcce.edu/services/gateway>

Email: sdgateway@sdccd.edu

Immigration Center for Women and Children

Provides free and affordable immigration services to underrepresented immigrants in California

(619) 515-2200

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

427 C Street, Suite 208, San Diego, CA 92101

Immigrant-based Support Program at SDCCE

On-campus program for adult students who are immigrants, refugees, and English learners. Offers referrals for free health and legal assistance, peer-to-peer tutoring, and other supports.

(619) 388-1940

Cesar E. Chavez Campus
Resource Center, Room 212

Immigrants Rising

Provides support for undocumented people

<https://immigrantsrising.org/resources/>

International Rescue Committee

Provides opportunities and support for refugees, asylees, victims of human trafficking, survivors of torture, and other immigrants to thrive

(619) 641-7510

<https://www.rescue.org/united-states/san-diego-ca>

5348 University Ave, Suite 205, San Diego, CA 92105

San Diego Immigrant Rights Consortium

Provides services including education on different forms of relief, one-on-one consultations, deportation defense, and application assistance

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

https://www.immigrantsandiego.org/immigration_services

San Diego Rapid Response Network

A coalition of human rights and service organizations, attorneys, and community leaders dedicated to aiding immigrants and their families in the San Diego border region

Emergency Hotline: **(619) 536-0823**

Monday – Friday from 8:30 a.m. – 5:00 p.m.

Call the hotline to report ongoing immigration emergencies

<https://rapidresponsesd.org/>

United We Dream

Provides resources for DACA, Deportation Defense, Know Your Rights, and Undocuhealth to provide support

<https://unitedwedream.org/>

UURISE

Provides low-cost and no-cost immigration legal services to help clients access the protections and benefits available under current immigration laws

(760) 477-7537

<https://uurise.org/services/>

MENTAL HEALTH RESOURCES

Be Well at SDCCE

Helps students cope with current life stressors, provides meaningful referrals and psychoeducation

Please contact the SDCCE Basic Needs Coordinator to assist with a direct referral to Be Well

CalHOPE

Live chat that offers safe, secure, and culturally sensitive emotional support for all Californians who may need support related to stress, anxiety, depression and worries we face

(833) 317-HOPE (4673)

<https://www.calhope.org/Pages/default.aspx>

Center for Community Counseling & Engagement

Provides low-cost counseling services to individuals, couples, and families in San Diego

(619) 594-4918

4283 El Cajon Blvd. Suite 215

San Diego, CA 92105

To request an appointment, click [HERE](#)

Center for Community Counseling & Engagement is now offering Telehealth services (via telephone or video conference)

It's Up 2 Us

Provides live chat, hotline, and online resources for self-help or professional mental health support

(888) 724-7240

<https://up2sd.org/topics/mental-health>

National Alliance on Mental Illness (NAMI)

Provides mental health resources and support, answers questions and provides practical steps for anyone who is experiencing a difficult time

1 (800) 950-NAMI (6264)

Hours of Operation: Monday through Friday: 10 a.m. – 10 p.m., ET

Text: "HelpLine" to 62640

Email: helpline@nami.org

<https://www.nami.org/help>

Urban Restoration Counseling Center

Provides no-cost to low cost mental and behavioral health care through individual, couples, family, and group therapy for communities of color

(619) 648-1158

<https://urbanrestorationcounseling.org/>

Email info@urbanrestortationcounseling.org

1925 Euclid Ave, Suite 108
San Diego, CA 92105

Warm Line

Non-crisis phone service with peer-to-peer support that provides individuals with information, referrals, support, and empathy

(619) 295-1055

or

1 (800) 930-WARM (9276)

Hours of Operation:

3:30 p.m. – 11:00 p.m.

7 days per week, except major holidays

<https://namisandiego.org/warmline/>

LEGAL SERVICES

Cal Western Community Law Project

Provides legal advice to low-income and indigent members of the local San Diego community

(619) 780-7498

<https://cwclp.org/>

Casa Cornelia Law Center

Provides quality pro bono legal services to victims of human and civil rights violations. Their primary commitment is to indigent persons within the immigrant community in greater San Diego County

(619) 231-7788

<https://casacornelia.org/>

Legal Aid Society San Diego

Assists low-income and vulnerable individuals and families. Legal Aid offers legal representation, information, and advice on a variety of subjects, and will help you find the resources you need

(877) 534-2524

Monday – Friday 9 a.m. - 5 p.m.

<https://www.lassd.org>

San Diego Volunteer Lawyer Program

Provides equal access to the justice system by serving as a bridge between indigent and other disadvantaged people in San Diego County and the volunteer lawyers and others who are willing to donate their time and resources

(619) 235-5656

www.sdvlp.org/

Think Dignity

Provides legal referrals, advocacy and free consultations for any legal issue to any individual who is experiencing, or is on the cusp of homelessness

(619) 630-8869 OR (619) 354-9879

Email: christine@thinkdignity.org

Hours of Operation: Monday through Friday: 9 a.m. – 4:30 p.m.

<https://www.thinkdignity.org/project/legal-referral-and-advocacy-clinic/>

University of San Diego Legal Clinics

Provides free legal assistance in a variety of different area including civil, housing rights, immigration, domestic violence and worker's rights

(619) 260-7470

<https://www.sandiego.edu/law/free-legal-assistance/>

If you are interested in obtaining free assistance from USD Legal Clinics, or have any questions, please contact the clinic via phone

YWCA Legal Advocacy Program

Find resources, support, and information to help you understand your options

(619) 239-0355

LGBTQIA+ RESOURCES

LGBT National Hotline

Provides free and confidential peer support, information, and local resources for callers of all ages

(888) 843-4564

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

LGBT National Youth Talkline

Provides free and confidential peer support, information, and resources for callers 25 and younger

(800) 246-7743

www.lgbthotline.org/talkline

PFLAG

Promotes the health and well-being of LGBTQIA+ people, their families, and their friends through support, education and advocacy

(619) 333-6154 (Info Line)

(619) 579-7640 (San Diego Chapter)

<https://pflagsdc.org/>

Project TRANS at the San Diego LGBT Community Center

Offers discussion groups, behavioral health services, HIV prevention services, youth services, and more. Project TRANS also helps with legal documents

(619) 260-6380, x109

Email: trans@thecentersd.org

<https://thecentersd.org/transgender-services-project-trans/>

The San Diego LGBT Community Center “The Center”

Provides targeted programs and services to the San Diego LGBTQ community, including health, family, and housing services, as well as resources and support

(619) 692-2077

hello@thecentersd.org

Monday through Friday: 10 a.m. - 7 p.m.
3909 Centre Street, San Diego, CA 92103

<https://thecentersd.org/>

TransFamily Support Services

Provides the following services at no cost: family coaching, assistance with healthcare and insurance issues, help navigating the legal system, and support at schools

(858) 304-0085 (San Diego chapter)

<https://transfamilysos.org/>

TECHNOLOGY RESOURCES

Access Wireless

Serves our community by offering free cell phones and service for qualifying customers, through a government funded program

<https://www.accesswireless.com>

Start the application:

<https://www.accesswireless.com/lifeline>

Affordable Connectivity Program

Federal program that helps low-income households offset the monthly cost of new or existing internet service, offering up to a \$30/ month discount for qualifying households and up \$75/ month discount for households on qualifying Tribal lands

<https://www.affordableconnectivity.gov/>

Digital Navigators at SDCCE

Provides support with digital resources including basic tech support, low-cost computers, free or low-cost internet subscriptions, and student application support

1(800) 350-6945

[Digital Navigator Schedule](#)

EveryoneOn

Connects people in under-resourced communities to affordable internet service and computers, and provides digital skills trainings

Enrollment Assistance Hotline

Call or Text: **877-789-9889**

Email: enroll1@everyoneon.org

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

Public Wi-Fi Sites

<https://211.my.site.com/s/search#keyword=Public%20Wi-Fi%20Sites>

San Diego Futures Foundation

Assists individuals and communities with low cost, repurposed computers and educational programs that promote digital literacy

619-391-0050

<https://sdfutures.org/>

UTILITIES RESOURCES

California Lifeline Program

Provides discounted home phone or cell phone services to eligible households

<https://www.californialifeline.com/en>

Low Income Home Energy Assistance Program

Provides emergency financial help and ongoing utility assistance to eligible low-income families and senior citizens

1-866-674-6324 (24/7)

Email: energyassistance@ncat.org

<https://liheapch.acf.hhs.gov/search-tool/>

Find out if you are eligible:

<https://liheapch.acf.hhs.gov/eligibility-tool>

SDG&E

Offers assistance programs that provide monthly discounts saving 30% or more on your energy bill

<https://www.sdge.com/residential/pay-bill/get-payment-bill-assistance/assistance-programs>

VETERANS RESOURCES

National Resource Directory

A database of validated resources that supports recovery, rehabilitation, and reintegration for service members, veterans, family members, and caregivers

<https://www.nrd.gov/>

San Diego Veterans Coalition

Includes the most commonly sought resources by Veterans in San Diego

<https://sdvetscoalition.org/resources/>

Vet's Community Connections

Connecting Veterans, military, and their families to community, education, and professional development in San Diego

1-844-838-2669

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

Veteran Services at SDCCE

Provides effective and timely services in an inclusive, challenging and supportive learning environment that prepares Veteran students for their academic and career pathways

(619) 800-4472

<https://sdcce.edu/services/veteran-services>

Warrior Foundation Freedom Station

Assists, honors, and supports military individuals by providing quality of life items, support services, and transitional housing

(619) 578-2615

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

1223 ½ 28th Street, Suite A
San Diego, CA 92102

SDCCE CARES – THE SOURCE

If you have any suggestions for including additional resources that may be beneficial to our community, please contact sdccebasicneeds@sdccd.edu.

Please note that the San Diego College of Continuing Education is not affiliated with the above programs, nor do they endorse, evaluate, or monitor the programs.