

The Clairemont Coalition is a  
community collaborative coordinated by:

NORTH CLAIREMONT HEALTHY START  
SAY, SAN DIEGO  
8755 AERO DRIVE, SUITE 100  
San Diego, CA 92123  
(858) 565-4148  
[www.saysandiego.org](http://www.saysandiego.org)



Prepared in partnership with  
the Family Resource Center at Madison



Clairemont Coalition

# Community Resource Directory

INDIVIDUAL AND FAMILY  
SERVICES

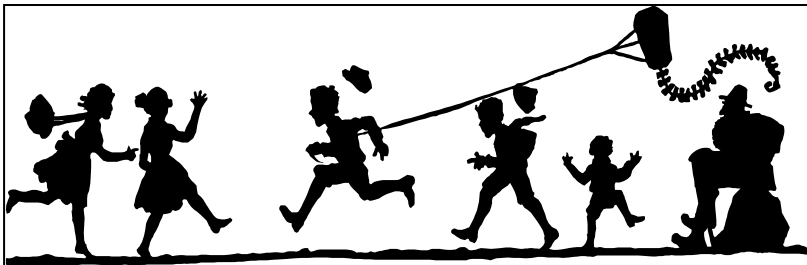
STRENGTHENING OUR COMMUNITY

- Social Services and Basic Needs
- Mental and Physical Healthcare
- Individual and Family Counseling



The Clairemont Coalition is an organization composed of schools, healthcare organizations, government agencies, community-based organizations, local businesses, the faith community and residents. Community leaders who recognized the need for an organization to successfully coordinate the resources of the community formed the Coalition in 1993.

*The mission of the Clairemont Coalition is to mobilize local resources and collective strengths to promote a healthy, thriving, and diverse community, which supports children and families.*



The Coalition meets from 9:00 - 10:00 am on the first Thursday of each month and is open to the public. The meetings are held at the Boys and Girls Club of Greater San Diego located at 4635 Clairemont Mesa Blvd., San Diego, CA 92117.

## Notes

# Notes

# Community Resources

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## Community Resources

### SAN DIEGO POLICE DEPARTMENT

(from cell phone)

Non-emergency

### Other Assistance

ACCESS: CalWorks, Medi-Cal, Food Stamps, Cash Aid

[www.accessbenefitssd.com](http://www.accessbenefitssd.com)

Info-Line (shelter and resource information, insurance application assistance, crisis lines)

[www.211sandiego.org](http://www.211sandiego.org)

### ADULT SERVICES

Adult Protective Services

[www.sdcounty.ca.gov/hhsa/programs/ais/adult\\_protective\\_services/index.html](http://www.sdcounty.ca.gov/hhsa/programs/ais/adult_protective_services/index.html)

Adult Resource Network

[www.livewellsandiego.org](http://www.livewellsandiego.org)

Aging and Independence Services

[www.sdcounty.ca.gov/hhsa/programs/ais/](http://www.sdcounty.ca.gov/hhsa/programs/ais/)

Elder Law

[www.seniorlaw-sd.org](http://www.seniorlaw-sd.org)

Jewish Family Services

[www.jfssd.org/](http://www.jfssd.org/)

### BABY INFORMATION AND SUPPORT

Adoption Center of San Diego

[www.adoption-center.org](http://www.adoption-center.org)

AIM (Insurance for mothers and babies)

[www.aim.ca.gov](http://www.aim.ca.gov)

Bayside Community Clinic

[www.baysidecc.org/](http://www.baysidecc.org/)

Birthline

[www.birthlineofsandiego.org/](http://www.birthlineofsandiego.org/)

Breastfeeding Support/Information

[www.breastfeeding.org/](http://www.breastfeeding.org/)

Children's Care Connection, Infant Massage

[www.rchsd.org/C3](http://www.rchsd.org/C3)First Steps [www.saysandiego.org](http://www.saysandiego.org)

(Intake) 619-961-1025

(Home visiting program for parents of newborns.)

La Leche League of San Diego

[www.llusa.org/web/SanDiegoCA.html](http://www.llusa.org/web/SanDiegoCA.html)

858-300-1211

619-531-2000

866-262-9881

211

800-510-2020

858-483-5100

800-510-2020

858-565-1392

858-637-3000

858-535-3033

800-298-9111

800-433-2611

858-278-0771

858-270-2491

1-800-371-MILK (6455)

858-966-8931

858-646-9779

## Building Strong Families

### ALCOHOL, TOBACCO AND OTHER DRUGS

Accurate/Anonymous Info ATOD

[www.bubblemonkey.com](http://www.bubblemonkey.com)[www.changobomba.com](http://www.changobomba.com)Al-Anon and Alateen [www.al-anon.org](http://www.al-anon.org)Alcoholics Anonymous (AA) [www.aa.org](http://www.aa.org)American Cancer Society [www.cancer.org](http://www.cancer.org)American Lung Association [www.lung.org](http://www.lung.org)

California Smokers Helpline

[www.californiasmokershelpline.org](http://www.californiasmokershelpline.org)

C.R.A.S.H. (Community Resources and Self Help)

[ca-vetsresources.org/provider/crash-community-resources-and-self-help-1](http://ca-vetsresources.org/provider/crash-community-resources-and-self-help-1)

Drinking Driver Program

[ntsi.com/california/drinking-driver-program](http://ntsi.com/california/drinking-driver-program)

MADD (Mothers Against Drunk Driving)

Narcotics Anonymous [www.sandiegona.org](http://www.sandiegona.org)

North City Prevention Coalition

Phoenix House of San Diego [www.phoenixhouse.org](http://www.phoenixhouse.org)

Teen Options-Teen Recovery Center

[www.sdyouthservices.org](http://www.sdyouthservices.org)

619-296-2666

619-265-8762

800-227-2345

619-297-3901

800-662-8887

619-233-8054

858-467-6610

858-564-0780

800-479-0062

858-565-4148

ext. 205

619-445-0405

619-521-2250

### COMMUNITY RESOURCES

American Indian Health Center [www.sdaihc.com](http://www.sdaihc.com)Barrio Station [www.barriostation.org](http://www.barriostation.org)

Bayside Community Center

San Diego City Branch Libraries / North Clairemont

Balboa 858-573-1390 Clairemont 858-581-9935

County Mental Health

[sdpublic.sdcounty.ca.gov/healthy-kids-and-families/mental-health-services/](http://sdpublic.sdcounty.ca.gov/healthy-kids-and-families/mental-health-services/)Council on Literacy [www.literacysandiego.org](http://www.literacysandiego.org)LGBT Teen Center [www.thecentersd.org](http://www.thecentersd.org)SANDAPP (Pregnancy/Parenting) [www.first5sandiego.org](http://www.first5sandiego.org)UPAC (Pan Asian Communities) [upacsd.wordpress.com](http://upacsd.wordpress.com)Urban League [www.sdul.org](http://www.sdul.org)

619-234-0648

619-238-0314

858-278-0771

858-581-9931

619-421-6900

888-850-7323

619-497-2920

619-235-5000

619-521-5720

619-266-6247

## Other Resources for Teens and Families

### YOUTH SHELTERS

The Bridge	<a href="http://www.sdyouthservices.org">www.sdyouthservices.org</a>	619-521-3939
The Storefront	<a href="http://www.sdyouthservices.org/site/PageServer?pagename=storefront">www.sdyouthservices.org/site/PageServer?pagename=storefront</a>	619-325-3527
YMCA Oz, San Diego	<a href="http://www.yfs.ymca.org">www.yfs.ymca.org</a>	858-270-8213

### SEXUAL HEALTH AND HIV/STD INFORMATION

HIV Rapid Testing	<a href="http://southbayyouth.tumblr.com/ysdirectory">southbayyouth.tumblr.com/ysdirectory</a>	619-293-4732
Logan Heights Teen Health Center	<a href="http://www.fhcsd.org/locations/teen-health.cfm">www.fhcsd.org/locations/teen-health.cfm</a>	619-515-2333
Operation Samahan Teen Clinic	<a href="http://www.operationssamahan.org">www.operationssamahan.org</a>	619-477-4451
Planned Parenthood	<a href="http://www.planned.org">www.planned.org</a>	888-743-7526
STD Clinic (San Diego County)	<a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/hiv_std_hepatitis_branch/std_clinical_services.html">www.sdcounty.ca.gov/hhsa/programs/phs/hiv_std_hepatitis_branch/std_clinical_services.html</a>	619-692-8550

To find a STD Clinic near you:  
Text HOOKUP to 365247 (standard rates apply)



### HOTLINES

California Youth Crisis Line	<a href="http://www.calyouth.org/resources/california-youth-crisis-line">www.calyouth.org/resources/california-youth-crisis-line</a>	800-843-5200
Child Abuse	<a href="http://www.sdcounty.ca.gov/hhsa/.../cs/child.../child_abuse_hotline.html">www.sdcounty.ca.gov/hhsa/.../cs/child.../child_abuse_hotline.html</a>	858-560-2191
Meth Hotline	<a href="http://www.no2meth.org">www.no2meth.org</a>	877-662-6384
National Teen Dating Abuse Hotline	<a href="http://www.loveisrespect.org/">www.loveisrespect.org/</a>	866-331-9474
San Diego County Access and Crisis Line		800-479-3339
Sexual Assault and Relationship Violence Hotline (CCS)		800-385-4657
Suicide Prevention		800-479-3339

Online version available at [www.sandi.net/Madison](http://www.sandi.net/Madison). Click on Parents/Resources.

## Working Together

### BABY INFORMATION AND SUPPORT (cont.)

Salvation Army	<a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>	858-483-1831 x3
Scripps Memorial Hospital		858-626-6268
Sharp Mary Birch		858-939-3400
Turning Point Pregnancy Center	<a href="http://www.mmpregnancy.com/">www.mmpregnancy.com/</a>	858-457-7800
WIC Breastfeeding Support	<a href="http://www.sandiegowic.org/Breastfeeding/">www.sandiegowic.org/Breastfeeding/</a>	800-500-6411
	<a href="http://www.sdsuwic.com">www.sdsuwic.com</a>	888-999-6897

### CAR SEAT

Pacific Safety	<a href="http://www.carseat.psc411.com">www.carseat.psc411.com</a>	858-621-2313 x110
Rady Children's Hospital, Center for	<a href="http://www.chc.eventbrite.com">www.chc.eventbrite.com</a>	858-576-1700 x5096

### CHILDCARE

Boys and Girls Club, Clairemont Branch	<a href="http://www.sdyouth.org">www.sdyouth.org</a>	858-273-1645
Childcare Community Referral Center	<a href="http://www.childcarecommunityreferralservice.com">www.childcarecommunityreferralservice.com</a>	619-574-1454
Head Start	<a href="http://www.sandiegoheadstart.org/">www.sandiegoheadstart.org/</a>	888-873-5145
San Diego County Centralized Eligibility List	<a href="http://www.childcaresandiego.com">www.childcaresandiego.com</a>	800-521-0560
SAY (Social Advocates for Youth) San Diego, School Age	<a href="http://www.saysandiego.org/">www.saysandiego.org/</a>	858-565-4148



## Community Resources



### CRISIS HOTLINES

24-hour Rape Hotline /Center for Community Solutions <a href="http://www.ccssd.org/services_crisis.html">www.ccssd.org/services_crisis.html</a>	888-385-4657
It's Up to Us <a href="http://www.up2sd.org">www.up2sd.org</a>	888-724-7240
Jewish Family Services <a href="http://www.jfssd.org/">www.jfssd.org/</a>	858-637-3000
Missing Childrens Hotline <a href="http://www.MissingKids.com">www.MissingKids.com</a>	800-843-5678
National Runaway Switchboard <a href="http://www.1800runaway.org">www.1800runaway.org</a>	800-786-2929
Poison Control Hotline <a href="http://www.calpoison.org/">www.calpoison.org/</a>	800-222-1222
Suicide and Mental Health Crisis Hotline	800-479-3339
Youth Crisis Hotline <a href="http://www.youthcrisisline.org">www.youthcrisisline.org</a>	800-843-5200

### DENTAL CARE

Dent-i-Cal <a href="http://www.denti-cal.ca.gov/WSI/Bene.jsp?fname=ProvReferral">www.denti-cal.ca.gov/WSI/Bene.jsp?fname=ProvReferral</a>	800-322-6384
First 5 Oral Health Programs <a href="http://www.first5sandiego.org/oral-health">www.first5sandiego.org/oral-health</a>	1-888-534-7785
Rady Children's Hospital Clinic <a href="http://www.rchsd.org">www.rchsd.org</a>	800-788-9029
Share the Care <a href="http://www.sharethecaredental.org/">www.sharethecaredental.org/</a>	619-692-8858
Southwestern Dental College	619-216-6663



### DEVELOPMENTAL SERVICES

Early Start Regional Center <a href="http://www.sdrc.org/c_serv_early.php">www.sdrc.org/c_serv_early.php</a>	858-576-2996
Head Start (Neighborhood House Association) <a href="http://www.neighborhoodhouse.org/programs/headstart.cfm">www.neighborhoodhouse.org/programs/headstart.cfm</a>	888-873-5145
Healthy Development Services <a href="http://www.rchsd.org/HDS">www.rchsd.org/HDS</a> Children's Care Connection (C3) <a href="http://www.rchsd.org/C3">www.rchsd.org/C3</a>	858-966-7510
Home Start <a href="http://www.home-start.org">www.home-start.org</a>	619-692-0727
Infant/Toddler Program Alcott Elementary	858-272-9641
Rady Children's Hospital High Risk Infant Clinic <a href="http://www.rchsd.org">www.rchsd.org</a>	858-966-8801

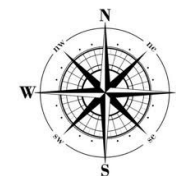
Online version available at [www.sandi.net/Madison](http://www.sandi.net/Madison). Click on Parents/Resources.

### SUBSTANCE ABUSE

Alcohol and Drug Abuse Hotline	800-252-6465
Alcohol Anonymous (AA) <a href="http://www.aasandiego.org/">www.aasandiego.org/</a>	619-265-8762
Narcotics Anonymous (NA) <a href="http://www.sandiegona.org/">www.sandiegona.org/</a>	619-584-1007/ 800-479-0062

### TRANSPORTATION

MTS (Bus, Coaster, and Trolley) <a href="http://www.sdcommute.com/">www.sdcommute.com/</a>	619-233-3004
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### MISCELLANEOUS INFORMATION

Center for Community Solutions (counseling, sexual assault and domestic violence prevention, legal assistance, mediation) <a href="http://www.ccssd.org/">www.ccssd.org/</a>	858-272-5777
Children in Need <a href="http://www.sdcounty.ca.gov/hhsa/programs/cs/children_in_need/index.html">www.sdcounty.ca.gov/hhsa/programs/cs/children_in_need/index.html</a>	760-967-4600
Exceptional Family Resource Center <a href="http://www.efrconline.org/">www.efrconline.org/</a>	800-281-8252 858-637-3000
Jewish Family Services <a href="http://www.jfssd.org/">www.jfssd.org/</a>	
Lead Control <a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/child_lead_poisoning_prevention_program/index.html">www.sdcounty.ca.gov/hhsa/programs/phs/child_lead_poisoning_prevention_program/index.html</a>	619-692-8487
Parent Connection (Parent Support Group) <a href="http://www.sandiegoparent.com/">www.sandiegoparent.com/</a>	858-626-6944
Poison Control <a href="http://www.calpoison.org/">www.calpoison.org/</a>	800-222-1222
Rady Children's Speech/Hearing Clinic <a href="http://www.rchsd.org">www.rchsd.org</a>	858-966-5838
Tax Preparation /free assistance <b>SAY, San Diego Family Self-Sufficiency Program</b>	858-565-4148
UPAC Asian Translators <a href="http://www.upacsd.com/">www.upacsd.com/</a>	619-232-6454

## Community Resources

### MENTAL HEALTH

Chadwick Center for Children & Families <a href="http://www.chadwickcenter.org">www.chadwickcenter.org</a>	858-966-5803
Community Assessment Team /SAY, San Diego Counseling and mental health services for youth Counseling and Behavioral Specialists <a href="http://www.sdcountry.ca.gov/hhsa/programs/ais/">www.sdcountry.ca.gov/hhsa/programs/ais/</a>	619-283-9624 Ext. 211 619-697-0470
Douglas Young Youth and Family Services Empty Cradle	858-300-8282 619-595-3887

Institute for Counseling	619-688-1035
PERT (Psychiatric Emergency Response Team) Postpartum Health Alliance <a href="http://www.postpartumhealthalliance.org/">www.postpartumhealthalliance.org/</a>	619-276-8112 619-254-0023
San Diego Psych Hospital	619-692-8200
YMCA Youth and Family Services <a href="http://www.yfs.ymca.org">www.yfs.ymca.org</a>	619-543-9850



### PARENTING RESOURCES

Bayside Community Center <a href="http://www.baysidecc.org/">www.baysidecc.org/</a>	858-278-0771
First 5 First Steps / SAY San Diego—home visiting	858-565-4148
First 5 Commission Healthy Start Military Family Resource Center <a href="http://www.healthystartsd.org">www.healthystartsd.org</a>	<a href="http://www.first5sandiego.org">www.first5sandiego.org</a> 858-496-0044
Parent Connection <a href="http://www.sandiegoparent.com/">www.sandiegoparent.com/</a>	858-626-6944

### PREGNANCY RESOURCES

Best Start Birth Center <a href="http://www.beststartbirthcenter.com/">www.beststartbirthcenter.com/</a>	619-299-0840
Perinatal Care Network	800-675-2229
Planned Parenthood <a href="http://www.plannedparenthood.org/pacific-southwest/">www.plannedparenthood.org/pacific-southwest/</a>	888-743-7526
Pregnancy Risk Information Line	800-532-3749
Turning Point Pregnancy Resource Center and Birth Line <a href="http://www.mmpregnancy.com/">www.mmpregnancy.com/</a>	858-457-7800
UCSD Women's Clinic <a href="http://health.ucsd.edu/women">health.ucsd.edu/women</a>	619-543-7878
WIC (Women, Infants and Children) <a href="http://www.sandiegowic.org">www.sandiegowic.org</a> <a href="http://www.sdsuwic.com">www.sdsuwic.com</a>	800-500-6411 888-999-6897

## Mobilizing Local Resources

### EMPLOYMENT ASSISTANCE

San Diego Workforce Partnership Career Centers <a href="http://www.sandiegowork.com/">www.sandiegowork.com/</a>	619-516-2200
SAY San Diego Family Self Sufficiency Program <a href="http://www.saysandiego.org/">www.saysandiego.org/</a>	858-565-4148
Second Chance Program <a href="http://www.secondchanceprogam.org">www.secondchanceprogam.org</a>	619-239-1003 619-234-8888

### FAMILY VIOLENCE

Center for Community Solutions <a href="http://www.ccssd.org/">www.ccssd.org/</a>	858-272-5777
Chadwick Center <a href="http://www.chadwickcenter.org/">www.chadwickcenter.org/</a>	858-966-5980
Child Protective Services Hotline (Child Abuse) <a href="http://www.sdcountry.ca.gov/hhsa/programs/cs/child_welfare_services/child_abuse_hotline.html">http://www.sdcountry.ca.gov/hhsa/programs/cs/child_welfare_services/child_abuse_hotline.html</a>	858-560-2191 800-344-6000
Domestic Violence Links Hotline	888-385-4657
Family Justice Center <a href="http://www.familyjusticecenter.com/">www.familyjusticecenter.com/</a>	866-933-4673
Jewish Family Services <a href="http://www.jfssd.org/">www.jfssd.org/</a>	858-637-3000
YWCA Domestic Violence Hotline <a href="http://www.ywcasantiego.org">www.ywcasantiego.org</a>	619-234-3164



### FOOD RESOURCES

Bayside Community Center <a href="http://www.baysidecc.org/">www.baysidecc.org/</a>	858-278-0771
Catholic Charities <a href="http://www.ccdsd.org/">www.ccdsd.org/</a>	619-231-2828
Community Christian Services <a href="http://www.ccsasantiego.org/">www.ccsasantiego.org/</a>	858-274-2273
Food Stamps (Access Line) <a href="http://www.sdcountry.ca.gov/hhsa/programs/ssp/food_stamps/">www.sdcountry.ca.gov/hhsa/programs/ssp/food_stamps/</a>	866-262-9881
Jewish Family Services <a href="http://www.jfssd.org/">www.jfssd.org/</a>	858-637-3000
San Diego Food Bank <a href="http://www.sandiegofoodbank.org/">www.sandiegofoodbank.org/</a>	858-527-1419
SAY San Diego, Family Self-Sufficiency Program <a href="http://www.saysandiego.org/">www.saysandiego.org/</a>	858-565-4148
WIC (Women Infants and Children) <a href="http://www.sandiegowic.org">www.sandiegowic.org</a> <a href="http://www.sdsuwic.com">www.sdsuwic.com</a>	800-500-6411 888-999-6897

## Community Resources



### HEALTH CLINICS

Beach Area Family Health Clinic	619-515-2444
County Medical Services <a href="http://www.sdcounty.ca.gov/hhsa/programs/ssp/county_medical_services/">www.sdcounty.ca.gov/hhsa/programs/ssp/county_medical_services/</a>	800-587-8118
Family Health Centers of San Diego <a href="http://www.fhcsd.org/">www.fhcsd.org/</a>	619-515-2300
Free Clinic UCSD <a href="http://meded.ucsd.edu/freeclinic/clinicsites.html">meded.ucsd.edu/freeclinic/clinicsites.html</a>	858-534-6110
Linda Vista Health Care Center <a href="http://www.sdfamilycare.org/">www.sdfamilycare.org/</a>	858-279-0925
Logan Heights Family Health Clinic	619-515-2300
Mid-City Community Clinic (Adults/Teens)	619-563-0250
Mid-City Community Clinic (Pediatrics) <a href="http://www.sdfamilycare.org/">www.sdfamilycare.org/</a>	619-280-2058
Mobile Medical Clinics <a href="http://www.sandiegomobiledoctor.com/">www.sandiegomobiledoctor.com/</a>	760-591-9975
My Doctor Medical Center	619-263-2500
North Park Family Health Center	619-515-2424
Operation Samahan (Mira Mesa) <a href="http://www.operationsamahan.org">www.operationsamahan.org</a>	858-578-4220
Planned Parenthood <a href="http://www.planned.org">www.planned.org</a>	888-743-7526
St. Vincent De Paul Clinic <a href="http://www.svdpv.org/">www.svdpv.org/</a>	619-233-8500
<b><u>HEALTH CONCERNS</u></b>	
Baby Shots Hot Line <a href="http://www.First5California.com">www.First5California.com</a>	866-358-2966
Flu Info Line	619-515-6900
Health and Human Services, Mental Health Division <a href="http://www.sdcounty.ca.gov/hhsa/programs/bhs/">www.sdcounty.ca.gov/hhsa/programs/bhs/</a>	619-692-8750
Public Health Department <a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/">www.sdcounty.ca.gov/hhsa/programs/phs/</a>	858-573-7300
Rady Children's Hospital <a href="http://www.rchsd.org">www.rchsd.org</a>	858-576-1700
San Diego Immunization Program <a href="http://www.sdiz.org/">www.sdiz.org/</a>	866-358-2966
STD and Aids Information (CDC)	800-232-4636

## Promoting a Healthy Community

### HEALTH INSURANCE ASSISTANCE

ACCESS: CalWorks, Medi-Cal, Food Stamps, Cash Aid <a href="http://www.accessbenefitssd.com">www.accessbenefitssd.com</a>	866-262-9881
AIM (Access for Infants and Mothers) <a href="http://www.aim.ca.gov/">www.aim.ca.gov/</a>	800-433-2611
Covered California <a href="http://www.coveredca.com">www.coveredca.com</a>	800-300-1506
SAY San Diego (New Medi-Cal and Food Stamp Assistance)	858-565-4148
SD-KHAN (Kids Health Assurance Network) <a href="http://www.sdcounty.ca.gov/hhsa/programs/phs/san_diego_kids_health_assurance_network/">www.sdcounty.ca.gov/hhsa/programs/phs/san_diego_kids_health_assurance_network/</a>	619-692-8428
Kaiser Permanente Child Health Plan <a href="http://info.kp.org/childhealthplan/">info.kp.org/childhealthplan/</a>	800-255-5053

### HOUSING

211 (Community, Health and Disaster Services) <a href="http://www.211sandiego.org">www.211sandiego.org</a>	211
San Diego Housing Commission (Section 8 application) <a href="http://www.sdhc.org">www.sdhc.org</a>	877-478-5478

### LEGAL ASSISTANCE

Center For Community Solutions <a href="http://www.ccssd.org/">www.ccssd.org/</a>	858-272-5777
Child Support Services <a href="http://www.sdcounty.ca.gov/dcsc/">www.sdcounty.ca.gov/dcsc/</a>	866-901-3212
Legal Aide Society of San Diego <a href="http://www.laszd.org/">www.laszd.org/</a>	877-534-2524
SD Volunteer Lawyer Association (including guardianship) <a href="http://www.sdvlp.org/">www.sdvlp.org/</a>	619-235-5656
USD Free Legal Assistance <a href="http://www.sandiego.edu/law">www.sandiego.edu/law</a>	619-260-7470
YWCA Domestic Violence Advocacy <a href="http://www.ywcasandiego.org">www.ywcasandiego.org</a>	619-234-3164

