

Resources for Asylum Seekers in San Diego

[find the digital version with website links here: <http://www.sdrefugeeforum.org/asylum.html>]

Use these categories to help you find the resources you need:



Food



Health

[Including: medical health services, dental care, mental health (support with feelings and emotions)]



Other Necessities

[Including: general needs, childcare, clothes, financial support]



Other Resources

[Including: help finding and accessing resources, support for people experiencing domestic violence, help finding employment (only for those who have a work permit), and other programs]



Housing







Legal

[Including: Legal assistance for immigration cases and paperwork, assistance paying a bond for someone in immigration detention]



Education and Learning














[Including: education, educational support, language training for English, vocational training, computer training]









Organization and Website	Additional Contact Information	Services Provided	Service Languages	Service Cost
211 San Diego	211	 <ul style="list-style-type: none"> Help finding and accessing resources 	Spanish, Tagalog, English, and interpretation available for other languages	Free
A Better Life Together, Inc.	(619) 741-1548	  <ul style="list-style-type: none"> General needs Supportive services <p>***Services are for those with intellectual and developmental disabilities</p>	Spanish, English, and interpretation available for other languages (please ask for interpretation before coming)	Free
Alliance for African Assistance	(619) 286-9052 info@alliance-for-africa.org	 <ul style="list-style-type: none"> Legal assistance with forms, asylum applications, employment authorization, representation at asylum interviews and immigration court 		









Developed by San Diego Refugee Forum, Asylum Services Group














Last updated: January 2023









To update resource information or request to add an organization to this list, please email: sdrefugeeforum@gmail.com














Organization and Website	Additional Contact Information	Services Provided	Service Languages	Service Cost
American Bar Association, Immigration Justice Project (IJP)	(619) 202-5839 contact@abaijp.org	 <ul style="list-style-type: none"> Legal assistance for immigration cases and paperwork Legal orientation program (to help you understand the immigration court process) 	Spanish, English, and phone interpretation available for other languages	Free
Border Angels, Bond Program	(619) 487-0249 Online Application	 <ul style="list-style-type: none"> Help paying a bond for an individual in an immigration detention center (for detention centers in Otay Mesa, Imperial County, and Adelanto) 	Spanish, English, and interpretation might be available for other languages	Free
Bridge of Hope	(858) 380-7993 info@bridgeofhop esd.org	  <ul style="list-style-type: none"> Food distribution on Fridays Clothing distribution twice a week 	English, all welcomed	Free
SDIRC, Borderlands Get Free Fund	Online application for service	 <ul style="list-style-type: none"> Help paying a bond for an individual in an immigration detention center 	Interpretation can be available	Free
Casa Cornelia Law Center	(619) 231-7788 lawcenter@casac ornelia.org	 <ul style="list-style-type: none"> Legal assistance for immigration cases and paperwork 	Interpretation can be available	Free
Catholic Charities Diocese of San Diego	(619) 323-2841	      <ul style="list-style-type: none"> Medical health services General needs Legal assistance for immigration cases and paperwork Clothes Financial Support Food Housing Services for unaccompanied minors 	Arabic, Farsi, Dari, Russian, Ukrainian, Haitian Creole, Spanish, Italian, English, and interpretation available for other languages	Free and low cost
East Region Adult Education		 <ul style="list-style-type: none"> Education Educational support 	Arabic, Spanish, Pashto, Farsi, Turkish, Mandarin,	Free and low cost




Organization and Website	Additional Contact Information	Services Provided	Service Languages	Service Cost
		<ul style="list-style-type: none"> • Language training for English • Vocational training • Computer training 	English	
Family Health Centers of San Diego	(619) 515-2300	 <ul style="list-style-type: none"> • Medical health services • Mental health • Dental care • Vision care • Help finding and accessing resources • Help applying for Medi-Cal insurance • Help finding a doctor 	Interpretation can be available	Free and low cost
Grossmont-Cuyamaca Community College District Grossmont College Cuyamaca College	(619) 644-7000 (619) 660-4000	       <ul style="list-style-type: none"> • Education • Educational Support • English language training • Vocational training • Computer training • Medical health services • Adult mental health • General needs • Childcare • Food • Housing (short-term vouchers for unhoused students) • Legal services provided by JFS • Career and job placement services <p>***The colleges primarily offer educational services, but students may also receive other support.</p> <p>***Services are for registered students. Asylum seekers need 1 year of residency to apply for Financial Aid and enroll as a student. Limited non-credit classes at Grossmont with no residency requirement.</p> <p>***Some services such as childcare require acceptance in specific government programs.</p>	Farsi, Arabic, Spanish, English, and interpretation available for other languages	Students may apply for financial aid . Most residents receive free tuition and other financial aid.

Organization and Website	Additional Contact Information	Services Provided	Service Languages	Service Cost
Home for Refugees USA	info@hfrusa.org	 <p>We are a community sponsorship organization, pairing newly arrived asylees, asylum-seeking and refugees and SIV families with volunteer community groups to help guide them through their first year of resettlement ***Must have housing to be eligible.</p>	Spanish, English, and interpretation available for other languages	Free
Immigrant Defenders Law Center	(213) 634-0999 Online application for services	 <ul style="list-style-type: none"> • Legal assistance for immigration cases and paperwork 	Spanish, English, and interpretation may be available for other languages	Free
International Rescue Committee	(619) 641-7510	  <ul style="list-style-type: none"> • General needs • Case management (help finding and accessing resources) • Support for people experiencing domestic violence • Help finding employment (only for those who have a work permit) • Computer training 	Interpretation available for all languages	Free and low cost
Jewish Family Service [Helpful links: Refugees and Immigration, food programs]	(858) 637-3210 Online request form	    <ul style="list-style-type: none"> • Legal assistance for immigration cases and paperwork • Food • Support for people experiencing domestic violence • Mental Health 	Interpretation available for all languages	Free and low cost

Organization and Website	Additional Contact Information	Services Provided	Service Languages	Service Cost
La Maestra Community Health Centers	(619) 564-7010	      <ul style="list-style-type: none"> • Medical health services • Adult Mental Health • Optometry • Dental care • General needs • Clothes • Financial Support • Food • Support for people experiencing domestic violence • Educational Support • Legal assistance for immigration cases and paperwork 	Interpretation available for all languages	Free and low cost (sliding scale)
Legal Aid Society of San Diego	1 (877) 534-2524	 <ul style="list-style-type: none"> • Legal assistance for immigration cases and paperwork • Many kinds of legal assistance (including for: family law, eviction defense, housing discrimination, landlord tenant issues, restraining orders, and more) 	Spanish; interpretation for most other languages upon request	Free
License to Freedom	(619) 401-2800 admin@licensetofreedom.org	   <ul style="list-style-type: none"> • Support for people experiencing domestic violence • Mental health • Language training for English • Youth mentoring 	Arabic, Kurdish, Farsi, Dari, Pashto, English	Free or low cost
One Digital World	info@onedigitalworld.net	 <ul style="list-style-type: none"> • Educational Support • Language training for English • Computer training • Education 	Spanish, Haitian, Farsi, English	Free and low cost (sliding scale)
One Safe Place - North County Family Justice Center	1050 Los Vallecitos Blvd., San Marcos, CA 92069	  <ul style="list-style-type: none"> • Forensic Services • Trauma Therapy • Restraining Order Assistance • Safety Planning • Thriver Services 	English, Spanish, language line with over 300 languages offered	

Organization and Website	Additional Contact Information	Services Provided	Service Languages	Service Cost
	760-290-3690 gethope@onesafeplacenorth.org	<ul style="list-style-type: none"> • Child Advocacy Center • Navigation of Resources <p>***Serving victims of DV, child abuse, sexual assault, elder abuse, human trafficking, gang violence and hate crimes (actively fleeing and recent history of victimization)</p>		
San Diego College of Continuing Education	1901 Main St., San Diego, CA 92113 (619) 388-1910 SDCECesarChavez@sdccd.edu	 <ul style="list-style-type: none"> • Educational Support (GED/HSE preparation), Language training for English, • Vocational training • Education • Help finding employment (for people with a work permit) 	Spanish, Farsi, Arabic, Vietnamese, Chinese, Somali, Swahili, English, and other languages	Free
San Diego LGBT Community Center	(619) 692-2077 hello@thecentersd.org	    <ul style="list-style-type: none"> • Mental Health • HIV Testing • STI Testing • Food • Clothing • Help finding and accessing resources • Housing • Support for people experiencing domestic violence • LGBTQ youth centers (for ages 10-24) • General needs <p>***Services are primarily for LGBTQ people, but some services might be available for others</p>	Spanish, English, and Interpretation can be available	Free
San Diego Unified School District- Children and Youth in Transition	(619) 725-7652 cvt@sandi.net	   <ul style="list-style-type: none"> • Educational Support • Tutoring • Education • Support enrolling children in school • Food • Hygiene kits • Backpacks • School supplies • Clothing and shoes 	Interpretation available for all languages	Free

Organization and Website	Additional Contact Information	Services Provided	Service Languages	Service Cost
SAY San Diego, First 5 Steps	(619) 283-9624 jsaito@saysandiego.org	 	<ul style="list-style-type: none"> Support and parenting education for pregnant individuals or families with a newborn baby 	Spanish, Swahili, Portuguese, English Free
Southern California Immigration Project	(858) 247-2457		<ul style="list-style-type: none"> Legal assistance for immigration cases and paperwork <p>***For Africans and LGBTQ people from anywhere</p>	English, and interpretation available for African languages Free and Donation
Survivors of Torture International	(619) 278-2400 Online application for services	    	<ul style="list-style-type: none"> Adult Mental Health Case management (help finding and accessing resources) Medical case management (help finding and accessing medical resources) Medical health services Food support General needs support Educational Support Vocational training support 	Amharic, Arabic, Dari, English, Farsi, Pashto, Portuguese, Spanish, Tigrinya Interpretation available for all other languages Free
USAHello			<ul style="list-style-type: none"> Education (free online resources and classes for refugees, immigrants, and asylum seekers) 	Arabic, Chinese, Dari, English, French, Pashto, Russian, Spanish, Ukrainian, Vietnamese Free
USCRI U.S. Committee for Refugees and Immigrants	619-882-3821 Sd.legal.uscri@gmail.com		<ul style="list-style-type: none"> Assist non-detained migrants with removal that are seeking asylum and work authorization Client focus is Afghans, via airlift or across border 	Spanish, French, Dari, Pashto Free or low cost
Volunteers in Medicine - San Diego	1457 E Madison Ave, El Cajon, CA 92019 (619) 440-4591 ltucker@vim-sandiego.org	  	<ul style="list-style-type: none"> Primary care Medical health services Women's healthcare Diabetic counseling Adult Mental Health Dermatologist Acupuncture 	Spanish, Russian, Arabic, Farsi, English Interpretation available for over 300 languages Free

Organization and Website	Additional Contact Information	Services Provided	Service Languages	Service Cost
		<ul style="list-style-type: none"> ● Chiropractor ● General needs ● Clothes ● Food 		
World Relief	(714) 210-4730, extension 9	   <ul style="list-style-type: none"> ● Educational support ● Language training for English ● Career mentorship ● Temporary host homes ● Help accessing resources 	English, and interpretation may be available for other languages	Free

Other Helpful Resources

Where to find...



[Temporary shelters](#)



[Food](#) (also [here](#))



[Diapers](#)



Public schools for children and youth:

- to [find the nearest school district](#)
- to [find a school in central San Diego](#) (San Diego Unified School District)
- ***Schools in the USA help children and their families in many ways - you can ask what resources your child's school has



Free wifi and computer access, electrical outlets, and other community resources: Public Libraries ([City of San Diego locations](#) and [County of San Diego locations](#))



Resources to better understand the asylum process: [Asylum Seeker Advocacy Project](#)

- free or low cost legal organizations in the USA that help with immigration cases: [Immigration Advocates Network](#)
- ****Be careful*: "Notarios" and "Tax Preparers" sometimes say they can help with immigration paperwork, but they often do not have the knowledge or ability to legally advise and represent someone
 - To check if a person is a real attorney in the USA: (1) ask them what state they are licensed in, (2) find the state website on [this list](#), (3) check the state website for the attorney's name
 - To check if a nonprofit organization is accredited to help with legal immigration paperwork: check [here](#)



Hotlines - phone numbers that anyone can call to speak with a supportive person:

Phone Number:	When to call:	Organization and Website:
988 (interpreting available)	if someone is thinking about killing themselves	National Suicide Prevention Lifeline
(888) 724-7240 (interpreting available)	if someone in San Diego is experiencing a crisis	San Diego Access and Crisis Line (ACL)
Text "HOME" to 741741 For WhatsApp: text (443) 787-7678	if someone anywhere is experiencing a crisis	Crisis Text Line
(800) 799-7233 (interpreting available)	if someone is experiencing domestic violence	National Domestic Violence Hotline
(800) 437-3071 (call or text)	if you are a migrant who needs help connecting to services	RAICES Canopy Hotline
(619) 404-4322	to talk to a caring person who will listen and connect you with mental wellness support in San Diego	San Diego Refugee Communities Coalition