

Resources for Spanish Speakers/Elderly

Casa Familiar- social services and recreational and educational programs (English/Spanish)

www.casafamiliar.org

Our social services department assists individuals and families with a variety of services including form-filling, translations, energy emergency assistance, referrals to specialized departments and agencies, housing referrals, immigration and naturalization services, applications for governmental services and more.

We assist with the following forms: Disability, Housing Update, Section 8, Low income Apartment Applications, IHSS Time Sheets, Income Taxes, Medi-Cal Renovation, Renters Credit, Resume for EDD, State Disability, Unemployment, Welfare and Child Support.

Social Services Office Monday through Friday 8a to 5p

Also, please see Programs

Our Services Office is located at below, the phone number is **619-428-1115**

Casa Familiar offers a full range of social and human care services as well as referrals to local specialized service providers. For more information or to set up an appointment, please call us at (619) 428-1115 or email info@casafamiliar.org-

*(Offer a variety of recreational and educational classes. To view classes go to website and click on programs under services tab.)

Senior Center for Spanish Speakers, in National City

-Offers bilingual recreational group activities

-*619-336-6760

Senior Center, Kimball Senior Center in National City

-Offers recreational activities, monthly blood pressure checks and once-a-year eyeglass program. Also, offers legal counseling with an attorney, and free door-to-door van transportation

(Spanish Speaking)

*619-336-6760

Senior Center, St. Jude Shrine of the West

-Offers social, educational, and recreational activities. Also, offers income tax assistance and legal counseling services.

-Spanish/English translation

* 619-264-4771

Chicano Federation

www.chicanofederation.org

-The Chicano Federation is one of San Diego's leading social services agencies providing child education, economic development, foster care, health and nutrition, and housing programs to more than 10,000 San Diegans a year.

Through our work, we strive to improve the quality of life for men, women and children of all walks of life, no matter their ethnicity or age.

*(619) 285-5600

Resources for Immigrants/Undocumented Immigrants

www.ccis.ucsd.edu/resources/service-opportunities/

- Offers a list of resources for immigrants/undocumented immigrants

Legal Resources for Many Demographics

- www.sdcbba.org

-Go to tab -For The Public and click on Resources

Diverse Counseling Resources

-Counseling cove-

Under the Mental Health Services Act (MHSA), Counseling Cove is a Full Service Partnership (FSP) Program. As such, staff comprehensively address client and family needs and “does whatever it takes” to meet those needs. Efforts to locate and engage homeless and runaway youth for the purpose of increasing access to mental health services starts with the Rehab Outreach Team utilizing the Assertive Outreach Best Practices Model. Once engaged, youth are provided with services including individual, group and family counseling, case management, crisis intervention, rehabilitative services and psychiatric evaluation, medication monitoring, and pharmaceuticals utilizing the Comprehensive, Continuous, Integrated System of Care (CCISC) Model for persons with co-occurring disorders and the Eye Movement Desensitization and Reprocessing (EMDR) Model for persons with Acute Stress Disorder and Post-traumatic Stress Disorder.

Contact Information:

Counseling Cove

2250 4th Avenue, Suite 301
San Diego, CA 92101

Phone: (619) 525-9903

Fax: (619) 525-9908

-First avenue counseling center- www.firstave.net

We offer sliding-fee-scale counseling services for individuals, couples and families, as well as groups that can help you effectively manage anger and treat domestic violence. We maintain a staff of diverse backgrounds and languages to meet your needs. Contact us today at frontdesk@firstave.net or by phone at 619-685-0041 for more information!

-619-685-0041

Union of Pan Asian Communities (UPAC) in San Diego: Phone: Mid City Location: (619) 229-2999 Phone: Serra Mesa Location: (858) 268-4933 Phone: Child and Adolescent Mental Health: (619) 232-6454 The Union of Pan Asian Communities (UPAC) is a nationally recognized non-profit organization, offering multicultural, multilingual, comprehensive physical and mental health services to Asian, Pacific Islander and other ethnic communities.

Operation Samahan: Phone: (619) 474-5567 This is a community health center that provides health and mental health services to low-income Filipinos/Asians and other low income families and individuals in the County of San Diego in National City and Mira Mesa.

Kalusugan Community Services: Phone: (619) 477-3392 This community-based health center provides health and mental health services, and social programs for the Filipino American community and others.

San Diego Family Care: Phone: Linda Vista Health Care Center (858) 279-0925 Phone: Mid-City Community Clinic (619) 563-0250 (Adults) Phone: Mid-City Community Clinic (619) 280-2058 (Children) This organization is dedicated to providing culturally competent, affordable, fiscally responsible, accessible and high quality medical care, mental health care and multi-cultural health promotion, with a primary focus on central San Diego. - See more at: <http://www.up2sd.org/find-help/resources/mental-health-local-resources#sthash.1Mn57ApH.dpuf>

-Logan Heights Family Counseling Center

Spanish Speaking

Address: 2204 National Ave, San Diego, CA 92113

Phone :(619) 515-2355

Hours:

Tuesday hours 8:00 am–8:00 pm - [See all](#)

Monday	8:00 am – 5:00 pm
Tuesday	8:00 am – 8:00 pm
Wednesday	8:00 am – 8:00 pm
Thursday	8:00 am – 5:00 pm
Friday	8:00 am – 5:00 pm
Saturday	Closed
Sunday	Closed
Mon, Thu-Fri	8am–5pm