The Jacobs and Cushman San Diego Food Bank

Services: Food distribution events located throughout San Diego county. Individuals qualify based on low-income. Diaper distributions are also offered in specific locations. **Phone: 858-527-1419**

Birth Line of San Diego

Services: a case manager will be assigned to assist you with obtaining a job/ training, education, housing, food, immigration/legal services, free clothing, diapers, food and other items for your child, resource referrals
Phone: 858-270-2491
email: clairemont@birthlineofsd.org

San Diego Futures Foundation

Services: Low cost computers sold to individuals who are low-income and/or receiving government benefits and residents of San Diego
Phone: (619) 391-0050 https://sdfutures.org/for-individuals/
4283 El Cajon Boulevard Suite 220 San Diego, CA 92105

Duwara Consciousness Foundation

Services: Mobile van with free shower and laundry facilities
Phone: (760) 696-2097
Monday through Friday 10:00 am to 3:00 pm 101 16th Street San Diego, CA 92101

Sharia's Closet

Services: clothing, hygiene items
Phone: (619) 808-4979
email: info@shariascloset.org
6244 El Cajon Blvd Suite 5 San Diego, CA 92115

We sincerely thank you for your time and vulnerability in sharing your life experiences with us. Please let us know of any other ways that we may support you or your community



Researching Immigration and Reproductive Health Services Experiences among Refugee and Asylum-Seeking Women Study



San Diego Resource List

AL OTRO LADO · UC San Diego · CENTRE FOR GENDER & SEXUAL HEALTH EQUITY · SDSU San Diego State University · El Colegio de la Frontera Norte

Clinical and Mental Health Services

Refugee Health Alliance

Services: Providing hope and medicine to refugees living near the US/MEXICO Border, including general medical and pediatric care, LGBTQIA+ care, prenatal and midwifery, women's care, acupuncture and naturopathic medicine, medical-legal services, services addressing social determinants of health, and dentistry
San Diego Address: 8861 Villa La Jolla Drive #12062 La Jolla, California 92037

Planned Parenthood San Diego Area

Services: Sexual and reproductive health information and services, including women's health care abortion, birth control, HIV services. Morning-After Pill (Emergency Contraception), pregnancy testing & services STD testing, treatment & vaccines.
Phone: 888-743-7526
Chula Vista
1295 Broadway #201, Chula Vista, CA 91911.
Lincoln Park
220 Euclid Ave Suite 30, San Diego, CA 92114.
Downtown San Diego
2017 1st Ave Suite 100, San Diego, CA 92101.

La Maestra Community Health Centers

Services: General and specialty healthcare (including pediatric and women's health care), in-house laboratory services and imaging, and pharmacy services. Dental care. Chiropractic and optometry services. Mental health services. Food pantry. Immigration and legal advocacy. Transportation to the clinics offered. **Phone: 619-280-4213**
National City
217 Highland Avenue, National City, CA 91950
El Cajon
165 South 1st St, El Cajon, CA 92019
City Heights
4060 Fairmount Avenue, San Diego, CA 92105

Family Health Centers of San Diego

Services: Primary, urgent, and reproductive health care. Dental and optometry care. Mental health services. Refugee health care services.
Phone: 619-515-2300
Numerous clinics located all throughout San Diego

Every Woman Counts

Services: Free breast and cervical cancer screening to low income and under or limitedly insured women in California.
Phone: 1-800-511-2300

Center for Community Counseling and Engagement

Services: Individual, couple, or family counseling offered at an affordable sliding scale based on income. Therapy offered in different languages. Therapists available from different racial and ethnic backgrounds, LGTBQ+ orientations, and other identities.
Phone: 619-594-4918 email: csp.ccce@gmail.com
4283 El Cajon Blvd. Suite 215 San Diego, CA 92105

Legal Services

Al Otro Lado

Services: Direct, free, legal services on both sides of the US-Mexico border.
511 E. San Ysidro Blvd., # 333. San Ysidro, CA 92173.
Phone (US): 323-238-9935
Email: info@alotrolado.org

Jewish Family Service

Services: immigration, legal, nutrition, shelter, wellness, meals, food and more.
Phone: (858) 637-3210

Casa Cornelia Law Center

Services: Free legal services to victims of human and civil rights violations immigrant community in greater San Diego County.
2760 Fifth Avenue, Suite 200. San Diego, California 92103
Phone: 619-231-7788 Email: LawCenter@CasaCornelia.org

La Maestra Immigration

Services: Visas for victims of abuse, citizenship, family petitions
Phone: (619) 691-0813
4135 Fairmount Avenue, San Diego, CA 92105

California Western Community Law Project

Services: Free legal information to low income individuals in a variety of specialties, including immigration.
email: CLP@cwsl.edu
For clinic times and locations, visit: cwclp.org/services

Your Safe Place

Services: assistance for domestic violence survivors in areas such as counseling, emergency housing, clothing regardless of immigration status
Phone: 888-385-4657 1122 Broadway 2nd Floor, San Diego, CA 92101

Social Services

San Diego Hunger Coalition

Services: food assistance and system navigation and referrals.
845 15th Street, Ste 103, San Diego, CA 92101
Phone: (619) 501-7917