

## **MENTORING**

### **Boys and Girls Club After-School Program: San Marcos**

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

## **FOOD PANTRY**

### **Rock Church San Marcos Provisions**

<https://www.sdrock.com/ministries/provisions>

1370 W San Marcos Blvd  
San Marcos, CA - 92069  
Phone: (619) 226-7625

This Outreach welcomes anyone in need to partake in the distribution every first Thursday of the month at 12:00pm (while supplies last).

### **Food for Life Food Pantry Through Life Christian Church**

<https://lifechristianchurch.com/event/food-for-life-grocery-distribution-outreach/>

1130 N Melrose Drive  
Vista, CA - 92083  
Phone: (760) 439-3300

Every Saturday, starting at 9:00, families may come to pick up groceries to take with them, while supplies last. Items vary week to week, but normally include produce, bread, dairy, cans, and more. There's no registration or fee necessary!

## **HOMELESS SHELTERS**

### **Operation Hope North County**

859 East Vista Way  
Vista, CA 92084  
Phone: 760-536-3880  
Email: [info@operationhopeshelter.org](mailto:info@operationhopeshelter.org)

[Application Form](#)

- This program serves homeless families with children and single women.
- This program serves applicants that test negative for drugs or alcohol, and are sober and drug free.
- This program does NOT serve single adult males over the age of 18 without children OR registered sex offenders.

This program provides:

- Temporary shelter

Clients also receive:

- Case management
- After school club for children
- Support groups

## **FREE CLOTHING/TOILETRIES/DIAPERS**

### **Dress for HOPE Shop: Sharia's Closet at *One Safe Place***

1050 Los Vallecitos Boulevard  
San Marcos CA 92069  
Phone: (760) 290-3690

Visit this small boutique inside One Safe Place where you can find clothing to help you look your best for job interviews, court appointments and more — all for free. They also have emergency clothing in all sizes for boys, girls, women and men.

## **GENERAL HELP**

### **One Safe Place**

1050 Los Vallecitos Boulevard  
San Marcos CA 92069

<https://onesafepacenorth.org/our-services/>

First time visitors to One Safe Place meet with a Care Coordinator and together you will determine what services can benefit you. Then, you'll be connected with a Case Manager who will provide support and help you navigate services moving forward. Services include trauma treatment, legal assistance, evidentiary exams, and safe housing assistance.

## **DRUGS/ALCOHOL ABUSE**

### **Capalina Comprehensive Treatment Center**

<https://www.ctcprograms.com/location/capalina-comprehensive-treatment-center/>

1560 Capalina Rd, San Marcos, CA 92069  
(877) 820-0127

Capalina Comprehensive Treatment Center (CTC) provides medication-assisted treatment (MAT) to adults of all genders age 18 and older who are struggling with an addiction to heroin, prescription painkillers, or other opioids.

### **Teen Recovery Center**

<https://turnbhs.org/location/teen-recovery-center/>

340 Rancheros Drive  
San Marcos, CA 92069, USA

Phone: (760) 744-3672

Teen Recovery Center provides outpatient treatment for youth ages 12 – 17 who are struggling with substance use disorder and/or co-occurring disorder. Services are determined based on the level of care needed, and may include individual and group counseling, education, and family support.

### **US Dept of Health and Human Services Substance Abuse Toolkit**

<https://www.samhsa.gov/programs/mental-health-awareness-month/toolkit>

## **COLLEGE RESOURCES**

### **California Colleges**

<https://www.californiacolleges.edu/#/>

This website helps students...

- Discover their interests and values.
- Find careers, colleges, or training to reach their goals.
- Learn how to find money to pay for college.

- Launch college and financial aid applications

Students will be creating a profile with their school counselor starting in 6th grade and continuing to use this website until their 8th grade year here.

## **MENTAL HEALTH RESOURCES**

### **San Diego Behavioral Health Services**

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

Confidential and free of charge, the San Diego Access & Crisis Line (ACL) offers immediate support and resources from an experienced counselor 24 hours a day, 7 days a week on all behavioral health topics including: suicide prevention, crisis intervention, community resources, mental health referrals, alcohol and drug support services and more.

### **Lifeline Community Services**

<https://lifelinecs.org/>

3142 Vista Way, Suite 400 , Oceanside, CA 92056

Phone: (760) 842-6270

Lifeline Community Services is a community-based human services organization that serves low-income and focuses on positive youth development, child abuse prevention and domestic violence intervention, housing and self-sufficiency, behavioral health, and human trafficking victim and survivor services.

### **Suicide Hotline- available 24/7**

Phone: Call or text 988

<https://988lifeline.org/>

### **California Dept of Health and Human Services- Youth Mental Health**

<https://www.chhs.ca.gov/youthresources>