

Employment (continued)

Goodwill Escondido

760-739-0600

Legal

Legal Aid Society of San Diego 216 S Tremont St
877-534-2524 Oceanside, CA 92054

Miscellaneous

North Coastal Regional Recovery Center
(NCRRC), McAlister Institute (Outpatient)
1701 Mission Ave Ste 310
Oceanside, CA 92058

Family Recovery Services (Women & children)
760-439-6702 1100 Sportsfisher Dr
Oceanside, CA 92054

UPAC New Leaf Recovery Center
760-295-9830 3998 Vista Way, Ste E
Oceanside, CA 92056

- Hours: M-TH 10:00am-6:30pm; Fri 9:00am-5:30pm

Casa Rafael (Residential/Men only)
760-630-9922 933 Postal Way
Vista, CA 92083

Oceanside Housing Division 321 N Nevada St
760-435-3360 Oceanside, CA 92054

CalWORKs (welfare) 3708 Ocean Ranch Blvd
866-262-9881 Oceanside, CA 92054

Social Security Office 2160 S El Camino Real
855-287-4793 Oceanside, CA 92054
ssa.gov

Food

Oceanside

- Brother Benno's
 - Sack lunch distribution Mon-Sat 6:30-11am
 - Food box/bag distribution M-F 6:30-11am
- Bread of Life
 - Dinner Sunday-Friday 6:00-6:30pm. Bread of Life Dinner Card required (drug/alcohol test required)
- Breakfast at Humanity Showers Outreach
 - Tues & Thurs-Brother Benno's 6-9:00 am
 - Weds-Potter's House 7-10:30 am

Encinitas

- Community Resource Center
 - M-F food distribution 8:30am-12:30pm. Arrive no later than 30 min prior to closing. Tickets provided for Food & Nutrition Center until 12pm.

Humanity Showers


Providing showers, haircuts, hygiene, food, clothes, and community.

Tuesday & Thursday
6:00am-9:00am
Brother Benno's
3260 Production Ave
Oceanside, CA 92058

Wednesday
7:00am-10:30am
Potter's House
208 S Clementine St
Oceanside, CA 92054

Last Friday of the month
8:00am-11:00am
MiraCosta College
CLC Campus
1831 Mission Ave,
Oceanside, CA 92058

Last Saturday of the month
8:00am-11:00am
Encinitas 4 Equality
1900 N Coast Hwy 101
Encinitas, CA 92024



Services & resources in North County

Basic Needs

Brother Benno's 3260 Production Ave
760-439-1244 Oceanside CA 92058

- Sack lunch distribution Mon-Sat 6:30-11am
- Showers Tuesdays & Thursdays 6:30-9am
- Mail service, Clothing room
- Food box/bag distribution M-F 6:30-11am

Interfaith Community Services
760-721-2117 4700 North River Rd
Oceanside, CA 92057

- Walk-in hours M-F 8-11:00am
- Emergency food assistance

Bread of Life 1919 Apple Street Ste O
Oceanside, CA 92054

- Dinner Sunday-Friday 6:00-6:30pm. Bread of Life Dinner Card required (drug/alcohol test required)

Shelters

La Posada (men only) 2478 Impala Dr
760-929-2322 Carlsbad, CA 92010

- Year-round shelter for men
- Call Monday, Wednesday, and Friday starting at 9:00am

Operation HOPE (single women & families)

760-536-3880 ext. 302 859 E Vista Way
Vista, CA 92084

- Year-round shelter for families with children, women with children and single women
- Complete online screening
- Call every morning to get on waiting list

Women's Resource Center/Domestic Violence Shelter 1963 Apple St
760-757-3500 Oceanside, CA 92054

Haven House Wet Shelter/Interfaith
760-489-6380 Ext 274 550 W Washington Ave
Escondido, CA 92025

Community Resource Center 650 Second St
760-753-1156 Encinitas, CA 92024

- Domestic Violence Shelter
- **Domestic Violence Hotline 1-877-633-1112**

OPD H.O.T.

Homeless Outreach Team 307 N. Nevada Street
(760) 435-4693 Oceanside, CA 92054

- Open office hours Thursdays 1:30 pm

Primary Care Physicians

TrueCare/North County Health Services
760-736-6767

Primary Care Physicians (continued)

Vista Community Clinic
Appointments: 844-308-5003
Offices: 760-631-5000

Mariposa Clubhouse-Mental Health Systems
760-439-2785 1701 Mission Ave Ste 120
Oceanside, CA 92058

- Mentorship, assistance with educational goals, support with vocational goals, affording wellness education, social activities, social security advocacy

Immediate Medication Management

Exodus Recovery Inc./Crisis Stabilization Unit (mental health)
760-305-4900 524 W Vista Way
Vista, CA 92083

MHS/North Inland Mental Health Center
760-747-3424 125 W Mission Ave Ste 103
Escondido, CA 92025

Crisis Resources

Access and Crisis Line
888-724-7240 (available 24/7)

Psychiatric Emergency Response Team (PERT)

- Oceanside 760-435-4900
- Carlsbad 760-931-2100

Tri-City Medical Center
760-724-8411

Palomar Medical Center 2185 Citracado Pkwy
442-281-5000 Escondido, CA 92029

Crisis Resources (continued)

Turning Point Crisis House
760-439-2800

- Inpatient mental health
- Short term (up to 1 week)
- Get started on medication
- A step down from hospital

National Suicide Prevention Lifeline
800-273-8255

24/7 Crisis Text Line

- Text "HOME" to 741741 to text with a crisis counselor

Employment

Employment Development Department (EDD)
760-631-6150 1949 Avenida Del Oro Ste 106
Oceanside, CA 92056

- Help with resumes/unemployment
- Assistance with employment

Go Staff 1729-A Oceanside Blvd
760-730-8520 Oceanside, CA 92054

- Employment Assistance
- Go in with necessary documents and work next day

Goodwill Oceanside 414 N Coast Highway
760-722-8582 Oceanside, CA 92054

- Interview prep Mondays 10-11:00am
- Workplace Communication Wednesdays 10-11:30am
- Help with online application Thursdays 10-11:00am
- Resume Workshop Fridays 10-11:00am
- Computer Basics weekdays 9:00am-4:00pm