

## Fatherhood Resource Guide

Agency	Phone/Address	Website	Region Served
<b>Parenting Classes and Other Services</b>			
<b>2-1-1 San Diego</b>	2-1-1	<a href="http://www.211sandiego.org">www.211sandiego.org</a> <ul style="list-style-type: none"> <li>• 2-1-1 is a free, 24 hour confidential phone service and searchable online database</li> </ul>	San Diego Countywide
<b>Center for Men’s Excellence (Fee for service)</b>	(858) 344-4698 5755 Oberlin Dr, Ste. 301, San Diego, CA 92121	<a href="http://www.menexcel.com/contact-dr-singley/">www.menexcel.com/contact-dr-singley/</a> <ul style="list-style-type: none"> <li>• Basic training and new dad classes available.</li> <li>• Unique support groups for men</li> <li>• Therapy</li> </ul>	San Diego Countywide
<b>First 5: New Parent Toolkit</b>	1-888-534-7785	<a href="http://www.first5sandiego.org/are-you-a-parent/">www.first5sandiego.org/are-you-a-parent/</a> <ul style="list-style-type: none"> <li>• Free parenting toolkit with advice on joys and challenges of parenting. Toolkit includes:                             <ul style="list-style-type: none"> <li>○ DVD</li> <li>○ Book on What To Do When Your Child Gets Sick</li> <li>○ An interactive Baby’s First Book</li> </ul> </li> </ul>	San Diego Countywide
<b>Home Start Inc.</b>	(619) 229-3660 Mid-City Office 4305 University Ave, Ste. 410 San Diego, CA 92105	<i>Family Self Sufficient Services</i> <a href="http://www.home-start.org/family-self-sufficiency-services/">www.home-start.org/family-self-sufficiency-services/</a> <ul style="list-style-type: none"> <li>• Emergency Food</li> <li>• Nutrition Education</li> <li>• Benefits Application Assistance</li> <li>• Workforce Development support</li> <li>• Free tax consultation, education and preparation of financial literacy services year-round</li> </ul>	Central Region
		<i>Community Services for families</i> <a href="https://home-start.org/community-services-families/">https://home-start.org/community-services-families/</a> <ul style="list-style-type: none"> <li>• Home-based parent education and case management services</li> <li>• Community-based parent education classes</li> <li>• Parent Partners – a peer support program for parents involved with Child Welfare Services</li> <li>• Connections for families to community resources</li> </ul>	East Region

		<p><i>Home Start First 5 First Steps</i>  <a href="http://www.home-start.org/first-5-first-steps/">www.home-start.org/first-5-first-steps/</a></p> <ul style="list-style-type: none"> <li>• Home visiting program that promotes positive parenting</li> </ul>	East Region
<b>Impact South Bay (Sliding Fee Scale)</b>	(619) 424-7229	<p><a href="http://www.impactsouthbay.org/">www.impactsouthbay.org/</a></p> <ul style="list-style-type: none"> <li>• 10 week course just for dads</li> <li>• 10 week co-parenting classes</li> </ul>	San Diego Countywide
<b>Interfaith Community Services</b>	<p>(760) 489-6380  Inland Services Center  550 W. Washington Ave.  Escondido, CA 92025</p> <p>(760) 721-2117  Coastal Service Center  4700 North River Road  Oceanside, CA 92057</p>	<p><i>Self Sufficient and Supportive Services</i>  <a href="http://www.interfaithservices.org/program/self-sufficiency-supportive-services/">www.interfaithservices.org/program/self-sufficiency-supportive-services/</a></p> <ul style="list-style-type: none"> <li>• Nutrition services</li> <li>• Emergency food assistance</li> <li>• Emergency support services</li> <li>• Free tax preparation and income tax assistance</li> <li>• Free Immigration Clinic</li> <li>• Free legal aid clinic</li> </ul>	San Diego Countywide
		<p><i>Family Self-Sufficient Program</i></p> <ul style="list-style-type: none"> <li>• Customized case management</li> </ul>	North Inland Region, North Coastal Region
<b>Jewish Family Services</b>	(858) 637-3210 8804 Balboa Avenue San Diego, CA 92123	<p><a href="http://www.jfssd.org/site/PageServer?pagename=programs_youth_positive_parenting">www.jfssd.org/site/PageServer?pagename=programs_youth_positive_parenting</a></p> <p>Parenting programs available</p>	San Diego Countywide
<b>Mental Health America The Father2Child Program</b>	(619) 543-0412 City Heights Center Basement Meeting Room 4305 University Avenue, San Diego, CA 92105	<p><a href="http://www.mhasd.org/father2child/">www.mhasd.org/father2child/</a></p> <ul style="list-style-type: none"> <li>• Father2Child is a 12-week program for fathers of all ethnicities, offering them new parenting techniques and skills, and encouraging them to improve their awareness of the importance of a father in the life of a child, to create stronger bonds with their children.</li> </ul>	Central Region
<b>Neighborhood House Association</b>	(858) 715-2642 841 South 41 St San Diego, CA 92113	<p><a href="http://www.neighborhoodhouse.org">www.neighborhoodhouse.org</a></p> <ul style="list-style-type: none"> <li>• Early childhood development in Head Start, nutrition program, health programs like HIV/AIDS case management, mental health services, adult day health care services, youth services and Senior Services.</li> </ul>	San Diego Countywide

<b>North County Lifeline</b>	(760) 726-4900 Vista Office 200 Michigan Avenue Vista, CA 92084	<a href="http://www.nclifeline.org/services">www.nclifeline.org/services</a> <ul style="list-style-type: none"> <li>• Housing and Stability</li> <li>• Behavioral Health</li> <li>• Child Abuse and Domestic Violence</li> <li>• Small Claims, mediation and legal clinics</li> </ul>	Vista, Oceanside
<b>Palomar Health</b>	(760) 739-3261	<i>First 5 First Steps</i> <a href="http://www.palomarhealth.org/first-steps/first-steps-home">www.palomarhealth.org/first-steps/first-steps-home</a> <ul style="list-style-type: none"> <li>• Home visiting program that promotes positive parenting</li> </ul>	North Coastal, North Inland
<b>POPS. Paternal Opportunities Program and Services</b>	(619) 683-9340 Ext. 10 3878 Old Town Avenue, Suite 200 San Diego, CA 92110	<a href="http://www.sandiegopops.org/">www.sandiegopops.org/</a> <ul style="list-style-type: none"> <li>• Parenting classes from a male perspective</li> <li>• Advocacy</li> <li>• Individual and group counseling</li> <li>• Legal clinics</li> <li>• Talk circles</li> <li>• Support and resources</li> <li>• Mentoring</li> <li>• Substance awareness</li> <li>• Child visitation monitoring</li> </ul>	San Diego Countywide
<b>Say San Diego Dad CORPS (Veteran and Active Military)</b>	(858) 565-4148 Ext. 107 Mid-City Family Resource Center 4275 El Cajon Blvd San Diego, CA 92105 (619) 283-9624	<a href="http://www.saysandiego.org/program/healthy-start-military-familiesource-center/dads-corps/">www.saysandiego.org/program/healthy-start-military-familiesource-center/dads-corps/</a> <ul style="list-style-type: none"> <li>• Classes available on: <ul style="list-style-type: none"> <li>○ Child development</li> <li>○ Dealing with difficult behaviors</li> <li>○ Navigating deployment/transition.</li> </ul> </li> <li>• Monthly alumni leadership groups</li> <li>• Scholarships for career advancement training and/or general support assistance (i.e. rental assistance, car repairs, family medical bills/costs, food/clothing, etc.)</li> </ul>	Military Families Only
		<i>First 5 First Steps</i> <ul style="list-style-type: none"> <li>• Home visiting program that promotes positive parenting</li> </ul>	North Central Region, Central Region
<b>South Bay Community Services</b>	(619) 420-3620 430 F St Chula Vista, CA 91910	<a href="http://www.southbaycommunityservices.org/what-we-do/families">www.southbaycommunityservices.org/what-we-do/families</a> <ul style="list-style-type: none"> <li>• Parenting classes, family violence support services</li> </ul>	South Region

		<p><i>First 5 First Steps</i></p> <ul style="list-style-type: none"> <li>• Home visiting program that promotes positive parenting</li> </ul>	South Region
<b>Vista Community Clinic -Dad's Club (VCC)</b>	(760) 631-5000 Ext.7181 Call for additional information and locations	<p><a href="http://www.vistacommunityclinic.org/latest-articles/fatherhood-matters/">www.vistacommunityclinic.org/latest-articles/fatherhood-matters/</a></p> <ul style="list-style-type: none"> <li>• Guidance on how to improve engagement with their children, family members, and the community.</li> <li>• Employment training and skills development to improve job opportunities and upward economic mobility.</li> <li>• Referrals to social services agencies and programs to address mental health, substance abuse and trauma.</li> <li>• Workshops in character building, communication, parenting and conflict resolution.</li> <li>• Free enrollment assistance for health insurance and services such as CalFresh and CalWORKs.</li> </ul>	North Coastal Region, North Inland Region, North Central Region
<b>Vista Hill</b>	(858) 514-5100	<p><a href="http://www.vistahill.org">www.vistahill.org</a></p> <ul style="list-style-type: none"> <li>• Guidance and resource for families experiencing mental illness, substance abuse disorder or other disabilities.</li> <li>• Case management available for fathers</li> </ul>	San Diego Countywide
<b>YMCA Connections 2020</b>	(760) 994-6900	<p><a href="http://www.ymca.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development">www.ymca.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development</a></p> <ul style="list-style-type: none"> <li>• Connections 2020 assists underrepresented young adults (ages 18-24) throughout San Diego by enhancing their relational skills and improving their financial stability.</li> <li>• One-on-one coaching &amp; case management, relational wellness classes, work readiness classes, peer advising, parenting classes &amp; support, if necessary, job maintenance support, financial literacy classes &amp; support, work &amp; leadership opportunities.</li> <li>•</li> </ul>	San Diego Countywide

Employment Training and Education			
<b>Center for Employment Training (Financial aid available)</b>	(619) 527-4895 Various Locations	<a href="http://www.cetweb.edu/">www.cetweb.edu/</a> <ul style="list-style-type: none"> <li>Short term programs to help develop skills for workforce.</li> </ul>	San Diego Countywide
<b>San Diego Continuing Education</b>		<a href="http://www.sdce.edu/">www.sdce.edu/</a> <ul style="list-style-type: none"> <li>Various courses available.</li> </ul>	San Diego Countywide
Establishing Paternity			
<b>County of San Diego Department of Department of Child Support Services</b>	(866) 901-3212 Various Locations	<a href="http://www.sandiegocounty.gov/content/sdc/dcss.html">www.sandiegocounty.gov/content/sdc/dcss.html</a> A program that helps with: <ul style="list-style-type: none"> <li>Locating parents</li> <li>Free DNA testing</li> <li>Establish child support court orders</li> <li>Collecting and disbursing of payments</li> <li>Provide collaborative partnerships to provide customer supportive services.</li> <li>Paternity Opportunity Program – A no-cost program that helps establish paternity without having to go to court.</li> </ul>	San Diego Countywide
Legal Services			
<b>Men’s Legal Center (Fee for service)</b>		<a href="http://www.menslegal.com/">www.menslegal.com/</a> <ul style="list-style-type: none"> <li>Men’s Legal Center focuses on representing husbands, fathers, and non-custodial parents in Family Court.</li> </ul>	San Diego Countywide
<b>Legal Aid</b>	1-877-534-2524 TTY 1-800-735-2929	<a href="http://www.lasds.org/">www.lasds.org/</a> <ul style="list-style-type: none"> <li>No cost legal assistance (for those who qualify) for people living in San Diego.</li> </ul>	San Diego Countywide
Programs for Children			
<b>California Children Services</b>	(619)-528-4000	<a href="http://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/california_children_services.html">www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/california_children_services.html</a> <ul style="list-style-type: none"> <li>Program that treats children with certain physical limitations and chronic health conditions or diseases.</li> </ul>	San Diego Countywide
<b>Kid’s Turn San Diego</b>	858-521-0027 4909 Murphy Canyon Road, Suite #515, San Diego, CA	<a href="http://www.kidsturnsd.org/wordpressktsd/">www.kidsturnsd.org/wordpressktsd/</a> <ul style="list-style-type: none"> <li>Specially designed programs facilitated by trained and experienced mental health professionals and</li> </ul>	San Diego Countywide

	92123	credentialed teachers for never married, separated and divorced families, step-parents and children and families experiencing military related transitions.	
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