



Referral Services

Offered at all WIC locations

Families grow healthy with WIC

WIC offers referrals to:

- CalWorks, CalFreshMedi-Cal
- CHDP
- Breastfeeding Support
- Child Support
- Substance Abuse Support
- and more



Public Assistance



2-1-1 San Diego: Free local disaster service, health service, housing, foods assistance, help with CalFresh/CalWorks enrollment.

Dial **2-1-1** or www.211sandiego.org

CalWorks/CalFresh/Medi-Cal: To apply for these programs, call your local Health & Human Service Agency (a division of San Diego County). Contact ACCESS Customer service at **(866) 262-9881** or mcap.dhcs.ca.gov

International Rescue Committee:

Program for refugee and immigrant families. Call: **(619) 641-7510**

San Diego Domestic

Violence Hotline: Call **(888) 385-4657**

Child Abuse Hotline:

Call **(800) 344-6000** or **(858) 560-2191**

Diaper Bank:

Provides free diapers through existing food distribution programs. Available in Central, East County, South Bay, and North County SD.

Call: **(858) 537-1419**

Support for Children



Child Support: If you are not receiving welfare and think you should be getting child support from your child's father or mother. Call: **(866) 901-3212**

Car Seat Program: Provides free car seat to low-income families after attending a 2 hours class.

Call: **(858) 621-2313 ext 2**

Head Start: Provides childcare for family with children 3-5 yrs who meet income guideline requirement, and have family circumstances or children with disabilities. Call: **(888) 873-5145**

First 5 SD: Provides health, developmental, behavioral, vision, hearing and speech services to children from birth to age 5. Call: **(888)534-7785 or 211**

YMCA- Child Care: Referrals to licensed childcare providers and subsidized childcare for children with special needs.

Call: **(800) 481-2151**

Immunizations: Free shots for children under 2 years old.

Call: **(866) 358-2966**

Poison Center: Poison and treatment information, for emergency cases.

Call: **(800) 876-4766 or (800) 222-1222**

Support for Women



Breastfeeding Support: San Diego Breastfeeding Coalition **(800) 371-6455** or www.breastfeeding.org La Leche League of San Diego **(858) 848-6455** or www.llofsandiego.com

Planned Parenthood: High quality sexual and reproductive healthcare, including family planning. Call **(888) 743-7526**

Mother to Baby: Information on the effects of medications, drugs and other environmental agents on pregnancy and breastfeeding.

www.movertobabyca.org

San Diego County Access and Crisis Line: Provides alcohol and drug services and support on suicide prevention, behavioral, and mental health.

Call: **(888)724-7240**

San Diego Postpartum Health

Alliance: Free support for women with postpartum depression and anxiety. Call: **(619)254-0023**

Empty Cradle: Support group for miscarriage and infant death. Call: **(619)595-3887**

Urban Corp: Job training ages 18-25yrs old. www.urbancorpssd.org