



WOMEN, INFANTS & CHILDREN

Families grow healthy with WIC

Referral Services

Offered at all WIC locations

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 **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 **(800)-433-2611** or **mcap.dhcs.ca.gov**

International Rescue Committee:

Program for refugee and immigrant families. **(619) 641-7510** or **rescue.org**

San Diego Domestic

Violence Hotline: Call **1(888) 385-4657** or **elcajonresources.org**

Child Abuse Hotline:

(800) 344-6000 or
1 (858) 560-2191 or
sandiegocounty.gov

Diaper Bank:

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

1(866)350-3663 or
sandiegofoodbank.org

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. **1(866) 901-3212** or **childsupport.ca.gov**

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

1(858) 621-2313 ext 114
or **countynewscenter.com**

Head Start: Provides childcare for family with children 3-5 yrs who meet income guideline requirement, and have family circumstances or children with disabilities. **1(888) 873-5145** or **neighborhoodhouse.org**

First 5 SD: Provides health, developmental, behavioral, vision, hearing and speech services to children from birth to age 5. **1(888)534-7785** or **211** or **first5sandiego.org**

YMCA- Child Care: Referrals to licensed childcare providers and subsidized childcare for children with special needs. **1(800) 481-2151** or **ymcasd.org**

Immunizations: Free shots for children under 2 years old. **1(866) 358-2966** or **sandiegocounty.gov**

Poison Center: Poison and treatment information, for emergency cases. **1(800) 876-4766** or **1(800) 222-1222** or **calpoison.org**

Support for Women



San Diego County Breastfeeding Coalition: Warmline (EN, ES, TL) **1(800) 371-6455**

Breastfeeding Support (EN, ES): **breastfeeding.org/sdcbc-resource-guide**

La Leche League of San Diego: Breastfeeding groups and telephone counseling from trained volunteers. **1(858)848-6455** or **llofsandiego.com**

Planned Parenthood: High quality sexual and reproductive healthcare, including family planning. **1(888) 743-7526** or **plannedparenthood.org**

Mother to Baby: Information on the effects of medications, drugs and more on pregnancy and breastfeeding. **(866)626-6847** or **mothertobabyca.org**

San Diego County Access and Crisis Line: Provides alcohol and drug services and support on suicide prevention, behavioral, and mental health. **1(888)724-7240** or **sandiegocounty.gov**

San Diego Postpartum Health Alliance: Free support for women with postpartum depression and anxiety. **1(619)254-0023** or **postpartumhealthalliance.org**

Empty Cradle: Support group for miscarriage and infant death. **1(619)595-3887** or **emptycradle.org**

Urban Corp: Job training ages 18-25yrs old. **1(619)235-6884** or **urbancorpssd.org**