This institution is an equal opportunity provider.
California Department of Public Health
Updated January 2026

Referral Services

Offered at all WIC locations

WIC offers referrals to:

- CalWorks, CalFreshMedi-Cal
- CHDP
- Breastfeeding Support
- Child Support
- Substance Abuse Support
- California WIC | Ask WIC for Referrals
- WIC de California | Uso de sustancias

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 **1(800)-433-2611** or **mcap.dhcs.ca.gov**

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

Teen Line:
Provide support, resources and hope to any teen. Call: **(800) 852-8336** or **teenline.org**

San Diego Domestic Violence Hotline: Call **1(888) 385-4657**

Child Abuse Hotline:
Call **1(800) 344-6000** or **1 (858) 560-2191**

Diaper Bank: Provides free diapers through existing food distribution programs. Available in Central, East County, South Bay, and North County . Call: **1(866)350-3663**

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: **1(866) 901-3212**

Car Seat Program: Provides free car seat to low-income families after attending a 2 hours class.
Call: **1(858) 621-2313 ext 114**

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: **1(888) 873-5145**

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

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

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

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

Support for Women

Breastfeeding Support: San Diego Breastfeeding Coalition **1(800) 371-6455** or **www.breastfeeding.org**
La Leche League of San Diego **(858) 848-6455**

Planned Parenthood: High quality sexual and reproductive healthcare, including family planning.
Call **1(800) 230-7526**

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

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

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

Empty Cradle: Support group for miscarriage and infant death.
Call: **1(619)573-6515**

Cherry Blossom Program: Help families navigate lactation choices after losing a baby.
858-249-MILK (6455) or **ucmilkbank@health.ucsd.edu**

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