



Escondido Resource Guide

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Legal Assistance		
Legal Aid Society of San Diego	https://www.laszd.org/	Provides free legal assistance on civil issues, including housing, immigration, and family law for low-income residents.
San Diego Volunteer Lawyer Program	https://sdvlp.org/	Offers free legal help with issues such as evictions, family law, and more.

Workforce Development & Employment		
San Diego Workforce Partnership	https://workforce.org/	Provides free workforce development programs, job training, and career assistance for unemployed and underemployed individuals.
North County Career Center	https://northcountycareercenters.com/	Offers job search resources, workshops, and training programs to help residents in North County, including Escondido.
Escondido Public Library	https://www.escondidolibrary.org/	Offers community programs, workshops, and resources for families in Escondido, including job search assistance and free public access to the internet.

Food Assistance		
North County Food Bank	https://northcountyfoodbank.org/	Provides food assistance to families in need in the North County area, including home delivery for seniors and low-income families.
Interfaith Community Services	https://www.interfaithservices.org/	Offers food, shelter, and emergency services to low-income families in Escondido and surrounding areas.
Escondido Salvation Army	https://escondido.salvationarmy.org/	Offers food assistance programs and resources for qualifying low-income families in the Escondido area.
San Diego Food Bank	https://sandiegofoodbank.org/	Offers food assistance programs and resources for qualifying low-income families in the Escondido area.
Healthy Day Partners - Escondido	https://www.healthydaypartners.org/	Free produce distribution to families in Escondido, focusing on promoting health and wellness through food access.

Housing & Shelter Assistance		
Interfaith Community Services - Housing Assistance	https://www.interfaithservices.org/	Provides emergency housing, rental assistance, and supportive services to families in need.
North County Lifeline - Housing Support	https://www.nclifeline.org/	Offers emergency housing services, rental assistance, and supportive case management for families in North County.
San Diego Housing Commission	https://www.sdhc.org/	Offers rental assistance programs, including the Section 8 Housing Choice Voucher program for eligible low-income families.

Affordable Housing Resources		
San Diego Affordable Housing	https://www.sdhc.org/	Offers affordable housing programs, including rental assistance for eligible low-income families.
North County Housing Coalition	https://www.nchousing.org/	Provides affordable housing options, supportive services, and resources for individuals and families in need throughout North County.

Immigrant & Refugee Support		
American Immigration Lawyers Association (AILA) - San Diego Chapter	https://www.aila.org/	Offers free immigration legal services for low-income immigrants and refugees in Escondido and surrounding areas.
Casa Familiar	https://www.casafamiliar.org/	Provides immigrant support services, including legal help, housing, and educational resources.

Mental Health & Counseling Services		
San Diego County Behavioral Health Services	https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html	Offers mental health services, including counseling and therapy for low-income families.
North County Lifeline - Mental Health Services	https://www.nclifeline.org/	Provides counseling and therapy services for individuals and families facing mental health challenges.
Interfaith Community Services - Mental Health	https://www.interfaithservices.org/	Offers mental health services and counseling, focusing on trauma recovery, stress management, and support for underserved individuals.

Utility Assistance		
San Diego Gas & Electric (SDG&E) - Energy Assistance	https://www.sdge.com/residential/pay-bill/get-payment-bill-assistance	Offers discounts and assistance programs for low-income customers to help reduce utility bills.
LIHEAP (Low Income Home Energy Assistance Program)	//www.benefits.gov/benefit/623	Provides help with energy bills for eligible low-income families.

Health Services		
San Diego County Public Health Services	https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html	Offers free and low-cost health services, including immunizations and health screenings for children and families.
Neighborhood Healthcare - Escondido	https://www.nhcare.org/	Provides medical, dental, and mental health services on a sliding scale for low-income families.
Escondido Community Health Center	https://www.chcwell.org/	Offers primary care, women's health, and behavioral health services for the underserved.

Utility Assistance Diaper & Baby Essentials		
The San Diego Diaper Bank	https://www.sandiegodiaperbank.org/	Provides free diapers, wipes, and other baby essentials to families in need.
North County Diaper Bank	https://www.northcountydiaperbank.org/	Provides essential baby items such as diapers, wipes, and formula to families in North County, San Diego.

Domestic Violence & Sexual Assault Support		
North County Lifeline - Domestic Violence Services	https://www.nclifeline.org/	Offers domestic violence shelter, case management, and legal support for victims in North County.
Project Life: Domestic Violence Services	https://www.projectlife.org/	Provides emergency shelter, legal advocacy, and support services for victims of domestic violence in Escondido and surrounding areas.

Undocumented Resource Centers at Colleges & Universities		
UC San Diego - Undocumented Student Services	https://students.ucsd.edu/sponsor/undoc/	Provides resources for undocumented students, including legal support, financial aid resources, and academic advising.
San Diego State University - Undocumented Resource Center	https://sacd.sdsu.edu/undocumented-resource-area	Offers services for undocumented students, including counseling, legal help, and community-building opportunities.

Escondido Union School District Resources

Escondido Union School District	https://eusd.org/	Provides educational support, free and reduced meal programs, and after-school services for students and families. The district offers referral services for children with special needs, including assessments and connections to external support agencies. They also provide support for children facing challenges through specialized programs, counseling, and individualized education plans (IEPs).
Escondido Union High School District	https://www.eusd.org/	Offers academic resources, mental health counseling, and programs for students of all ages. The district's Special Education Department collaborates with families to ensure students with disabilities receive the necessary tools and services for success, including behavioral supports, therapy services, and access to community resources.

For more information and to directly click on the links, please visit our website at eccdc.com.

