

Lakeside Union School District  
**Resources for Families**

**Childcare**

- Child Development Associates (CDA) 619-427-4411  
(Offer services for families who have received Cash Aid in past 2 years)
- LUSD Extended Student Services (Childcare Program) 619-390-2534/390-2532
- Marilla Head Start 619-443-9266
- YMCA Childcare Resource Service 800-481-2151/619-521-3055

**Counseling** (Check with your Private Insurance, Pediatrician, or Family Physician)

- Harmonium, Inc. 619-956-4661/858-271-4000
- Home Start 619-692-0727
- San Diego Youth Services (SDYS) Behavioral Health Clinic 619-448-9700
- East County Out-Patient Counseling 619-668-6200

**Crisis Hotlines**

- Alcohol & Drug Hotline 800-252-6465
- Child Abuse Hotline 800-344-6000
- Emergency Screening Unit (24 Hour Children & Teen) 619-421-6900
- The Nine Line (Teen Crisis Hotline) 800-999-9999
- United Behavioral Health Access and Crisis Line 800-479-3339

**Domestic Violence**

- Center for Community Solutions 619-697-7477
- Center for Community Solutions Project Safehouse East Co. 619-631-6442
- Domestic Violence/Sexual Assault Crisis Line (24 hour) 888-385-4657
- YWCA Battered Women's Services Hotline 619-234-3164

**Eating Disorders**

- Healthy Within 858-622-0221

**Family Support Services/Parenting**

- Info Line 211
- Home Start (Self-Sufficiency Program) 619-401-8375
- Professional Community Services – Parenting Classes 619-234-7970
- San Diego Youth Services (SDYS)- CAT Program 619-258-6877

**Food/Clothing**

- American Red Cross / W.I.C. Program 800-500-6411
- Crisis House 619-444-1194
- Home Start (Emergency Food & Clothes) 619-401-8375
- Lakeside Christian Helps Center (Food & Children's Clothing) 619-561-3488

**Grief**

- San Diego Hospice 619-278-6480
- Sharp Hospice Care 619-667-1900

**Health/Dental Services** (for help applying for MediCal or Healthy Families 619-517-7555)

- Neighborhood Health Care-Medical Clinic-Lakeside 619-390-9975
- Neighborhood Health Care-Children's Dental Clinic-Lakeside 619-390-9135
- Southern Indian Health Council 619-445-1188

*This quick reference is an alphabetical listing of some of the services in East County. The organizations/services listed are not endorsed or supported by LUSD.*

Lakeside Union School District  
**Resources for Families**

**Housing/Emergency Shelters**

- Center for Social Advocacy 619-444-5700
- Crisis House (Shelter/Transitional Housing) 619-444-1194
- Hillcrest Storefront (Homeless Youth Shelter) 619-325-3527
- Housing Authority (Apply for Section 8) 858-694-4801
- Shelters 211

**Kinship/Foster Parents**

- Grossmont College Foster, Adoptive and Kinship Care Education Program 800-200-1222
- The Rose House 619-447-5004

**Legal**

- Legal Aid Society of San Diego 877-534-2524
- Rose House Legal Clinic (Foster Parent/Kinship Only) 619-447-5004
- San Diego Volunteer Lawyer Program 619-235-5656
- University of San Diego Legal Clinic 619-260-7470

**Medi-Cal/Healthy Families**

- Neighborhood Healthcare 888-747-1222  
619-517-7555
- (For help applying for MediCal and/or Healthy Families)

**Recreation**

- AYSO – Lakeside Registrar 619-749-8882
- Boys & Girls Club – Lindo Park 619-443-9293
- Harvest Kidz World – Youth Programs (Fishing & Art) 619-561-6560
- LUSD-Extended Student Services K-8 619-390-2534/390-2532
- The REC Club 619-443-4169

**Sheriff-San Diego County Sheriff East County**

858-565-5200

**Substance Abuse Treatment/Support Programs**

- Alanon/Alateen 619-296-2666
- Alcoholics Anonymous 619-265-8762
- McAllister (Adolescent 21 Day Detox) 619-442-0277, ext. 121
- McAllister (Adults, El Cajon) 619-440-4801
- Narcotics Anonymous (Adult & Youth Meetings, Lakeside) 619-584-1007
- Nicotine Anonymous 619-682-7092
- Teen Recovery Center (El Cajon/La Mesa) 619-588-5361/619-465-4349
- Vista Hill ParentCare Family Recovery Center 619-698-1663
- Phoenix Academy (Residential, Adolescent) 619-445-0405

**Transportation**

- San Diego Transit (Buy Month Pass at Vons 25<sup>th</sup> to 10<sup>th</sup> of Month) 619-233-3004

**Tutoring**

- Please check with your school to see what types of Homework Clubs are offered.
- The Lakeside Union School District office has a list of tutors for hire.
- San Diego Youth Services (SDYS)- CAT Program 619-258-6877

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