

Fatherhood Resource Guide

Agency	Phone/Address	Website	Region Served
Parenting Classes and Other Services			
2-1-1 San Diego	2-1-1	www.211sandiego.org <ul style="list-style-type: none"> • 2-1-1 is a free, 24 hour confidential phone service and searchable online database 	San Diego Countywide
Center for Men’s Excellence (Fee for service)	(858) 344-4698 5755 Oberlin Dr, Ste. 301, San Diego, CA 92121	www.menexcel.com/contact-dr-singley/ <ul style="list-style-type: none"> • Basic training and new dad classes available. • Unique support groups for men • Therapy 	San Diego Countywide
First 5: New Parent Toolkit	1-888-534-7785	www.first5sandiego.org/are-you-a-parent/ <ul style="list-style-type: none"> • Free parenting toolkit with advice on joys and challenges of parenting. Toolkit includes: <ul style="list-style-type: none"> ○ DVD ○ Book on What To Do When Your Child Gets Sick ○ An interactive Baby’s First Book 	San Diego Countywide
Home Start Inc.	(619) 229-3660 Mid-City Office 4305 University Ave, Ste. 410 San Diego, CA 92105	<i>Family Self Sufficient Services</i> www.home-start.org/family-self-sufficiency-services/ <ul style="list-style-type: none"> • Emergency Food • Nutrition Education • Benefits Application Assistance • Workforce Development support • Free tax consultation, education and preparation of financial literacy services year-round 	Central Region
		<i>Community Services for families</i> https://home-start.org/community-services-families/ <ul style="list-style-type: none"> • Home-based parent education and case management services • Community-based parent education classes • Parent Partners – a peer support program for parents involved with Child Welfare Services • Connections for families to community resources 	East Region

		<p><i>Home Start First 5 First Steps</i> www.home-start.org/first-5-first-steps/</p> <ul style="list-style-type: none"> • Home visiting program that promotes positive parenting 	East Region
Impact South Bay (Sliding Fee Scale)	(619) 424-7229	<p>www.impactsouthbay.org/</p> <ul style="list-style-type: none"> • 10 week course just for dads • 10 week co-parenting classes 	San Diego Countywide
Interfaith Community Services	<p>(760) 489-6380 Inland Services Center 550 W. Washington Ave. Escondido, CA 92025</p> <p>(760) 721-2117 Coastal Service Center 4700 North River Road Oceanside, CA 92057</p>	<p><i>Self Sufficient and Supportive Services</i> www.interfaithservices.org/program/self-sufficiency-supportive-services/</p> <ul style="list-style-type: none"> • Nutrition services • Emergency food assistance • Emergency support services • Free tax preparation and income tax assistance • Free Immigration Clinic • Free legal aid clinic 	San Diego Countywide
		<p><i>Family Self-Sufficient Program</i></p> <ul style="list-style-type: none"> • Customized case management 	North Inland Region, North Coastal Region
Jewish Family Services	(858) 637-3210 8804 Balboa Avenue San Diego, CA 92123	<p>www.jfssd.org/site/PageServer?pagename=programs_youth_positive_parenting</p> <p>Parenting programs available</p>	San Diego Countywide
Mental Health America The Father2Child Program	(619) 543-0412 City Heights Center Basement Meeting Room 4305 University Avenue, San Diego, CA 92105	<p>www.mhasd.org/father2child/</p> <ul style="list-style-type: none"> • Father2Child is a 12-week program for fathers of all ethnicities, offering them new parenting techniques and skills, and encouraging them to improve their awareness of the importance of a father in the life of a child, to create stronger bonds with their children. 	Central Region
Neighborhood House Association	(858) 715-2642 841 South 41 St San Diego, CA 92113	<p>www.neighborhoodhouse.org</p> <ul style="list-style-type: none"> • Early childhood development in Head Start, nutrition program, health programs like HIV/AIDS case management, mental health services, adult day health care services, youth services and Senior Services. 	San Diego Countywide

North County Lifeline	(760) 726-4900 Vista Office 200 Michigan Avenue Vista, CA 92084	www.nclifeline.org/services <ul style="list-style-type: none"> • Housing and Stability • Behavioral Health • Child Abuse and Domestic Violence • Small Claims, mediation and legal clinics 	Vista, Oceanside
Palomar Health	(760) 739-3261	<i>First 5 First Steps</i> www.palomarhealth.org/first-steps/first-steps-home <ul style="list-style-type: none"> • Home visiting program that promotes positive parenting 	North Coastal, North Inland
POPS. Paternal Opportunities Program and Services	(619) 683-9340 Ext. 10 3878 Old Town Avenue, Suite 200 San Diego, CA 92110	www.sandiegopops.org/ <ul style="list-style-type: none"> • Parenting classes from a male perspective • Advocacy • Individual and group counseling • Legal clinics • Talk circles • Support and resources • Mentoring • Substance awareness • Child visitation monitoring 	San Diego Countywide
Say San Diego Dad CORPS (Veteran and Active Military)	(858) 565-4148 Ext. 107 Mid-City Family Resource Center 4275 El Cajon Blvd San Diego, CA 92105 (619) 283-9624	www.saysandiego.org/program/healthy-start-military-familiesource-center/dads-corps/ <ul style="list-style-type: none"> • Classes available on: <ul style="list-style-type: none"> ○ Child development ○ Dealing with difficult behaviors ○ Navigating deployment/transition. • Monthly alumni leadership groups • Scholarships for career advancement training and/or general support assistance (i.e. rental assistance, car repairs, family medical bills/costs, food/clothing, etc.) 	Military Families Only
		<i>First 5 First Steps</i> <ul style="list-style-type: none"> • Home visiting program that promotes positive parenting 	North Central Region, Central Region
South Bay Community Services	(619) 420-3620 430 F St Chula Vista, CA 91910	www.southbaycommunityservices.org/what-we-do/families <ul style="list-style-type: none"> • Parenting classes, family violence support services 	South Region

		<p><i>First 5 First Steps</i></p> <ul style="list-style-type: none"> • Home visiting program that promotes positive parenting 	South Region
Vista Community Clinic -Dad's Club (VCC)	(760) 631-5000 Ext.7181 Call for additional information and locations	<p>www.vistacommunityclinic.org/latest-articles/fatherhood-matters/</p> <ul style="list-style-type: none"> • Guidance on how to improve engagement with their children, family members, and the community. • Employment training and skills development to improve job opportunities and upward economic mobility. • Referrals to social services agencies and programs to address mental health, substance abuse and trauma. • Workshops in character building, communication, parenting and conflict resolution. • Free enrollment assistance for health insurance and services such as CalFresh and CalWORKs. 	North Coastal Region, North Inland Region, North Central Region
Vista Hill	(858) 514-5100	<p>www.vistahill.org</p> <ul style="list-style-type: none"> • Guidance and resource for families experiencing mental illness, substance abuse disorder or other disabilities. • Case management available for fathers 	San Diego Countywide
YMCA Connections 2020	(760) 994-6900	<p>www.ymca.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development</p> <ul style="list-style-type: none"> • Connections 2020 assists underrepresented young adults (ages 18-24) throughout San Diego by enhancing their relational skills and improving their financial stability. • One-on-one coaching & case management, relational wellness classes, work readiness classes, peer advising, parenting classes & support, if necessary, job maintenance support, financial literacy classes & support, work & leadership opportunities. • 	San Diego Countywide

Employment Training and Education			
Center for Employment Training (Financial aid available)	(619) 527-4895 Various Locations	www.cetweb.edu/ <ul style="list-style-type: none"> Short term programs to help develop skills for workforce. 	San Diego Countywide
San Diego Continuing Education		www.sdce.edu/ <ul style="list-style-type: none"> Various courses available. 	San Diego Countywide
Establishing Paternity			
County of San Diego Department of Department of Child Support Services	(866) 901-3212 Various Locations	www.sandiegocounty.gov/content/sdc/dcss.html A program that helps with: <ul style="list-style-type: none"> Locating parents Free DNA testing Establish child support court orders Collecting and disbursing of payments Provide collaborative partnerships to provide customer supportive services. Paternity Opportunity Program – A no-cost program that helps establish paternity without having to go to court. 	San Diego Countywide
Legal Services			
Men’s Legal Center (Fee for service)		www.menslegal.com/ <ul style="list-style-type: none"> Men’s Legal Center focuses on representing husbands, fathers, and non-custodial parents in Family Court. 	San Diego Countywide
Legal Aid	1-877-534-2524 TTY 1-800-735-2929	www.lasds.org/ <ul style="list-style-type: none"> No cost legal assistance (for those who qualify) for people living in San Diego. 	San Diego Countywide
Programs for Children			
California Children Services	(619)-528-4000	www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/california_children_services.html <ul style="list-style-type: none"> Program that treats children with certain physical limitations and chronic health conditions or diseases. 	San Diego Countywide
Kid’s Turn San Diego	858-521-0027 4909 Murphy Canyon Road, Suite #515, San Diego, CA	www.kidsturnsd.org/wordpressktsd/ <ul style="list-style-type: none"> Specially designed programs facilitated by trained and experienced mental health professionals and 	San Diego Countywide

	92123	credentialed teachers for never married, separated and divorced families, step-parents and children and families experiencing military related transitions.	
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