

Community Resources:

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| Life Choices Pregnancy Center | 13412 Pomerado Rd Ste C | (858)486-1738 |
| North County Internists (Dr. Klein for inexpensive sports physicals) | 15721 Pomerado Rd. | (858)485-6644 |
| Clinica Consuelo or Alberto Chaviro Clinic | (Medical services for Spanish-speaking patients without health care) 225 East 2nd Avenue Suite 260, Escondido, CA 92025 | (760) 480-1808 |
| North County Women's Medical Clinic | 120 Craven Rd # 209 | (760)761-4088 |
| Palomar College | 1140 W Mission Rd | (760)744-1150 |
| Palomar Family Counseling Service | 12225 World Trade Dr Ste O | (858)451-9893 |
| Poway Community Counseling | 13525 Midland Rd Ste J | (858)395-0135 |
| Poway Mira Mesa Driving School | 13514 Pomerado Rd | (858)486-9191 |
| Poway Penasquitos Counseling Services | 15708 Pomerado Rd Ste N 201 | (858)486-9092 |
| Poway Unified School District | 13626 Twin Peaks Rd | (858)748-0010 |
| Psychology Health Center | 15706 Pomerado Rd | (858)451-9400 |
| Rancho Bernardo Family Counseling | 12630 Monte Vista Rd Ste 201 | (858)485-7027 |
| San Diego Workforce Partnership | 1935 E Valley Pkwy | (760)738-0274 |
| Source Chinese Medical Clinic The | 15525 Pomerado Rd #E-4 | (858)829-9485 |
| US Army Poway Recruiting Station | 12222 Poway Rd Ste 2 | (858)748-5655 |
| US Navy Poway Recruiting Station | 12222 Poway Rd Ste 3 | (858)748-1472 |
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| Poway City Facilities: | | |
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| Community Service (Class Information) | 12302 Poway Road | (858) 679-4343 |
| Lake Poway | 14644 Lake Poway Road | (858) 486-1234 |
| Meadowbrook Gym | 12320 Meadowbrook Lane | (858) 679-4270 or 4385 |
| Poway Center for the Performing Arts | 15498 Espola Road | (858) 748-0505 |
| Poway Library | 13137 Poway Road | (858) 513-2900 |
| Poway Pool | 13094 Civic Center Drive | (858) 679-4394 |
| Poway Skate Park | 13090 Civic Center Drive | (858) 679-4366 |
| Poway Transit | | (858) 748-8164 |
| Twin Peaks Gym | 14640 Tierra Bonita Road | (858) 679-4339 |

California Crisis Line, 24 hours, anonymous help 800-843-5200

Boys & Girls Clubs of Greater San Diego: www.sdyouth.org . The local Boys & Girls Club on Bowron Road in Poway: 858-748-6927. The local club does have some **summer children's care programs** that are not listed on their website, please call them for more information.

City of Poway website: www.ci.poway.ca.us links to many non-school activities and resources.

City of Poway website teen resources: <http://www.ci.poway.ca.us/teenpages/index.html> this has lots of listings for non-school activities and local community resources.

Poway Chamber of Commerce: www.poway.com this site has lots of stuff such as: local business guide, visitor's guide, community information, event calendar, relocation information, etc.

The Women's Resource Guide: www.wrg.org this is a **GREAT resource** for emergency hotlines, medical care, financial assistance, welfare needs, child care, adoption, legal aid, recovery programs, etc., etc., etc.

[Community Health Clinics within San Diego County](#) (Please note that this is a large file and may take awhile to download.)

[Jewish Family Services Counseling Center](#) offers confidential and affordable services to assist individuals, families, adolescents, and children with emotional or social issues. All clients are assisted regardless of religion or financial conditions (fees are offered on a sliding scale to fit individual needs).