

Community Resources

Ongoing economic, financial and housing woes continue to hit Americans where they live -- or used to. Some of the information we will share tonight will help you stretch your pennies and give you piece of mind. We are here to share information to assist you if things become more difficult, with sources to seek medical assistance that is on a free or sliding scale, buy groceries for less so that you can keep your cash together to pay for things like rent/mortgage, buy gas to get to work, or reduce your home phone bill. If your children now qualify for free or reduced lunch you may be able to reduce your phone bill too. There are many resources that are available to families and individuals in need. Many of us know that there have always been food banks and shelters but never imagined that **we** might need that type of help. I can't think of a person that has not been effected in someway by this recession. Even the well to do members of our community hit the pot holes in the street!

We are fortunate to live in a community with many resources for those in need. If your financial situation has recently changed check out some of the programs offered by the local utilities companies. One that I am familiar with is the **California Lifeline Telephone Service for Low Income Customers**. If you recently were laid off or your income was reduced this service might provide monthly discounts on your phone service. Many of the families I work with in the community have students who receive-

- free or reduced lunch
- SSI (Supplemental Social Security)
- food stamps
- Public Housing Assistance or Section 8
- Women, Infant and Children Program (WIC)

You can qualify for California LifeLine if the telephone service is requested for your principal place of residence and you meet one of these requirements. There are several more programs that can meet this requirement. If you would like to see the entire list we have copies available.

211 San Diego has access to the more than 5,500 services stored in their database. You can search for services on line or dial 2-1-1 to connect with a caring call specialist. The site provides information on shelters and bed availability for

- Mental Health Housing (Board and Care)
- Domestic Violence Shelters
- Homeless Shelters
- Emergency Shelters
- Youth/Runaway Shelters

Reduced Food cost programs- Poway Share and Treasure Box programs. S.H.A.R.E. (Self Help and Resource Exchange), which is an organization, began in 1983 in San Diego, California and quickly moved across the United States. SHARE is dedicated to providing a monthly basic, consistent, affordable supplemental food package to those willing to help themselves and others. POWAY SHARE is simple: Anyone is eligible to stretch their food dollars and purchase a good nutritious food package. **Motto: If you eat.... You qualify for Poway Share.** Traditionally packages range from \$18 to \$40. for the Thanksgiving Special. Sometimes the program includes seasonal items like Spiral Cut hams for \$21.!



- POWAY SHARE is NOT a government program or charity
- POWAY SHARE is NOT a commodity
- POWAY SHARE has no income requirements
- POWAY SHARE is NOT a handout
- POWAY SHARE is non-denominational
- POWAY SHARE does not receive any government funding

The more you buy, the bigger and better the packages.

Treasure Box's mission is to partner with faith-based and community-action organizations to provide families with affordable food and bring communities together, one box at a time. **NEW**-The Treasure Box location at Lake Murray Community Church accepts food stamps/EBT.

Sunita Upchurch, BSW
HomeShare Coordinator
ElderHelp of San Diego

Don Godfrey - Poway Share Coordinator

Katelyn Castro [mailto:katelyn.castro.helpproject2011@gmail.com]

Barbara Harris –treasure Box

(I will close with an overview of my handout/list.)

Community Resources

PowayShare- www.powayshare.com

POWAY SHARE is NOT a government program or charity; **POWAY SHARE** is NOT a commodity program. If you eat you qualify for PowayShare. For questions or comments, please contact us at powayshare@cox.net ...

Check the website for order deadlines and pickups. PayPal available.

Treasure Box- www.thetreasurebox.org

Community reduced cost food distribution. With relationships with over **500** food manufacturers, partners like these ensure that the highest quality of food is provided to you in the **Treasure Box**. **Check the website for order deadlines and pickups.**

211 San Diego- Online or Dial 2-1-1 - **2-1-1 San Diego's** mission is to help people by connecting them efficiently to the service delivery system, and by providing vital trend information for community planning. 2-1-1's phone service provides the community with trusted, accurate and timely information 24 hours a day in more than 150 languages.

Jewish Family Services of San Diego www.jfssd.org/

Since 1918, JFS have provided comprehensive human care services to people of all ages and faiths. With more than 50 programs and services, we are One Source for a Lifetime of Help.

Friends & Family Community Connection <http://ffccsd.org/Home.html>

Local, national and international services and volunteer opportunities

SAFIR- Supporting Adolescents and Families In Recovery www.vistahill.org

Free, confidential, support groups meets every Tuesday at Abraxas High School 12450 Glen Oak Road, Poway, CA

Operation Samahan <http://www.operationsamahan.org/index.php/contact-us>

It is important to us as an organization to provide quality services to our community. We have been providing services to low-income families and individuals in the County of San Diego for over 30 years. Our goal is to make a difference in people's lives. We understand that the need for health care is not always met, and we are here to change that.

Mira Mesa Clinic

Tel: 858-578-4220

Fax: 858-578-4417

Medical and Dental Services: Hours: Monday to Saturday 8:30am - 5:00pm

10737 Camino Ruiz Suite 235

San Diego CA 92126

Diversity Solutions Career Fairs- <http://www.diversitysolutions.us/> If you are unemployed, underemployed or interested in a career change this site has regional Career Fairs. Check the website for locations of upcoming events.

ElderHelp- <http://www.elderhelpofsandiego.org/>

ElderHelp provides personalized services and information for San Diego's growing population of seniors to help them remain independent and live with dignity in their own homes. Services include companionship, transportation, home sharing, and other support services. Volunteer opportunities.

Harmonium Inc. - <http://www.harmoniumsd.org/>

Harmonium offers a wide array of services for children, youth, and families throughout San Diego County. Children's Programs, Counseling & Parent to Parent Programs, Innovative Education and Youth programs