



SYNERGY

Clinical Research Centers

7922 Palm Street - Lemon Grove, CA 91945 Phone: 619-304-1726

COMMUNITY SUPPORT RESOURCES

Lemon Grove Family Resource Center

7065 Broadway
Lemon Grove, CA 91945
Phone: (866) 262-9881
www.sandiegocounty.gov/hhsa/facilities/east

The Lemon Grove Family Resource Center (FRC) assists County residents seeking nutrition assistance (CalFresh), medical insurance (Medi-Cal), and/or financial assistance (CalWORKs and General Relief). Customers are evaluated for eligibility for each program. The **East and North Central Regions Administration** is also housed at this Family Resource Center.

Interfaith Shelter Network of San Diego

3530 Camino del Rio N., Suite 301
San Diego, CA 92108
Phone: (619) 702-5399
Website: www.interfaithshelter.org/

Interfaith Shelter Network's mission is to enable those we serve to move toward self-sufficiency by coordinating the efforts of participating congregations, social service agencies, and governmental programs in order to provide shelter and other resources to homeless individuals and families in the San Diego region.

Bridge of Hope SD

3406 Fairmount Ave.
San Diego, CA 92105
Email: info@bridgeofhopesd.org
Website: www.bridgeofhopesd.org

Bridge of Hope SD is a non-profit organization dedicated to helping families escaping domestic violence, overcoming homelessness, facing a family crisis, fleeing a war-torn country, defeating a drug addiction, or coping with any situation that causes vulnerability and uncertainty. We are here as a safe haven, a landing pad so to speak, and a gathering place for our neighbors and friends.

Mental Health America of San Diego

4069 30th St
San Diego, CA 92104
Phone: (619) 543-0412
Website: www.mhasd.org

MHASD was founded in 1942 as the first mental health advocacy organization in San Diego County. MHASD brings together clients, families, professionals, providers, community leaders, and the public to collaborate, cooperate, and ensure available affordable care to all citizens. Offering family programs, support groups, mental health for moms, suicide prevention, and community programs.

NAMI San Diego

5095 Murphy Canyon Road, Suite 320
San Diego, CA 92123
Phone: (858) 634-6580
Email: information@namisd.org
Website: www.namisandiego.org

NAMI San Diego provides education classes and support groups at no cost to participants in English and Spanish; we offer local expertise, help, and hope in navigating the challenging path of mental health treatment and recovery, and we advocate for policies and programs that improve the lives of everyone affected by mental health challenges.

St. Vincent de Paul @ Santa Sophia

9800 San Juan Street
Spring Valley, CA 91977
Phone: 619-463-6629
Website: <https://svdp-sandiego.org>

The Society of St. Vincent de Paul offers assistance to those in need. Our members provide aid by consultation or through direct dollar or in-kind service. We advocate for those who are defenseless or voiceless. SVdP Conferences provide food and financial assistance, when available, for help with rent, utilities, food, clothing and other necessities to those in need.

You Saved Me Foundation

1501 India St Suite 1031017
San Diego, CA 92101
Phone: (858) 215-2115
Email: info@yousaved.me
Website: <https://www.yousaved.me/>

The You Saved Me Foundation has made a significant impact in the San Diego community, reaching out to over 8,000+ families and individuals. Our organization is committed to addressing the immediate needs of our clients while also fostering long-term stability. In the short term, we provide no cost essential resources such as food, clothing, high-quality essentials, feminine hygiene, Narcan, and pet food, along with financial literacy and rapid career training opportunities.

DBSA San Diego

La Jolla, CA
Phone: 858-444-6776
Website: <https://www.meetup.com/DBSA-San-Diego/>

DBSA San Diego is a network of free peer-led support groups for people with any type of mental health challenge and their family & friends. In addition to free support groups, we have low cost social events, lectures, art nights, picnics, bonfires, and other events. Come join us for a meeting to get support for yourself or to learn more about supporting a friend or loved one. No reservations or paperwork required. Just show up!