

1. Animal Safety / Protección de Animales

Animal Control (760) 438-2312
 Animal Safe House (760) 753-6476
 Fallbrook Animal Sanctuary – dog & cat adoption (760) 685-3533
 North County Humane Society (760) 757-4357
 Project Wild Life – wildlife rescue (619) 225-9453

2. Assisted Living / Vivienda para Personas Mayores

FB Hospital Skilled Nursing Facility – SNF (M)(C) (760) 728-2330
 Paradise Residential Care (760) 728-1900
 Regency Fallbrook (760) 728-8504
 Silverado – Escondido (760) 737-7900
 Silvergate (760) 728-8880
 Starfish Resources, LLC – care placement & more (760) 738-8445
 Tradewind Terrace (760) 645-0148

3. Children - Youth Services / Servicios para Niños

Boys & Girls Club (760) 728-5871
 California Children's Services – CCS (C) (619) 528-4000
 Child Abuse Hotline (800) 344-6000
 CATCH – Community Access to Children's Health (619) 261-0871
 –Contact: Janine Loescher cell
 FB Child Development Center – daycare (760) 728-5402
 FB Community Center – after school programs available (760) 728-1671
 FB Head Start MAAC Program – free day care available (760) 471-4210
 FB School of the Arts (760) 728-6383
 Fallbrook Citizens Crime Prevention Committee (760) 731-9127
 –neighborhood & community crime prevention & awareness
 Fallbrook Family Health Center (M)(C) (760) 451-4720
 –assistance with children's insurance application
 GANAS Mentoring program – Guide Advise Nurture And Support (760) 731-9127
 –mentor at risk youth

Ingold Community Sports Park 2551 Olive Hill Rd (760) 277-7088

North Inland Community Prevention Program – NICPP (858) 391-9303
 –Contact: Myriam Padilla Youth Action Coalition – YAC

Palomar Family Counseling (M)(C) 120 W Hawthorne St. (760) 731-3235
 SD Regional Center –for children w/developmental disabilities (858) 576-2996
 Teen Clinic at Fallbrook Family Health Center (760) 451-4723

WIC – Women Infant Children (M)(C) 504 E Alvarado #105 (888) 999-6897

4. Housing / Vivienda

Community Housing Works www.chworks.org (760) 432-6883
 –low cost housing / finance & home buying classes / foreclosure intervention
 SD County of Housing & Community Development (858) 694-4801

5. Dental & Vision Care / Cuidado Dental y de Vision

Bella Dental (C) 855 S. Main St. (760) 723-8599
 Fallbrook Family Health Center – Dental Clinic (M)(C) (760) 451-4730
 Fallbrook Family Health Center – Optometry Clinic (M)(C) (760) 451-4720
 Fallbrook Smiles Project – Dental & Vision (619) 261-0871
 –Contact: Janine Loescher cell

6. Disabled Programs / Programas para Incapacitados

Care-Rite & Stepping Stone Resources (760) 728-6951
 – providing programs, residential living and support for adults with developmental disabilities
 Jeremiah's Ranch (760) 805-5214
 – a community of special needs families Contact: Linda White
 NCTD-ADA LIFT Curb-to-Curb Service (760) 726-1111
 –For certification to ride (877) 232-7433
 REINS – therapeutic horsemanship program (760) 731-9168
 SD Regional Center (858) 576-2996
 – for adults w/ developmental disabilities, home placement

7. Domestic Violence & Abuse / Abuso y Violencia Doméstica

Adult Protective Services (800) 510-2020
 Alternatives to Domestic Violence (951) 320-1370
 Child Abuse Hotline (800) 344-6000 or (858) 560-2191
 Domestic Violence Hotline (888) 385-4657
 Fallbrook Sheriff 388 E. Alvarado St. (760) 451-3100
 Las Valientes (760) 439-0575
 –Domestic violence, translations, court preparations
 Palomar Family Counseling (C) (760) 731-3235
 Women's Resource Center – Oceanside (760) 757-3500

8. Education Resources / Servicios Educativos

Fallbrook Library – various classes (760) 731-4650
 Migrant Education Program (760) 723-6300 ext. 2012
 –Contact: Mary Gonzalez
 Parents as Teachers Program (760) 731-4110
 Senior Net 50+ computer and internet (760) 723-7713
 Special Education Resources (760) 723-6332 ext. 6298
 –High School Contact: Sally Hunt
 –Elementary Schools Contact: Barbara Driscoll (760) 731-5412
 Vista Adult School 305 E. Bobier Dr. Vista (760) 758-7122

9. Emergency Services / Servicios de Emergencia

FIRE 911
FALLBROOK SHERIFF 911
 388 E. Alvarado St. Business Office (760) 451-3100
 Dispatch (760) 728-1113

SUICIDE HOTLINE 24 HOURS 1 (800) 479-3339

10. Employment / Empleo
 Carlsbad Hiring Center – habla Español (760) 929-8121
 People to People (760) 728-0175
 –Contact: Doris Mack 1094 S. Main Ave

11. Government Offices / Oficinas de Gobierno

California Children's Services – CCS (C) (619) 528-4000
 County Records – birth certificates (760) 940-6858
 Dept. of Health and Human Services Access Line (866) 262-9881
 www.benefitscal.com
 Fallbrook Healthcare District (760) 731-9187
 Fallbrook Public Utility District – sewer & water (760) 728-1125
 HICAP – free information for Medicare (800) 434-0222
 Medicare (M) (800) 633-4227
 Parks & Recreation (858) 694-3030
 San Diego Court Services – Vista (760) 201-8600
 San Diego County Aging & Independent Services (800) 510-2020
 Social Security Office (855) 287-4793 Oceanside or (800) 772-1213

12. Health Resources / Recursos de Salud

211 – free info line www.211sandiego.org 211 or (800) 227-0997
 Access Line – Medi-Cal, Food Stamps, Cal Works (866) 262-9881
 Apply: www.calfresh.ca.gov 130 E. Alvarado St.
 Clients only: pubassist.hhsa@sdcounty.ca.gov

County Medical Services – CMS (760) 471-9660
 –for uninsured families (800) 587-8118
 Foundation for Senior Care (760) 723-7570
 Fallbrook Family Health Center – Outreach (760) 451-4720

Fallbrook Home Health (M) (760) 731-7735
 Fallbrook Hospice (M)(C) (760) 731-7741

Fallbrook Pregnancy Resource Center (760) 728-4105
 113 E Hawthorne St.

Fallbrook Public Health – immunizations & TB testing (760) 967-4401 ext. 9
 –for uninsured, low cost (M)(C) 130 E. Alvarado St.
 (message answers North Coastal Public Health Center – Oceanside)

San Diego Adolescent Pregnancy & Parenting Program (760) 451-4742
 –Contact: Sadalya Wilson Diamond SANDAPP 1328 S. Mission Rd.

13. Healthcare / Cuidado de Salud

Fallbrook Family Health Center 1328 S. Mission Rd (M)(C) (760) 451-4720
 -Pediatrics -Women's Health -Family Medicine -Optometry -Mental Health
 -Dental (760) 451-4730 -Internal Medicine (760) 451-4790

FB Hospital Skilled Nursing Facility– SNF (M)(C) (760) 728-2330

Fallbrook Public Health – immunizations & TB testing (760) 967-4401 ext. 9
 –for uninsured, low cost (M)(C) 130 E. Alvarado St.
 (message answers North Coastal Public Health Center – Oceanside)

North County Health Services – San Marcos (M)(C) (760) 593-0003

North Inland Public Health Center, Esc. – uninsured (M)(C) (760)740-4000

Pediatric Partners (C) E Elder St (760) 723-6501, S Mission Rd 451-0070

Vista Community Clinic 917 E. Vista Way, Vista (M)(C) (760) 631-5220

14. Home Care / Cuidado en Casa

A Better Solution Inc. In Home Care (760) 489-8253
 Cambrian Home Care – all ages (M)(C) (951) 301-4300
 In-Home Compassionate Care (760) 497-8543
 Fallbrook Home Health/Fallbrook Hospice (M) (760) 731-7735/731-7741

In Home Support Services – IHSS county program (C) (800) 510-2020

People to People (760) 728-0175

Village Home Care (760) 723-1140

15. Hospitals - Urgent Care / Hospitales-Cuidado Urgente

Fallbrook Hospital (760) 728-1191
 –Call 911 for Emergency 624 E. Elder St.
 Fallbrook Medical Center 593 E. Elder #B (760) 723-5900
 – Urgent Care Hours: Mon.-Fri. 10am-8pm, Sat. 9am-3pm

Mission Family Urgent Care 1309 S. Mission Rd. #B (760) 451-3500
 – Hours: Mon.-Fri. 10am-7pm, Sat. 10am-6pm, Sun. 12pm-5pm

Palomar Hospital – Escondido (760) 739-3000

Rady Children's Hospital – San Diego (858) 576-1700

Tri-City Hospital – Oceanside (760) 724-8411

16. Information / Información

Free 411 (800) 3733-411
 Free 511 – traffic, public transportation, taxi referrals, ride sharing, carpool & vanpool referrals, roadside assistance & road conditions www.511sd.com 511
 San Diego County Services www.sdcounty.ca.gov (858) 694-3900

Social Services Information www.211sandiego.org 211 or (800) 227-0997
 –medical, housing, food, utility, financial, childcare, health, access & military

17. Legal Advice / Asesoría Legal

California Rural Legal Assistance – CRLA (760) 966-0511
 –for migrant laborers & poor: housing & eviction, public benefits, & educational access
 Catholic Charities – Immigration Services (appt. preferred) (760) 631-5890
 Elder Law & Advocacy – free legal help for seniors (760) 439-2535

Las Valientes (760) 439-0575
 – Domestic violence, translations, court preparations

Volunteer Lawyer Program (619) 235-5656

18. Medications / Ayuda con Medicinas

Brother Benno's (760) 439-1244 x117
 Fallbrook Pharmacy and medical supplies (760) 728-1607
 Senior Circle discount & free delivery
 Partnership for Prescription Assistance www.pparx.org (888) 477-2669

(M) = Business/Service accepts Medicare**(C) = Business/Service accepts Medi-Cal/Medicaid**

19. Mental Health - Counseling Services / Salud Mental

Suicide Hotline/ Crisis Line **24 Hours** **(800) 479-3339**

Aurora Behavioral Health **(M)(C)** (888) 565-4228

San Diego County Psychiatric Hospital for *uninsured* **(C)** 619) 692-8200 x0

Exodus Recovery – *Vista – walk-in psych clinic 12pm-7pm* (760) 758-1150

Fallbrook Family Health Center – Behavioral Health **(M)(C)** (760) 451-4720

Mental Health Systems **(M)(C)** (858) 573-2600

Neighborhood Healthcare – *psychiatry & psychology* **(M)(C)** (760) 746-5857

North Coastal Mental Health – *Oceanside* **(M)(C)** *uninsured* (760) 967-4475

North County LifeLine – *youth counseling* **(C)** (760) 726-4900

Palomar Family Counseling **(C)** (760) 731-3235

REINS – *therapeutic horsemanship program* (760) 731-9168

20. Military Services / Servicios Militares

Courage to Call (877) 698-7838

Military One Source www.militaryonesource.mil (800) 342-9647

21. Nutrition - Food Resources / Nutrición - Recursos de Comida

Catholic Charities (760) 631-4792
–Contact: Lisa 917 E. Vista Way, Vista

Fallbrook Food Pantry (*also Senior Meals*) (760) 728-7608
–Contact: Don Luallin 1042 S. Mission Rd (entrance off of Aviation)

Fallbrook Senior Center – *meal program* 399 Heald Ln. (760) 728-4498

Project Food Box – *provided by Western Eagle*
–M-F 9-6, Sat 9-5, 40940 County Center Dr., Temecula (951) 695-7206
–1st Wednesday of each month 4pm-6pm, 3985 Mission Ave., Oceanside

Salvation Army Oceanside (760) 631-8212x4

WIC – Women Infants Children **(M)(C)** (888) 999-6897
504 East Alvarado #105

22. Safety / Seguridad

CERT – Community Emergency Response Team (760) 451-2378
–*free CPR & AED courses* northcountycert.com

Fire Prevention (760) 723-2010
Fire Protection District – *business office/non-emergency* (760) 723-2005

Fallbrook Citizens Crime Prevention Committee (760) 731-9127
–*neighborhood & community crime prevention & awareness*

Red Cross – *health & safety courses* www.sdarc.org (800) 733-2767

Sheriff's Department Mon-Fri 8am-5pm 388 E Alvarado St (760) 451-3100
–Senior Volunteer Patrol & **YANA – You Are Not Alone**
–Take Me Home – *Persons with developmental or medical conditions.*
Registration required.

23. Senior Services / Servicios para Personas Mayores

Elder Law & Advocacy (858) 565-1392
–For Medicare info (858) 565-8772

Fallbrook Family Health Center – Internal Medicine (760) 451-4790

Fallbrook Hospital Courier Service (760) 599-3397

FB Hospital Senior Circle (760) 731-8433

Fallbrook Senior Center 399 Heald Ln. (760) 728-4498

Foundation for Senior Care (760) 723-7570
Adult Day Program "The Club" *Care Van* *Senior Care Advocacy*

Interfaith – Project Care – *free elderly services* *Vista* (760) 941-0140
San Marcos (760) 744-0467

South West Life Line – *personal safety alert button* (760) 724-8858
ADT Home Health Security Services Israel Martinez (760) 803-9178
–Senior Circle Discount

SD County Aging & Independent Services (800) 510-2020

Vista Senior Center 1400 Vale Terrace Dr., Vista (760) 639-6160

24. Support Groups / Grupos de Apoyo

Alcoholic's Anonymous (760) 758-2514
604 E. Vista Way *Español:* (760) 758-6905

Al-Anon – *support group for families of alcoholics* (800) 690-2666
Español: Nemy (760) 728-3658 *Cell:* (626) 260-2315

Empty Cradle – *loss of a baby* (619) 595-3887

FB Hospital Education Department – *diabetes support* (760) 731-8246

FB Bereavement Support (760) 731-7741

Lupus Support (951) 719-4287
–Contact: Jan McDonald

MADD – Mothers Against Drunk Driving (858) 564-0780

Michelle's Place – *breast cancer support* (951) 699-5455
645 Jefferson Ave. Suite 117, Temecula michellesplace.org

NAMI – National Alliance for the Mentally Ill (619) 543-1434

Narcotics Anonymous (800) 479-0062
 (619) 584-1007

Nar-Anon – *support group for families of addicts* (800) 477-6291

Parkinson's Disease Association of San Diego (877) 737-7576

25. Thrift Stores - Clothing / Tiendas de Segunda - Ropa

Angel Shop 1002 S. Main Ave. (760) 728-6513

Hidden Treasure Thrift Store 913 S. Main Ave. (760) 723-2800

Salvation Army Vista (760) 631-4792
 Escondido (760) 745-8685

Catholic Charities 917 E. Vista Way, Vista (760) 631-4792

St. John's Thrift Store 1075 S. Mission Rd. (760) 723-9520

St. Vincent De Paul 520 S. Main Ave. (760) 728-7012

(M) = Business/Service accepts Medicare

26. Transportation / Transportación

Care Van – Foundation for Senior Care – *free* (760) 723-7570

Fallbrook Hospital Courier Service – *wheelchair-free* (760) 599-3397

Fallbrook Taxi (760) 728-9626

NCTD ADA – LIFT Curb-to-Curb Service (760) 726-1111
–For certification to ride (877) 232-7433

North County Transit District (760) 967-2828

People to People Services – *fees apply* (760) 728-0175

Transport Van Services – *wheelchair* (760) 978-3079
–*fees apply*

27. Drug & Alcohol Abuse / Abuso de Drogas y Alcohol

ACCESS & Crisis Line (800) 479-3339

Hill Alcohol & Drug Treatment (951) 676-8241
–*outpatient programs for adolescents & adults*

North Inland Regional Recovery Center (760) 741-7708

Mental Health Systems **(M)(C)** (858) 573-2600

MITE Regional Recovery Center – *Oceanside* **(C)** (760) 721-2781

San Marcos Capalina Clinic – *methadone clinic* (760) 744-2104

San Diego County Meth Hotline (877) NO2-METH or (877) 662-6384

28. Fitness / Condicion Fisica

Blast Fitness – *personal training & group fitness classes* (760) 728-2032

Boot Camp/TRX (760) 717-4799 or 731-0133
–*strength & fitness classes (Club Paradise)*

Club Paradise (760) 731-0133 Mission Rd. / 731-9570 Main St.
–*health club, personal training, nutritional counseling, sauna & tanning*
–*30 minute circuits, cardio equipment & classes*

Curves For Women – *health club* (760) 945-3536

Fallbrook Community Center – *various classes* (760) 728-1671

Fallbrook Library – *various classes* (760) 731-4650

Fitness Moves (760) 845-6602
–*yoga, pilates, aqua-exercise & senior fitness*

Zumba Veronica (760) 695-7369
–*Zumba dance (Latin inspired dance fitness program)*

MY IMPORTANT NUMBERS / Mis Numeros Importantes

577 East Elder, Suite U • Fallbrook, CA 92028
Phone 760-731-9187 • Fax 760-731-9131

-2012-
Community Resources
Directory
Directorio de Recursos de
la Comunidad

Special Service Project of the:
Community Collaborative Committee
Revised January 2012

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