

# San Marcos Unified School District Community Resources

*Disclaimer: San Marcos Unified School District assumes no responsibility for the payment, services rendered, or admission into any service listed below. This is not an exhaustive resource list.*

## General Info and Resources

[San Marcos Unified School District](#), Family Q&A and Resources

[San Diego County Office of Education](#)

Includes news updates, resources, and links to helpful websites including the CDC

### 211

All purpose resource information line; Explore website or Call 211 to connect to a resource specialist about needs including **CalFresh (EBT/Food Stamps) and CalWorks (direct cash aid to families)**

[North County Resource Guide](#) created by 211

[Community Resource Center](#)

Located in Encinitas. Phone: (760) 753-1156. Provides Domestic Violence Services (hotline: 877-633-1112), Integrative Services for those experiencing homelessness, Counseling Services and Food & Nutrition Services

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## Employment Resources

CA Employment Development Department, [Coronavirus 2019 \(COVID-19\) FAQs](#) Disability and Paid Family Leave Benefits

[Unemployment Benefits](#): Information and links to file for benefits in the event of job loss

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## Food

**San Marcos Unified School District**

Breakfast and Lunch meals offered at our schools. "Grab & Go" style meals may be picked up at each school from 11:00 am - 1:00 pm Monday through Friday. See [SMUSD](#) website for more information.

Provision SD Backpack Program

Lisa M. Skinner 760-580-7562, Spanish Speaking Families: Gema Cosio at 760-443-5801 or [Backpacks@CrossingChurch.com](mailto:Backpacks@CrossingChurch.com)

[Food Pantry Resources](#), San Diego Food Bank

[Food Distributions](#), countywide map by Feeding San Diego

[Neighborhood Distribution Program](#) by San Diego Food Bank

[CalFresh Application](#): apply for monthly food subsidy in the form of an EBT debit card that can be used to purchase food

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## Child Care

[YMCA Child Care Referrals](#) 1-800-481-2151

[San Diego County Centralized Eligibility List](#) 1-800-521-0560 (Help for low income families with paying for childcare; may have wait list)

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## Health and Wellness

### Wellness:

[CDC tips for managing stress](#)

### Helpful Apps:

- Headspace
- Calm.com
- Moodtools
- Virtual Hope Box
- Breathe
- Reflectly

### Physical Health:

[North County Health Services](#) (Medi-cal, Sliding scale low income), 760-736-6767 (San Marcos)

[Vista Community Health Clinic](#) (Medi-cal, Sliding scale low income) 844-308-5003 (Multiple locations, same number)

[Neighborhood Health Care](#) (Medi-cal, Sliding scale low income) 760-690-5907 (Escondido)

[Rady's Children's Hospital](#) (Medi-cal) 858-576-1700 (Multiple locations)

### Mental Health:

*For counseling referrals, contact your insurance provider for a list of covered mental health providers, ask your primary care health provider or call The Access and Crisis Line 888-724-7240, available 24/7.*

New Alternatives (Medi-cal or Uninsured) 760-798-0299

Rady's Children Outpatient Psychiatry Clinics (Medi-cal Only) 760-294-9270 (Escondido), 858-966-8268 (San Diego)

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Palomar Family Counseling (Medi-cal, Sliding scale low income) 760-741-2660 (Escondido), 760-630-3505 (Vista)

Psychiatric Centers of San Diego (619) 528-4600 (Various San Diego locations)

[North County Lifeline](#) (Medi-cal, Sliding scale low income), 760-757-0118 (Vista)

[Mental Health Systems](#) (Medi-cal, Sliding scale low income) 760-747-0205 (Escondido)

PsyCare (Therapy and Psychiatry) (858) 279-1223 (San Marcos)

Helpful App:

[National Alliance on Mental Illness, San Diego County Chapter resource app, oscER San Diego](#)

### **Mental Health Emergency Evaluation Centers:**

If you feel you or a loved one is experiencing a mental health emergency, contact 911.

Access and Crisis Line 888-724-7240

For Children and Adolescents:

Aurora Behavioral Health (858) 487-3200

Sharp Mesa Vista Hospital (858) 278-4110

Emergency Screening Unit (619) 421-6900

North County Crisis and Intervention Response Team 760-233-0133 (Escondido), limited hours

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### **Legal**

[Legal Aid of San Diego](#), for low-income families, 1-877-534-2524

[U.S. Citizenship and Immigration Services, COVID-19](#) - effects on public charge rule

[San Diego Rapid Response Network](#), (619) 536-0823, assists with immigration emergency needs (raid, arrest, checkpoint, and/or harassment)

# San Marcos Unified School District Community Resources

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## Housing and Shelter

[Rental Assistance and Affordable Housing Directory 2020](#)

[Emergency Shelter Contact List](#)

Rent Assistance during COVID-19 health crisis: [San Diego Foundation](#)

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## Academics

San Marcos Unified School District families and students are encouraged to access our [Student Learning Activities](#) tab located on our website. There, you will find resources to engage your children during the school closures.

Academic services for schools not offering online learning opportunities: [Khan Academy](#)

**Internet, possibly free or reduced cost:**

- [Comcast](#)
  - [Spectrum](#)
  - [Cox Communications](#)
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## More information

[Talking to Children About COVID-19 \(Coronavirus\): A Family Resource](#)

*Para obtener información en español, haga clic en la segunda pestaña debajo de "Related COVID-19 Resources"*

[How to talk to a child about the Coronavirus, KidsHealth](#)

[Coronavirus \(COVID-19\): ¿Cómo hablar con su hijo sobre este virus? \(para Padres\) - Nemours KidsHealth](#)

[Talking to Kids about the Coronavirus, Child Mind Institute](#)

[Como hablar con los niños sobre el coronavirus](#)

[Explaining Coronavirus to a Child with Anxiety](#)

[COVID-19 and managing mental health](#), JED Foundation

[A social story on how to talk to kids about Coronavirus](#)

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