



Guide to Direct & Emergency Services in San Diego



The Constitution protects everyone, regardless of immigration status, from discrimination based on race or national origin.

Once in the United States, everyone is entitled to certain protections, including the right to be treated fairly in court, to free speech, religious freedom, and other core civil rights.

We think those rights should include food and emergency shelter and healthcare.

This booklet provides very basic practical information for people who are new to the country or newly returning. In some cases, more detailed information is available at www.aclusandiego.org/YouHaveRights.

Unless otherwise stated, the information in this booklet applies to the undocumented. There are more services for people who have legal status in the United States. If you are a legal permanent resident or a U.S. citizen, we suggest you call 2-1-1 for additional referrals.

The contents of this booklet do not constitute legal advice. Consult an immigration attorney for legal advice.

ACLU DIRECT & EMERGENCY SERVICES GUIDE

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HOW TO USE THIS GUIDE FOR NON-CITIZENS

Immigrants who are not citizens can get many kinds of help—from the government and from private and nonprofit assistance organizations. You don't need to have a Green Card. In many cases, you don't need to have an ID, though some require some kind of photo ID (even if from your home country) and some require proof that you reside in the jurisdiction (often something like a letter addressed to you at a local address, or a utility bill suffices).

All immigrants, including undocumented persons, may qualify for these types of help:

FOOD RESOURCES

- Help from Food Pantries
- Summer Food programs
- School Breakfast and Lunch programs
- WIC (Women, Infants, and Children) supplemental food program

HEALTH CARE RESOURCES

- Prenatal care
- Emergency Medi-Cal
- Minor Consent Medi-Cal
- CHDP (Child Health and Disability Prevention program)
- Immunizations for kids
- County Health Care through community clinics
- Regional Centers (services for people with developmental disabilities)

EDUCATION RESOURCES

- Childcare: County Centralized Child Care Eligibility List
- Head Start programs
- Public education

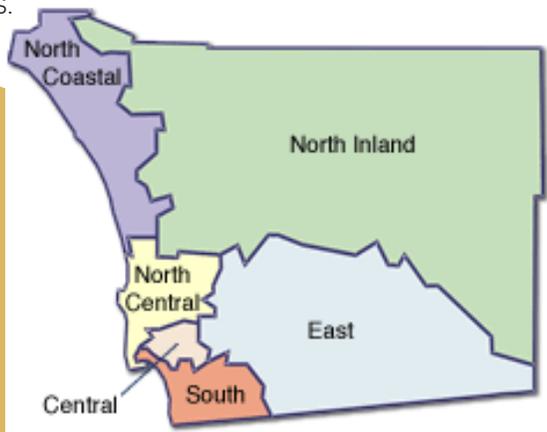
LEGAL RESOURCES

- Nonprofit Public Interest Law Firms
- Consulates
- Your basic rights while in the U.S.

These are the general six areas of San Diego County.

Throughout the booklet, we have tried to include resources in as many of the regions as possible.

Please call "2-1-1" if you need additional resources where you live or work.



Emergency Food

As is true for all sections of this booklet, the friendly folks at the San Diego County **telephone referral line, 211**, can help direct you to services. Just dial, toll-free, "2-1-1." They will direct you to the nearest food provider in your area. www.211SanDiego.org

FOOD PANTRIES and FREE GROCERIES

San Diego Food Bank. Food is available through neighborhood distribution sites. [In all 6 sectors of San Diego County; more than 180 locations.]

- *Emergency Food Assistance Program.* Monthly food packages based on income guidelines. 1.866.350.3663. [Across San Diego County.]
- *Neighborhood Distribution Program.* Twelve sites receive monthly food including produce and bread. Call 2-1-1 or 1.866.350.3663. [In all 6 sectors of San Diego County; more than 180 locations.]

North County Community Services Food Bank. Food bank and six weekly food distribution sites in coastal and inland North County. 760.761.1140.

Food Pantries. 2-1-1 has a listing of churches and nonprofits with pantries. [In all 6 sectors of San Diego County.]

Meal Centers. Below is a sampling. 2-1-1 has a full listing.

- *St. Vincent de Paul Village.* 619.233.8500, ext. 1130. Lunch 11 - 12:30 pm.
- *Salvation Army.* 619.699.2217. Dinners M-Th 5:00 pm.
- *Rachel's Women Day Center.* 619.696.0873. Women only. Daily lunch 11:30.

Interfaith Community Services. 760.489.6380. Breakfast/sack lunch and emergency groceries. [North County]

COMMUNITY GARDENS

You can save money and eat nutritiously by growing some of your own vegetables. There are more than 40 community gardens in San Diego County. sdcgn.org.

SENIOR MEALS

More than 50 organizations serve what are called "senior congregate meals," meaning that food--usually hot--is served in community settings, like senior centers or churches. Most serve lunch only. For a full listing, go to sandiego.networkofcare.org or call 2-1-1. [In all 6 sectors of San Diego County.]

WhyHUNGER

More than 50 sites provide food through WhyHunger. Call 1.800.5.HUNGRY (486-479).

WIC (Women, Infants & Children)

San Diego WIC serves pregnant women, breast-feeding women, infants and children under five years. Single fathers may receive vouchers for eligible children. Based on income. Call 888.999.6897 to apply.

LEGAL RESOURCES

Finding an Immigration Attorney

Find an attorney who specializes in deportation defense and may be able to represent you if you are detained. Keep the names and phone numbers of several immigration attorneys in your wallet and posted near your phone at home so family members can call if you are detained.

Immigration laws are very complex. It is *very* important to screen several immigration attorneys before you decide who should represent you in case you need one. A good way to do this is to set up free consultations. Ask what kind of experience they have and about their success rate. Ask about what specific types of relief you are eligible for. *Always* ask for a written contract before paying him/her.

Referrals to San Diego County Attorneys

San Diego County Bar Association Lawyer Referral Service 800.464.1529 or 619.231.8585

Low-Cost Legal Assistance

Legal Aid Society of San Diego 877.534.2524

- 1764 San Diego Ave., SD 92110 [Central San Diego]
- 216 S. Tremont St., Oceanside 92054 [North Coastal]
- 550 W. Washington, Escondido 92025 [North Inland]
- 110 S. Euclid, SD 92114 [South]

Casa Cornelia Law Center 619.231.7788

Provides legal services to victims of human and civil rights violations, especially those with limited incomes. Does not take removal defense cases; only accepts U/VAWA/T/Asylum/SJS cases.
2760 Fifth Ave., SD 92101 [Central San Diego]

Catholic Charities 619.498.0722

Provides immigrant services to foster family reunification and empowerment by providing low-cost immigration services. Does not take removal defense cases.
- 4575 Mission Gorge Place, SD 92120 [North Central]
- 293 H St., Chula Vista 91910 [South]

San Diego Public Defender 619.338.4700

Provides legal representation for people with limited income accused of crimes.
- 233 A St., SD 92101 [Central San Diego]
- 250 East Main St., El Cajon 92020 [East]
- 400 S. Melrose, Vista 92083 [North Inland]
- 765 Third Ave., Chula Vista 91910 [South]

Mexican Consulate

1549 India Street
San Diego, CA 92101 [Central San Diego]
[+1] (619) 231.8414
info@consulmexsd.org
consulmex.sre.gob.mx/sandiego/
Office hours: 08:00 - 18:00

The Mexican Consulate is an official branch of the Mexican government. It focuses on helping Mexican citizens living or traveling in the United States who need help from their home government when dealing with U.S. laws and legal system issues.

The Consulate issues Mexican identification cards (consular IDs), which can be used by people who are not eligible for a U.S. identification card. (In California, however, AB 60 gives non-citizens the right to obtain a California driver's license; see page 8 for details.) They also issue Mexican passports, visas, stamp and notarize legal documents, and provide information about the protection of Mexicans in the United States.

Most of these services require some sort of application that needs to be filled out at the Consulate office.

If at any point your rights are violated while in detention, or while you are encountered by federal agents, please contact the ACLU of San Diego & Imperial Counties (619) 232.2121.

Protective Services

- Provide for the legal representation of Mexican nationals who face judicial processes and for interpretation services for those in custody
- Make sure that Mexican nationals are being well-treated when in custody of U.S. authorities
- Offer counsel about the rights and obligations under labor, civil, immigration, and criminal law.
- Locate missing relatives in Mexico.
- Obtain vital records in Mexico.
- Repatriate minors and vulnerable persons.
- Assist victims of crime.
- Assist victims of domestic violence, human trafficking, and hate crimes.
- Assist in the prosecution of human traffickers and seek suitable remedies for the victims.
- Shipment of human remains to Mexico.

More information and forms can be found at: consulmex.sre.gob.mx/sacramento (Spanish) or consulmex.sre.gob.mx/sacramento/en (English)

What to Do If You're Stopped by the Police or ICE

- You have the right to **REMAIN SILENT**. To exercise this right, you should tell the police, **"I want to remain silent."** Even if you answer some questions, you can still decide you don't want to answer any additional ones. You do not have to answer questions about where you were born, whether you're a citizen, or how you entered the U.S.
- You should ask, **"Am I under arrest? Am I free to go?"** Unless you do, the stop is considered voluntary, and thus legal. If you don't get a response, keep asking the question until you do.
- You have the right to **SPEAK TO A LAWYER**. Tell the officer you want to speak to an attorney or your consulate. You are not required to answer any questions. If you are detained by ICE or CBP, an attorney *will not* be provided, but you have the right to get one yourself.
- If you are not on probation or parole, you never have to consent to a search of yourself, your belongings, your car, or your house. You should say, **"I do not consent to this search."**
- **If you are stopped while driving**, neither the driver nor the passengers have to answer questions. You can only be detained long enough to investigate if a crime has been committed. If you are stopped because of a traffic violation, the officer can require you to show your license, registration, and proof of insurance.

What to Do If You're Arrested

- As above, **remain silent**. Tell the officer you want to speak to an attorney. Say, **"I will remain silent until I speak to an attorney."**
- **Identify which agency arrested you**. If you don't have a pen or paper, remember at least one name and number.
- **Don't sign any documents before speaking with a lawyer**. You always have the right to speak with a lawyer. The officers may try to intimidate you or trick you into signing. Don't let yourself be tricked!
- **Contact your attorney or a family member**. You have the right to make a telephone call after you are arrested.
- **You have the right to contact your consulate**. In San Diego, the phone number is (+1) (619) 231.8414. The consul may assist you in finding a lawyer or offer to contact your family.
- **Ask for bond once you're in immigration custody**. Ask for bond even if the officers tell you that you are not eligible.
- **Get a copy of the "Notice to Appear."** This is the document that contains the immigration charges against you.

Above all, do not show any false documents and do not lie! Never use a false name and never pretend someone else's documents are yours.

Shelter / Housing

211 can direct you to emergency shelters and other housing assistance. The listings below include one option from each geographic region. www.211SanDiego.org

SHELTERS (Short-Term / Day-to-Day)

- Ecumenical Council of San Diego - 619.702.5399.** Several sites. [Central]
- Interfaith Community Services - 760.489.6380.** Several sites. [North Inland]
- Interfaith Shelter Network - 619.702.5399.** [Regional]
- La Posada de Guadalupe - 760.929.2322.** [North Coastal]
- San Diego Youth Services - 866.752.2327** Homeless youth on their own. [Central]
- South Bay Community Services - 619.420.3620.** [South]
- Volunteers of America - 619.447.2428** [East]

LONGER TERM HOUSING ASSISTANCE

- Casa Familiar - 619.428.1115** [South]
- Interfaith Community Services - 760.489.6380.** [North Inland]
- MAAC Project.** Affordable housing units and housing for alcohol and drug abuse recovery. Call [619.426.3595](tel:619.426.3595).
- North County Solutions for Change - 760.941.6545.** [North Coastal]
- South Bay Community Services.** Assists families in finding affordable housing. Call [619.420.3620](tel:619.420.3620).
- St. Vincent de Paul Village - 619.687.1074** [Central]

From Hospitals

It is illegal for a hospital to drop you off on the street after your treatment if you are homeless. They must work with you to find a safe place to go. Ask to speak to a social worker before the hospital discharges you.

Discrimination and Fair Housing Issues

If you feel you have been discriminated against because of your race, ethnicity, legal status, ability to speak English, or having children, call a toll-free government hotline so they can investigate. 1.800.669.9777 or www.hud.gov/fairhousing.

Fair Housing Hotlines:

- Center for Social Advocacy 619.444.5700 [Central / East]
- Fair Housing Council of San Diego 619.699.5888 [Regional]
- North County Lifeline 760.726.4900, ext. 321 [North Coastal and Inland]
- San Diego Urban League Housing Office 619.263.3115 [Central]
- South Bay Community Services 619.420.3620, ext. 140 [South]

Healthcare

211 can direct you to other community clinics and services. In an emergency, dial 911!

Community Clinics

Centro de Psicologia Cultural - 619.282.4270 [Central]

Family Health Centers of San Diego - 619.515.2300. Various sites. [Regional]

La Maestra Family Clinic - 619.584.1612 Various sites. [Regional]

Planned Parenthood - 1.888.743.7526 Various sites. [Regional]

San Diego LGBT Community Center - 619.692.2077 Provides services and resources to the Latin@ community. [Central]

San Ysidro Health Community Clinics - 619.662.4100 Various sites. [South]

Vista Community Clinics - 760.651.5000 Various sites. [North Coastal and Inland]

Education Assistance

Childhood Education Assistance

Head Start - 1.888.873.5145 Child development program to provide preschool children of low-income families meet all their needs. [Regional]

San Diego County Office of Education - 858.292.3500 [Regional]

Migrant Education Program - 760.510.0250 [North Inland]

Urban League of San Diego County - 619.263.3115 Provides training to parents to advocate for their child with school system. [Central]

Adult Education Opportunities

Casa Familiar - 619.428.1115 Literacy classes and adult ESL. [South]

Grossmont Union High District - 619.588.3500 [East]

Pillars of the Community - 805.622.7682 Literacy classes and adult ESL. [Central]

Sweetwater Union High District - 619.796.7200 [South]

Community College Districts - San Diego County

Public community college system provides workforce training, college degrees.

Grossmont-Cuyamaca Community College District - 619.644.7010 [East]

Miracosta Community College District - 760.757.2121 [North Coastal]

Palomar Community College District - 760.744.1150 [North Inland]

San Diego Community College District - 619.388.6500 [Regional]

Southwestern Community College District - 619.421.6700 [South]

Childcare

Childcare Eligibility List - 800.521.0560 [Regional]

MAAC Project - 760.471.4210 [Regional]

Important Contacts

LEGAL

American Civil Liberties Union - ACLU

The ACLU is the largest organization in the United States defending civil rights and civil liberties. We negotiated the Lopez-Venegas settlement, which gives people certain rights if they are offered a "voluntary return" while detained by immigration agencies.

Lopez-Venegas questions: 619.398.4189 General: 619.232.2121

Drive California Coalition 415.621.2488

Questions or concerns about AB 60 driver's licenses for undocumented people.

Employee Rights Center 619.521.1372

Worker rights, wage theft issues, unfair labor practices, immigration status help.

Legal Aid Society 877.534.2524

Legal assistance for low-income people. Toll-free call.

Mexican Consulate 619.231.8414

Helps Mexican citizens living or traveling in the United States.

San Diego County Bar Association 800.464.1529

Lawyer referral service. Toll-free call.

REFERRAL

211 - San Diego County Emergency Assistance Hotline Dial 2-1-1

Connects people with community, health, and disaster services 24-hour a day. Free phone service.

Metropolitan Transit System 619.557.4666

Information about the bus and trolley lines.

North County Transit District 619.234.1060

Information about the bus and train schedules.

LAW ENFORCEMENT

San Diego County Jails 619.610.1647

To find someone who has been arrested, call the San Diego County Sheriff.

Imperial County Jails 760.339.6347

To find someone who has been arrested call the Imperial County Sheriff.

Immigration & Customs Enforcement (ICE) 619.710.8300

To speak with an official in charge of the deportation process about a person being detained and find out if bail has been set, you'll need the person's "A" number.

U.S. Customs & Border Patrol (CBP) San Diego: 619.216.4000 El Centro: 760.335.5700

To find someone who has been detained by CBP, call or visit the border station. However, CBP generally doesn't reveal information about people they are detaining.

Vehicle Seizures: For vehicle seizures or asset forfeiture questions, contact the Vehicle Seizure Office, San Diego Sector, 619.671.1800.



P.O. Box 87131 San Diego, CA 92138-7131
619.232.2121 info@aclusandiego.org
www.aclusandiego.org