

Spring Villa
Apartments



**COMMUNITY SERVICES
RESOURCE GUIDE**



TABLE OF CONTENTS

ALCOHOL/DRUG ABUSE	3
CHILD ABUSE	5
CHILD, YOUTH, DAYCARE AND FAMILY SERVICES.....	6
CRIME REPORTING	8
DISABLED PERSONS SERVICES.....	9
DOMESTIC VIOLENCE	10
ENGLISH AS A SECOND LANGUAGE (ESL).....	11
FAMILY PLANNING.....	12
FINANCIAL ASSISTANCE PROGRAMS.....	13
FOOD PROGRAMS & RESOURCES.....	14
HEALTH CENTERS.....	15
HOUSING	16
JOB INFORMATION/TRAINING	17
LEGAL SERVICES	18
LITERACY SERVICES	19
MENTAL HEALTH SERVICES	20
RAPE & DATING VIOLENCE	21
SENIOR SERVICES	22
SCHOOLS.....	23
TRANSPORTATION.....	25

ALCOHOL / DRUG ABUSE

HOTLINES

Alcohol

Be Sober	800-237-6237
Alcoholics Anonymous	800-923-8722
AL-ANON (Families of Alcoholics)	888-425-2666
NCADD Treatment Hotline	800-564-6600

Dugs

Drug Abuse Hotline	800-237-6237
I-ADARP (Adults and Teen)	800-559-9503
Narcotics Anonymous Hotline	800-863-2962
Nar-Anon Drug Prevention	888-297-9560
NCADD Treatment Hotline	800-564-6600

ALVARADO PARKWAY INSTITUTE619-465-4411
7050 Parkway Drive, La Mesa, CA 91942800-766-4274 (24-hr Crisis Hotline)
<http://www.apibhs.com>

Inpatient, outpatient, partial hospitalization substance abuse treatment programs.

CRASH619-464-6207
4890 67th Street, San Diego, CA 92115
<http://www.crashinc.org>

Residential short-term (60-90 days) treatment of substance abuse disorders.

HEARTLAND CENTER619-440-5133
1060 Estes Street, El Cajon, CA 92020
<http://www.comresearch.org>

Substance abuse treatment and mental health services, specializing in treatment of co-occurring mental and substance abuse disorders.

MCALISTER INSTITUTE.....619-465-7303
2049 Skyline Drive, Lemon Grove, CA 91945
<http://www.mcalisterinstitute.org>

Substance abuse treatment services.

PARENTCARE FAMILY RECOVERY CENTER619-668-4200
4990 Williams Avenue, La Mesa, CA 91941
<http://www.vistahill.org>

Substance abuse treatment services, specializing in recovering services for pregnant and parenting women.

PEGASUS EAST619-697-2388
7841 El Cajon Blvd., La Mesa, CA 91941
<http://www.mhsinc.org>

Substance abuse treatment and mental health services, specializing in treatment of co-occurring mental and substance abuse disorders.

SAN DIEGO YOUTH AND COMMUNITY SERVICES619-667-3333
East County Teen Recovery Center
269 E. Lexington Avenue, Suites A & B
<http://www.sdyics.org>

Outpatient alcohol and drug treatment services for 12 to 17 year old youths with substance abuse problems.

CHILD ABUSE

HOTLINES

Child Abuse Hotline.....800-540-4000
Child Help USA (24 Hours)800-422-4453
Rape, Abuse, Incest National Network 800-656-HOPE (4673)

FAMILY JUSTICE CENTER.....619-533-6000
707 Broadway, Suite 700.....866-933-4673
<http://www.familyjusticecenter.org>

Offers an array of child abuse/domestic violence intervention and prevention programs and services through a collaboration of coordinated services.

HHS (HEALTH & HUMAN SERVICES).....858-694-5191
Child Welfare Services.....858-560-2191 (Child Abuse Hotline)
151 Van Houten, El Cajon, CA 92020
<http://www2.sdcounty.ca.gov/hhsa>

Investigates reports of suspected child abuse, neglect, and exploitation, removing children from unsafe environments when necessary.

VOICES FOR CHILDREN858-569-2019
2851 Meadow Lark Drive, San Diego, CA 92123-2709
<http://www.voices4children.com>

Advocates the interests of abused, neglected, and abandoned children who have become dependents on the San Diego County Court.

CHILD, YOUTH AND FAMILY SERVICES

HOTLINES

California Youth Crisis Line (24 hours)800-843-5200
Foster Youth Information Line.....888-811-1121
National Child – At Risk Hotline800-792-5200

CHILD CARE SERVICES

THE CALIFORNIA CHILD CARE RESOURCE & REFERRAL AGENCY800-543-7793
<http://www.rnetwork.org/welcome/index.html>

Helps families locate child care services. Also provides information on financial assistance eligibility.

CHILD DEVELOPMENT ASSOCIATES, INC.800-481-2151
700 N. Johnson Avenue, Suite M, El Cajon, CA 92020
<http://www.cdasandiego.com>

Provides free or reduced-cost childcare and development services for low-income families.

HEALTH & HUMAN SERVICES – CHILD CARE SERVICES800-716-4300
<http://www2.sdcounty.ca.gov/hhsa/>

Provides subsidized child care for families with limited financial resources that qualify for assistance.

KID’S PROGRAMS / ORGANIZATIONS

AMERICA’S YOUTH OUTREACH PROGRAMS619-282-3066
Spring Valley Community Center
8735 Jamacha Blvd., Spring Valley, CA 91977
<http://www.ayop.org>

Athletic enrichment programs for boys and girls ages 5 and up.

BOY SCOUTS OF AMERICA – SAN DIEGO-IMPERIAL COUNCIL.....619-298-6121
1207 Upas Street, San Diego, CA 92103
<http://heartland.sdicsa.org> (Heartland District)

Youth development programs for boys grades 1 – 12.

GIRL SCOUTS OF AMERICA – SAN DIEGO-IMPERIAL COUNCIL619-298-6121
1207 Upas Street, San Diego, CA 92103
<http://www.girlscoutssdi.org>

Youth development programs for girls grades 1 – 12.

GIRLS INCORPORATED.....760-643-4067
400 S. Melrose Drive, Suite 110, Vista, CA 92081-3506
<http://www.girlsinc.org>

Provides education programs that empower girls to make smart life choices and master academic, economic, and social challenges.

SPRING VALLEY REC CLUB.....619-479-0312
8735 Jamacha Blvd., Spring Valley, CA 91977
<http://www.sdcounty.ca.gov/parks/centers/teens.html>

Provides variety of free recreational and educational programs for youths ages 10-17.

DAYCARE FACILITIES IN SPRING VALLEY

Center for Young Imaginations..... 619- 461-5408
Childhood Education & Care for Children Ages 18mos - 5 years
4885 Harbinson Avenue, La Mesa, CA 91941

Arbolitos 619-660-2641
10269 Madrid Way, Spring Valley, CA 91977

DBA Teddy Bear Junction Family Daycare 619-303-6550
8830 Ildica Street, Spring Valley, CA 91977

God Loves the Children Daycare..... 619-433-4310
857 Saint George Place, Spring Valley, CA 91977

Kinder Care Learning Center 619-670-6566
10130 Rothgard Road, Spring Valley, CA 91977

Lil' Tykes Daycare..... 760-519-1655
4110 N. Bonita Street, Spring Valley, CA 91977

Live and Learn Preschool..... 619-660-2641
10269 Madrid Way, Spring Valley, CA 91977

CRIME REPORTING

HOTLINES

San Diego Crime Stoppers - Anonymous Tip Line888-580-8477
<http://www.sdcrimestoppers.com>

Crime Victims Hotline..... 866-689-HELP (4357)
Victims of Crime Resource Center.....800-842-8467

CALIFORNIA VICTIM COMPENSATION AND GOVERNMENT CLAIMS BOARD.....800-777-9229
400 R Street, Suite 500, Sacramento, CA 95814
<http://www.victimcompensation.ca.gov>

Assists victims with losses related to crime injuries. Costs are paid entirely by fines and penalties from offenders, not by California's tax dollars.

SD COUNTY DISTRICT ATTORNEY VICTIM-WITNESS ASSISTANCE PROGRAM....619-531-4041
Hall of Justice
330 West Broadway, Suite 1300, San Diego, CA 92101-3826
<http://www.sdcdca.org>

Victims are assisted by victim advocates who guide victims through the court process, help victims receive restitution, provide crisis intervention, and provide referrals to counseling and community services.

VICTIMS OF CRIME RESOURCE CENTER.....916-739-7061
3200 Fifth Avenue, Sacramento, CA 95817-2799800-842-8467
<http://www.1800victims.org>

Information and referrals provided statewide to victims and their families.

DISABLED PERSONS SERVICES

HOTLINES

Crisis Line for the Handicapped800-426-4263

INFOLINES / WEBSITES

DISABILITY BENEFITS 101 (web-site only info)
<http://www.db101.org>

Helps workers, job seekers, and service providers understand the connections between work and benefits. The website explains the variety of work incentive programs and the rules for health coverage, benefit, and employment programs that people with disabilities use.

DISABILITYINFO.GOV (web-site only info)
<http://www.disabilityinfo.gov>

Online resource that provides information on education, employment, housing, transportation, health, benefits, technology, and civil rights.

SUPPORT SERVICES

AGING AND INDEPENDENCE SERVICES800-510-2020
8103 University, La Mesa, CA 91941
<http://www2.sdcounty.ca.gov/hhsa>

Provides services to older adults and people with disabilities to help keep them safely in their homes and living healthy, vital lives.

WORK-RELATED RESOURCES

CALIFORNIA DEPARTMENT OF REHABILITATION (DOR)213-736-3904
3251 West 6th Street, Suite 300, Los Angeles, CA 90020-5017
<http://www.dor.ca.gov/>

DOR provides Vocational Rehabilitation Services to Californians with disabilities who want to work. Services include employment counseling training and education, mobility and transportation aids, job search and placement assistance.

EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD)619-266-4200
4389 Imperial Avenue, San Diego, CA 92113
<http://www.edd.ca.gov/eddpwd.asp>

The EDD is committed to enhanced employment opportunities for people with disabilities. Services include job and training referrals, counseling, and job search assistance and workshops.

DOMESTIC VIOLENCE

HOTLINES

Battered Women's Services.....619-234-3164
Domestic Violence Hotline800-978-3600
National Domestic Violence Hotline 800-799-SAFE (7299)
Safe Horizons Domestic Violence Hotline..... 800-621-HOPE (4673)
Victims Information & Notification Hotline877-846-3452

CENTER FOR COMMUNITY SOLUTIONS.....619-697-7477
7339 El Cajon Blvd., Suite J, La Mesa, CA 91941
<http://www.ccssd.org>

Offers comprehensive services to individuals and families dealing with domestic violence.

FAMILY JUSTICE CENTER.....619-533-6000
707 Broadway, Suite 700.....866-933-4673
<http://www.familyjusticecenter.org>

Offers an array of child abuse/domestic violence intervention and prevention programs and services.

ENGLISH AS A SECOND LANGUAGE (ESL)

EL CAJON ADULT CENTER.....619-401-4323
1035 East Madison Avenue, El Cajon, CA 92021
<http://www.guhsd.net/adult>

Classes offered include high school completion, GED, vocational, English as a Second Language (ESL), citizenship, job preparation, and parenting classes as well as general interest courses.

SPRING VALLEY LIBRARY619-463-3006
836 Kempton Street, Spring Valley, CA 91977
<http://www.sdcl.org>

ESL classes offered Monday through Thursday evenings.

FAMILY PLANNING

HOTLINES

California Office of Family Planning Information & Referral Service	800-942-1054
Pregnancy Hotline.....	800-848-5683
National Abortion Federation Hotline (www.prochoice.org)	800-772-9100
National Life Center (www.nationallifecenter.com)	800-848-5683
Teen Pregnancy Referral Hotline.....	800-522-5006

EAST REGION PUBLIC HEALTH CENTER, HHSA619-441-6500
855 East Madison, El Cajon, CA 92020
<http://www2.sdcounty.ca.gov/hhsa>

Offers pregnancy tests, immunizations, tuberculosis skin tests, as well child exams at all public health centers. Sexually transmitted disease (STD) screening and tests are available.

GROSSMONT/SPRING VALLEY FAMILY HEALTH CENTER619-515-2555
8788 Jamacha Road, Spring Valley, CA 91977
<http://www.fhcsd.org>

Offers wide range of comprehensive medial services, including free pregnancy testing, gynecological services, family planning, prenatal classes.

NEIGHBORHOOD HEALTHCARE – EL CAJON619-440-2751
855 E. Madison Avenue, El Cajon, CA 92020
<http://www.nhcare.org>

Offers prenatal care and family planning, including birth control, pregnancy counseling and testing, obstetrics/gynecology.

PLANNED PARENTHOOD – EL CAJON888-743-7526
1685 E. Main Street, Suite 301, El Cajon, CA 92020
<http://www.planned.org>

Provides pregnancy testing, counseling, referrals.

FINANCIAL ASSISTANCE PROGRAMS

FAMILY RESOURCE CENTER – LEMON GROVE.....213-639-5455
7065 Broadway, Lemon Grove, CA 91945

The *Ca/WORKs* program provides temporary financial assistance and employment focused services to families with minor children who have income and property below State maximum limits for their family size.

SAN DIEGO HEALTH AND HUMAN SERVICES.....866-262-9881
1700 Pacific Highway, Rm 320, San Diego, CA 92101
<http://www2.sdcounty.ca.gov/hhsa>

Offers over 300 programs and services, including food stamps and cash assistance.

FOOD PROGRAMS & RESOURCES

SAN DIEGO HEALTH AND HUMAN SERVICES866-262-9881

1700 Pacific Highway, Rm 320, San Diego, CA 92101

<http://www2.sdcounty.ca.gov/hhsa>

Offers over 300 programs and services, including food stamps and cash assistance.

EMERGENCY FOOD RESOURCES

CRISIS HOUSING619-444-1194

1034 North Magnolia Avenue, El Cajon, CA 92020

<http://www.crisishouse.org>

Provides emergency food and clothing vouchers.

EPISCOPAL COMMUNITY SERVICES619-463-2754

2660 Hardy Drive, Lemon Grove, CA 91945

<http://www.ecscalifornia.org>

Provides emergency food (Wednesdays only), infant supplies and hygiene supplies when available.

HOME START – EAST REGION COLLABORATIVE NETWORK619-401-8375

338 West Lexington Avenue, Ste 105, El Cajon, CA 92020

<http://www.home-start.org>

Provides nonperishable emergency food items in addition to multiple other services.

LUTHERAN SOCIAL SERVICES PROJECT HAND – LEMON GROVE619-698-1716

Project Hand Emergency Assistance

2055 Skyline Drive, Lemon Grove, CA 91945

<http://www.lsssc.org>

Provides emergency food, infant supplies, hygiene/personal care items, and clothing vouchers.

SANTA SOPHIA CATHOLIC CHURCH619-463-6629

9800 San Juan Street, Spring Valley, CA 91977

<http://www.santasophia.org>

Provides occasional emergency nonperishable food items.

HEALTH CENTERS

HOTLINES

Center for Health Care Rights.....	800-824-0780
Child Health & Disability Prevention Program (CHDP)	800-993-2437
Healthy Families – Medi-Cal for Children.....	888-747-1222

CALIFORNIA MANAGED RISK MEDICAL INSURANCE BOARD916-324-4695
<http://www.mrmib.ca.gov>

Lists detailed information on a number of different health care programs available to families and people who are uninsured, including Health Families Program, the Access for Infants and Mothers program, and the Major Risk Medical Insurance Program (for Californians unable to obtain individual health insurance coverage because of pre-existing conditions).

PUBLIC-PRIVATE PARTNERSHIP (PPP) & HEALTH CENTER REFERRALS800-257-2342

Refers primary care services to uninsured patients.

INDIVIDUAL / FAMILY HEALTH CENTERS

CHASE AVENUE FAMILY HEALTH CENTER619-515-2499
1111 West Chase Avenue, El Cajon, CA 92020-5710
<http://www.fhcsd.org>

Offers wide range of comprehensive medical services, including women’s and men’s health, pediatrics, dental, HIV services, health education, family planning.

GROSSMONT/SPRING VALLEY FAMILY HEALTH CENTER619-515-2555
8788 Jamacha Road, Spring Valley, CA 91977
<http://www.fhcsd.org>

Offers wide range of comprehensive medical services, including women’s and men’s health, pediatrics, dental, HIV services, health education, family planning.

NEIGHBORHOOD HEALTHCARE – EL CAJON619-440-2751
855 E. Madison Avenue, El Cajon, CA 92020
<http://www.nhcare.org>

Offers primary and preventive health care, pediatrics, women’s health, prenatal, family planning.

HOUSING

HOTLINES

Dept. of Fair Employment & Housing800-233-3212
Tenants Legal Center.....858-571-7100

FAIR HOUSING COUNCIL OF SAN DIEGO619-699-5888
625 Broadway, Suite 1114, San Diego, CA 92101-5418
<http://www.fhcsd.com>

Supports and promotes fair housing practices through education, advocacy, and litigation.

THE CENTER FOR SOCIAL ADVOCACY800-954-0441
1068 Broadway, Suite 221, El Cajon, CA 92021-4862619-444-5700

Offers free assistance regarding fair housing concerns.

JOB INFORMATION / TRAINING

ADULT SCHOOLS

Adult schools offer job preparation and readiness assistance, vocational education and training, adult basic education, computer instruction, literacy and ESL programs.

For information contact any **GROSSMONT ADULT SCHOOL CENTER** location:

East County Career Center619-590-3900
924 E. Main Street, El Cajon, CA 92021
<http://eccc.guhsd.net>

El Cajon Adult Center619-401-9750
1035 E. Madison Avenue, El Cajon, CA 92021
<http://www.guhsd.net/adult>

Foothills Adult Center.....619-401-4122
1550 Melody Lane, El Cajon, CA 92019
<http://www.guhsd.net/adult>

CAREER CENTERS

EAST COUNTY CAREER CENTER/SPRING VALLEY BRANCH619-590-3900
836 Kempton Street, Spring Valley, CA 91977
<http://eccc.guhsd.net>

Offers job-search workshops, computer classes, vocational training programs, GED preparation classes.

LEGAL SERVICES

LAWHELPCALIFORNIA.ORG(website only)
<http://www.lawhelpcalifornia.org>

Helping Californians find legal aid referrals & self-help resources.

LEGAL AID SOCIETY OF SAN DIEGO877-534-2524
110 South Euclid Avenue, San Diego, CA 92114
<http://www.lassd.org/>

Provides legal services to low income individuals for a variety of legal problems. Federal Poverty Income Guidelines determine eligibility for free legal services.

VICTIM LAW(website only)
<http://www.victimlaw.info/victimlaw/>

Comprehensive and searchable database of crime victims' rights and protection laws.

LITERACY SERVICES

INFOLINES

San Diego Council on Literacy..... 888-850-7323, ext 100
<http://www.literacysandiego.org>

SAN DIEGO COUNTY LIBRARY – L.E.A.R.N......888-466-0668
201 E. Douglas Avenue, El Cajon, CA 92020.....619-588-3740
http://www.sdcl.org/Literacy_Main.html

Provides one-on-one literacy services for English-speaking adults 18 years of age and older.

MENTAL HEALTH

HOTLINES

SD County Crisis Intervention (24 Hours)800-479-3339
Suicide Prevention (24 Hours)800-784-2433

CROSSROADS FAMILY CENTER (COMMUNITY RESEARCH FOUNDATION).....619-441-1907
1625 East Main Street, Suite 200
<http://www.comresearch.org>

Mental health outpatient diagnostic and treatment services for children and adolescents.

EAST CORNER CLUBHOUSE (COMMUNITY RESEARCH FOUNDATION)619-440-5133
1060 Estes Street, El Cajon, CA 92020
<http://www.comresearch.org>

Work-oriented day program for individuals with mental health problems helping them obtain the training and experience to integrate into the community.

EAST COUNTY FAMILY COUNSELING CENTER.....619-515-2385
8788 Jamacha Road, 2nd Floor, Spring Valley, CA 91977
<http://www.fhcsd.org>

Mental health services and counseling available for children, adolescents and adults.

EAST COUNTY MENTAL HEALTH CENTER.....619-401-5424
1000 Broadway, Suite 210, El Cajon, CA 92021
<http://www2.sdcounty.ca.gov/hhsa>

Mental health treatment, rehabilitation, recovery services.

SAN DIEGO COUNTY BEHAVIORAL HEALTH DIVISION.....619-563-2700
3255 Camino Del Rio South, San Diego, CA 92108
<http://www2.sdcounty.ca.gov/hhsa>

Provides a full range of mental health services for children, families, adults, and older adults.

RAPE & DATING VIOLENCE

HOTLINES

24-Hour Crisis Helpline888-385-4657
24-Hour Crisis Response Team / Referral866-222-8824
Rape & Abuse & Incest National Network..... 800-656-HOPE (4673)

INFOLINES

911RAPE.ORG(website only)
<http://www.911rape.org>

Informational on-line service provided by the UCLA Medical Center Rape Treatment Center. Provides information on what rape is and how to get help.

CENTER FOR COMMUNITY SOLUTIONS.....619-697-7477
7339 El Cajon Blvd., Suite J, La Mesa, CA 91941
<http://www.ccssd.org>

Crisis counseling for victims of assault, rape, domestic violence.

SEXUAL ASSAULT RESPONSE TEAM (SART)888-211-6347
Palomar Medical Center, 121 North Fig Street, Escondido, 92025760-739-2150
Pomerado Hospital, 5615 Pomerado Road, Poway, CA 92064.....760-739-2150
<http://www.pph.org/>

24-hour crisis intervention for victims of rape and sexual assault.

WOMEN'S RESOURCE CENTER.....760-757-3500 (office and referral hotline)
1963 Apple Street, Oceanside, CA
<http://www.womensresourcecenter-wrc.org>

Crisis intervention, referrals and resources on rape, abuse, domestic violence.

SENIOR SERVICES

HOTLINES

Elder Abuse Hotline800-510-2020

INFOLINES

Alzheimer's Helpline Information & Referral619-956-2711

MEDICARE / PRESCRIPTIONS ASSISTANCE

CALMEDICARE.ORG (*free Medicare help*)..... 800-434-0222
<http://www.calmedicare.org>

Provides free information about Medicare eligibility, coverage, benefits, claims and appeals for people who live in California.

CONSUMER CENTER FOR HEALTH EDUCATION & ADVOCACY.....877-734-3258
1475 Sixth Avenue, San Diego, CA 92101
<http://healthconsumer.org>

Helps low-income people get the health care coverage they need.

RX HELP FOR CALIFORNIANS877-777-7815
<http://www.rxhelpforca.org>

Connects qualified, low-income people with discount prescription drugs.

SOCIAL SECURITY

UNITED STATES GOVERNMENT SOCIAL SECURITY ADMINISTRATION619-464-8533
7961 University Avenue, La Mesa, CA 91941
<http://www.ssa.gov>

SENIOR CENTERS

LA MESA ADULT ENRICHMENT CENTER619-337-1425
8450 La Mesa Blvd., La Mesa, CA 91941
<http://www.cityofmesa.com>

Social, recreational, educational activities for older adults. Legal counseling, tax preparation assistance, health and Medicare insurance information.

SPRING VALLEY COMMUNITY CENTER.....619-479-1832
8735 Jamacha Blvd., Spring Valley, CA 91977
<http://www.sdparcs.org>

Community Center office hours:
9:00 a.m. - 4:00 p.m., Monday
9:00 a.m. - 9 p.m., Tuesday through Thursday
9:00 a.m. - 5:00 p.m., Friday
9:00 a.m. - 4:00 p.m., Saturday

The motto of the Spring Valley Community Center is "Where we create community through people, parks and programs." The center offers a wide variety of leisure services and lifelong learning skills for all ages. It is conveniently located adjacent to the local park that features picnicking, play areas, and basketball.

Recreational and educational activities for seniors, adults, and children.

SENIOR ORGANIZATIONS

AARP SAN DIEGO.....619-641-7020
4075 30th Street, San Diego, CA 92104
<http://www.aarp.org>

SCHOOLS (Serving Spring Villas)

Kempton Elementary School.....619-668-5870
740 Kempton Street, Spring Valley, CA 91977

La Pressa Middle School..... 619-668-5720
1001 Leland Avenue, Spring Valley, CA 91977

Mount Miguel High School..... 619-667-6400
8585 Blossom Lane, Spring Valley, CA 91977

SUPPORT SERVICES

AGING AND INDEPENDENCE SERVICES800-510-2020
8103 University, La Mesa, CA 91941
<http://www2.sdcounty.ca.gov/hhsa>

Provides services to older adults and people with disabilities to help keep them safely in their homes and living healthy, vital lives.

TRANSPORTATION

STRIDE (website only)
<http://www.stridesd.org>

Transportation referral services for seniors and persons with disabilities. Rider resources include:

MTS Suburban Paratransit 800-921-9664
<http://www.sdcommute.com>

Curb-to-curb access accessible transportation service for individuals who are unable to use regular public transit services because of a physical or cognitive impairment. Must be ADA certified. To apply, call, 877-232-7433.

Zip Trip Transportation (Center for Social Advocacy) 619-444-5700
<http://www.hhrfha.org>

Provides transportation to low-income ambulatory seniors and adults with disabilities in the Spring Valley area.

TRANSPORTATION

INFOLINES

InfoExpress (automated schedule information).....619-685-4900

San Diego Transportation & Traffic Information.....5-1-1
<http://www.511sd.com>

Regional Transit Information Office (personalized trip planning)619-233-3004

DART (DIRECT ACCESS TO REGIONAL TRANSIT)877-841-DART
<http://www.sdmts.com/Bus/Dart.asp>

Community shuttle service to public transit within the service area. Every DART ride includes a free transfer to the bus.