



OIRA connects immigrants and refugees with County and community resources, regardless of their immigration status.

Get Connected

OIRA strives to provide a welcoming space for all community residents by serving as a hub for information, referrals, and resources to meet their diverse needs.

We can offer help in the following areas:

[Food and Nutrition](#)

[Family Health and Wellness](#)

[Youth Education](#)

[Older Adults and Persons
Living with Disabilities](#)

[Military and Veteran](#)

[Employment](#)

[Programs such as CalWORKS,
Medi-Cal, and CalFresh](#)

We can connect you with the following programs:



The **Medi-Cal Program** offers free or low-cost health care in California. Enrollment assistance is available for eligible individuals and families, regardless of immigration status. For more information, call 1-866-262-9881. Other language services are available, for Spanish, press 2. To apply for Medi-Cal benefits, press 8. Scan the QR code for more information.



The **Immigrant Rights Legal Defense Program** offers free legal help to immigrants in detention. This program is referral-based. For more information, call (619) 446-2883, Monday through Friday, 8 am to 5 pm. Scan the QR code for more information.



Refugee Employment Services (RES) helps families find jobs and financial support within the first 60 months of arriving in the United States. Services include English classes, job readiness programs, employment services, and support for seniors. Scan the QR code for more information.



If you have any challenges accessing the resources on this flyer, OIRA is here to help, and we want to hear from you.



Visit SanDiegoCounty.gov/OIRA



Dial (619) 731- 3371



Email OIRA.HHSA@sdcounty.ca.gov

Visit our Immigrant and Refugee Welcome Centers



South Region Live Well Center at National City

401 Mile of Cars Way, 2nd Floor
National City, CA 91950



North Inland Live Well Center

649 West Mission Avenue #3
Escondido, CA 92025



Monday - Friday



08:00 AM - 05:00 PM

Helpful Resources & Phone Numbers

All phone numbers below offer help in many languages.



Refugee Resettlement Agencies

Alliance for African Assistance

(619) 286-9052

Catholic Charities

(619) 323-2841

International Rescue Committee

(619) 641-7510

Jewish Family Services

(858) 637-3018

La Maestra

(619) 280-4213



Food, Jobs, and Health Needs

Dial the Access Line

(866) 262- 9881

Call for your local distribution

Food Bank site,

(866) 350-FOOD (3663)

Logan Heights Community Development Corporation

(619) 858-0563

Goodwill Industries of San Diego County

(619) 225-2200

Mental Health & Wellbeing



Access and Crisis Line

1 (888) 724-7240

Immigration and Legal Assistance



San Diego Rapid Response Network Legal Assistance

(858) 637-3365

American Bar Association Immigration Project

(619) 736-3315

Southern California Immigration Project

(619) 516-8119

Dial 2-1-1 for General Support and Questions

At 2-1-1, help is available 24 hours a day, 365 days a year, and in more than 200 languages. Someone will help connect you to any health or social service you need.

If you have any challenges accessing the resources on this flyer, OIRA is here to help, and we want to hear from you.

Please call 619-731-3371 or email OIRA.HHSA@sdcountry.ca.gov with questions.

Tell us how we are doing! Take the HEART Customer Service Survey



Visit

<https://www.surveymonkey.com/r/hsa-hsec-oira-feedback>

SCAN ME!

