County of San Diego, Health and Human Services Agency Department of Homeless Solutions and Equitable Communities **Office of Immigrant and Refugee Affairs (OIRA)** 





## 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

Older Adults and Persons Living with Disabilities

**Employment** 

Family Health and Wellness

Programs such as CalWORKS, Medi-Cal, and CalFresh

Youth Education

Military and Veteran

#### 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.



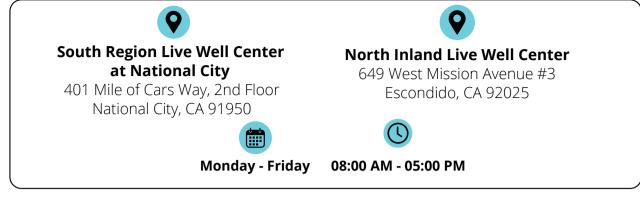
If you have any challenges accessing the resources on this flyer, OIRA is here to help, and we want to hear from you.



Email OIRA.HHSA@sdcounty.ca.gov

Visit SanDiegoCounty.gov/OIRA

## Visit our Immigrant and Refugee Welcome Centers



# **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 Assocation 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 <u>OIRA.HHSA@sdcounty.ca.gov</u> with questions.

