

Resources Available for San Diegans Recovering from Flooding



For urgent assistance and updates, please call [2-1-1 San Diego](tel:6192311111).

Recent winter storms caused significant flooding and damage to homes, vehicles, businesses, streets, and more. For more than a century, Jewish Family Service of San Diego (JFS) has been here for our community. In the coming weeks and months, we're here with support and resources to help individuals and families recover and move forward. ***Welcoming All San Diegans!***

Take the First Step:

- Call JFS Access line at (858) 637-3210 and leave a voicemail that includes your name, phone number, and a short request of the kind of help you are looking for. Please also include if you've been directly impacted by recent flooding.
- Contact us [online](#) and provide your name, phone number, and a short request of the kind of help you are looking for. Please also include if you've been directly impacted by recent flooding.

Please Note: Due to a high volume of phone calls and messages, it may take up to seven business days for a JFS staff member to call you back. JFS provides critical services to community members regardless of religion, race, color, ethnicity, national origin, ability, gender, or sexual orientation.

Resources Available

Community Case Management

Who: Individuals and families

What: JFS provides case management services for financial needs, hunger, unemployment, housing instability, and concerns with physical or mental health. We work alongside each person to connect them to the resources that work best for their unique situation and create a plan to support their immediate stability and long-term goals.

How: Call the JFS Access line at (858) 637-3210 or contact us [online](#).

Diaper Bank

Who: Individuals and families with young children

What: In partnership with the Jacobs & Cushman San Diego Food Bank, individuals and families can receive up to 75 free diapers a month for each child in their family that requires them. Diaper pickup is at JFS's Joan & Irwin Jacobs Campus and is dependent on availability.

How: Call the JFS Access line at (858) 637-3210 or email diaperbank@jfssd.org with your name, phone number, and sizes needed.

Safe Parking Program

Who: Adults and families

What: The Safe Parking Program provides safety, security, and a pathway to return to housing for unhoused San Diegans sheltering in their vehicles. In six Safe Parking Lots throughout San Diego County, JFS offers a welcoming environment, meaningful resources, and tools to help families stabilize and move forward.

How: To enroll, call (858) 637-3373 or start the process [online](#). The Safe Parking Program keeps an interest list for each lot.

Aging Care Services

Who: Older adults aged 60+

What: Aging Care Services provides case management services to help older adults connect to services and stay healthy, active, and independent in their own homes.

How: Call JFS Access line at (858) 637-3210 or contact us [online](#).

Fix-It Service

Who: Older adults aged 60+

What: JFS Fix-It Service provides free home safety checks and minor safety modifications for adults aged 60+. All services are completed free of charge by our pre-screened team of volunteers.

How: Call JFS Access line at (858) 637-3210 or contact us [online](#).

Home Delivered Meals

Who: Older adults aged 60+

What: JFS's nutritious meals are prepared daily under the guidance of a registered dietician and delivered by a caring team of volunteers. Low-sodium, vegetarian, and medically supportive meal options are also available.

How: Call JFS Access line at (858) 637-3230 or contact us [online](#).

On the Go Transportation Services

Who: Older adults aged 60+ who are considered low-income in San Diego

What: On the Go helps older adults stay connected to the people and places they love by offering free, safe, and reliable transportation for those living in identified zip codes.

How: Call (855) 638-2279 or start the process [online](#).

Ongoing Wellness & Financial Support

Breaking Down Barriers

Who: Black, Indigenous, People of Color (BIPOC), and the LGBTQIA+ community

What: An outreach and education program that discusses the stigma of mental health and connects participants to helpful resources.

How: Call (858) 637-3301 or email NoStigma@jfssd.org.

Hand Up Loans

Who: Adults

What: Hand Up Loans provides small, interest-free loans to qualifying individuals. A co-signer is required. Loans may be used for education, small business loans, business development, job training, car purchase or repairs, refugee/immigration resettlement, and more.

How: Call JFS Access line at (858) 637-3210 or contact us [online](#).

Hand Up Cars

Who: Adults

What: Hand Up Cars is an economic empowerment program that helps working families with children across San Diego County achieve self-sufficiency through financial education and reliable transportation. Participants receive financial coaching and may receive a loan to buy a used car. If approved, a car loan can be up to \$10,000 at 12% interest over five years, and JFS guarantees the loan.

How: Call JFS Access line at (858) 637-3210 or contact us [online](#).

