

JFS Access (858) 637-3210
Contact Us Online www.jfssd.org/contactus

Programs & Services

FAMILY & COMMUNITY SERVICES (858) 637-3210

Community Case Management — Assistance for those experiencing life challenges; services include assistance locating resources, coordination of services, and support

Breast Cancer Case Management — Offers bilingual, in-home support and resource navigation for those living with a breast cancer diagnosis

Counseling & Support Groups — Counseling for Individuals (adolescents/adults/older adults), couples, family, and group treatment. Current support groups include: Bereavement, Mood Disorder, Family Violence, Psychotherapy, Caregiver. JFS also hosts PFLAG groups.

Mood Disorder Program — Specialized counseling and support groups for individuals who are dealing with depression, bipolar disorder, anxiety, or other mood disorders

Project SARAH — For individuals experiencing domestic violence. Services include: crisis intervention, safety planning, resource coordination, counseling, and support groups.

Safe Parking Program — Safe overnight parking and supportive services for unsheltered individuals and families living in their cars

Employment & Career Services — Supporting economic stability by helping clients research, prepare for, and secure steady employment

Hand Up Cars — Financial education and auto loans for credit-challenged working families

Hand Up Loans — Interest-free loans that assist individuals to become self-supporting. Loans can be used for business development, education/job training, car purchase/repair, and more

FOOD ASSISTANCE (858) 637-3210

Foodmobile — Home-delivered kosher meals and friendly visits to older adults and younger homebound disabled adults

Hand Up Food Pantry — Distributes food to military, low-income, and homeless individuals and families at multiple sites in San Diego County. Provides a unique opportunity for youth and groups to volunteer in the pantry.

- **Corner Market** – A market-style food pantry, where individuals and families can choose from food and hygiene items, based on their dietary needs and preferences. By appt. only
- **Community Food Distributions** – Providing food to military, low-income, and homeless individuals and families at multiple sites in San Diego County.

AGING & WELLNESS SERVICES (858) 637-3210

**The JFS Alzheimer's Disease Initiative
(858) 637-3388**

- **Monday My Way** – social day program at the Balboa Avenue Older Adult Center, providing transportation, exercise, lunch, and music therapy
- **Out & About** – weekly Friday, guided excursions and lunch
- **Music & Memories** – in-home music therapy

Care Management — Free in-home assessment and referrals

**Balboa Avenue Older Adult Center
(858) 637-3388** — Daily activities, classes, discussion, caregiver and bereavement support groups, and hot kosher lunch. Appropriate for clients with dementia and physical challenges

- Located at JFS - Joan & Irwin Jacobs Campus
- Monday–Thursday, 10:00am–2:00pm

College Avenue Center (858) 637-3270
Social & Wellness Programs for Adults 60+. Activities, exercise and computer classes, educational programs, salad bar, and hot kosher lunch

- Located at Temple Emanu-El
- Monday–Friday, 9:00am–3:00pm

JFS Fix-it Service — Free home repairs for low-income older adults

Foodmobile — See *Food Assistance*

Friendly Visitor (*Bikkur Holim*) — Connects friendly visitors to the isolated elderly and ill

Geriatric Care Management — Provides comprehensive assessment, plan of care, coordination of services, consultation, and advocacy

On the Go: Transportation Solutions for Older Adults

- **Rides & Smiles®** – individual, door-to-door transportation by volunteer drivers
- **Excursions** – group transportation to events
- **Navigator** – on demand transportation and ride monitoring
- **Shuttles** – group transportation to shopping destinations and Social & Wellness Centers
- **Silver** – premium, fee-based service providing door-to-door transportation for individual riders and groups.

Serving Older Holocaust Survivors Program (SOS) — Provides care management, home care, and emergency assistance services for low-income Jewish Holocaust survivors

JEWISH CONNECTIONS

Jewish BigPals (858) 637-3056 — A unique mentoring program for Jewish children, ages 6-16, who are being raised in a variety of family situations—often by single parents, grandparents, or legal guardians

**Supporting Jewish Single Parents (SJSP)
(858) 637-3328** — Advocacy, support, and connection within the Jewish community

Intensive Psychiatric Case Management — Serves Jewish clients diagnosed with a serious mental illness, assisting with goal setting and weekly visits

JFS-David Rubenstein Memorial Scholarship Fund (858) 637-3037 — Offers financial assistance to students from the San Diego Jewish community who plan to attend college or vocational school

PATIENT ADVOCACY (800) 479-2233

Patient Advocacy — Ensuring the rights of behavioral health clients in hospitals and care facilities across San Diego

POSITIVE PARENTING PROGRAM (858) 637-3375

Positive Parenting Program (PPP) — Helps parents find positive solutions to common childhood behavior issues, reducing parent-child conflict and preparing children for school success

REFUGEE & IMMIGRATION SERVICES

Immigration Services (858) 637-3365
Assistance with adjustment of status, travel documents, citizenship & naturalization, Deferred Action for Childhood Arrival, family petitions/reunification, removal defense and citizenship classes.

Resettlement Services (858) 637-3030
Services for newly arriving refugees referred by the US Refugee Program

COACHELLA VALLEY (760) 327-4394

Desert Horizon & Desert Vista Permanent Supportive Housing Programs — Housing and comprehensive support services for homeless individuals and families

Our Purpose:

Jewish Family Service is a client-centered, impact-driven organization working to build a stronger, healthier, more resilient San Diego.

Since 1918, Jewish Family Service has leveraged the strength of the community to help people in San Diego transform their lives. With an approach rooted in supportive personal relationships and strong community partnerships, we deliver services that foster the health, skills, confidence, and resilience of every person we serve. With time and hard work, our clients build a foundation of economic stability, personal wellbeing, and community connection that empowers them to thrive. By working together to uplift individuals and families, we strengthen the whole community.



Upcoming Events, Program Information & Latest News www.jfssd.org

Contact Us Online www.jfssd.org/contactus

JFS Access (858) 637-3210 | Volunteer (858) 637-3050 | Administration (858) 637-3000

GET INVOLVED

Volunteer Engagement

(858) 637-3050

Volunteers are the heart of JFS. We offer 30 different ways for individuals and groups to get involved. Opportunities range from one-time projects to long-term positions working directly with clients or providing administrative support. Start the application process online: www.jfssd.org/volunteer

AmeriCorps Community Partnership — Provides comprehensive training in volunteer development and community outreach to community organizations focusing on youth and families in San Diego

Community Leadership

YOUNG ADULT INITIATIVES

(858) 637-3051

Emerging Leaders — Engages socially-minded young professionals in the work of JFS through meaningful group volunteer projects and events.

San Diego Jewish Advocacy Fellowship — Engages young professionals in political advocacy around issues impacting the San Diego community

TEEN LEADERSHIP

Girls Give Back (858) 637-3042 — A program for high school girls, grades 9-12, to learn about issues impacting their communities and develop the skills and confidence to make a difference.

Hand Up Teen Leadership (858) 637-3020 — Award-winning leadership development and service learning program for high school students. Students use leadership skills in real world settings by supporting the *Hand Up* Food Pantry through direct service and advocacy

Junior Leaders — A program for middle school students, grades 6-8, to develop their leadership skills through hands on learning and volunteer projects

GIVE SUPPORT

Ways to Give

Friends of the Family (858) 637-3000
Dedicated donors who give \$1,200 or more to the JFS Annual Campaign

Tribute/Memorial Donation (858) 637-3000
Support our Annual Campaign by honoring someone special

Car Donation Program (877) JFS-4-CAR
Turn your car into care — vehicle donation program benefiting JFS

JFS is a resource for the community made possible by the community

Centennial Countdown Campaign (858) 637-3000 — Make a gift to our endowment to support JFS long into the future. All gifts are matched dollar for dollar by the Rady Family Foundation.

Personal Fundraising (858) 637-3000
Create a webpage to celebrate a personal milestone or event



11 YEARS
of earning Charity Navigator's
Highest 4-star rating

Donate Online & Send an e-Card
www.jfssd.org/donate

GET IN TOUCH

Office Locations

JOAN & IRWIN JACOBS CAMPUS
(858) 637-3000

Turk Family Center
8804 Balboa Avenue
San Diego, CA 92123

Community Services Building
8788 Balboa Avenue
San Diego, CA 92123

Satellite Offices

Refugee Services
(858) 637-3030

Desert Horizons/Desert Vista
(760) 327-4394
400 S Farrell Drive, #B205
Palm Springs, CA 92262

Social & Wellness Centers

Balboa Avenue Older Adult Center
(858) 637-3388
JOAN & IRWIN JACOBS CAMPUS
Community Services Building
8788 Balboa Avenue
San Diego, CA 92123

College Avenue Center
(858) 637-3270
6299 Capri Drive
San Diego, CA 92120

Welcoming Everyone