

Community Resources:

Life Choices Pregnancy Center	13412 Pomerado Rd Ste C	(858)486-1738
North County Internists (Dr. Klein for inexpensive sports physicals)	15721 Pomerado Rd.	(858)485-6644
Clinica Consuelo or Alberto Chaviro Clinic	(Medical services for Spanish-speaking patients without health care) 225 East 2nd Avenue Suite 260, Escondido, CA 92025	(760) 480-1808
North County Women's Medical Clinic	120 Craven Rd # 209	(760)761-4088
Palomar College	1140 W Mission Rd	(760)744-1150
Palomar Family Counseling Service	12225 World Trade Dr Ste O	(858)451-9893
Poway Community Counseling	13525 Midland Rd Ste J	(858)395-0135
Poway Mira Mesa Driving School	13514 Pomerado Rd	(858)486-9191
Poway Penasquitos Counseling Services	15708 Pomerado Rd Ste N 201	(858)486-9092
Poway Unified School District	13626 Twin Peaks Rd	(858)748-0010
Psychology Health Center	15706 Pomerado Rd	(858)451-9400
Rancho Bernardo Family Counseling	12630 Monte Vista Rd Ste 201	(858)485-7027
San Diego Workforce Partnership	1935 E Valley Pkwy	(760)738-0274
Source Chinese Medical Clinic The	15525 Pomerado Rd #E-4	(858)829-9485
US Army Poway Recruiting Station	12222 Poway Rd Ste 2	(858)748-5655
US Navy Poway Recruiting Station	12222 Poway Rd Ste 3	(858)748-1472

Poway City Facilities:		
Community Service (Class Information)	12302 Poway Road	(858) 679-4343
Lake Poway	14644 Lake Poway Road	(858) 486-1234
Meadowbrook Gym	12320 Meadowbrook Lane	(858) 679-4270 or 4385
Poway Center for the Performing Arts	15498 Espola Road	(858) 748-0505
Poway Library	13137 Poway Road	(858) 513-2900
Poway Pool	13094 Civic Center Drive	(858) 679-4394
Poway Skate Park	13090 Civic Center Drive	(858) 679-4366
Poway Transit		(858) 748-8164
Twin Peaks Gym	14640 Tierra Bonita Road	(858) 679-4339

California Crisis Line, 24 hours, anonymous help 800-843-5200

Boys & Girls Clubs of Greater San Diego: www.sdyouth.org . The local Boys & Girls Club on Bowron Road in Poway: 858-748-6927. The local club does have some **summer children's care programs** that are not listed on their website, please call them for more information.

City of Poway website: www.ci.poway.ca.us links to many non-school activities and resources.

City of Poway website teen resources: <http://www.ci.poway.ca.us/teenpages/index.html> this has lots of listings for non-school activities and local community resources.

Poway Chamber of Commerce: www.poway.com this site has lots of stuff such as: local business guide, visitor's guide, community information, event calendar, relocation information, etc.

The Women's Resource Guide: www.wrg.org this is a **GREAT resource** for emergency hotlines, medical care, financial assistance, welfare needs, child care, adoption, legal aid, recovery programs, etc., etc., etc.

[Community Health Clinics within San Diego County](#) (Please note that this is a large file and may take awhile to download.)

[Jewish Family Services Counseling Center](#) offers confidential and affordable services to assist individuals, families, adolescents, and children with emotional or social issues. All clients are assisted regardless of religion or financial conditions (fees are offered on a sliding scale to fit individual needs).