

## **Job/Employment Resources**

### Regional

CALWORKS: Cash assistance, food stamps, job/school  
(866) 262-9881, M-F 8am-5pm

### Central

Comprehensive Training Systems: Job training for people on unemployment or welfare-to-work. No fees. (619) 582-9133

Dress for Success: Workplace preparation services, job development, and professional attire for unemployed women. (619) 533-6014

San Diego Urban League: Job development & placement. (619) 266-6247

South Metro Career Center: Job search, workshops, resource center, computer lab  
(619) 266-4200

ACCION: provides small business resources and loans to entrepreneurs  
(619) 795-7250

### East

East County Regional Education Center: Job search, training, and workshops  
(619) 590-3900

### North Coastal

North County lifeline: Job development, placement, assistance, counseling, case management, resume assistance. (760) 726-4900

Interfaith Community Services: Employment services, vocational development, job search, career assessment, filing for unemployment, computer labs.  
(619) 489-6380

### North Inland

North Inland Career Center: Case management, job search, resume skills  
(760) 871-1962

Interfaith Community Services: Employment services, vocational development, job search, career assessment, filing for unemployment. (619) 489-6380

## South

South County Career Center: Skill assessment, job search, computer lab  
(619) 424-1112

Comprehensive Training Systems: Job training for people on unemployment or welfare. (619) 424-6650

## Tuition

New Horizons Program: Assist single parent students with textbook loans, transportation, and study techniques. (619) 388-4912

Regional Occupational Program: Tuition free public education & career services  
(858) 292-3529