



50
ANNIVERSARY 1969 - 2019
Center for
Community Solutions
Hope, Healing and Prevention

2018-2019

CENTER FOR COMMUNITY SOLUTIONS
ANNUAL IMPACT REPORT

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MESSAGE FROM OUR BOARD PRESIDENT AND CEO

Dear Friends,

It is our honor to present Center for Community Solutions' (CCS) 2018-2019 Annual Impact Report, which provides key highlights of our activities and programs for the past fiscal year. As you read the report, we hope you will get a good sense of the breadth and depth of the programs and services we provided to San Diego County residents affected by intimate partner violence, sexual assault, or stalking—**nearly 18,000 individuals served!** This vital work would not be possible without the dedication and generosity of so many and for that, we are beyond grateful for your support!

In 2019, CCS celebrated its 50th Anniversary. Since 1969, we have touched the lives of hundreds of thousands of San Diegans by providing life-saving services for safety, stability, justice, healing, and prevention. From humble beginnings on the campus of San Diego State University, CCS has grown to the second largest women's center in California and serves as a continual catalyst for caring communities and social justice.

As we reflect on the past five decades, we are inspired by the wave of awareness brought on by the #MeToo and #TimesUp movements. As the quote says, one person might not change the world but collectively we know this violence is preventable, not inevitable. The most important thing we can do for survivors is listen to them, believe them, and let them take the lead to healing and self-sufficiency—one person at a time.

In our milestone year, CCS initiated several programs which deepen advocacy and prevention efforts for the individuals and families we serve. These include expanding the Housing First Program, making safe and stable housing a key component to self-sufficiency; launching the FX program, designed to provide higher risk youth populations with dating violence prevention education; and initiating Close to Home, a community mobilization model to facilitate the development of community-designed and community-specific prevention actions.

We look forward to the next 50 years, and thank you for making hope and healing possible for survivors.

Sincerely,



Verna Griffin-Tabor
Verna Griffin-Tabor
CEO/Executive Director

Jessica Pride
Jessica Pride
Board President

"Helping one person might not change the whole world, but it could change the world for one person."

— Anonymous

SOLUTIONS FOR STABILITY, JUSTICE, HEALING AND PREVENTION



OUR MISSION

It is the mission of Center for Community Solutions to end relationship and sexual violence by being a catalyst for caring communities and social justice.

OUR VISION

Our vision is for all people to live full, free, expressive and empowered lives in a safe, vibrant, healthy and peaceful community.



CELEBRATING
50 YEARS OF SERVICE

SOLUTIONS FOR SAFETY 24 HOUR HOTLINE

CCS staff and volunteers respond to calls coming into our county-wide crisis hotline 24 hours a day, 365 days a year. These staff and volunteers, known as hotline counselors, provide trauma-informed safety planning and emotional support, expert navigation of county resources, and direct connection to supportive services.



5,985 calls

SOLUTIONS FOR SAFETY AND STABILITY ADVOCACY SERVICES

Intimate Partner Violence (IPV)

IPV Services are carried out by CCS Advocacy Staff and Legal Advocates, who provide clients the immediate support they seek with additional advocacy on a range of issues, including:

- Ongoing safety planning and risk assessment.
- Access to free counseling, shelter, housing, and other basic-need support resources.

In FY19, CCS expanded the Domestic Abuse Forensic Exam (DAFE) program, hiring a dedicated DAFE Coordinator to oversee accompaniment response during forensic exams for IPV survivors of severe abuse or strangulation.

Sexual Assault Services (SAS)

SAS benefited from a third year of program expansion and refinement, and is now divided in three different divisions: Sexual Assault Response Team (SART), Justice Advocacy, and Campus Advocacy Services. One of the busiest rape crisis centers in California, CCS covers 75% of San Diego County, assisting walk-ins, referrals, and emergency room victims. Key accomplishments in FY19 included:

- Served four college campuses including San Diego State University, San Diego City College, Mesa College and Miramar College, providing free advocacy services for college students, staff and faculty.
- Continued training county police cadets to respond to survivors with trauma-informed practices.
- Continued to support sexual assault survivors during forensic exams.
- Supported survivors with rent, moving expenses, transportation, food, clothing, and other needs.

On average, CCS provides SART accompaniment to forensic exams for at least one survivor every day of the year. In FY19, CCS responded to nearly 400 exams.

1,396 clients
5,370 contacts
493 forensic exams

Child Abuse Treatment (CHAT)

CCS assists children victimized by or exposed to trauma as individual clients, not simply as an extension of their caregivers. Child Advocates work with youth to help them identify and cope with their emotions, pinpoint their unique strengths and skills, and get along better with others, including family members. They provide a wide variety of advocacy help across a child's post-traumatic experience.



SINGLE FATHER LEARNS VIOLENCE ISN'T LOVE

Terrance's partner physically and verbally abused him in front of their son. Feeling ashamed and scared that no one would believe him, Terrance endured repeated abuse. Until one day he found the courage to confide in a long-time friend, who suggested Terrance reach out to Center for Community Solutions for help. He did, and that's when his life began to change for the better. Terrance met with a caring CCS Advocate, who helped him realize the potential lethality of his desperate situation. He decided to move to CCS' North County emergency shelter, during which time he enrolled in Counseling Services and engaged with a CCS Therapist. After several months of participating in individual and group therapy sessions, Terrance recently shared his experience:

"I experienced physical and psychological abuse from my partner. I had a really hard time understanding what domestic violence actually was. I would constantly ask myself if love was supposed to hurt so much. How can someone say that they love you and then physically hurt you? Slowly I realized that I was in an abusive relationship. I have a young son, and he is the most important thing in my life. When I arrived at the shelter, I was scared. I thought I was not going to be able to get through this with my boy Trey. And I felt lonely and lost. But I learned many things while in the shelter. I learned to identify what was not working in my life, and I learned that I am worthy of love.

Now after many sessions with my CCS Counselor, I feel happy, confident in myself, and I have a clear understanding of my worth as a man, and as a human being. I now know that you can get good out of a bad situation. Through the help of CCS staff, I have learned that I can leave the past behind and focus on a better future for me and for my son — one that is free of violence. The key to my recovery was to realize that violence isn't love."





231 adults & children
6,791 nights of safety

SOLUTIONS FOR SAFETY AND STABILITY RESIDENTIAL SERVICES

CCS' Residential Services are provided through our two short-term shelters, Project Safehouse and Hidden Valley House, and two long-term shelter programs. Our residential services are guided by a trauma-informed and client-centered approach — which allows clients to seek safety in our shelters and receive support based on the needs they have identified for themselves and the services they feel comfortable utilizing.

During their stay at CCS' emergency shelters, clients increased their relationship and/or household safety by **101.96%** over an average of 30 days. Their support system increased by **63.91%** and they improved their housing situation by **64.36%**.

Housing First Program

Launched fully in FY19, the Housing First innovation equips CCS with the tools necessary to move advocacy efforts past crisis intervention and into long-term advocacy, surrounding clients with services as they continue stabilization in their housing. This initiative provides clients with the flexible financial support needed for the various costs to obtain and maintain housing.

Through the Housing First Program, CCS provided **\$38,904.49** of financial assistance to help clients stabilize.

SOLUTIONS FOR SAFETY AND JUSTICE LEGAL SERVICES

CCS is the only Legal Team in San Diego County offering trauma-informed, no-cost, holistic, wrap-around services to survivors of sexual assault, intimate partner violence, and stalking. Because we prioritize bilingual (English/Spanish) legal advocacy in partnership with bilingual legal services, CCS clients not only receive the immediate legal help they seek, but they receive continuing follow-up on a range of issues. In FY19, **98.53%** of CCS client petitions for temporary restraining orders (TROs) were granted. These orders of protection help to stabilize violent situations and provide time and space for clients to consider their next steps.



1,529 clients
2,419 contacts

SOLUTIONS FOR HEALING COUNSELING SERVICES

573 clients
3,815 sessions

CCS' Clinical Services Department is comprised of Marriage and Family Therapists who provide individual, group, family, and child counseling using research-based, best practice, trauma-informed approaches. During FY19, counseling clients and therapists worked together to pinpoint specific trauma symptoms causing negative effects and create treatment interventions to mitigate those effects. This collaboration fits CCS' overall client-centered approach, putting clients "in the driver's seat" to work with therapists to set treatment goals and devise treatment plans. After completion of counseling sessions, adult clients experienced a **46.27%** relief in self-reported trauma symptoms, while child clients experienced a slightly higher **58.12%** relief in trauma symptoms.



"My therapist gave me the tools to work through my trauma and empowered me to take back my life."

— Selma, Survivor



SOLUTIONS FOR ACCESS TO SERVICES

In partnership with Deaf Community Services and San Diego Regional Center, CCS continued to deepen each agency's capacity to serve survivors of violence who are Deaf/deaf, Hard of Hearing, Late Deafened, or DeafBlind and/or individuals living with intellectual or developmental disabilities (IDD).

As part of The AccessAbility Partnership, CCS led a Needs Assessment to better understand service accessibility gaps, survivors' needs, and staff concerns. Through focus groups, interviews, and online surveys, a total of 154 individuals participated across the three agencies. The Key Findings which emerged from this assessment will help guide the Partnership's further program development and approach to accessibility for survivors.



SOLUTIONS FOR PREVENTION EDUCATION AND OUTREACH SERVICES

523 trainings
6,582 individuals

Teen Dating Violence Prevention Education

School-age youth, college students, and incarcerated youth work with CCS' Prevention Educators and peers to learn about healthy relationships, bystander intervention, and affirmative consent. CCS is leading San Diego in the first city-wide assessment of all youth-related prevention efforts.

Healthy Relationships & Violence Prevention Education

Community educators promote healthy relationships and prevention of sexual violence and intimate partner violence through interactive, empowering workshops to youth, educators, parents, social service agencies, and others focusing on communication and conflict resolution.

Athlete Upstander Prevention Education

Since 2017, CCS has partnered with San Diego State University (SDSU) Athletics to train incoming first-year student athletes. In FY19, 138 student athletes completed the three-unit version of CCS' Healthy Relationships and Violence Prevention curriculum. CCS and SDSU plan to continue this innovative and impactful work.

NEW INITIATIVES – IN FY19, THE PEAS TEAM INITIATED WORK ON TWO NEW PROJECTS:

Close to Home

In January 2019, the CCS Prevention Team initiated a community mobilization model known as Close to Home (C2H), a promising practice for sexual violence prevention which utilizes an intergenerational team of residents to facilitate the development of community-designed and community-specific prevention actions. C2H is currently implemented in City Heights—the County's most populous neighborhood—with plans to expand to other neighborhoods in 2020.

Family Violence Prevention (FX) Grant

The FX grant was awarded to CCS in January 2019, to provide higher risk youth populations with dating violence prevention education. With this grant, the PEAS team is adapting the multi-unit core curriculum to address the particular needs of the homeless, foster, and LGBTQ+ youth populations—all of which are disproportionately impacted by intimate partner and sexual violence.

SOLUTIONS FOR COMMUNITY SUPPORT

Volunteer Engagement

CCS could not provide the level of support and services in our community without the generous commitment from volunteers. Volunteer contributions range from direct client engagement as counseling trainees, advocates, and attorneys to outreach and prevention efforts at community events. Additionally, CCS is supported by the community at large through the Board of Directors, Advisory Board, Hidden Valley House and Project Safehouse Auxiliaries, event volunteers, and development interns.

191 Volunteers
21,270 Hours =
\$637,037 Volunteer Time*

*Based on the Independent Sector value for volunteers in the state of California.



HOW TO HELP

There are many ways that you can become involved to help fight domestic violence and sexual assault:

- Make a Financial or In-Kind Contribution
- Honor CCS with a Legacy Gift
- Sponsor or Attend Special Events
- Schedule an Education Program or Workshop for Your Organization or Company
- Volunteer Your Time

If you are interested in becoming involved or learning more, please email us at info@ccssd.org.

A YOUNG WOMAN WITH COURAGE

Sabrina is a bright and outgoing 21-year-old college student. And despite an unthinkable experience, she had insurmountable courage that could not be shaken. Last year, she came to Center for Community Solutions via a forensic sexual assault exam, like hundreds of other survivors do each year. After a long day of classes and studying, Sabrina went to a bar near campus with her friends to socialize. Unfortunately, someone that she met, who seemed friendly and trustworthy at the time, used alcohol to facilitate Sabrina's sexual assault. With her defenses lowered, the perpetrator took her behind the bar and raped her. Though she made attempts to fend him off, she was unsuccessful.

When she arrived at CCS, Sabrina was distraught, confused, and traumatized. Unsure of the process and many steps that lay ahead, CCS staff explained the role of an Advocate, discussed available services, and helped ease her concerns. Soon thereafter, Sabrina's CCS Advocate attended a follow-up police interview with her, offering emotional support and validation, answering any questions that she had along the way.

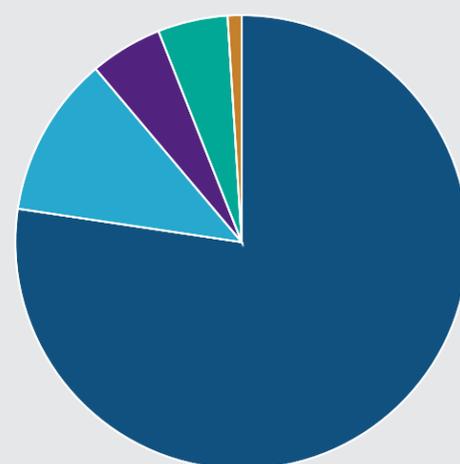
In order to heal from the trauma, Sabrina also began to see a CCS Therapist and applied the positive coping strategies that she had learned. As she continued to move forward, the Deputy District Attorney announced the date for Sabrina's preliminary hearing. Her Advocate accompanied her to court and initially, Sabrina was at ease; however, the time came for her testimony and the temporary calm melted away. The Advocate and Sabrina stepped aside and practiced some grounding techniques. Her Advocate reminded Sabrina that she is a strong person: *the determined young woman who was more than the former shell of herself, more than the girl who had been assaulted in the alley behind the bar.*

With this encouragement Sabrina took the stand, faced the perpetrator, and recounted the difficult details of that night. At the end of testimony, the judge found that there was sufficient evidence to proceed with a trial. The trial is scheduled and Sabrina's personal life has improved drastically. She recently graduated with honors and will soon begin her career as an elementary school teacher. *Sabrina thanks her Advocate and CCS for the ongoing support and care that she has received, knowing that she can count on her Advocate to be a reassuring presence during her upcoming trial.*



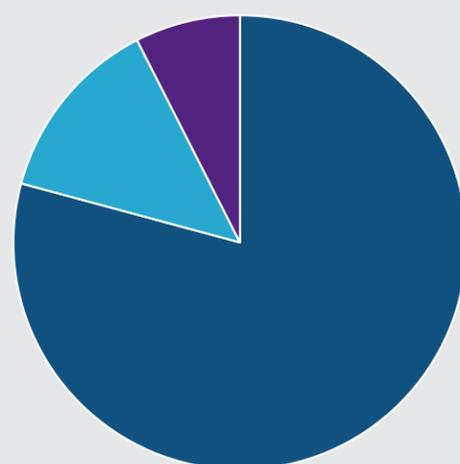
STATEMENTS OF ACTIVITIES FOR THE YEARS ENDED JUNE 30, 2019 AND 2018

	2019	2018
Revenue and Support		
Contract Revenue	\$4,702,859	\$4,101,800
Contributions and Grants	697,656	684,216
In-kind Contributions	341,890	281,507
Fundraising Revenue	314,664	282,749
Other Income	6,960	7,241
Fees for Services	6,459	11,089
Investment Income	1,055	1,062
Total Revenue and Support	\$6,071,543	\$5,369,664
Expenses		
Program Services	\$4,426,502	\$3,920,866
Management and General	744,100	757,822
Fundraising	419,560	410,000
Total Expenses	\$5,590,162	\$5,088,688
Change in Net Assets	\$481,381	\$280,976
Net Assets at Beginning of Year	\$1,684,992	\$1,404,016
Net Assets at End of Year	\$2,166,373	\$1,684,992



REVENUE

Contract Revenue	78%
Contributions	11%
Special Events	5%
In-Kind	5%
Other	1%



EXPENSES

Program Expense	79%
Management	13%
Fundraising	8%

STATEMENTS OF FINANCIAL POSITION FOR THE YEARS ENDED JUNE 30, 2019 AND 2018

	2019	2018
Assets		
Current Assets		
Cash and Cash Equivalents	\$1,279,225	\$1,044,970
Contracts Receivable	1,113,154	716,113
Other Receivables	15,419	12,341
Prepaid Expenses	31,706	20,260
Total Current Assets	\$2,439,504	\$1,793,684
Noncurrent Assets		
Deposits	\$12,763	\$12,763
Property and Equipment, Net	2,125,917	2,107,561
Beneficial Interest in Endowment Funds	10,756	10,866
Total Noncurrent Assets	\$2,149,436	\$2,131,190
Total Assets	\$4,588,940	\$3,924,874
Liabilities and Net Assets		
Current Liabilities		
Accounts Payable	\$112,968	\$78,039
Accrued Payroll and Related Liabilities	363,868	271,185
Deferred Revenue	51,000	0
Current Portion of Notes Payable	32,904	22,606
Total Current Liabilities	\$560,740	\$371,830
Noncurrent Liabilities		
Notes Payable, Less Current Portion	\$1,708,850	\$1,733,736
Interest Payable	152,977	134,316
Total Noncurrent Liabilities	\$1,861,827	\$1,868,052
Net Assets		
Without Donor Restrictions	\$2,017,755	\$1,593,291
With Donor Restriction	148,618	91,701
Total Net Assets	\$2,166,373	\$1,684,992
Total Liabilities and Net Assets	\$4,588,940	\$3,924,874

OUR HISTORY

50 YEARS OF TRANSFORMING LIVES



Since 1969, CCS has been committed to the prevention of violence and abuse by changing the social conditions that breed and tolerate their existence. Key agency accomplishments include:

2019 CCS launched FX, a program designed to provide higher risk youth populations (such as homeless, foster, and LGBTQ+ youth populations) with dating violence prevention education.

CCS was awarded a contract to outstation an advocate at Southwestern College, in order to provide sexual assault services to students. In total, CCS will have a presence on 8 local college campuses.

2018 CCS deepened its commitment to serve survivors of violence who are Deaf, Hard of Hearing, Late Deafened, or DeafBlind, and/or individuals living with intellectual or developmental disabilities through a grant from the Office on Violence Against Women.

CCS expands long-term housing and advocacy options through the Housing First Program, making services for safe and stable housing a key component to long-term survivor self-sufficiency.

2017 CCS founders, Carol Council and Joyce Nower, are inducted into San Diego County's Women's Hall of Fame, for their groundbreaking efforts to end violence against women in 1969.

2013 CCS, in partnership with Peace Over Violence in Los Angeles, launches Trauma Resiliency Integration Using Multiple Pathways to Healing (TRIUMPH), an effort to build core competencies in evidence-based, trauma-informed, resiliency-enhancing therapeutic approaches for counseling professionals as well as others who work with survivors.

2011 CCS is coordinator for the newly launched San Diego High Risk Team, a multi-disciplinary team that includes the San Diego District Attorney, San Diego Police Department and San Diego Probation Department, to review and coordinate care on domestic violence cases where lethality risk is high.

2008 CCS purchases Next Step, our long-term housing complex in North County.

1999 CCS expands its residential services for families experiencing domestic violence by adding transitional housing services to existing emergency shelter services.

1988 CCS opens Project Safehouse, a full-service shelter allowing stays of up to 28 days. It is the first facility to address the lack of emergency housing for battered women in South and East County.

1986 CCS begins providing state-mandated training to the San Diego Police Department and the San Diego County Sheriff's Department. At the request of CCS, a series of meetings with law enforcement officials leads to the formation of a formal domestic violence liaison with the San Diego Police Department.

1983 CCS opens the first Temporary Restraining Order Clinic for battered women in California. CCS becomes the first organization in California to provide formal counseling for battered women and children.

1980 The Rape Crisis Center is launched with state funding.

1977 CCS opens San Diego's first 24-hour hotline for victims of domestic violence. An "underground railroad" (a network of private homes and emergency resources) is organized to help women escape from violent or abusive environments and establish new lives in San Diego County.

1969 CCS is established as Center for Women's Studies and Services, a seven-component political, educational and service organization at San Diego State University. CWSS gave rise to the first Women's Studies Department in the U.S.

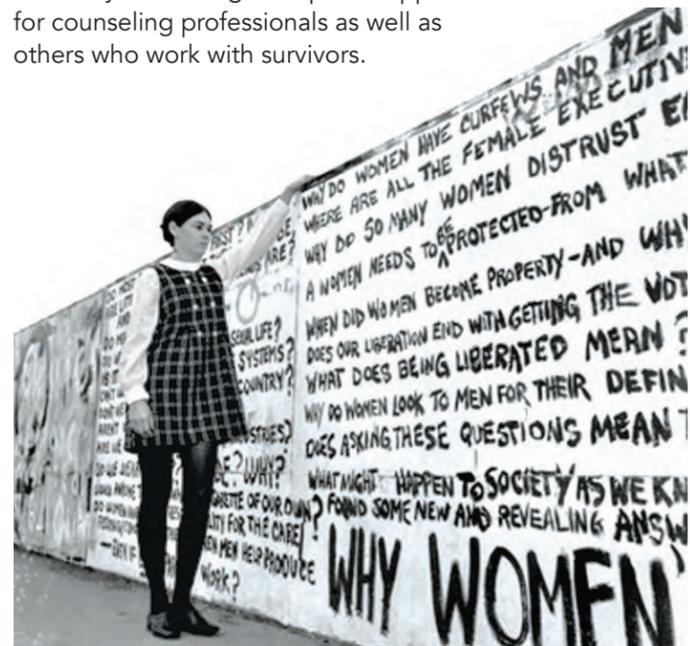


A SECOND CHANCE AT HAPPINESS

After 30 years in an unhappy marriage, Marlena had given up on life. During the entirety of this union, Marlena suffered from physical, emotionally, verbal, and financial abuse. She felt defeated and alone, and she could see no way out of her misery. Marlena's husband controlled her by isolating her from neighbors, friends, and family. He even took away her cell phone, preventing her from calling anyone for help—including her adult children who lived only 20 minutes away. Desperate, Marlena finally confided in a friend at her church. This is how she learned of Center for Community Solutions. While working the night shift at her job, Marlena contacted CCS' 24-hour crisis hotline. The Advocate who answered the hotline immediately connected Marlena to CCS' Legal Services and Domestic Violence Victim Advocacy teams.

During her first meeting, program staff provided crisis intervention, safety planning, information about available CCS services, and advised Marlena of her legal rights. Marlena was planning to relocate from the home she shared with her abusive partner that morning, but he found out and brutally attacked her—strangling her and locking her in their house. But Marlena persevered and was able to escape and sought help from local police. A few days later, the police arrested Marlena's husband. CCS provided additional legal and advocacy support to Marlena after this potentially lethal incident, accompanying Marlena to interviews with law enforcement and the District Attorney's office on multiple occasions. Marlena was referred to San Diego's High-Risk Team due to the "high-risk" of homicide in these types of domestic violence cases. Marlena's abusive husband pled guilty in the criminal matter and was sentenced to time in jail.

CCS staff continued to provide legal assistance by helping Marlena to obtain a restraining order that was ultimately granted for multiple years. She continues to work with CCS to get assistance with her ongoing divorce and she is receiving counseling to heal from years of trauma and abuse. Today, Marlena lives in her own apartment and has a full-time job. *She feels safe and has gained a confidence about life. For the first time in decades, Marlena has hope for a brighter future.*



SOLUTIONS FOR COMMUNITY SUPPORT

"The commitment and passion demonstrated by CCS in serving the community are why we continue to support this amazing organization."

— Longtime Donor

We are grateful to the individuals, businesses, corporations, foundations, and organizations listed below for their generosity to CCS during fiscal year 2018-2019.

\$50,000+

Cushman Foundation
Marriott Daughters Foundation
The Parker Foundation
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\$25,000 – \$49,999

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CORPORATE & GOVERNMENT SUPPORT

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."

— Maya Angelou



*“When unique voices are united in a
common cause, they make history.”*

— Gloria Steinem



Center for
Community Solutions
Hope, Healing and Prevention

24-Hour Crisis Hotline: (888) 385-4657

4508 Mission Bay Drive, San Diego, CA 92109

www.ccssd.org



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