



INTERFAITH SHELTER NETWORK OF SAN DIEGO

Shelter, Stability, & A Path Forward

Connecting community groups, faith communities, and social service partners to help unhoused neighbors move toward self-sufficiency



OUR MISSION

Interfaith Shelter Network's mission is to enable those we serve to move toward self-sufficiency by coordinating the efforts of participating congregations, social service agencies, and governmental programs in order to provide shelter and resources to unhoused individuals and families in the San Diego region.

TWO PROGRAMS ONE SHARED GOAL

Rotational Shelter

WINTER EMERGENCY SHELTER

A countywide network of congregations offers individuals and families a safe place to stay, meals, and hygiene services all within a compassionate, hospitable community and in close proximity to their support network.

Guests receive case management, transportation assistance, plus job, budgeting and life-skills workshops for up to 12 weeks.

"I was able to finally get a good job which allowed me to get an apartment. Without your help and being able to sleep in those churches I would have never known what I was missing and probably still be in my car." - Jim, Rotational Shelter Guest

El Nido

TRANSITIONAL HOUSING FOR DOMESTIC VIOLENCE SURVIVORS

A confidential, nurturing home where women and children can recover from trauma and build a safe, independent future for up to one year.

Families receive case management, counseling, childcare, housing navigation, financial planning, advocacy, classes for children, education and employment-readiness support.

"The El Nido program provided a safe place for my family and I to be able to achieve my goals, feel safe and learn to love each other without fear of violence." - Yasel, El Nido Participant

VALUES THAT GUIDE THE NETWORK

Mutually Affirming

Every person is treated with dignity, empathy, respect and appreciation.

Purposeful Partnerships

Collaboration equips volunteers and expands shelter, support and opportunity.

Mindful Stewardship

Time, talent and financial gifts are used with integrity, care and efficiency.

2025-26 ROTATIONAL SHELTER PROGRAM SERVICE HIGHLIGHTS

79

Rotational Shelter Guests

47

Guests Moved to Stable Housing

8,985

Meals Provided by Volunteers

12

Job Related Workshops Offered

2025-26 EL NIDO TRANSITIONAL HOUSING PROGRAM SERVICE HIGHLIGHTS

41

El Nido Residents

5

Households Completed the Program

100%

Goals Met & Income Increased

301+

Families Served by El Nido to Date

WHY SUPPORT ISN?

Track Record of Transformation

ISN succeeds in helping people obtain stable housing and self-sufficiency at a percentage much higher than the national average.

Cost Efficient

Through the generosity of volunteers and partners, ISN's programs provide several services for clients at a much lower cost.

Community Engagement

Big jobs require big involvement. ISN's programs excel at inspiring a broadbase to take part in addressing homelessness.

40 YEARS OF COLLABORATION | 11,180+ PEOPLE SHELTERED | 10,000+ COMMUNITY MEMBERS ENGAGED

Be part of the network

Volunteer, partner, or give to help create a safe next step for San Diego neighbors. Contact ISN's staff to learn more and join the network

www.interfaithshelter.org

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Program data: ISN Summary of Services 2025-26 • Mission and values: interfaithshelter.org

Alma H. – Rotational Shelter Guest 2026

My name is Alma. I am a single mother of three children, and today I want to share my journey through homelessness and how I was able to get back on my feet.

Back in 2025, my children and I were living in housing supported through a Rapid Re-Housing program. Unfortunately, the funding for the program ended, and the grant could no longer be extended. As a result, my rent increased to an amount I simply could not afford on my own. Despite my efforts to make ends meet, I was unable to keep up with the new rent, and we lost our home.

I did not have family members who could help us or provide a place to stay. With nowhere else to go, my three children and I began living in our car. It was one of the most difficult and heartbreaking experiences of my life. As a mother, not knowing where your children will sleep at night or how you will provide stability for them is a feeling I would never wish on anyone.

I remember feeling scared, overwhelmed, and unsure of what the future would hold. Every day became a struggle just to meet our basic needs. I spent countless hours reaching out to agencies and searching for help. I called shelters, housing programs, and community resources, but everywhere I turned, there seemed to be long waiting lists or no available space. There were moments when I wanted to give up, but I knew I had to keep fighting for my children.

One day, I called 2-1-1 and was given contact information for ISN. Through ISN, I connected with Manolo, who then referred me to Jesenia at Family Health Centers of San Diego. Jesenia was able to schedule an intake appointment for me the very next day.

That is when I met Iliana, my case manager.

From our very first meeting, I felt supported and heard. For the first time in a long time, I felt like someone truly understood what my family was going through and wanted to help. That same evening, she was able to secure a safe sleeping space for me and my children. It may seem like a small thing to some, but to us it meant safety, dignity, and hope.

Over the next several weeks, we worked closely together to create a plan for stability. With the support of Family Health Centers, ISN community partners, and dedicated volunteers, I had a safe place to sleep and could focus on rebuilding my life. Instead of worrying every night about where we would stay, I was able to focus on finding employment, following up on housing opportunities, and taking the steps necessary to build a better future for my family.

The journey was not easy, but having support made all the difference. I learned that asking for help is not a sign of weakness. It is a sign of strength. I learned that resilience means continuing to move forward even when life feels impossible. Most importantly, I learned that one caring person can change the course of someone's life.

Today, my family and I are in a much better place. We have regained stability, hope, and a sense of security. While homelessness was one of the most difficult chapters of my life, it also taught me perseverance, gratitude, and the importance of community.

I am incredibly thankful to Manolo, Jesenia, Iliana, Family Health Centers of San Diego, ISN, and all the volunteers who helped my family during our time of need. Their compassion, dedication, and belief in us gave us the opportunity to rebuild our lives.

To anyone who may be struggling right now, I want you to know that your situation does not define you. Homelessness does not define your worth. Hard times do not last forever. There is hope, there are people who care, and there is a path forward. Keep advocating for yourself, keep reaching out, and never give up.

Today, I stand before you not as someone who was homeless, but as someone who overcame homelessness. My story is proof that with support, determination, and hope, it is possible to rebuild and create a brighter future.

Kristina M. - El Nido Graduate 2025

I'm Kristina, and I have two children, Aubrey, who will be 13 years old and Aiden, who is 4 years old and I have been part of El Nido since May of 2024, and I would like to share a little bit about my story.

I met my abuser when I was 18 years old. We were best friends for about 9 years before being in a relationship. It all started with drug use. The abuse started with hurtful words and led to much more right before I was pregnant. While I was pregnant, everything was okay, we were clean and doing good until my son was born. My abuser was a cheater and a very selfish man; he was hard on me but kind to others.

I used to lock myself in the bathroom and cry every day for something to help me leave him, but I couldn't leave as he was the provider of our family, and I wasn't allowed to work, so if I left him, then I would have had nowhere to go. Until one day, he cheated on me again, and I just couldn't take it anymore, so I told him I wanted to separate, so he moved out, and that is when I lost my mind from stress, from not working and having to care for both kids alone.

I moved back in with him a few months after because I lost my apartment and had nowhere to live with my kids and I didn't want my kids to be on the streets so we tried to make it work again and again I left him and then I went back a few times, until one day we were arguing and it lead to a fight in front of the kids.

[My mom] came to the rescue and as he was in the garage we snuck out and went to my mom's house, he later realized we left and went crazy calling me and my family threatening to kill me so my kids and I ran away to Arizona until I could figure out where we were going to live once we went back to San Diego.

We came back to San Diego but we were homeless living from couch to couch or hotel to hotel until I finally got into a shelter. We ended up at a DV shelter for 2 months, and it was amazing. and they helped us so much. We were able to get a little break from all the bad, and then we were accepted to El Nido.

Since being here at El Nido, I've learned to be more independent. I started working after 3 years of no employment, started therapy, and found a psychiatrist to continue to help me, and my kids are back in school and day care. It helped my kids and me to connect and become closer as a family. The fact that we had a place of our own has helped me mentally to understand that it's okay to be alone and not be dependent on anyone else, like I did while I was in an unhealthy relationship. I've been single since then and haven't had to worry about my kids seeing or hearing fighting or abuse.

This program here at El Nido has helped us in so many ways! From our weekly case management meeting to helping with mental and physical things each of us is going through. I'm very appreciative of the help we have received, and it's now time for me to move on and let the help go to another family who needs it. I plan on going back to school to further my education and to land a second job so we can continue to do it on our own. I want to say thank you to El Nido and all the supporters who have been a part of our journey. We surely do appreciate you all. – Kristina, Graduate December 2025



El Nido Volunteers & Staff with Certificates from City Councilmember Elo-Rivera at the Domestic Violence Awareness Event where Kristina Spoke