



# ISP San Diego

The Ignatian Spirituality Project (ISP) invites people recovering from homelessness and addiction to encounter God's love, hope, and healing through spiritual companionship that transforms lives. Our decades of experience align with what social science research continues to find: recovering a sense of self-worth, purpose, and belonging is an essential, and often overlooked, element of the journey of recovery. It's the spiritual foundation that helps other supports—like jobs and housing—last.



## 2015-2026 by the numbers

- 275+ retreat participants
- 2000+ spiritual reflection participants
- 25+ current volunteers

...and growing



## HISTORY

ISP San Diego began with a women's retreat in 2015 and a men's retreat the following year; in 2025 the women's team hosted the first ISP retreat in Spanish. As one of over 20 affiliate cities within the ISP Network, ISP San Diego has brought experiences of love, hope and healing to thousands of individuals in the San Diego area.

## ABOUT US

ISP San Diego is thriving thanks to a robust volunteer team, an active advisory council, and a growing circle of supporters. The team currently hosts 6 overnight retreats per year and more than a dozen spiritual reflections each month. In 2024, two team members joined the 3<sup>rd</sup> Ambassadors of Hope cohort.

## COMMUNITY PARTNERS

ISP is grateful for the many agencies, retreat centers, and parishes that are a part of our work including:

- Father Joe's Village
  - Mission San Luis Rey
  - Rachel's Promise
  - Uptown Safe Haven
  - La Mesa First United Methodist
- ...and many more!



Join the Movement

[info@ispretreats.org](mailto:info@ispretreats.org) / [www.ispretreats.org/sandiego](http://www.ispretreats.org/sandiego)

