

Food & Material Goods/ Comida & Articulos Materiales

**Church of the Nazarene in Mid-City, Food Distribution**  
4101 University Ave, San Diego, 92105  
(619) 249-2684

**First Presbyterian Church of San Diego, Ladle Fellowship**  
Provides Sunday meal, clothing, blankets and hygiene items  
320 Date St, San Diego, 92101  
(619) 232-7513

**Jacobs & Cushman San Diego Food Bank, Diaper Distribution Site-** Diapers for infants/toddlers and provides menstrual supplies  
Sharia's Closet  
6244 El Cajon Boulevard #5, San Diego, 92115  
(619) 808-4979  
Somali Bantu Association of America  
5348 University Ave, San Diego, 92105  
(619) 265-5821 ext 209  
Step Forward – Must be CalWORK's recipients  
2772 4th Ave, 2nd Flr, San Diego, 92103  
(619) 295-6067  
Rock Church City Heights  
4001 El Cajon Blvd, San Diego, 92105  
(619) 269-2156  
You Saved Me Foundation  
3350 El Cajon Blvd, San Diego, 92104  
(619) 800-3563

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(619) 800-3563

Employment Services/ Servicios de Empleo

**Center for Employment Training**  
4153 Market St, Ste C, San Diego, 92102  
(619) 527-4895

**San Diego Workforce Partnership, Employment & Training**  
(619) 319-9675

**Father Joe's Villages, Employment & Education Services**  
1501 Imperial Ave, San Diego, 92101  
(619) 233-8500

**Manpower of San Diego, Jobs4Veterans**  
For veterans, their spouses, and dependents 18 & older only  
1855 1st Ave, #300, San Diego, 92101  
(619) 699-1236

**Able-Disabled Advocacy, VetWORKS**  
Must be a recently separated Veteran or with a service connected disability  
4389 Imperial Ave, San Diego, 92113  
(619) 266-4247

Legal/ Ayuda Legal

**California Western Community Law Project Legal Assistance (walk-in for services)**  
Downtown site – 1420 3rd Ave, San Diego, 92101  
Hoover High School – 4474 El Cajon Blvd, San Diego, 92115  
Rosa Parks Elementary School – 4510 Landis St, San Diego, 92105

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**Legal Aid Society of San Diego, Inc., Legal Services**  
110 Euclid Ave, San Diego, 92114  
(877) 534-2524

Veterans/ Veteranos

**Veterans Village of San Diego, Welcome Home Family Program**  
286 Euclid Ave, San Diego, 92114  
(619) 508-8866

**Military Health System, Reference Center**  
Provides advocacy & referral for military, veterans and their families  
(866) 966-1020

Last updated: December 2024

# Central San Diego County Directory

Selected services, including shelter, food assistance, and healthcare  
Servicios seleccionados que incluyen albergues, asistencia de comida, u cuidado de salud



In partnership with  
Regional Task Force on Homelessness

To find the most up-to-date information, visit [211sandiego.org](http://211sandiego.org) or dial 2-1-1  
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Last updated: December 2024

## Healthcare/ Cuidado de la Salud

### **Family Health Centers of San Diego, Healthcare for the Homeless** (Includes dental)

(619) 515-2551 (for locations below)  
1550 Broadway, San Diego, 92101  
4725 Market St, San Diego, 92102  
4094 4<sup>th</sup> Ave, San Diego, 92103  
2325 Commercial St, #1400, San Diego, 92113  
Homeless Mobile Medical Unit  
(619) 515-2551  
Dental Care  
4065 3<sup>rd</sup> Ave, San Diego, 92103  
(619) 515-2535  
3544 30<sup>th</sup> Ave, San Diego, 92104  
(619) 515-2434

### **Public Health Services, HHSA County of San Diego**

**Immunization Clinic**  
5202 University Ave, San Diego, 92105  
(619) 229-5400

### **Father Joe's Villages, St Vincent de Paul Village Village Family Center**

Primary care and behavioral healthcare  
1501 Imperial Ave, San Diego, 92101  
(619) 645-6405

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### **Planned Parenthood of the Pacific Southwest**

(888) 743-7526 (for all locations below)  
4305 University Ave, #350, San Diego, 92105  
4575 College Ave, San Diego, 92115  
220 Euclid Ave, #30, San Diego 92114  
2017 1<sup>st</sup> Ave, San Diego, 92101

## Mental Health/ Salud Mental

### **Access and Crisis Line**

(888) 724-7240 Toll free 24 hours a day, 7 days a week

### **National Domestic Violence Hotline**

(800) 799-7233 (SAFE) Toll free 24 hours a day, 7 days a week

### **Alcoholics Anonymous**

(619) 265-8762 Hotline 24 hours a day, 7 days a week

### **Health & Human Services Agency, Behavioral Health Services**

286 Euclid Ave, #102, San Diego, 92114  
(619) 859-6270

### **Community Resources & Self Help (CRASH), Inc.**

**Short-Term Residential Program-** Alcohol & drug treatment  
Men-Only Facility- 4161 Marlborough Ave, San Diego, 92105  
(619) 282-7274  
Women-Only Facility- 2410 E St, San Diego, 92102  
(619) 233-8054

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### **Narrative Initiatives San Diego, Counseling Services**

3636 5<sup>th</sup> Ave, #203, San Diego, 92103  
(619) 272-4450

### **San Diego Rescue Mission, Mission Academy**

Residential treatment program for men and women ages 18 & older  
120 Elm St, San Diego, 92101  
(619) 687-3720

### **Stepping Stone of San Diego, Inc, Residential Recovery**

**Program-** Emphasis on LGBTQ but all are welcome  
3767 Central Ave, San Diego, 92105  
(619) 278-0777

### **Homeless Resources/ Drop-in Services**

#### Recursos Para Personas Sin Hogar

### **Father Joe's Villages, San Diego Day Center**

Provides showers, laundry, etc., for ages 18 & older  
299 17<sup>th</sup> St, San Diego, 92101  
(619) 230-7390

### **Catholic Charities Diocese of San Diego, Rachel's**

**Women's Center-** Provides shower, lunch, clothing, etc.  
for women only  
759 8<sup>th</sup> Ave, San Diego, 92101  
(619) 696-0873

### **San Diego Housing Commission, Homelessness Response Center**

1401 Imperial Ave, San Diego, 92101  
(619) 880-8810

### **Think Dignity, Fresh Start Showers**

1420 3<sup>rd</sup> Ave, San Diego, 92101  
(619) 928-4159

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(619) 928-4159

### **Regional Task Force on Homelessness, Coordinated**

**Entry Access Sites-** Provides resources for housing needs  
Dreams for Change Safe Parking  
(619) 497-0236 (for locations below)  
766 28<sup>th</sup> St, San Diego, 92102  
5605 Imperial Ave, San Diego, 92114  
Father Joe's Villages Day Center  
299 17<sup>th</sup> St, San Diego, 92101  
(619) 230-7390  
Salvation Army  
825 7<sup>th</sup> Ave, San Diego, 92101  
(619) 699-2214**For Families**  
Father Joe's Villages JKC Campus  
1501 Imperial Ave, San Diego, 92101  
(619) 233-8505  
**For Youth ages 24 years and younger**  
San Diego LBGTQ Youth Center  
3909 Centre St, San Diego, 92103  
(619) 692-2077  
San Diego Youth Services, TAY Academy  
2220 Broadway, San Diego, 92102  
(619) 232-8126

## Shelters/ Albergues

### **Interfaith Shelter Network (ISN), Catholic Charities**

Open yearly during winter season only, please call for dates. Accepts couples, families w/children, single men & women, women w/children & men w/children  
(619) 231-2828 Option 2

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5605 Imperial Ave, San Diego, 92114  
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(619) 230-7390  
Salvation Army  
825 7<sup>th</sup> Ave, San Diego, 92101  
(619) 699-2218  
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Food & Material Goods/ Comida & Articulos Materiales

**SBCS (South Bay Community Services), Food Distribution**  
Montgomery Middle School  
(619) 420-3620  
1051 Picador Blvd, San Diego, 92154

**The Salvation Army San Diego Regional Office, Food Distribution**  
648 Third Ave, Chula Vista, 91910  
(619) 422-7027

**Society of St Vincent De Paul, San Diego Council, Food Distribution**  
1245 Fourth Ave, Chula Vista, 91911  
(619) 422-2100

**Friendships For Hope Inc, Food Distribution**  
1000 Euclid Ave, National City, 91950  
(619) 395-5088

**Feeding San Diego, Food Distribution**  
Southport Christian Center  
142 E 16<sup>th</sup> St, National City, 91950  
(619) 474-2834

**First Christian Church of National City, Food Pantry**  
1800 E 17<sup>th</sup> St, National City, 91950  
(619) 474-2254

**Imperial Beach Neighborhood Center, Saturday Showers Program**  
Provides sack lunches, showers and hygiene items  
(619) 947-6057 call for address

**Jacobs & Cushman San Diego Food Bank, Diaper Distribution**  
**Site-** Diapers for infants/toddlers, and provides menstrual supplies  
Project 1:1  
560 Palomar St, Chula Vista, 91911  
(619) 777-6723  
Urban Refuge  
940 Hilltop Dr, Chula Vista, 91911  
(619) 500-3073  
Friendships For Hope – diapers only  
2711 Burden Way, National City, 91950  
(619) 395-5088

**San Ysidro Health, WIC**  
Locations distribute diapers for infants/toddlers  
(888) 942-7942 (for all locations below)  
1655 Broadway, #17, Chula Vista, 91911  
886 Palm Ave, Imperial Beach, 91932  
1420 E Plaza Blvd, Ste B4, National City, 91950  
4050 Beyer Blvd, 3<sup>rd</sup> Fl, San Ysidro, 92173  
4494 Camino De La Plz, San Ysidro, 92173

Employment Services/ Servicios de empleo

**San Diego Workforce Partnership, Employment and Training**  
(619) 319-9675

**Goodwill Industries of San Diego County**  
Employment Center  
865 E H St, Chula Vista, 91910  
(619) 207-0386  
630 Front St, San Diego, 92173  
(619) 271-3896

**Veterans Village of San Diego, Employment & Training**  
For veterans only  
401 Mile of Cars Way, National City, 91950  
(619) 731-3356

Legal/ Ayuda Legal

**Public Defender, County of San Diego**  
Provides legal assistance  
303 H St, #400, Chula Vista, 91910  
(619) 498-2001

Veterans/ Veteranos

**American Legion, Heroes to Hometown**  
For severely injured service members returning home  
from OEF/OIF or children of veterans only  
299 I St, Chula Vista, 91910  
(619) 791-6694

**Military Health System, Reference Center**  
Provides advocacy & referral for military, veterans and their families  
(760) 643-2049

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Food & Material Goods/ Comida & Articulos Materiales

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(619) 420-3620  
1051 Picador Blvd, San Diego, 92154

**The Salvation Army San Diego Regional Office, Food Distribution**  
648 Third Ave, Chula Vista, 91910  
(619) 422-7027

**Society of St Vincent De Paul, San Diego Council, Food Distribution**  
1245 Fourth Ave, Chula Vista, 91911  
(619) 422-2100

**Friendships For Hope Inc, Food Distribution**  
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**Site-** Diapers for infants and toddlers  
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(619) 791-6694

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Healthcare/ Cuidado de la salud

**Family Health Centers of San Diego, Healthcare for the Homeless (includes dental)**  
(619) 515-2300 (for location below)  
1000 Euclid Ave, National City, 91950  
Homeless, Services, Mobile Medical Unit  
(619) 515-2312

**San Ysidro Health Medical Services**  
(619) 662-4100 (for all locations below)  
678 Third Ave, Chula Vista, 91910 (dental included)  
1637 Third Ave, Chula Vista, 91911  
1136 D Ave, National City, 91950  
2400 E 8<sup>th</sup> St, National City, 91950  
330 E 8<sup>th</sup> St, National City, 91950  
4050 Beyer Blvd, San Diego, 92173  
4004 Beyer Blvd, San Diego, 92173 (dental included)  
Urgent Care  
678 Third Ave, Chula Vista, 91910  
Dental Care  
340 E 8<sup>th</sup> St, National City, 91950

**Imperial Beach Community Clinic Health Center**  
(619) 429-3733 (for all locations below)  
949 Palm Ave, Imperial Beach, 91932  
1016 Outer Rd, San Diego, 92154

**La Maestra Community Health Centers Medical Clinic**  
217 Highland Ave, National City, 91950  
(619) 280-4213

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1016 Outer Rd, San Diego, 92154

**La Maestra Community Health Centers Medical Clinic**  
217 Highland Ave, National City, 91950  
(619) 280-4213

**Paradise Valley Hospital, Acute Care Hospital Services**  
2400 E 4<sup>th</sup> St, National City, 91950  
(619) 470-4321

**OpSam Health (Samahan Health Centers)**  
(844) 200-2426 (for all locations below)  
Medical  
2743 Highland Ave, National City, 91950  
Dental  
2835 Highland Ave, National City, 91950

**Southwestern College, Dental Hygiene Program**  
Provides dental hygiene services & oral healthcare education  
880 National City Blvd, National City, 91950  
(619) 216-6663

**Public Health Services, HHSA, County of San Diego Immunization Clinic**  
690 Oxford St, Chula Vista, 91911  
(619) 409-3110

**Planned Parenthood of the Pacific Southwest**  
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Mental Health/ Salud Mental

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**Health & Human Services Agency, Behavioral Health Services Adult Urgent Walk-in Services**  
1196 Third Ave, Chula Vista, 91911  
(619) 427-4661  
1465 30<sup>th</sup> St, Ste K, San Diego, 92154  
(619) 428-1000

**San Ysidro Health Behavioral Services**  
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678 Third Ave, Chula Vista, 91910  
4004 Beyer Blvd, San Diego, 92173

**Family Health Centers of San Diego, Mental Health Services**  
264 Landis Ave, Chula Vista, 91910  
(619) 906-5383  
742 10<sup>th</sup> St, Imperial Beach, 91932  
(619) 906-5322  
Mobile Counseling Center  
(619) 515-2338

**McAlister Institute for Treatment & Education, Outpatient**  
1180 Third Ave, Ste C3-C5, Chula Vista, 91911  
(619) 691-8164

**Paradise Valley Hospital, Inpatient and Outpatient**  
330 Moss St, Chula Vista, 91911  
2400 E 4<sup>th</sup> St, National City, 91950  
(800) 585-2767

**Alcoholics Anonymous**  
(619) 265-8762 Hotline 24 hours a day, 7 days a week

**Health & Human Services Agency, Behavioral Health Services Adult Urgent Walk-in Services**  
1196 Third Ave, Chula Vista, 91911  
(619) 427-4661  
1465 30<sup>th</sup> St, Ste K, San Diego, 92154  
(619) 428-1000

**San Ysidro Health Behavioral Services**  
(619) 662-4100 (for all locations below)  
678 Third Ave, Chula Vista, 91910  
4004 Beyer Blvd, San Diego, 92173

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264 Landis Ave, Chula Vista, 91910  
(619) 906-5383  
742 10<sup>th</sup> St, Imperial Beach, 91932  
(619) 906-5322  
Mobile Counseling Center  
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(800) 585-2767

**United States Dept of Veteran Affairs, Chula Vista Vet Center-** Counseling center for veterans, service members and their families only  
180 Otay Lakes Rd, #107-108, Bonita 91902  
(858) 404-8380

Homeless Resources/ Drop in Services  
Recursos para personas sin hogar

**Regional Task Force on Homelessness, Coordinated Entry Access Sites-** Provides resources for housing needs  
South Bay Community Services  
430 F St, Chula Vista, 91910  
(619) 420-3620

Shelters/ Albergues

**Interfaith Shelter Network, South Bay Community Services**  
Open January, accepts homeless couples, families with children and single individuals  
Call for address  
(619) 702-5399

**SBCS (South Bay Community Services), Casa Seguras Shelter**  
Provides short-term shelter/transitional housing for both male and female victims of domestic violence with children  
Address is confidential, please call for information  
(619) 420-3620

**United States Dept of Veteran Affairs, Chula Vista Vet Center-** Counseling center for veterans, service members and their families only  
180 Otay Lakes Rd, #107-108, Bonita 91902  
(858) 404-8380

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