

Food & Material Goods/ Comida & Articulos Materiales

Ocean Beach Emergency Food- Provides a bag with food
Walk-in for services
1984 Sunset Cliffs Blvd, San Diego, 92107
(619) 222-0628

Community Christian Service Agency, Emergency Services
Provides lunch packs, clothing, hygiene items
1675 Garnet Ave, San Diego, 92109
(858) 272-0163

Jacobs & Cushman San Diego Food Bank, Diaper Distribution
Site- Diapers for infants/toddlers and provides menstrual supplies
Birthline Clairemont- pregnant mothers & families
3660 Clairemont Dr, #4, San Diego, 92117
(858) 270-2491
Jewish Family Service
8804 Balboa Ave, San Diego, 92123
(858) 637-3210
St. Paul United Methodist Church
3094 L St, San Diego, 92102
(619) 232-5683
Miracle Babies
8745 Aero Dr., Ste 308, San Diego, 92123

Employment Services/ Servicios de Empleo

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

Fleet and Family Support Centers, Career Services Center
For active military, transitioning service veterans, military reserves, retired military, and veterans only
(866) 923-6478 (for locations below)
3141 Afton Rd, San Diego, 92123

Goodwill Community Employment Center, San Diego
3663 Rosecrans St, San Diego, 92110
(619) 225-2200

Legal/ Ayuda Legal

Legal Aid Society of San Diego, Inc, Legal Services
1764 San Diego Ave, #100, San Diego, 92110
(877) 534-2524

Veterans Village of San Diego, Homeless Court Program
For veterans and non- veterans
4141 Pacific Hwy, San Diego, 92110
(619) 393-2000

University of San Diego Legal Clinics & Veterans Legal Clinic
5998 Alcalá Park, Room 303, San Diego, 92110
(619) 260-7470

Veterans/ Veteranos

American Legion, Department Service Officers
8810 Rio San Diego Dr, #1173, San Diego, 92108
(619) 400-5301

San Diego Public Library, Veterans Resource Center
330 Park Blvd, San Diego, 92101
(619) 236-5800

Disabled American Veterans National Service Office Counseling, Claims, and Form Preparation
8810 Rio San Diego Dr, Suite 1160, San Diego, 92108
(619) 299-6916

Marine & Family Services, On-site Veterans Affairs Representative
4025 Tripoli Ave, Building 14, San Diego, 92140
(619) 524-5734

AIS, Health & Human Services Agency Office of Military and Veterans- Provides counseling, claims & forms preparation assistance, etc.
5560 Overland Ave, #310, San Diego, 92123
(858) 694-3222

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

Last Updated: December 2024

North 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 or dial 2-1-1
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Healthcare/ Cuidado de la Salud

Family Health Centers of San Diego, Healthcare for the Homeless (Includes dental)
3705 Mission Blvd, San Diego, 92109
(619) 255-2551
Homeless Mobile Medical Unit
(619) 515-2551

OpSam Health (Samahan Health Centers), Medical & Dental Care
(844) 200-2426 (for all locations below)
Medical Care and Dental Care
10737 Camino Ruiz, Ste 235, San Diego, 92126

University of California San Diego Health, Primary Care
(800) 926-8273 (for all locations below)
9909 Mira Mesa Blvd, Ste 200, San Diego, 92131
4910 Directors Pl, Ste 250, San Diego, 92121
16950 Via Tazon, San Diego, 92127

Alvarado Hospital Medical Center, Acute Care Hospital Services
6655 Alvarado Rd, San Diego, 92120
(619) 287-3270

San Diego Family Care
(858) 279-0925 (for all locations below)
Medical Services
6973 Linda Vista Rd, San Diego, 92111
Dental Services
7011 Linda Vista Rd, San Diego, 92111
Public Health Services, HHS, Immunization Clinic
5055 Ruffin Rd, San Diego, 92123
(858) 573-7300

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Dental Services
7011 Linda Vista Rd, San Diego, 92111
Public Health Services, HHS, Immunization Clinic
5055 Ruffin Rd, San Diego, 92123
(858) 573-7300

United States Department of Veterans Affairs Veterans Affairs Clinic- Provides primary care
10455 Sorrento Valley Rd, San Diego, 92121
(858) 552-7475

Planned Parenthood of the Pacific Southwest
(888) 743-7526 (for all locations below)
7035 Convoy Ct, San Diego, 92111
4501 Mission Bay Dr, Ste 1C/1D, San Diego, 92109
10717 Camino Ruiz, Ste 258, San Diego, 92126

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
(760) 758-2514 Hotline 24 hours a day, 7 days a week

Behavioral Health Services, HHS, Adult Urgent Walk-in
10717 Camino Ruiz, #207, San Diego, 92126
(858) 695-2211
1250 Morena Blvd, 1st Flr, San Diego, 92110
(619) 692-8750

Jewish Family Service (JFS) of San Diego, Project SARAH
Provides case management & support groups for victims of domestic violence
8788 Balboa Ave, San Diego, 92123
(858) 637-3210

United States Department of Veterans Affairs Veterans Affairs Clinic- Provides primary care
10455 Sorrento Valley Rd, San Diego, 92121
(858) 552-7475

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(619) 692-8750

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Provides case management & support groups for victims of domestic violence
8788 Balboa Ave, San Diego, 92123
(858) 637-3210

Veterans Village of San Diego, The Steven A Cohen Military Family Clinic- Behavioral healthcare services for veterans & family only
8885 Rio San Diego Dr, #301, San Diego, 92108
(619) 345-4611
Veterans Rehabilitation Center- Residential program for Veterans only
4141 Pacific Hwy, San Diego, 92110
(619) 393-2000

Homeless Resources/ Drop-in Services Resursos Para Personas Sin Hogar

San Diego Youth Services, Storefront, Overnight Shelter and Day Center
Address is confidential, call for information
(619) 241-0608

Regional Task Force on Homelessness, Coordinated Entry Access Sites- Provides resources for housing needs
For Veterans
VA Healthcare Systems
3350 La Jolla Village Dr, San Diego, 92161
(858) 552-8585

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(619) 497-8989

Shelters/ Alberques

Interfaith Shelter Network (ISN), Family Health Centers, Clairemont Branch- Shelter opens end of December. Accepts couples, families with children, single men and women, women with children and men with children
1250 6th Ave, #100, San Diego, 92101
(619) 515-2300 Ext 3917

Jewish Family Service (JFS) of San Diego Safe Parking Program
(858) 637-3373 (For all locations below)
9882 Aero Dr, San Diego, 92123
8804 Balboa Ave, San Diego, 92123
For RV and oversized vehicles
2334 Mission Village Dr, San Diego, 92108

The Salvation Army San Diego Regional Office, Door of Hope- Transitional living center for families with children experiencing homelessness
2799 Health Center Dr, San Diego, 92123
(858) 279-1100

Veterans Village of San Diego, VI-SPDAT Assessment Sites
For veterans and family only
3320 Kemper St, #104, San Diego, 92110
(619) 961-2165

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(619) 961-2165

Food & Material Goods/ Comida & Articulos Materiales

Feeding San Diego, Food Distribution

3935 Lake Blvd, Oceanside, 92056
(760) 631-8212
700 E Bobier Dr, Vista, 92084
(760) 724-7700
Gleaning Field Foundation
2220 Watson Wy, Vista, 92083
(760) 945-1003
Community Resource Center
650 2nd St, Encinitas, 92024
(760) 300-3238

Community Resource Center, Monthly Emergency Food Assistance & Weekly Food Distribution

650 2nd St, Encinitas, 92024
(760) 753-8300

The Salvation Army San Diego Regional Office

3935 Lake Blvd, Oceanside, 92056

Interfaith Community Services, Basic Needs Walk-in Service

Provides food, hygiene items, clothing vouchers
4700 N River Rd, Suite A, Oceanside, 92057
(760) 721-2117
5731 Palmer Wy, Ste A, Carlsbad, 92010

Jacobs & Cushman San Diego Food Bank, Diaper Distribution

Sites- Diapers for infants/toddlers and provides menstrual supplies
Vista Community Clinic – VCC pediatric patients only
1000 Vale Terrace Dr, Vista, 92084
(760) 631-5000 Ext 7014
MAAC Project Vista
956 Vale Terrace Dr, Vista, 92084
(760) 471-4210
Mission San Luis Rey Parish, Loretto House Food Pantry
4070 Mission Ave, Oceanside, 92057
(760) 547-0708
Lived Experiences, Inc
1106 Whaley St, Oceanside, 92054
(619) 368-3790

Employment Service/ Servicios de empleo

San Diego Workforce Partnership, Employment and Training

(619) 319-9675

Goodwill Industries of San Diego County, Employment Center

414 N Coast Hwy, Oceanside, 92054
(760) 722-8582

Interfaith Community Services, Veterans Employment Services

For disabled veterans only
1617 Mission Ave, Oceanside, 92058
(760) 529-9979

Veterans Village of San Diego, Employment & Training Service

For veterans only
4700 N River Rd, Ste. A, Oceanside, 92057
(760) 721-2117

Legal/ Ayuda Legal

National Lawyers Guild Military Legal Clinic, Military

Legal Clinic- For military personnel or veterans only
(619) 463-2369

Veterans/ Veteranos

Homeless Veterans of San Diego (HVSD), Veteran

Assistance- Must be a veteran, offers support and resources
(760) 383-1685

Disabled American Veterans National Service Office

Counseling, Claims & Form Preparation
1624 S Coast Hwy, Oceanside, 92054
(858) 642-6454

Military Health System, Reference Center

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Healthcare/ Cuidado de la salud

TrueCare (North County Health Services)

(760) 736-6767 (for all locations below)
3220 Mission Ave, # 1, Oceanside, 92058
1130 2nd St, Encinitas, 92024
Dental Care
2216 S El Camino Real, #121, Oceanside, 92054
619 Crouch St, #100, Oceanside, 92054

Family Health Centers of San Diego

Homeless Mobile Medical Unit
(619) 515-2551

Vista Community Clinic, General Medical Services

(844) 308-5003 (for all locations below)
517 N Horne St, Oceanside, 92054
4700 N River Rd, Oceanside, 92057 (Dental included)
818 Pier View Way, Oceanside, 92054
134 Grapevine Rd, Vista, 92083
1000 Vale Terrace Dr, Vista, 92084 (Dental included)

University of California San Diego Health, Primary Care Services

(800) 926-8273 (for all locations)
1505 Encinitas Blvd, Encinitas, 92024
910 Sycamore Ave, #270, Vista, 92081

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1505 Encinitas Blvd, Encinitas, 92024
(800) 926-8273
910 Sycamore Ave, #270, Vista, 92081

Public Health Services, HHSA County of San Diego Immunization Clinic

(760) 967-4401 (for all locations below)
3609 Ocean Ranch Blvd, #104, Oceanside, 92056

Planned Parenthood of the Pacific Southwest

1964 Via Ctr, Vista, 92081
(888) 743-7526

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

604 E Vista Way, Vista, 92084
(760) 758-2514 Hotline 24 hours a day, 7 days a week

Health & Human Services Agency, Behavioral Health Services

550 W Vista Way, Vista, 92083
(760) 758-1092
1707 Mission Ave, #210, Oceanside, 92058
(760) 712-3535

TrueCare (North County Health Services) Behavioral Health Services

619 Crouch St, #100, Oceanside, 92054
(760) 736-6767

Public Health Services, HHSA County of San Diego Immunization Clinic

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1707 Mission Ave, #210, Oceanside, 92058
(760) 712-3535

TrueCare (North County Health Services) Behavioral Health Services

619 Crouch St, #100, Oceanside, 92054
(760) 736-6767

Alpha Project for the Homeless, Casa Raphael

Residential drug & alcohol treatment program
993 Postal Way, Vista, 92083
(760) 630-9922

Exodus Recovery, Inc, Mobile Crisis Response Team

536 W Vista Way #A, Vista, 92083
(760) 758-1650

Green Oak Ranch Healing Community, Substance Abuse Treatment

1237 Green Oak Rd, Vista, 92081
(760) 727-0251

McAlister Institute for Treatment & Education, Outpatient

(760) 721-2781 (for all locations below)
1701 Mission Ave, #310, Oceanside, 92058
1211 W Vista Way, Ste C, Vista, 92083

Palomar Family Counseling Service, Inc.

945 Vale Terrace Dr, Vista, 92084
(760) 630-3505

Alpha Project for the Homeless, Casa Raphael

Residential drug & alcohol treatment program
993 Postal Way, Vista, 92083
(760) 630-9922

Exodus Recovery, Inc, Walk-in Assessment Center

536 W Vista Way #A, Vista, 92083
(760) 758-1650

Green Oak Ranch Healing Community, Substance Abuse Treatment

1237 Green Oak Rd, Vista, 92081
(760) 727-0251

McAlister Institute for Treatment & Education, Outpatient

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1701 Mission Ave, #310, Oceanside, 92058
1211 W Vista Way, Ste C, Vista, 92083

Palomar Family Counseling Service, Inc.

945 Vale Terrace Dr, Vista, 92084
(760) 630-3505

Homeless Resources/ Drop in Services
Recursos para personas sin hogar

Regional Task Force on Homelessness, Coordinated

Entry Access Sites- Provides resources for housing needs
VA Healthcare Systems
1300 Rancho Del Oro Rd, Oceanside, 92056
(619) 497-8989
5731 Palmer Way Ste. A, Carlsbad, 92010
(760) 448-5696

Shelters/ Albergues

Interfaith Shelter Network (ISN), North County LGBTQ

Resource Center- Open Jan-Mar, accepts homeless couples, families with children, and single individuals
3220 Mission Ave, Ste 2, Oceanside, 92058
(760) 994-1690

Catholic Charities Diocese of San Diego, La Posada

De Guadalupe Shelter- homeless single men and farm workers 18 years and older only
2478 Impala Dr, Carlsbad, 92008
(760) 929-2322

Operation Hope North County

Year-round shelter for families, single women and single males with children
859 E Vista Way, Vista, 92084
(760) 536-3880 Ext 302

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Catholic Charities Diocese of San Diego, La Posada

De Guadalupe Shelter- homeless single men and farm workers 18 years and older only
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(760) 536-3880 Ext 302

Food & Material Goods/ Comida & Articulos Materiales

Feeding San Diego, Mobile Food Distribution

(858) 452-3663 (for all locations below)
4980 Sweetgrass Ln, Bonsall, 92003
611 Church Ln, Borrego Springs, 92004
7217 Great Southern Overland Stage Route, Julian, 92036
16650 Highway 76, Pauma Valley, 92061
124 Palm Canyon Dr, Borrego Springs, 92004

Interfaith Community Services, Basic Needs Walk-in Services

Provides a shower, emergency food, hygiene items, etc.
550 W Washington Ave, Ste B, Escondido, 92025
(760) 489-6380

Fallbrook Food Pantry, Food Distribution

140 N Brandon Rd, Fallbrook, 92028
(760) 728-7608

Mountain Manna, Food Distribution

2898 Highway 78, Julian, 92036
(760) 765-0114

First Free Methodist Church of Escondido, Food Pantry Ministry

120 N Ash St, Escondido, 92027
(442) 777-2081

Jacobs & Cushman San Diego Food Bank, Diaper Distribution

Sites- For infants/toddlers and provides menstrual supplies
Shaback Resource Center
272 E Via Rancho Pkwy #157, Escondido, 92025
(619) 519-9090
Summit Christian Church
292 E Barham Dr, #202, San Marcos, 92078
(760) 471-6267
Rock Church San Marcos
1370 W San Marcos Blvd, San Marcos, 92078
(619) 226-7625
St Gabriel's Church
13734 Twin Peaks Rd, Poway, 92064
(858) 748-5348
Fallbrook Spanish Seventh-day Adventist Church
439 Iowa St, Fallbrook, 92028
(760) 468-4783
Ramona Food and Clothes Closet
773 Main St, Ramona, 92065
(760) 789-4458

Employment Services/ Servicios de Empleo

Goodwill Industries of San Diego County, Employment Center

315 W Washington, Escondido, 92025
(760) 739-0600

San Diego Workforce Partnership, Employment & Training

(619) 319-9675

Veterans Village of San Diego, Employment &

Training Service- For veterans only
649 W Mission Ave, Escondido, 92025
(760) 740-5572

Legal/ Ayuda Legal

Legal Aid Society of San Diego, Legal Services

100 E San Marcos Blvd, Ste 308, San Marcos, 92069
(877) 534-2524

Interfaith Community Services, Legal Aid Clinic

550 W Washington Ave, Escondido, 92025
(760) 489-6380

Veterans/ Veteranos

Military Health System, Reference Center

Provides advocacy & referral for military, veterans and their families
(866) 966-1020

Homeless Veterans of San Diego (HVSD), Veteran

Assistance- Support services for veterans only
(760) 383-1685

Palomar Community College, Veterans Resource

Center- For veterans & dependents or reservist only
1140 W Mission Rd, San Marcos, 92069
(760) 744-1150 Ext 2173

Last Updated: December 2024

North Inland 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
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Food & Material Goods/ Comida & Articulos Materiales

Feeding San Diego, Mobile Food Distribution

(858) 452-3663 (for all locations below)
4980 Sweetgrass Ln, Bonsall, 92003
611 Church Ln, Borrego Springs, 92004
7217 Great Southern Overland Stage Route, Julian, 92036
16650 Highway 76, Pauma Valley, 92061
124 Palm Canyon Dr, Borrego Springs, 92004

Interfaith Community Services, Basic Needs Walk-in Services

Provides a shower, emergency food, hygiene items, etc.
550 W Washington Ave, Ste B, Escondido, 92025
(760) 489-6380

Fallbrook Food Pantry, Food Distribution

140 N Brandon Rd, Fallbrook, 92028
(760) 728-7608

Mountain Manna, Food Distribution

2898 Highway 78, Julian, 92036
(760) 765-0114

First Free Methodist Church of Escondido, Food Pantry Ministry

120 N Ash St, Escondido, 92027
(442) 777-2081

Jacobs & Cushman San Diego Food Bank, Diaper Distribution

Sites- For infants and toddlers
Shaback Resource Center
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(619) 519-9090
Summit Christian Church
292 E Barham Dr, #202, San Marcos, 92078
(760) 471-6267
Rock Church San Marcos
1370 W San Marcos Blvd, San Marcos, 92078
(619) 226-7625
St Gabriel's Church
13734 Twin Peaks Rd, Poway, 92064
(858) 748-5348
Fallbrook Spanish Seventh-day Adventist Church
439 Iowa St, Fallbrook, 92028
(760) 468-4783
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1140 W Mission Rd, San Marcos, 92069
(760) 744-1150 Ext 2173

Last Updated: December 2024

Healthcare/ Cuidado de la Salud

Neighborhood Healthcare

(833) 867-4642 (for locations below)
460 N Elm St, Escondido, 92025
728 E Valley Pkwy, Escondido, 92025
13010 Poway Rd, Poway, 92064
28477 Lizard Rocks Rd, Valley Center, 92082
Dental Care, Ray M Dickinson Wellness Center
425 N Date St, #129, Escondido, 92025
(760) 520-8330

TrueCare (North County Health Services)- Dental services included
(760) 736-6767 (for locations below)
220 Rotanzi St, Ramona, 92065
150 Valpreda Rd, San Marcos, 92059

Family Health Centers of San Diego

Homeless Mobile Medical Unit
(619) 515-2551

Indian Health Council, Inc- Dental services included
50100 Golsh Rd, Valley Center, 92082
(760) 749-1410

Public Health Services, HHS County of San Diego Immunization Clinic

649 W Mission Ave, #2, Escondido, 92025
(760) 740-3000

Healthcare/ Cuidado de la Salud

Neighborhood Healthcare

(833) 867-4642 (for locations below)
460 N Elm St, Escondido, 92025
728 E Valley Pkwy, Escondido, 92025
13010 Poway Rd, Poway, 92064
28477 Lizard Rocks Rd, Valley Center, 92082
Dental Care, Ray M Dickinson Wellness Center
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(760) 749-1410

Public Health Services, HHS County of San Diego Immunization Clinic

649 W Mission Ave, #2, Escondido, 92025
(760) 740-3000

Borrego Community Health Foundation, Community Clinic

4343 Yaqui Pass Rd, Borrego Springs, 92004
(760) 767-5051
1121 E Washington Ave, Escondido, 92025
(760) 871-0606
Woolcott Dental
590 Palm Canyon Dr, #212, Borrego Springs, 92004
(760) 767-5112

Community Health Systems, Inc

Medical Care & Women's Health Services and Dental
1328 S Mission Rd, Fallbrook, 92028
(760) 451-4730

Planned Parenthood of the Pacific Southwest

347 W Mission Ave, Escondido, 92025
(888) 743-7526

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 (800) 799-SAFE

Alcoholics Anonymous

(760) 758-2514 Hotline 24 hours a day, 7 days a week

Mental Health Systems, Inc

125 W Mission Ave, #103, Escondido, 92025
(760) 747-3424
12344 Oak Knoll Rd, #C1, Poway, 92064
(858) 391-9303

Borrego Community Health Foundation, Community Clinic

4343 Yaqui Pass Rd, Borrego Springs, 92004
(760) 767-5051
1121 E Washington Ave, Escondido, 92025
(760) 871-0606
Woolcott Dental
590 Palm Canyon Dr, #212, Borrego Springs, 92004
(760) 767-5112

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(760) 747-3424
12344 Oak Knoll Rd, #C1, Poway, 92064
(858) 391-9303

Behavioral Health Services, HHS, Adult Urgent Walk-in

125 W Mission Ave, #103, Escondido, 92025
(760) 747-3424
474 W Vermont Ave, #101, Escondido, 92025
(760) 480-2255

TrueCare (North County Health Services), Behavioral Health

(760) 736-6767 (for locations below)
150 Valpreda Rd, San Marcos, 92069

McAlister Institute for Treatment & Education Adult Outpatient Treatment

200 E Washington Ave, #100, Escondido, 92025
(760) 741-7708
751 Rancheros Dr, #3-5, San Marcos, 92069
(760) 761-0515

Palomar Family Counseling Service, Inc

(760) 741-2660 (for locations below)
1002 E Grand Ave, Escondido, 92025
120 W Hawthorne St, Fallbrook, 92028

United States Dept of Veterans Affairs, San Marcos Vet Center, Counseling Center -For veterans, service members and their families only

1 Civic Center Dr, #150, San Marcos, 92069
(858) 898-6050

Behavioral Health Services, HHS, Adult Urgent Walk-in

125 W Mission Ave, #103, Escondido, 92025
(760) 747-3424
474 W Vermont Ave, #101, Escondido, 92025
(760) 480-2255

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(760) 761-0515

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120 W Hawthorne St, Fallbrook, 92028

United States Dept of Veterans Affairs, San Marcos Vet Center, Counseling Center -For veterans, service members and their families only

1 Civic Center Dr, #150, San Marcos, 92069
(858) 898-6050

Homeless Resources/ Drop in Services Recursos Para Personas Sin Hogar

Regional Task Force on Homelessness, Coordinated Entry Access Sites

YMCA, for youth 18 and older
150 La Terraza Blvd, Escondido, 92025
(760) 908-9373

Shelters/ Albergues

Interfaith Community Services, Winter Shelter

Tentative opening in Jan-Mar, accepts homeless couples, families with children, single men & women, women with children and men with children
550 West Washington Ave, Ste B, Escondido 92025
(760) 489-6380

Center for Community Solutions, Hidden Valley House

Temporary, emergency shelter for survivors of domestic violence
(760) 480-0055

Women's Resource Center, Crisis Intervention

Emergency domestic violence shelter for women and their children who are victims of domestic violence
Crisis intervention & hotline for victims of domestic violence
(760) 757-3500

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(760) 757-3500

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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3350 El Cajon Blvd, San Diego, 92104
(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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Center for Employment Training

4153 Market St, Ste C, San Diego, 92102
(619) 527-4895

San Diego Workforce Partnership, Employment & Training
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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

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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



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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 4th Ave, San Diego, 92103
2325 Commercial St, #1400, San Diego, 92113
Homeless Mobile Medical Unit
(619) 515-2551
Dental Care
4065 3rd Ave, San Diego, 92103
(619) 515-2535
3544 30th Ave, San Diego, 92104
(619) 515-2434

Public Health Services, HHS 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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(619) 645-6405

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 1st 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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(619) 233-8054

Narrative Initiatives San Diego, Counseling Services

3636 5th 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 17th 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 8th 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 3rd Ave, San Diego, 92101
(619) 928-4159

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

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Think Dignity, Fresh Start Showers

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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 28th St, San Diego, 92102
5605 Imperial Ave, San Diego, 92114
Father Joe's Villages Day Center
299 17th St, San Diego, 92101
(619) 230-7390
Salvation Army
825 7th 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

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 28th St, San Diego, 92102
5605 Imperial Ave, San Diego, 92114
Father Joe's Villages Day Center
299 17th St, San Diego, 92101
(619) 230-7390
Salvation Army
825 7th Ave, San Diego, 92101
(619) 699-2218
For Families
Father Joe's Villages JKC Campus
1501 Imperial Ave, San Diego, 92101
(619) 233-8505
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(619) 231-2828 Option 2

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 16th St, National City, 91950
(619) 474-2834

First Christian Church of National City, Food Pantry
1800 E 17th 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, 3rd 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

Last Updated: December 2024

South 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 or dial 2-1-1
Para encontrar la información más actualizada, visite 211sandiego.org o llame al 2-1-1

Food & Material Goods/ Comida & Articulos Materiales

SBCS (South Bay Community Services), Food Distribution
(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
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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 8th St, National City, 91950
330 E 8th 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 8th 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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Family Health Centers of San Diego, Healthcare for the Homeless (includes dental)
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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 4th 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
1295 Broadway, #201, Chula Vista, 91911
(888) 743-7526

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

Paradise Valley Hospital, Acute Care Hospital Services
2400 E 4th St, National City, 91950
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OpSam Health (Samahan Health Centers)
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(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 Adult Urgent Walk-in Services
1196 Third Ave, Chula Vista, 91911
(619) 427-4661
1465 30th 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

Family Health Centers of San Diego, Mental Health Services
264 Landis Ave, Chula Vista, 91910
(619) 906-5383
742 10th 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 4th St, National City, 91950
(800) 585-2767

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

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330 Moss St, Chula Vista, 91911
2400 E 4th St, National City, 91950
(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
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