

Healthcare

Medical and dental services

Family Health Centers of San Diego

Homeless services, primary care, dental
(619) 515-2477

Tuesdays:

1809 National Ave., San Diego 92113

Wednesdays & Fridays:

5454 El Cajon Blvd., San Diego 92115

Monday-Friday:

1250 6th Ave. #100., San Diego 92101

4094 4th Ave., San Diego 92103

4874 Polk Ave., San Diego 92105

San Diego American Indian Health Center

2630 1st Ave., San Diego 92103

(619) 234-2158

Father Joe's Villages

Village Family Health Center

(619) 645-6405

1501 Imperial Ave., San Diego 92101

Medi-Cal recipients can enroll in CalAIM to receive Enhanced Care Management for medical care coordination and Community Supports for housing navigation. Contact your Medi-Cal managed care plan's Member Services to enroll.

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Mental Health / Substance Use

Crisis and recovery support

Optum

San Diego Access & Crisis Line

(888) 724-7240

24-hour behavioral health crisis support line

Community Resources & Self Help (CRASH)

(619) 233-8054; Call for intake

Women's & men's residential substance use treatment (Golden Hill House I & II)

Southeastern Behavioral Health Center

Adult Urgent Walk-in Services

5101 Market St. #2300, San Diego 92114

(858) 351-6000

Walk-in mental health outpatient treatment

Father Joe's Villages

PMC RISE Shelter

1501 Imperial Ave., San Diego 92101

(619) 235-8500

Recovery-focused housing services

Community Research Foundation

Jane Westin Center

1045 9th Ave., San Diego 92101

(619) 235-2600

Urgent psychiatric walk-in center

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Legal Services

Legal support and ID services

Homeless Court

(619) 717-6101, [TEXT](#) for more information

Resolve fines, minor misdemeanors & warrants

Think Dignity

Legal Services (619) 940-7659

Legal aid & advocacy support

ID Bank (619) 537-8736

Help obtaining birth certificates & IDs

Employment

Job search assistance

Father Joe's Villages

Employment & Education Services

(619) 233-8500

299 17th St., San Diego 92101

Veterans

Support for veterans

Veterans Village of San Diego (CES)

4141 Pacific Hwy., San Diego 92110

(619) 393-2039

Supportive housing & case management

National Call Center for Homeless Veterans

(877) 424-3838

Confidential, 24 hours a day

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Homeless Court

(619) 717-6101, [TEXT](#) for more information

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Resource Guide

Central Region

San Diego County

2026



This guide lists selected resources for individuals and families experiencing homelessness.

Information is updated regularly, and more services may be available. For current availability or additional resources, visit 211sandiego.org or call 2-1-1 anytime. Translation services available.

Esta guía incluye una lista seleccionada de recursos para personas y familias que experimentan falta de vivienda.

La información se actualiza regularmente y puede haber más servicios disponibles. Para verificar la disponibilidad actual y obtener recursos adicionales, visite 211sandiego.org o llame al 2-1-1 en cualquier momento. Servicios de traducción están disponibles.

Last Updated: December 2025

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Shelter

Access pathways to shelter

If you are experiencing homelessness in the City of San Diego, call 211 to request shelter through the following services:

The Hub, Downtown San Diego Partnership
Serves zip codes starting with 921

Coordinated Entry Access Sites (CES)
Connect to shelter & supportive resources:

San Diego LGBT Community Center (CES)
3909 Centre St., San Diego 92103
(619) 692-2077

Unhoused youth up to age 24

NAMI San Diego (CES)
Connection 2 Community Clubhouse
101 16th St., San Diego 92101
(619) 776-8605

Unhoused with mental health conditions

Interfaith Shelter Network (ISN)

Rotational Shelter Program
(619) 702-5399; *Call for intake*
Winter shelter for situational homelessness

Dreams for Change (CES)
Safe Parking, Imperial Ave., San Diego 92114
(619) 497-0236; *Call for intake*
Individuals & families living in their vehicle

Drop-in Centers & Hygiene

Supportive services, clothing & showers

Father Joe's Villages
San Diego Day Center
299 17th St., San Diego 92101
(619) 230-7390
Showers, mail, laundry, storage, ID assistance

New Day Urban Ministries
Community Resources and Support
2459 Market St., San Diego 92102
(619) 232-2753
Food, clothing, showers & ID assistance

Uptown Community Service Center
4101 University Ave., San Diego 92105
(619) 542-9344
Hygiene supplies, clothing, food & mail service

Catholic Charities of San Diego
Rachel's Women's Center
759 8th Ave., San Diego 92101
(619) 696-0873
Women only, lunch, showers & laundry

Think Dignity
Transitional Storage Center
252 16th St., San Diego 92101
(619) 537-8736
Secure personal storage

Meals

Call for current availability

Third Avenue Charitable Organization (TACO)
1420 3rd Ave., San Diego 92101
(619) 235-9445
Bi-weekly prepared meals, clothing, showers

First Presbyterian Church of San Diego
Lable Fellowship
320 Date St., San Diego 92101
(619) 232-7513
Meals served Wednesday & Sunday

City Heights Assembly of God
Community Meals Program
3737 Wightman St., San Diego 92105
(619) 281-4583
For adults 65+ or families with children

Father Joe's Villages
Franklin Antonio Public Lunch Program
1501 Imperial Ave., San Diego 92101
(619) 233-8500
Daily lunch service

Serving Seniors
(619) 235-6572; *Multiple locations*
Community meals for older adults 60+
Gary & Mary West Senior Wellness Center
1525 4th Ave., San Diego 92101
Park de la Cruz Community Center
3901 Landis St., San Diego 92105

Food Pantries / Diapers

Call for current schedule

San Diego Black Panther Party
6 Hensley St., San Diego 92102
(619) 634-0586
Thursdays

Chollas View Church
904 47th St., San Diego 92102
(866) 350-3663
Diapers and food on Saturdays

Iglesia Casa de Alabanza
4250 El Cajon Blvd., San Diego 92105
(866) 350-3663
Mondays

Church of the Nazarene
9477 Waples Ste 100., San Diego 92105
(661) 371-1822
Tuesdays & Saturdays

Trinity Lutheran Church
7210 Lisbon St., San Diego 92114
(619) 262-1605
Tuesdays & Thursdays

Abundant Grace Christian Center
5858 El Cajon Blvd., San Diego 92115
(619) 788-2027
Monday, Wednesday & Saturday

Aguilas del Poderoso Dios
5901 Rancho Hills Dr., San Diego 92139
(858) 527-1419
1st & 3rd Thursday of the month

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