

Food & Material Goods/ Comida & Articulos Materiales

**Heavens Windows**

Food Distribution  
8848 Troy St, Spring Valley, 91977  
(619) 825-8489

**Journey Community Church Food & Clothing Bank**

8363 Center Dr, La Mesa, 91942  
(619) 464-4544

**Rock Church, Home Delivered Food, East County**

808 Jackman Street, El Cajon, 92020  
(619) 226-7625

**The Salvation Army San Diego Regional Office, East County**

**Red Shield-** Food distribution & resource center  
1025 E Main St, El Cajon, 92021  
(619) 440-4683 Ext 216

**Samoa Independent Full Gospel Church, Food Distribution**

2055 Skyline Dr, Lemon Grove, 91945  
(619) 251-6834

**Crosspointe Life Church**

Food Distribution  
8809 La Mesa Blvd, La Mesa, 91942  
(619) 464-3077

**Jacobs & Cushman San Diego Food Bank, Diaper**

**Distribution Sites-** Diapers for infants and toddlers  
Good Shepherd Ministry Center/Little Lambs Diaper Program  
772 S. Johnson Avenue, El Cajon, 92020  
(619) 442-9491  
Salvation Army El Cajon  
1011 E Main St, El Cajon, 92021  
(619) 440-4683  
Joseph’s Storehouse at Spring Valley Community Church  
3310 Bancroft Drive, Spring Valley, 91977  
(619) 342-1414  
Ministerio Tiempo Nuevo  
8179 Broadway, Lemon Grove, 91945  
(619) 765-9454  
Journey Community Church  
8363 Center Dr, La Mesa, 91942  
(619) 464-4544  
Military Outreach Ministries  
4426 Harbinson Ave, La Mesa, 91942  
(619) 461-4164  
Julian Pathway’s, Inc.  
1704 Cape Horn, Julian, 92036  
(760) 765-0661 x6

Employment Services/ Servicios de Empleo

**San Diego Workforce Partnership, Employment & Training**

151 Van Houten Ave, El Cajon, 92020  
(619) 873-9300

Veterans/ Veteranos

**Southwest Veterans Business Resource Center**

Where Communities Serve Veterans  
Online Vocational Training  
(760) 468-1315

**Volunteers of America Southwest, Hawley Veterans Services Center**

9980 Hawley Rd., El Cajon, 92021  
(619) 561-9808

**Grossmont-Cuyamaca Community College District,**

**Veterans Services, Grossmont College**  
8800 Grossmont College Dr., El Cajon, 92020  
(619) 644-2237

**Military Health System, Reference Center**

Provides advocacy & referral for military, veterans and their families  
(760) 643-2049

Last Updated: November 2021

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**Stepping Higher, Inc, Community Food Distribution**

138 28<sup>th</sup> Street, San Diego, 92102  
(619) 825-3930

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# East 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

Due to COVID-19, please bring a face covering and practice 6 feet distancing at all times.

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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 all locations below)  
1111 W Chase Ave, El Cajon, 92020  
525 E Main St, Spring Valley, 92020  
8788 Jamacha Rd, Spring Valley, 91977  
7592 Broadway, Lemon Grove, 91945  
Homeless Mobile Medical Unit  
(619) 515-2551

#### **La Maestra Community Health Centers**

Medical Clinic  
1032 Broadway, El Cajon, 92021  
(619) 795-5991  
165 S 1<sup>st</sup> Street, El Cajon, 92019  
(619) 312-0347  
Dental Care  
1032 Broadway, El Cajon, 92021  
(619) 795-5983  
183 S 1<sup>st</sup> St, El Cajon, 92019  
(619) 328-1335  
7139 Broadway, Lemon Grove, 91945  
(619) 255-9160

#### **Mountain Health and Community Services**

Health Services  
(619) 445-6200 (for all locations below)  
1620 Alpine Blvd, #114, Alpine, 91901  
1388 Buckman Springs Rd, Campo, 91906  
120 Town Center Pkwy, Santee, 92071  
Dental Care  
1388 Buckman Springs Rd, Campo, 91906  
(619) 662-4100

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#### **Sycuan Medical Dental Center**

5442 Sycuan Rd, El Cajon, 92019  
Medical – (619) 445-0707 Ext 110  
Dental – (619) 445-0707 Ext 142

#### **Borrego Community Health Foundation**

Community Clinic  
133 W Main St, #100, El Cajon, 92020  
(619) 401-0404  
Women’s Health & Wellness Center  
8851 Center Dr, La Mesa, 91942  
(619) 463-7775

#### **Volunteers in Medicine, Free Medical Clinic**

1457 E Madison Ave, El Cajon, 92019  
(619) 440-4591

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

##### **Immunization Clinic**

367 N Magnolia Ave, #101, El Cajon, 92020  
(619) 441-6500

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

1685 E Main St, #301, El Cajon, 92021  
(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

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#### **Alcoholics Anonymous**

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

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

460 N Magnolia Ave, #110, El Cajon, 92020  
(619) 440-5133  
1000 Broadway, #210, El Cajon, 92021  
(619) 401-5500

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(619) 445-6200 (for all locations below)  
1620 Alpine Blvd, #110, Alpine, 91901  
1388 Buckman Springs Rd, Campo, 91906  
120 Town Center Pkwy, Santee, 92071

#### **Family Health Centers of San Diego, Mental Health Services**

8851 Center Dr, #312, La Mesa, 91942  
(619) 515-2383  
680 Fletcher Parkway, #200, El Cajon, 92020  
(619) 515-2365

#### **McAlister Institute for Treatment & Education, Outpatient**

1365 N Johnson Ave, #111, El Cajon, 92020  
(619) 440-4801 Ext 1201

#### **Community Research Foundation, Outpatient**

##### **Heartland Wellness Recovery Center**

460 N Magnolia Ave, #100, El Cajon, 92020  
(619) 440-5133

#### **Santee Family Counseling Center**

9905 Prospect Ave, Santee, 92071  
(619) 449-9937

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### Homeless Resources/ Drop in Services

#### Resursos Para Personas Sin Hogar

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

**Access Sites-** Provides resources for housing needs  
Crisis House  
1034 N Magnolia Ave, El Cajon, 92020  
(619) 444-1194  
San Diego Youth Services for families with adolescents or children  
1870 Cordell Ct, #101, El Cajon, 92020  
(619) 448-9700

#### Shelters/ Albergues

#### **Interfaith Shelter Network (ISN), Family Health**

**Centers-** Open yearly during winter months, please call for dates. Accepts couples, families with children, Single men & women, women with children and men with children  
Address is confidential, call for information  
(619) 906-5310

#### **Volunteers of America Southwest, Hawley Veterans**

**Services Center-** Veterans with disabilities experiencing homelessness  
9980 Hawley Rd, El Cajon, 92021  
(619) 561-9808

#### **Crisis House, New Journey**

Transitional housing program for women and minor children fleeing domestic violence  
1034 N Magnolia Ave, El Cajon, 92020  
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