

Food & Material Goods/ Comida & Articulos Materiales

Church of the Nazarene in Mid-City, Food Distribution

4101 University Ave, San Diego, 92105
(619) 516-1000

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

Uptown Community Service Center

Provides food, clothing & hygiene items
3725 30th St, San Diego, 92104
(619) 542-9344

Jacobs & Cushman San Diego Food Bank,

Diaper Distribution Site- Diapers for infants and toddlers

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) 546-9346

Step Forward – Must be CalWORK's recipients

2772 4th Ave, 2nd Flr, San Diego, 92103
(619) 295-6067

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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) 699-1240

Able-Disabled Advocacy, VetWORKS- TechWORKS

Must be a recently separated Veteran or with a service connected disability
4389 Imperial Ave, San Diego, 92113
(619) 231-5990 ext 323

Legal/ Ayuda Legal

University of San Diego Legal Clinics

Offers legal advice, referrals & consultations
Veterans Legal Clinic
5998 Alcala Park, San Diego, 92110
(619) 260-7470

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Legal Aid Society of San Diego, Inc., Legal Services

110 Euclid Ave, San Diego, 92114
(877) 534-2524

Veterans/ Veteranos

American Legion, Department of Service Officers

8810 Rio San Diego Dr, Rm 1173, San Diego, 92108
(619) 400-5301

San Diego Public Library, Veterans Resource Center

330 Park Blvd, San Diego, 92101
(619) 238-5800

Veterans Resource Center, Point Loma Harvey Ranch

3701 Voltaire St, San Diego, 92107
(619) 531-1539

Military Health System, Reference Center

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

Last updated: November 2023

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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



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

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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)
140 Elm St, San Diego, 92101
1550 Broadway, San Diego, 92101
2391 Island Ave, San Diego, 92102
4725 Market St, San Diego, 92102
4094 4th Ave, San Diego, 92103
4874 Polk Ave, San Diego, 92105
3544 30th St, San Diego, 92104
2325 Commercial St, #1400, San Diego, 92113
3420 College Ave, San Diego, 92115
Homeless Mobile Medical Unit
(619) 515-2551
Dental Care
4065 3rd Ave, San Diego, 92103
(619) 515-2419
3544 30th Ave, San Diego, 92104
(619) 515-2424

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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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) 266-2111

Community Resources & Self Help (CRASH), Inc.

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

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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) 819-1715

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

Resursos 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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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) 233-8500

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
San Diego Youth Services, VI-SPDAT Assessment Site
TAY Academy- For youth ages 18-24 years old
2220 Broadway, San Diego, 92102
(619) 232-8126

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