

Food & Material Goods/ Comida & Articulos Materiales

Heavens Windows

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

Journey Community Church Food Distribution

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

Santee Food Bank

9715 Halberns Blvd, Santee, 92071
(619) 448-2096

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

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
Joseph's Storehouse at Spring Valley Community Church
3310 Bancroft Drive, Spring Valley, 91977
(619) 342-1414
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

(619) 319-9675

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
(866) 966-1020

Last Updated: November 2023

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Last Updated: November 2023

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

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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, El Cajon, 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
165 S 1st Street, El Cajon, 92019
(619) 280-4213
Dental Care
1242 E Main St, El Cajon, 92021
(619) 280-4213
7967 Broadway Ave, San Diego, 92021
(619) 741-3045

San Ysidro Health (Mountain Health and Community Services)
Health Services
(619) 662-4100 (for all locations below)
1620 Alpine Blvd, #114, Alpine, 91901
875 El Cajon Blvd, El Cajon, 92020
1388 Buckman Springs Rd, Campo, 91906
1220 Town Center Pkwy, Santee, 92071

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1220 Town Center Pkwy, Santee, 92071

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
133 W Main St, Third fl, El Cajon, 92020
(619) 463-7775

Volunteers in Medicine, Free Medical Clinic
1457 E Madison Ave, El Cajon, 92019
(619) 440-4591

Public Health Services, HHSA 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) 692-8715

San Ysidro Health, Behavioral Health (Mountain Health)
(619) 662-4100 (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
525 E Main St, El Cajon, 92020
(619) 255-5499

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

Alcoholics Anonymous
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Homeless Resources/ Drop in Services Recursos Para Personas Sin Hogar

Regional Task Force on Homelessness, Coordinated Entry Access Sites- Provides resources for housing needs
San Diego Youth Services for families with adolescents or children
7364 El Cajon Blvd, Ste 204, San Diego, 92115
(619) 221-8600

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
9550 Cuyamaca St, Ste 101, Santee, 92071
(619) 444-1194

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