

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
4979 University Avenue Ste A, 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
4389 Imperial Ave, San Diego, 92113
(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) 266-4247

Legal/ Ayuda Legal

University of San Diego Legal Clinics
Offers legal advice, referrals & consultations
Veterans Legal Clinic
5998 Alcalá 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 117, 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 2022

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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

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 locations below)
140 Elm St, San Diego, 92101
1550 Broadway, San Diego, 92101
1250 6th Ave, #100, 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
5160 Federal Blvd, San Diego, 92105
2325 Commercial St, #1400, San Diego, 92113
1809 National Ave, San Diego, 92113
5454 El Cajon Blvd, 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
1045 9th Ave, San Diego 92101
(619) 235-2600
286 Euclid Ave, #102, San Diego, 92114
(619) 266-2111
3177 Ocean View Blvd, San Diego, 92113
(619) 595-4400

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) 786-7184

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
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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Regional Task Force on Homelessness, Coordinated Entry Access Sites- Provides resources for housing needs
Dreams for Change Safe Parking
(619) 497-2036 (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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