

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

Stepping Higher, Inc, Community Food Distribution

138 28th Street, San Diego, 92102
(619) 825-3930

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
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
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 2022

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

Stepping Higher, Inc, Community Food Distribution

138 28th Street, San Diego, 92102
(619) 825-3930

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
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
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) 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
(866) 966-1020

Last Updated: November 2022

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.

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.

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
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
7139 Broadway Ave, San Diego, 91945
(619) 255-9160

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
120 Town Center Pkwy, Santee, 92071
Dental Care
1388 Buckman Springs Rd, Campo, 91906
875 El Cajon Blvd, El Cajon, 92020
4690 El Cajon Blvd, San Diego, 92115

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
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
7139 Broadway Ave, San Diego, 91945
(619) 255-9160

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
120 Town Center Pkwy, Santee, 92071
Dental Care
1388 Buckman Springs Rd, Campo, 91906
875 El Cajon Blvd, El Cajon, 92020
4690 El Cajon Blvd, San Diego, 92115

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

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

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

Mountain Health & Community Services, Behavioral Health
(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
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
(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

Mountain Health & Community Services, Behavioral Health
(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
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

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

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