

Food & Material Goods/ Comida & Articulos Materiales

**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

**Samoa Independent Feeding Ministry, Food Pantry**

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

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

**Distribution Sites-** Diapers for infants/toddlers and provides menstrual supplies  
Good Shepherd Ministry Center/Little Lambs Diaper Program  
772 S. Johnson Avenue, El Cajon, 92020  
(619) 442-9491  
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 ext. 6  
Spring Valley Community Church  
3310 Bancroft Dr, Spring Valley, 91977  
(619) 342-1414

Employment Services/ Servicios de Empleo

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

(619) 319-9675

**Employment Development Department, Placement Services for Job Seekers**

(619) 873-9300

Veterans/ Veteranos

**Southwest Veterans Business Resource Center**

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

**Grossmont-Cuyamaca Community College District, Veterans Services, Grossmont College**

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

Last Updated: December 2024

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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

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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)  
525 E Main St, El Cajon, 92020  
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 1<sup>st</sup> 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  
120 Town Center Pkwy, Santee, 92071

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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  
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

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1388 Buckman Springs Rd, Campo, 91906  
(619) 401-0404  
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

### 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

### **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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