

Food & Material Goods/ Comida & Articulos Materiales

Feeding San Diego, Mobile Food Distribution

(858) 452-3663 (for all locations below)
4980 Sweetgrass Ln, Bonsall, 92003
611 Church Ln, Borrego Springs, 92004
7217 Great Southern Overland Stage Route, Julian, 92036
16650 Highway 76, Pauma Valley, 92061
124 Palm Canyon Dr, Borrego Springs, 92004

Interfaith Community Services, Basic Needs Walk-in Services

Provides a shower, emergency food, hygiene items, etc.
550 W Washington Ave, Ste B, Escondido, 92025
(760) 489-6380

Fallbrook Food Pantry, Food Distribution

140 N Brandon Rd, Fallbrook, 92028
(760) 728-7608

Mountain Manna, Food Distribution

2898 Highway 78, Julian, 92036
(760) 765-0114

First Free Methodist Church of Escondido, Food Pantry Ministry

120 N Ash St, Escondido, 92027
(442) 777-2081

Jacobs & Cushman San Diego Food Bank, Diaper Distribution

Sites- For infants/toddlers and provides menstrual supplies
Shaback Resource Center
272 E Via Rancho Pkwy #157, Escondido, 92025
(619) 519-9090
Summit Christian Church
292 E Barham Dr, #202, San Marcos, 92078
(760) 471-6267
Rock Church San Marcos
1370 W San Marcos Blvd, San Marcos, 92078
(619) 226-7625
St Gabriel's Church
13734 Twin Peaks Rd, Poway, 92064
(858) 748-5348
Fallbrook Spanish Seventh-day Adventist Church
439 Iowa St, Fallbrook, 92028
(760) 468-4783
Ramona Food and Clothes Closet
773 Main St, Ramona, 92065
(760) 789-4458

Employment Services/ Servicios de Empleo

Goodwill Industries of San Diego County, Employment Center

315 W Washington, Escondido, 92025
(760) 739-0600

San Diego Workforce Partnership, Employment & Training

(619) 319-9675

Veterans Village of San Diego, Employment &

Training Service- For veterans only
649 W Mission Ave, Escondido, 92025
(760) 740-5572

Legal/ Ayuda Legal

Legal Aid Society of San Diego, Legal Services

100 E San Marcos Blvd, Ste 308, San Marcos, 92069
(877) 534-2524

Interfaith Community Services, Legal Aid Clinic

550 W Washington Ave, Escondido, 92025
(760) 489-6380

Veterans/ Veteranos

Military Health System, Reference Center

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

Homeless Veterans of San Diego (HVSD), Veteran

Assistance- Support services for veterans only
(760) 383-1685

Palomar Community College, Veterans Resource

Center- For veterans & dependents or reservist only
1140 W Mission Rd, San Marcos, 92069
(760) 744-1150 Ext 2173

Last Updated: December 2024

North Inland 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
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(760) 744-1150 Ext 2173

Last Updated: December 2024

Healthcare/ Cuidado de la Salud

Neighborhood Healthcare

(833) 867-4642 (for locations below)
460 N Elm St, Escondido, 92025
728 E Valley Pkwy, Escondido, 92025
13010 Poway Rd, Poway, 92064
28477 Lizard Rocks Rd, Valley Center, 92082
Dental Care, Ray M Dickinson Wellness Center
425 N Date St, #129, Escondido, 92025
(760) 520-8330

TrueCare (North County Health Services)- Dental services included
(760) 736-6767 (for locations below)
220 Rotanzi St, Ramona, 92065
150 Valpreda Rd, San Marcos, 92059

Family Health Centers of San Diego

Homeless Mobile Medical Unit
(619) 515-2551

Indian Health Council, Inc- Dental services included
50100 Golsh Rd, Valley Center, 92082
(760) 749-1410

Public Health Services, HHS County of San Diego Immunization Clinic

649 W Mission Ave, #2, Escondido, 92025
(760) 740-3000

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649 W Mission Ave, #2, Escondido, 92025
(760) 740-3000

Borrego Community Health Foundation, Community Clinic

4343 Yaqui Pass Rd, Borrego Springs, 92004
(760) 767-5051
1121 E Washington Ave, Escondido, 92025
(760) 871-0606
Woolcott Dental
590 Palm Canyon Dr, #212, Borrego Springs, 92004
(760) 767-5112

Community Health Systems, Inc

Medical Care & Women's Health Services and Dental
1328 S Mission Rd, Fallbrook, 92028
(760) 451-4730

Planned Parenthood of the Pacific Southwest

347 W Mission Ave, Escondido, 92025
(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 (800) 799-SAFE

Alcoholics Anonymous

(760) 758-2514 Hotline 24 hours a day, 7 days a week

Mental Health Systems, Inc

125 W Mission Ave, #103, Escondido, 92025
(760) 747-3424
12344 Oak Knoll Rd, #C1, Poway, 92064
(858) 391-9303

Borrego Community Health Foundation, Community Clinic

4343 Yaqui Pass Rd, Borrego Springs, 92004
(760) 767-5051
1121 E Washington Ave, Escondido, 92025
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Behavioral Health Services, HHS, Adult Urgent Walk-in

125 W Mission Ave, #103, Escondido, 92025
(760) 747-3424
474 W Vermont Ave, #101, Escondido, 92025
(760) 480-2255

TrueCare (North County Health Services), Behavioral Health

(760) 736-6767 (for locations below)
150 Valpreda Rd, San Marcos, 92069

McAlister Institute for Treatment & Education Adult Outpatient Treatment

200 E Washington Ave, #100, Escondido, 92025
(760) 741-7708
751 Rancheros Dr, #3-5, San Marcos, 92069
(760) 761-0515

Palomar Family Counseling Service, Inc

(760) 741-2660 (for locations below)
1002 E Grand Ave, Escondido, 92025
120 W Hawthorne St, Fallbrook, 92028

United States Dept of Veterans Affairs, San Marcos Vet Center, Counseling Center -For veterans, service members and their families only

1 Civic Center Dr, #150, San Marcos, 92069
(858) 898-6050

Behavioral Health Services, HHS, Adult Urgent Walk-in

125 W Mission Ave, #103, Escondido, 92025
(760) 747-3424
474 W Vermont Ave, #101, Escondido, 92025
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120 W Hawthorne St, Fallbrook, 92028

United States Dept of Veterans Affairs, San Marcos Vet Center, Counseling Center -For veterans, service members and their families only

1 Civic Center Dr, #150, San Marcos, 92069
(858) 898-6050

Homeless Resources/ Drop in Services

Recursos Para Personas Sin Hogar

Regional Task Force on Homelessness, Coordinated Entry Access Sites

YMCA, for youth 18 and older
150 La Terraza Blvd, Escondido, 92025
(760) 908-9373

Shelters/ Albergues

Interfaith Community Services, Winter Shelter

Tentative opening in Jan-Mar, accepts homeless couples, families with children, single men & women, women with children and men with children
550 West Washington Ave, Ste B, Escondido 92025
(760) 489-6380

Center for Community Solutions, Hidden Valley House

Temporary, emergency shelter for survivors of domestic violence
(760) 480-0055

Women's Resource Center, Crisis Intervention

Emergency domestic violence shelter for women and their children who are victims of domestic violence
Crisis intervention & hotline for victims of domestic violence
(760) 757-3500

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Food & Material Goods/ Comida & Articulos Materiales

Church of the Nazarene in Mid-City, Food Distribution
4101 University Ave, San Diego, 92105
(619) 249-2684

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

Jacobs & Cushman San Diego Food Bank, Diaper Distribution Site- Diapers for infants/toddlers and provides menstrual supplies
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) 265-5821 ext 209
Step Forward – Must be CalWORK's recipients
2772 4th Ave, 2nd Flr, San Diego, 92103
(619) 295-6067
Rock Church City Heights
4001 El Cajon Blvd, San Diego, 92105
(619) 269-2156
You Saved Me Foundation
3350 El Cajon Blvd, San Diego, 92104
(619) 800-3563

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You Saved Me Foundation
3350 El Cajon Blvd, San Diego, 92104
(619) 800-3563

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) 699-1236

Able-Disabled Advocacy, VetWORKS
Must be a recently separated Veteran or with a service connected disability
4389 Imperial Ave, San Diego, 92113
(619) 266-4247

Legal/ Ayuda Legal

California Western Community Law Project Legal Assistance (walk-in for services)
Downtown site – 1420 3rd Ave, San Diego, 92101
Hoover High School – 4474 El Cajon Blvd, San Diego, 92115
Rosa Parks Elementary School – 4510 Landis St, San Diego, 92105

Employment Services/ Servicios de Empleo

Center for Employment Training
4153 Market St, Ste C, San Diego, 92102
(619) 527-4895

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Legal Aid Society of San Diego, Inc., Legal Services
110 Euclid Ave, San Diego, 92114
(877) 534-2524

Veterans/ Veteranos

Veterans Village of San Diego, Welcome Home Family Program
286 Euclid Ave, San Diego, 92114
(619) 508-8866

Military Health System, Reference Center
Provides advocacy & referral for military, veterans and their families
(866) 966-1020

Last updated: December 2024

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



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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)
1550 Broadway, San Diego, 92101
4725 Market St, San Diego, 92102
4094 4th Ave, San Diego, 92103
2325 Commercial St, #1400, San Diego, 92113
Homeless Mobile Medical Unit
(619) 515-2551
Dental Care
4065 3rd Ave, San Diego, 92103
(619) 515-2535
3544 30th Ave, San Diego, 92104
(619) 515-2434

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

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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) 859-6270

Community Resources & Self Help (CRASH), Inc.

Short-Term Residential Program- Alcohol & drug treatment
Men-Only Facility- 4161 Marlborough Ave, San Diego, 92105
(619) 282-7274
Women-Only Facility- 2410 E St, San Diego, 92102
(619) 233-8054

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(619) 233-8054

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) 687-3720

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

Narrative Initiatives San Diego, Counseling Services

3636 5th Ave, #203, San Diego, 92103
(619) 272-4450

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(619) 928-4159

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) 233-8505
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

Regional Task Force on Homelessness, Coordinated

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Father Joe's Villages Day Center
299 17th St, San Diego, 92101
(619) 230-7390
Salvation Army
825 7th Ave, San Diego, 92101
(619) 699-2218
For Families
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(619) 231-2828 Option 2

Food & Material Goods/ Comida & Articulos Materiales

SBCS (South Bay Community Services), Food Distribution
Montgomery Middle School
(619) 420-3620
1051 Picador Blvd, San Diego, 92154

The Salvation Army San Diego Regional Office, Food Distribution
648 Third Ave, Chula Vista, 91910
(619) 422-7027

Society of St Vincent De Paul, San Diego Council, Food Distribution
1245 Fourth Ave, Chula Vista, 91911
(619) 422-2100

Friendships For Hope Inc, Food Distribution
1000 Euclid Ave, National City, 91950
(619) 395-5088

Feeding San Diego, Food Distribution
Southport Christian Center
142 E 16th St, National City, 91950
(619) 474-2834

First Christian Church of National City, Food Pantry
1800 E 17th St, National City, 91950
(619) 474-2254

Imperial Beach Neighborhood Center, Saturday Showers Program
Provides sack lunches, showers and hygiene items
(619) 947-6057 call for address

Jacobs & Cushman San Diego Food Bank, Diaper Distribution
Site- Diapers for infants/toddlers, and provides menstrual supplies
Project 1:1
560 Palomar St, Chula Vista, 91911
(619) 777-6723
Urban Refuge
940 Hilltop Dr, Chula Vista, 91911
(619) 500-3073
Friendships For Hope – diapers only
2711 Burden Way, National City, 91950
(619) 395-5088

San Ysidro Health, WIC
Locations distribute diapers for infants/toddlers
(888) 942-7942 (for all locations below)
1655 Broadway, #17, Chula Vista, 91911
886 Palm Ave, Imperial Beach, 91932
1420 E Plaza Blvd, Ste B4, National City, 91950
4050 Beyer Blvd, 3rd Fl, San Ysidro, 92173
4494 Camino De La Plz, San Ysidro, 92173

Employment Services/ Servicios de empleo

San Diego Workforce Partnership, Employment and Training
(619) 319-9675

Goodwill Industries of San Diego County
Employment Center
865 E H St, Chula Vista, 91910
(619) 207-0386
630 Front St, San Diego, 92173
(619) 271-3896

Veterans Village of San Diego, Employment & Training
For veterans only
401 Mile of Cars Way, National City, 91950
(619) 731-3356

Legal/ Ayuda Legal

Public Defender, County of San Diego
Provides legal assistance
303 H St, #400, Chula Vista, 91910
(619) 498-2001

Veterans/ Veteranos

American Legion, Heroes to Hometown
For severely injured service members returning home
from OEF/OIF or children of veterans only
299 I St, Chula Vista, 91910
(619) 791-6694

Military Health System, Reference Center
Provides advocacy & referral for military, veterans and their families
(760) 643-2049

Last Updated: December 2024

South 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

Food & Material Goods/ Comida & Articulos Materiales

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1051 Picador Blvd, San Diego, 92154

The Salvation Army San Diego Regional Office, Food Distribution
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(619) 422-7027

Society of St Vincent De Paul, San Diego Council, Food Distribution
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Healthcare/ Cuidado de la salud

Family Health Centers of San Diego, Healthcare for the Homeless (includes dental)
(619) 515-2300 (for location below)
1000 Euclid Ave, National City, 91950
Homeless, Services, Mobile Medical Unit
(619) 515-2312

San Ysidro Health Medical Services
(619) 662-4100 (for all locations below)
678 Third Ave, Chula Vista, 91910 (dental included)
1637 Third Ave, Chula Vista, 91911
1136 D Ave, National City, 91950
2400 E 8th St, National City, 91950
330 E 8th St, National City, 91950
4050 Beyer Blvd, San Diego, 92173
4004 Beyer Blvd, San Diego, 92173 (dental included)
Urgent Care
678 Third Ave, Chula Vista, 91910
Dental Care
340 E 8th St, National City, 91950

Imperial Beach Community Clinic Health Center
(619) 429-3733 (for all locations below)
949 Palm Ave, Imperial Beach, 91932
1016 Outer Rd, San Diego, 92154

La Maestra Community Health Centers Medical Clinic
217 Highland Ave, National City, 91950
(619) 280-4213

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4004 Beyer Blvd, San Diego, 92173 (dental included)
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1016 Outer Rd, San Diego, 92154

La Maestra Community Health Centers Medical Clinic
217 Highland Ave, National City, 91950
(619) 280-4213

Paradise Valley Hospital, Acute Care Hospital Services
2400 E 4th St, National City, 91950
(619) 470-4321

OpSam Health (Samahan Health Centers)
(844) 200-2426 (for all locations below)
Medical
2743 Highland Ave, National City, 91950
Dental
2835 Highland Ave, National City, 91950

Southwestern College, Dental Hygiene Program
Provides dental hygiene services & oral healthcare education
880 National City Blvd, National City, 91950
(619) 216-6663

Public Health Services, HHSA, County of San Diego Immunization Clinic
690 Oxford St, Chula Vista, 91911
(619) 409-3110

Planned Parenthood of the Pacific Southwest
1295 Broadway, #201, Chula Vista, 91911
(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

Paradise Valley Hospital, Acute Care Hospital Services
2400 E 4th St, National City, 91950
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(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 Adult Urgent Walk-in Services
1196 Third Ave, Chula Vista, 91911
(619) 427-4661
1465 30th St, Ste K, San Diego, 92154
(619) 428-1000

San Ysidro Health Behavioral Services
(619) 662-4100 (for all locations below)
678 Third Ave, Chula Vista, 91910
4004 Beyer Blvd, San Diego, 92173

Family Health Centers of San Diego, Mental Health Services
264 Landis Ave, Chula Vista, 91910
(619) 906-5383
742 10th St, Imperial Beach, 91932
(619) 906-5322
Mobile Counseling Center
(619) 515-2338

McAlister Institute for Treatment & Education, Outpatient
1180 Third Ave, Ste C3-C5, Chula Vista, 91911
(619) 691-8164

Paradise Valley Hospital, Inpatient and Outpatient
330 Moss St, Chula Vista, 91911
2400 E 4th St, National City, 91950
(800) 585-2767

Alcoholics Anonymous
(619) 265-8762 Hotline 24 hours a day, 7 days a week

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330 Moss St, Chula Vista, 91911
2400 E 4th St, National City, 91950
(800) 585-2767

United States Dept of Veteran Affairs, Chula Vista Vet Center- Counseling center for veterans, service members and their families only
180 Otay Lakes Rd, #107-108, Bonita 91902
(858) 404-8380

Homeless Resources/ Drop in Services
Recursos para personas sin hogar

Regional Task Force on Homelessness, Coordinated Entry Access Sites- Provides resources for housing needs
South Bay Community Services
430 F St, Chula Vista, 91910
(619) 420-3620

Shelters/ Albergues

Interfaith Shelter Network, South Bay Community Services
Open January, accepts homeless couples, families with children and single individuals
Call for address
(619) 702-5399

SBCS (South Bay Community Services), Casa Seguras Shelter
Provides short-term shelter/transitional housing for both male and female victims of domestic violence with children
Address is confidential, please call for information
(619) 420-3620

United States Dept of Veteran Affairs, Chula Vista Vet Center- Counseling center for veterans, service members and their families only
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