



Body - Mind - Spirit

San Diego American Indian Health Center

San Diego Community Resources

8-10-2021

Special thanks to Kusi H. Peralta, LCSW for her amazing work in putting this guide together.

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San Diego Community Resources

Walk-In Crisis Clinics

Central Region:

CRF Jane Westin Walk-in Center

Operating Hours: Mon – Fri | 8:00 am – 8:00 pm

Urgent Walk-in Services: Mon – Fri 8:00 am – 6:00 pm

1045 9th Ave.

San Diego, CA 92101

T: (619) 235-2600

Serving: 92101, 92102, 92104, 92132

NHA Project Enable

Operating Hours: Mon – Fri | 10:00 am – 2:00 pm

286 Euclid Ave., Suite 102

San Diego, CA 92114

T: (619) 266-2111

Serving: 92112, 92114, 92139

Southeast Mental Health Center

Operating Hours: M, T, Th, Fr | 8:30 am – 12:00 pm; 1:00 pm – 3:30 pm

W | 8:30 am – 11:30 am

3177 Ocean View Blvd.

San Diego, CA 92105

T: (619) 595-4400

Serving: 92113

UPAC Community Wellness Clinic

Operating Hours: Mon – Fri | 8:30 am – 5:00 pm

Urgent Walk-in Services: Mon – Fri 8:30 am – 12:30 pm

5348 University Ave.

San Diego, CA 92115

T: (619) 255-7550

Serving: 92103, 92105, 92115

Alianza Wellness Center

Operating Hours: Mon – Fri | 8:30 am – 5:00 pm

5555 Reservoir Dr., Suite 204A

San Diego, CA 92120

T: (619) 822-1800

Serving: 92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92120, 92136, 92139

North Central Region:

North Central Mental Health Center

Operating Hours: Mon – Fri | 8:30 am – 3:30 pm

1250 Moreno Blvd., 1st Flr

San Diego, CA 92110

T: (619) 692-8750

Serving: 92037, 92110, 92038, 92111, 92093, 92116, 92106, 92117, 92107, 92119, 92108, 92120, 92109, 92121

CRF Douglas Young BPSR Center

Operating Hours: M-W, F | 9 am - 11 am ; Th | Noon – 2 pm

10717 Camino Ruiz, Suite 207

San Diego, CA 92126

T: (619) 695-2211

Serving: 92122, 92131, 92123, 92140, 92124, 92145, 92126, 92161, 92130

South:

CRF Maria Sardiñas Wellness Recovery Center

Operating Hours: T & Th | 9 am – 3 pm

1465 30th St., Suite K

San Diego, CA 92154

T: (619) 428-1000

Serving: 91932, 91933, 92143, 92153, 92154, 92173

CRF South Bay Guidance Wellness Recovery Center

Operating Hours: M, W, F | 9 am – 1 pm

1196 3rd Ave.

Chula Vista, CA 91911

T: (619) 427-4661

Serving: 91902, 91915, 91908, 91921, 91909, 91950, 91910, 91951, 91911, 92118, 91912, 92135, 91913, 92155, 91914, 92178

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East Region:

East County Mental Health Center

Operating Hours: M, T, Th, F 9 am – Noon | M – F 1 pm – 4 pm

1000 Broadway, Suite 210

El Cajon, CA 92021

T: (619) 401-5500

Serving: 91901, 91935, 91977, 91905, 91941, 91978, 91906, 91942, 91980, 91916, 91945, 92021, 91917, 91948, 92040, 91931, 91962, 92071, 91934, 91963

CRF Heartland Wellness Recovery Center

Operating Hours: M 9 am – 11 am | T & Th 9 am – 4 pm | W & F 9 am – Noon

460 N. Magnolia Ave., Suite 110

El Cajon, CA 92020

T: (619) 440-5133

Serving: 92019, 92020, 92022

North Coastal Region:

Exodus Recovery Inc – North County Walk in Assessment Center

Operating Hours: M – F 9 am – 4:30 pm

524 W. Vista Way

Vista, CA 92083

T: (760) 758-1150

MHS, Inc. Vista Wellness Recovery Center

Operating Hours: M – F 8:30 am – 4 pm

550 W. Vista Way, Suite 407

Vista, CA 92083

T: (760) 758-1092

Serving: 92068, 92083, 92069, 92084, 92078, 92091, 92081, 92672

MHS, Inc. North Coastal Mental Health Center

Operating Hours: M – F 9 am – 4 pm

1701 Mission Ave., Suite 210

Oceanside, CA 92058

T: (760) 712-3535

Serving: 92007, 92014, 92056, 92008, 92018, 92057, 92009, 92023, 92058, 92010, 92024, 92067, 92011, 92054, 92075, 92013, 92055, 92091

North Inland Region:

Exodus Recovery Inc.

North County Walk-In Assessment Center

Operating Hours: M – F 8 am – 4 pm

1520 S. Escondido Blvd.

Escondido, CA 92025

T: (760) 871-2020

Serving all North Inland Zip Codes

MHS, Inc. North Island Mental Health Clinic

Operating Hours: M – F 8:30 am – 4 pm

125 W. Mission Ave, Suite 103

Escondido, CA 92025

T: (760) 747-3424

Serving: 92061, 92029, 92064, 92025, 92026, 92066, 92069, 92027, 92060, 92070, 92390

MHS, Inc. Kinesis North WRC

Operating Hours: M – F 8:30 – 4 pm

474 W. Vermont Ave., Suite 101

Escondido, CA 92025

T: (760) 480-2255

Serving: 92003, 92065, 92128, 92004, 92082, 92129, 92028, 92086, 92259, 92036, 92096, 92536, 92059, 92127, 92592

[Indian Health Services Facilities](#)

Sycuan Medical Dental Center

5442 Sycuan Road. El Cajon, CA 92019

Hours: 8:00 am - 4:00 pm

T: (619) 445-0707 ; Main line routes to after-hours answering services

Provides: Medical, Dental, Behavioral Health; Walk-ins welcome

Southern Indian Health Council, Inc.

4058 Willows Rd.

Alpine, CA 91901

Hours: 8:00 am – 4:30 pm

T: (619) 445-1188 press 1

Medical ext 400 Fax (619) 659-3141

Dental ext 440 Fax: (619) 659-3135

Family Services ext 200 Fax: (619) 659-9782

Pharmacy ext 430 Fax: (619) 445-2892

After-hours Nurse Advice (619) 445-1188

Option 9

Provides: Medical, Dental

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Campo Medical/Dental Clinic

36350 Church Road
Campo, CA 91906
Hours: 8:00 am – 4:30 pm
T: (619) 445-1188 press 2 or ext 700
Medical ext 700
Dental ext 740
Family Services ext 720
Pharmacy ext 730
Provides: Medical, Dental

Kumeyaay Wellness Center/La Posta Outreach Substance Abuse Center

8 Crestwood Road
Boulevard, CA 91950
Hours: M-F 8:00 am – 4:30 pm, Thursday open until 6 pm
T: (619) 445-1188 press 3 or ext 770
Provides: Behavioral Health

Indian Health Council, Inc. – Valley Center

50100 Golsh Rd.
Valley Center, CA 92082
Hours: M-F 8:00 am – 4 pm, closed Noon – 1 pm
Pharmacy M-f 9:00 – 4 pm, closed Noon – 1 pm
T: (760) 749-1410
After-hour advice nurse call (760) 749-1410 Opt 1
Provides: Medical, Dental

Santa Ysabel Community Health Center

110-1/2 School House Canyon Road
Santa Ysabel, CA 92070
Hours:
Medical M & W 9:00 am – 3:30 pm, closed Noon – 1 pm
Pharmacy M & W 9:30 am – 3:30 pm, closed Noon – 1 pm
Dental W 9:00 am – 3:30 pm, closed Noon – 1 pm
T: (760) 789-9060
Provides: Medical, Dental

Pechanga Indian Health Center

12784 Pechanga Rd.
Temecula, CA 92390
Hours: M – Th 8 am – 5 pm; F 8 am – 2 pm
T: (951) 676-6810
Provides: Medical, Behavioral Health

Psychiatric Emergencies

San Diego Psychiatric Hospital

3853 Rosecrans Street
San Diego, CA 92110
Phone number: (619) 692-8200

Psychiatric Emergency Response Team (PERT)

Upon request when you dial 911

San Diego Access & Crisis Line (ACL)

T: (888) 724-7240
Provides immediate support and resources from an experienced counselor 24/7
Online chat support available Monday – Friday 4pm – 10pm via
<https://postpartumhealthalliance.org/contact-us/>

CRASH Golden Hill House

2410 E Street
San Diego, CA 92102
Hours: Intake office 7:00 am to 5:00 pm Mon – Fri; Treatment services available 24/7
Phone number: (619) 234-3346
Provides: Intensive 90-day Substance Use Disorder (SUD) residential treatment program for women

Homeless Resources / Housing Assistance

Emergency Rental and Utility Assistance

Provides: Payment assistance (rent and utilities) for eligible households in San Diego for renters with earnings less than 80% of the Area Median Income or those who have been financially impacted by the COVID-19 pandemic.
Visit www.covidassistance.sdhc.org to apply

Food Resources

Jacobs & Cushman San Diego Food Bank

Emergency Food Assistance Program

Provides: Monthly distribution of emergency food packages at 80 different locations across San Diego County every month

To qualify, your household must meet federal income guidelines determined by household size and household income

Income Guidelines:

Household size 1 | Monthly Household Income \$2,498.83 | Annual Household Income \$29,986.00.

Household size 2 | Monthly Household Income \$3,376.17 | Annual Household Income \$40,514.00.

Household size 3 | Monthly Household Income \$4,253.50 | Annual Household Income \$51,042.00

Household size 4 | Monthly Household Income \$5,130.83 | Annual Household Income \$61,570.00

Household size 5 | Monthly Household Income \$6,008.17 | Annual Household Income \$72,098.00

Household size 6 | Monthly Household Income \$6,885.50 | Annual Household Income \$82,626.00

Each additional member add \$877.33 to Monthly Household Income & \$10,528 each for Annual Household Income

Proof of income is not required – verbal self-certification is accepted.

Please see pgs 13 – 26 below for locations.

San Diego Food Bank

No documentation is needed to receive food assistance from a Neighborhood Distribution site. For local distribution site, call 1 (866) 350-FOOD (3663) or 2-1-1.

www.sandiegofoodbank.org |

www.northcountyfoodbank.org

Locations:

Central

- 1st Tuesday, 9 am until food runs out @ LGBT Community Center (3909 Centre St., San Diego, CA 92103)
- 3rd Monday, 9 am until food runs out

@ St. Stephen's Church of God in Christ
(5825 Imperial Ave., San Diego, CA 92114)

East County

- 2nd Friday, 9 am until food runs out @ Journey Community Church (8363 Center Dr., Ste. 6C, La Mesa, CA 91942)
Only rescheduled date is for Aug. to Aug 20
- 3rd Tuesday, 4 pm until food runs out @ El Cajon Seventh-Day Adventist Church (1630 E. Madison Ave., El Cajon, CA 92019)
- 4th Tuesday, 9 am until food runs out @ Heaven's Windows at New Seasons Church (2300 Bancroft Dr., Spring Valley, CA 91977)
Only rescheduled date is for Dec. to Dec 21
- 3rd Wednesday, 10 am until food runs out @ Faith Chapel (9400 Campo Rd., Spring Valley, CA 91977)
- 4th Friday, Noon until food runs out @ Shabach (14925 Great Southern Overland Stage, Julian, CA 92036)
Rescheduled months are Nov. (to Nov 19) & Dec. (to Dec 17)
- Last Friday of the month, 9 am until food runs out @ Samoa Independent Full Gospel (2055 Skyline Dr., Lemon Grove, CA)
Rescheduled months are Nov. (to Nov 19) and Dec. (to Dec 17).

South Bay

- 1st Friday, 9 am until food runs out @ South Bay Pentecostal (395 D St., Chula Vista, CA 91910)
- 1st Tuesday, 9 am until food runs out @ Hearts & Hands Working Together (2020 Alaquinas Dr., San Ysidro, CA 92173)

North County

- 1st Wednesday, 6 pm – 7 pm @ Fallbrook Spanish Seventh-Day Adventist Church (439 Iowa St., Fallbrook, CA 92028)

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- 1st Thursday, 2 – 4 pm @ St. Andrew's Episcopal Church (890 Balour Dr., Encinitas, CA 92024)
- 2nd Friday, 2 pm until food runs out @ North City Church – Poway (11717 Poway Rd., Poway, CA 92064)
- 3rd Friday, 2 – 4 pm @ Christ the King Lutheran Church at Vallecitos Elementary School (5211 Fifth St., Rainbow, CA 92028)
- 4th Monday, 3 – 4:30 pm @ Smart Food Foundation – Farr Elementary (933 Farr Ave., Escondido, CA 92026)
No distribution in July; Rescheduled months are Nov. (to Nov 15) and Dec. (to Dec 13)
- 4th Tuesday, 2 pm until food runs out @ North Coast Church/Pauma Valley (32077 Community Church Dr., Pauma Valley, CA 92061)
- 4th Thursday, 3 pm until food runs out @ Lived Experiences at Crown Heights Community Center (1210 Division St., Oceanside, CA 92054)
Rescheduled months are Nov. (to Nov 18) and Dec. (to Dec 16).
- 4th Saturday, Noon until food runs out @ Provision Relief Team (1001 West Country Club Lane, Escondido, CA 92026)
Rescheduled months are Nov. (to Nov 20) and Dec. (to Dec 18)
- Last Wednesday, from 9 am until food runs out @ Fallbrook Food Pantry (221 N. Pico Ave., Fallbrook, CA 92028)

Native Resources

Peace Between Partners (PBP)

Support group for victims of domestic violence that is coordinated by the health promotion services and Behavioral Health Department at Indian Health Counsel, Inc. (50100 Golsh Road, Building B, Valley Center, California 92082).

Contact an advocate and therapist at (760) 749-1410 ext. 5249

www.indianhealth.com

Strong Hearted Native Women's Coalition, Inc.

Services offered: Kiicha Shelter (safe home for Native victims and their children who are affected by domestic violence, sexual assault, dating violence, stalking and sex trafficking), legal assistance, crisis intervention, safety planning, emergency food and clothing
Office: (760) 644-4781

50100 Golsh Rd, Valley Center, CA 92082

www.strongheartednativewomen.org

Walk-in Legal Clinic

Sponsored by California Indian Legal Services
Provides assistance with issues related to domestic violence, sexual assault, stalking and sex trafficking victims/survivors.

Services are provided 2nd Wednesday of each month from 11 am – 2 pm

Location: Indian Health Council, Inc.

Conference Room B @ Rincon Indian Reservation (50100 Golsh Road, Valley Center, CA 92082)

Avellaka "Butterfly" Program

Confidential advocacy for victims of sexual assault, domestic and dating violence, and stalking. Around the clock crisis intervention and support.

Assisting clients with: Shelter, violence prevention trainings, Talking Circles, court advocacy, LGBTQ support

Location:

22000 Hwy 76, Pauma Valley, CA 92061

T: (760) 742-8628

E-mail: michael.paul.willis@lajolla.wsw.gov

Serving: La Jolla Reservation

Native Women's Resource Program

For victims of domestic violence, sexual assault, dating violence and stalking. Community presentations and trainings.

Assisting clients with: direct services, assistance with TRO's, safety planning, advocacy, court advocacy, transportation, emergency shelter,

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crisis intervention and emergency food and clothing.

Located in Valley Center, CA

Office: (760) 651-5171

Serving: San Pasqual Reservation

<http://sanpasqual.entusiastinc.com/departments/domestic-violence-department>

Southern Indian Health Council, Inc. Revive

Victims/survivors of domestic violence, sexual assault, family violence, stalking, teen dating or supervised visitation and exchange services.

Assists clients with: safety/exit/prevention planning, counseling, transportation to DV workshops, court & shelter, court accompaniment and advocacy, crisis intervention, support groups, obtaining restraining orders, emergency shelter placement, court approved parenting and anger management classes

Location: 4058 Willows Road, Alpine, CA 91901

T: (619) 445-1188 ext. 210 or ext. 214

<http://sihc.org/wellness-services/kumeyaay-family-services/revive/>

Santa Ysabel DV/SA Program

For victims of domestic violence, sexual assault, dating violence and stalking.

Assisting clients with: TRO's, safety planning, advocacy, court advocacy, transportation, emergency shelter, crisis intervention, emergency food and clothing

Location: 100 Schoolhouse Canyon Road
PO BOX 130

Santa Ysabel, CA 92070

T: (760) 685-8897

Serving: Santa Ysabel Reservation

<http://www.iipaynation-nsn.com/index.html>

Cahuilla Consortium

Provides: Domestic Violence response, financial assistance, general support, hotline/information and referrals, housing (emergency/short-term), housing (long-term/transitional), safety planning, transportation assistance (local), transportation assistance (relocation) and victim rights advocacy (non-direct)

Crime types addressed: Child exposed to violence, child sexual abuse (active/recent), domestic violence (intimate partner), domestic violence (non-intimate partner), elder abuse/neglect, sex trafficking, sexual assault & stalking

Hours of Operation: 9 am – 5 pm

T: (951) 763-5549

Hotline: (951) 330-0479

Email: sthornsberry@cahuilla.net

www.cahuillaconsortium.org

SCTCA Pandemic Emergency Assistance Funds

Funding assistance may include:

- Emergency cash assistance
- Emergency housing assistance
- Emergency food aid
- Past due utility payments
- Quarantine assistance
- Burial assistance
- Other needs related to COVID-19

Funding eligibility:

- American Indian families, with at least one minor child in the home
- Reside in the counties of San Diego, Orange or Santa Barbara
- Meet income guidelines
- Submit required verifications
- Have an immediate need related to the pandemic
- Have not received funding from another organization or Tribe (American Rescue Act)

Contact the PEA Specialist to obtain an application @ (760) 742-8606 ext. 148

PEAFprogram@sctca.net

You may also contact the Tribal TANF Office nearest where you live to obtain an application Visit <https://sctca.net/tribal-tanf/> for office locations and contact information

Emergency Food Assistance

Handkind

2778 Sweetwater Springs Blvd. Ste H
Spring Valley, CA 91977

Hours: 8:00 am – 4:30 pm Mon – Fri

Phone number: (619) 627-0665

<http://handkind.us/services>

Provides: Weekly food distribution, transportation assistance (1 day bus/trolley passes for verified medical, court or job appointment), referrals for free medical services and home purchasing assistance.

Fees: No fees

Walk-in services

Eligibility requirements: Veterans who can show proof of service, Military ID

General Relief Services

SCAIR (Southern California American Indian Resource Center)

San Diego Center: 239 East Main Street, El Cajon, CA 92020

Toll-free: 888-21-SCAIR (72247)

T: 619-328-0676

Ventura Office: 877 South Victoria Avenue #110, Ventura, CA 93003

T: 805-765-6243

Tribal TANF (Temporary Assistance for Needy Families)

La Mesa Office: 8100 La Mesa Blvd., Suite 100
La Mesa, CA 91942

T: (866) 913-3725

Manzanita Office: 39A Crestwood

Mailing: P.O. Box 1292,
Boulevard, CA 91905

T: (866) 931-1480

Escondido Office: 350 East Grand Ave. Suite 100
Escondido, CA 92025

T: (866) 428-0901

Pala Office: 36146 Pala Temecula Rd., Bldg. G

Mailing: 35008 Pala Temecula Rd., PMB 70
Pala, CA 92059

T: (888) 806-8263

Family Resource Centers (FRC)

Provides: CalWORKs, CalFresh, Medi-Cal, General Relief, Cash Assistance Program for Immigrants, and Refuge Cash Assistance

Locations:

Centre City Region: 1255 Imperial Ave., 5th Floor
San Diego, CA 92101

Phone: (866) 262-9881

Monday – Friday 7:00 am – 5:00 pm

Metro region: 1130 10th Ave.

San Diego, CA 92101

Phone: (866) 262-9881

Monday – Friday, 7:00 am – 5:00 pm

Northeast region: 5001 73rd St.

San Diego, CA 92115

Monday – Friday, 7:00 am – 5:00 pm

Southeast region: 4588 Market St.

San Diego, CA 92102

Phone: (866) 262-9881

Monday – Friday, 7:00 am – 5:00 pm

Women's Resource Center (WRC)

Provides counseling, shelter and education to North San Diego County women, children and men involved in or threatened by domestic violence or sexual assault.

Provides: Emergency shelter, transitional shelter, safety planning, case management, crisis intervention, counseling, DV perpetrator program (FVIP), community involvement, thrift store & 24/7 hotline

Office: 1963 Apple Street, Oceanside, CA 92054

WRC Thrift Store: 3385 Mission Avenue,
Oceanside, CA 92054

<https://www.wrcsd.org>

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Center for Community Solutions (CCS)

CCS operates the only rape crisis center in the city of San Diego along with a countywide 24-hour bilingual crisis helpline.

Provides: emergency and transitional domestic violence shelters, counseling, crisis intervention, hospital and court accompaniment & legal and counseling services for those affected by domestic violence, sexual assault and stalking.

Escondido Office: 210 S Juniper St #101

Escondido, CA 92025

T: (760) 747-6282

24/7 Helpline: 1 (888) 385-4657

<https://www.ccssd.org>

Hotlines

Consumer Center For Health, Education And Advocacy

1-877-SD HEALTH (1-877-734-3258)

Provides: assistance with health care access or benefits issues, and Mental Health and Title IX Patients' Rights Advocacy.

Adult Protective Services

(800) 510-2020

Elder Law & Advocacy

www.seniorlaw-sd.org

(858) 565-1392

Women's Resource Center

www.wrcsd.org

(760) 757-3500 (24 hour hotline)

Homeless Advocacy Program

(619) 544-9556

StrongHearts Native 24/7 Helpline

1-844-7NATIVE (762-8483)

Confidential and anonymous culturally appropriate domestic, dating and sexual violence helpline for Native Americans.

<https://strongheartshelpline.org>

Warmlines

The Meeting Place Clubhouse, Inc.

2553 State St

San Diego, CA 92101

Peer operated Warm Line: (619) 295-1055 or toll-free at 1.800.930.WARM (9276)

<http://www.themeetingplaceinc.org/>

E-mail: themeetingplace@tmpclubhouse.org

Operating Hours: Daily 3:30 pm-11:00 pm;

Closed on Holidays

Provides adults with a diagnosed mental health disorder support with employment (resume prep, interview training, support with job searches, transitional employment opportunities), wellness (weight loss programs, nutrition, boot camp, yoga), housing and friendship

Postpartum Health Alliance

Email: info@postpartumhealthalliance.org

Local Warmline: 619-254-0023

National Postpartum Depression Warmline:

(800) PPD-MOMS

Providers who have been screened and approved as knowledgeable in Postpartum

Mood Disorders:

<https://postpartumhealthalliance.org/postpartum-search-providers/>

Center for Community Solutions (CCS)

Bilingual crisis helpline for DV & sexual assault

24/7 Helpline: 1 (888) 385-4657

<https://www.ccssd.org>

LGBTQ Resources

Men's Discussion/Support Group

3220 Mission Ave., Suite 2

Oceanside, CA 92058

T: (760) 994-1690

www.ncresourcecenter.org

jwhitejr@yahoo.com

Intake Hours of Operation

LGBTQ Center Hours: 12:00 pm-8:00 pm,

Monday-Friday; 12:00 pm-6:00 pm, Saturday

Specific Hours

6:30 pm-8:00 pm, Last Friday of the Month

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Provides: A safe space for discussion, support, help in coming out, being out for gay, bisexual and transgender men, men who are questioning their sexual orientation, and straight men ages 14 and up

Serving: Oceanside; Carlsbad; Vista; Leucadia; Encinitas; San Marcos; Escondido; Rancho Santa Fe; Camp Pendleton; Bonsall; Fallbrook

Our Space – Poway

Provides bi-monthly meeting for LGBTQ+ high school-age youth every 2nd and 4th Tuesday of the month from 5 – 6:30 pm @ St. Bart's Church (16275 Pomerado Rd. Poway, CA 92064)

Contact number for any questions: (760) 753-7376

Safe Space Escondido

Hosted by North County LGBTQ Resource Center's Project Youth

Second Thursday of every month for youth ages 12-17 @ The Escondido Public Library (239 S Kalmia St, Escondido, CA 92025) from 4:15 – 5:45 pm

Provides support to LGBTQ+ and Allied youths ages 12-17 in a safe and friendly space to be yourself, meet new people and participate in crafty activities

Safe Space - San Marcos

Hosted by North County LGBTQ Resource Center's Project Youth

First Monday of every month at 4:30 PM for LGBTQ + Allied youth ages 11 to 18

San Marcos Public Library: 2 Civic Center Dr, San Marcos, CA 92069

Our Space – Encinitas

Support group for LGBTQ & Allied youth ages 14-18 years old every 3rd Sunday afternoon from 12 – 1:30 pm @ Encinitas Library Community Room (540 Cornish Drive, Encinitas, CA 92024)

PFLAG (Parents, Families and Friends of Lesbians and Gays)

Provides opportunity for dialogue about sexual orientation and gender identity, and acts to

create a society that is healthy and respectful of human diversity

Location 1: North County Inland – Rancho Bernardo, 16783 Bernardo Center Dr, San Diego, 92128

Contact: northcountyinland@pflag.com

Occurs every 3rd Thursday of the month from 7-9 pm

Location 2: North County Coastal – Carlsbad @ Pilgrim Children's Center (2020 Chestnut Avenue, Carlsbad, CA 92008

Contact: northcountycoastal@pflag.com

Occurs every 1st Monday of the month from 7-9 pm

Gay/Straight Alliance @ Vista Library

Support group for LGBTQ youth and allies, ages 11-14, every 1st Saturday at 10 am @ Vista Branch Library (700 Eucalyptus Ave, Vista, CA 92084)

Corazones Abiertos

Provides support to Spanish-speaking parents of LGBTQ youth on the last Sunday of each month @ Oceanside Public Library from 1:30 – 3 pm

3861 Mission Ave. Oceanside, CA 92058

For more information, contact Irma (760) 473-1414 ; irmarobinson@yahoo.com

TransFamily Support Group

Hosted by North County LGBTQ Resource Center in Oceanside

Provides a safe environment with guided discussion for transgender and gender-nonconforming children, teens, and young adults to explore a multitude of topics around gender identity and expression. Parents and other family members will meet separately to experience and express support, obtain resources, and learn more about what they and their children are experiencing. TransFamily Support Group will help individuals and families navigate the journey when a member is transitioning from birth-assigned to identified and expressed gender. Contact:

info@transfamilysos.org

Meets the third Sunday of every month from 1:00-2:30 PM

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ElderPride – 55+ Gay Men’s Support Group

Provides weekly educational and support group for gay men, ages fifty-five and above, who are dealing with issues of aging in a youth-oriented culture. Group is facilitated by a LMFT with 14 years of providing mental health services to the HIV/AIDS community in Los Angeles.

ElderPride meets the last Friday of each month from 10:30 am - Noon at the Resource Center (3220 Mission Ave, Suite #2, Oceanside, CA 92058). For more information, please contact Sandra Rogers at 760-846-6650.

Men’s Coming Out Support Group

Hosted by North County LGBTQ Resource Center in Oceanside

Provides support to men who are straight, gay, bi, trans, or questioning and living with coming out and being out. Joining group is by appointment only. Email Joe White to join:

jwwhitejr@yahoo.com

Just Us Guys

Social gathering for men ages 21+ who are interested in participating in fun activities and socializing with other members of the community.

Meetings: 2nd Thursday of each month at 6:00 PM; Last Sunday of each month at 5:00 PM.

Locations vary. Contact Andre for more information at justusguys21@outlook.com.

Gay Men’s North Inland Group

Meets the 1st Friday of each month, 6:30 PM. Locations vary within North Inland San Diego County.

RSVP to D.L. Shearer:

dlshearer777@hotmail.com

Women’s Coming Out Support Group

Provides a safe place for questioning women to find acceptance and support

Meetings: Last Tuesday of each month @ 6:30 pm at the North County LGBTQ Resource Center in Oceanside.

Military Support Group

Group mission is to address issues related to Gay, Lesbian, Bisexual, Transgender and Questioning Active Duty and Military Veterans. For more information please call the LGBTQ Resource Center at 760-994-1690.

Meetings: Every 2nd Tuesday of the month from 6:15pm to 7:45pm at the Resource Center.

[Legal Resources](#)

Legal Aid Society of San Diego

Phone number: 877-534-2524

Provides: Legal Help with Housing, Debt Collection, Repossession, Sales Contracts, Housing Discrimination, Family Law, Immigration, Federal Tax Problems, CalWorks/CalFresh/General Relief, Conservatorships, Restraining Orders, SSI.

<https://www.lasds.org/>

Lawyer Referral and Information Service – Modest Means Program

Phone number: 619-231-8585

Casa Cornelia Law Center (Immigration resource)

www.casacornelia.org

(619) 231-7788 or 1-800-704-4041

Elder Law and Advocacy | Senior Legal Services

5151 Murphy Canyon Rd.

San Diego, CA 92123

Hours: 8:00 am – 5:00 pm Mon – Fri

Phone number: (858) 565-1392

www.seniorlaw-sd.org

Provides: Free legal counsel and advice sessions for seniors ages 60+. Topics include financial elder abuse, landlord/tenant problems, real estate issues, debt problems, contract issues, social security and other benefit cases and consumer problems.

California Indian Legal Services

(760) 746-8941 or 1-800-743-8941 toll free

www.calindian.org

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San Diego Volunteer Lawyer Program

Provides free civil legal services to disadvantaged families, seniors, persons with disabilities, persons living with HIV/AIDS, and domestic violence survivors in San Diego County.

Eligibility: Live in San Diego County & are a low-income individual. If you receive financial assistance under one or more of the following programs, you meet the income eligibility criteria for SDVLP's free legal services:

- California Work Opportunity and Responsibility to Kids (CalWORKS)
- Cash Assistance Program for Immigrants (CAPI)
- General Relief (GR)
- In-Home Supportive Services (IHSS)
- Medi-Cal
- Regional Center Services Recipient
- Supplemental Nutrition Assistance Program (SNAP)
- Supplemental Security Income (SSI)

OR: If your household income is at or below established income guidelines as determined by Title 25 of the California Administrative Code for Housing and Community Development you are eligible.

Phone number: 619.235.5656 | E-mail: info@sdvlp.org

Restraining order clinics:

Downtown San Diego

Central Courthouse

1100 Union Street, 4th Floor, Room 417

San Diego, CA 92101

Domestic Violence and Elder Abuse Intake:

Monday - Friday 8:30 am - 3:30 pm

East County

El Cajon Courthouse

250 East Main Street

El Cajon, CA 92020

Domestic Violence and Elder Abuse Intake:

Monday & Tuesday 8:30 am - 3:30 pm

Wednesday 8:30 am - 11:00 am

North County

Vista Courthouse

325 South Melrose Drive, Vista, CA 92081

Domestic Violence, Elder Abuse, and Civil Harassment Intake:

Main Building, South Entrance

Monday - Friday 8:30 am - 3:30 pm

Provides: Restraining orders, Family Law, HIV/AIDS Law, Children & Youth Law, Landlord/Tenant Law, Microbusiness and Nonprofit support

Vision for Justice Collaborative

Vision for Justice Collaborative (VJC) helps immigrants and refugees, who are victims of crime, with civil legal issues that arise as a result of the crime.

Phone number: (619) 564-6944

For help in Arabic/Kurdish/Farsi, call: (619) 401-2800

Provides: restraining orders, divorce, custody, child support, immigration, employment, and housing benefits

Friends Outside

Provides: Visitor centers for prison visitors to obtain:

- Childcare is available for children up to 17 years who accompany their caregiver to the institution for visiting
- Clothing loan if clothing violates institutional rules for visitor attire
- Transportation to and from public transit station

R.J. Donovan State Prison Visitor Center

Hours: Tuesday 8:00am-12:00pm; Saturday & Sunday 7:30am-3:30pm

Phone Number: (619) 710-1645

Victims Witness Assistant Program

San Diego: (619) 531-4041

Juvenile Only: (858) 694-4254

North County: (760) 806-4079

South County: (619) 498-5650

East County: (619) 441-4538

Older Adult Resources

Senior Options, Advocacy and Referrals (SOAR)

Provides: care to persons who are "at risk" for needing placement outside their home due to being unable to take care of several of their needs.

To qualify, a person must be 60+, may or may not be Medi-Cal eligible & at risk of placement.

Alternatives to SOAR: Professionals in our Call Center 800-339-4661 will evaluate other possible AIS care management programs if clients are not appropriate for SOAR.

Cost: Clients who can afford to pay are requested to contribute to the cost of the care management and purchased services; however, no eligible person is turned away solely from inability or unwillingness to pay.

Please note that the SOAR program has a waitlist, and it can take several months for a referral to be assigned to a care manager.

For information about SOAR, or to apply to the program, call 800-339-4661 or send us an email.

Native Educational Resource

American Indian Recruitment Program

Created at SDSU in partnership with the Dept. of American Indian Studies to promote higher education and success in academics in the American Indian community.

Provides supplemental educational instruction through tutoring, mentoring, and various activities designed to achieve success within high school and higher education.

E-mail: info@airprograms.org

http://airprogram.site.aplus.net/Contact_Information.html

External Therapy Referrals

Help Therapy

3636 Fourth Avenue, Suite 302
San Diego, CA 92103

T: (855) 449-0159

E-mail: info@helptherapy.com
www.helptherapy.com

Fees are based on provider, treatment, payment method or insurance. Most insurances

accepted. When clinically appropriate, medication management is provided.

Urban Restoration Counseling Center

1925 Euclid Ave, Suite 108, San Diego, California, 92105

Phone Number: (619) 648-1158

E-mail: info@urbanrestorationcounseling.org

Clinician referral form: https://b24-5kkas5.bitrix24.site/crm_form4/

Provides: Free to low cost Individual, Couples, Family & Group Counseling; Parenting classes; 52 Week Court Mandated Domestic Violence Groups; New Parent Wellness Groups

Insurances accepted: Tricare, Cigna, Beacon Health Options, Magellan Health, United Health Care, Optum San Diego (Medi-Cal), Victims Of Crime, Triwest

Narrative Initiatives San Diego (NISD) Counseling

Located in: The Center for Health & Wellbeing
Address: 3636 Fifth Ave, San Diego, CA 92103

Hours: Open · Closes 9PM

Phone: (619) 786-7184

Provides: Inclusive and affordable mental health services (low, sliding scale fees from \$30-75/session) to low-income, uninsured, underserved and marginalized populations; Counseling for Individuals, couples, families and groups.

North County LGBTQ Resource Center

Provides: Intakes and referrals at low or no cost. Sliding scale is anything between \$25 - \$65/session

Referral located at:

<https://www.ncresourcecenter.org/mental-health-intake-referral-progr>

Behavioral Health Services @ The San Diego LGBTQ Community Center

Services offered include individual, couple/family, and group counseling.

Counseling services are available to the LGBTQ community including those struggling with same-gender/genderqueer relationship violence; transgender and nonbinary persons

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who need assistance with transition or exploring their gender identity; and for individuals, couples & families living with HIV/AIDS.

Fees are charged on a sliding scale basis and some insurance plans are accepted. People living with HIV may potentially qualify to receive no-cost counseling services.

To enroll, contact On Duty staff @ 619.692.2077 x208, or email at onduty@thecentersd.org. For questions or concerns, please contact Steve Carroll at 619.692.2077 x139, or scarroll@thecentersd.org.

Center for Community Counseling and Engagement

4283 El Cajon Blvd. Suite 215

San Diego, CA 92105

Intake number: (619) 594-4918

As of 7/21/2021, all therapy sessions are being conducted remotely

Sliding scale fee based on household size and income; SDSU students receive a discounted rate

Individual, Couples, Family & Group Counseling offered. Group session costs are donation based, from \$5-20 per session.

English and Spanish services available

csp.ccce@gmail.com

Form to be placed on Waitlist:

<https://docs.google.com/forms/d/e/1FAIpQLScSSua30w8hGnGDo5tidlXc3zrmBggvau2MDz0mSuiK92ctNw/viewform>

USD Tele-mental Health Training Clinic

T: 619-260-7670

Intake Hours of Operation:

T 9 am- noon | W & Th 4 pm -7 pm

E-mail: usdtelementalhealthclinic@sandiego.edu

Website:

<https://www.sandiego.edu/telehealth-clinic/>

Intake form:

<https://drive.google.com/file/d/1fSNDTOvK5IJ6DSvQ8DKnMT0d7QvUSkC8/view>

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
Central	Home Delivery	Catholic Charities Emergency Food Distribution Network		Request delivery at www.ccdsd.org/efdn or call (619) 323-2841 follow the prompts (option 2); phone options in English, Spanish and Vietnamese	No holiday closures scheduled	Delivery service is intended for seniors and disabled who cannot attend distribution sites
	Central	Old Town Community Church	2444 Congress Street San Diego, CA 92110	Between San Diego Avenue and Conde Street	Monday - Wednesday 12:00 pm - 3:00 pm	Closed on: May 31 September 6 Walk-ins
	Central	Jewish Family Service of San Diego	8804 Balboa Avenue San Diego, CA 92123		Monday - Friday 10:00 am - 1:00 pm	Closed on: January 1, 18 March 29 May 17, 18, 31 July 5 September 6-8, 16, 21-22 November 25-26 December 24, 31 Drive-thru
	Central	Community Christian Service Agency	4167 Rappahannock Avenue San Diego, CA 92117	North of Linda Vista Road; cross street is Clairemont Drive	Monday - Friday 9:30 am - 3:30 pm	Closed on: January 1, 18 February 15 May 31 July 5 September 6 November 11, 25, 26 December 24 Walk-ins
	Central	Unions United, United Way of San Diego County	4699 Murphy Canyon Road San Diego, CA 92123		Tuesday - Friday 8:00 - 4:30 pm BY APPOINTMENT ONLY	Closed on: January 1, 18 February 15 May 31 July 5 September 6 November 11, 25, 26 December 24, 27, 31 Call (858) 636-4116 to schedule

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
Central	Calvary Evangelical Lutheran Church	3060 54th Street San Diego , CA 92105	Enter through 54th Frontage Street; enter the one-story building in back of the church building	Mondays & Wednesdays 11:00 am - 2:00 pm	Closed on: January 20 February 17 March 31 April 10 May 25 July 3 August 7 September 7 October 12 November 11, 25, 26, 27 December 24, 25, 31	Walk-ins
	CMC Good Neighbor Center (Meade Site)	3295 Meade Avenue San Diego , CA 92116	Cross street is 33rd Street; distribution is inside Christ Methodist Church; entrance behind building	Wednesdays 10:00 am - 12:00 pm	<i>No holiday closures scheduled</i>	Walk-ins
	California Independent Provider Training Center	4855 Seminole Drive San Diego , CA 92115		4th Friday of the month 10:00 am - 12:00 pm	<i>No holiday closures scheduled</i>	Drive-thru
	Stepping Higher Incorporated	138 28th Street San Diego , CA 92102		Tuesdays - Thursdays 10:00 am – 1:00 pm	Closed on: January 1 - 18	Walk-ins
	Greater Victory Baptist Church	1045 South 29th Street San Diego , CA 92113	Between National Avenue and Newton Avenue	Thursdays 10:00 am - 12:00 pm	Closed on: November 11, 25 December 23	Walk-ins
Central	New Life Christian Covenant Church	2130 Saipan Drive San Diego , CA 92139	Between Alleghany Street and Potomac Street; distribution happens in the back of the church; lights at lot turns on as you drive in	Tuesdays & Thursdays 3:00 pm - 5:00 pm	Closed on: November 11, 25	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
Central	Uptown Faith Community Service Center	3725 30th Street San Diego, CA 92104	Distribution takes place on corner of Landis and 30th street	Mondays & Fridays 3:00 pm - 6:00 pm	Closed on: September 6 December 24 December 31	Drive-thru
Central	Grace Church of San Diego	4637 Oregon Street San Diego, CA 92116	Cross street is Madison Avenue	4th Saturday of the month 9:30 am - 11:30 am	Closed on: January 2 September 4 November 27 December 25	Walk-ins
Central	St Paul United Methodist Church of San Diego	3094 L Street San Diego, CA 92102	Cross street is 31st Street	Thursdays 12:00 pm - 3:00 pm	Closed on: November 25	Walk-ins
Central	New Hope Seventh Day Adventist Church	2420 52nd Street San Diego, CA 92105	Enter 54th Street turn on Laurel Street	Thursday before the 1st Friday of the month 9:00 am - 11:00 am	Rescheduled to: 12/29/20 in January 9/30/21 in October	Line numbers issued at 8:00 am; you can leave the line; special lines those persons with disabilities and seniors
Central	St Agnes Church	1145 Evergreen Street San Diego, CA 92106	Near Portugal and Rosecrans in Point Loma	4th Thursday of the month 8:30 am - 10:00 am	Rescheduled to: 11/18/21 in November 12/16/21 in December	Line numbers issued at 8:00 am; you cannot leave the line; special lines for persons with disabilities
Central	Apostolic Assembly First Church San Diego	611 South 35th St San Diego, CA 92113	South on 35th St, past Correctional Alternatives, on left hand side	Thursday before the 1st Friday of the month 10:00 am - 12:00 pm	Rescheduled to: 12/29/20 in January 9/30/21 in October	Walk-ins
Central	Encanto Southern Baptist Church	6020 Akins Ave San Diego, CA 92114	Street runs parallel to Imperial Avenue; distribution on left side of main church building	Thursday before the 1st Friday of the month 11:00 am - 12:30 pm	Rescheduled to: 12/29/20 in January 9/30/21 in October	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
Central	San Diego Armed Services YMCA	3293 Santo Road San Diego, CA 92124	Distribution in parking lot	4th Thursday of the month 10:00 am - 12:00 pm	Rescheduled to: 11/18 in November 12/16 in December	Line numbers issued at 9:00 am; all military welcome; you can leave the line; special lines for persons with disabilities
	The Salvation Army Centre City	825 7th Avenue San Diego, CA 92101		3rd Friday of the month 9:00 am - 11:00 am	No holiday closures scheduled	Walk-ins
	Sherman Heights Community Center	2258 Island Avenue San Diego, CA 92102	Between Market and 24th Street	1st Friday of the month 9:00 am - 12:00 pm	Rescheduled to: 12/30/2020 in January	Line numbers issued at 5:00 am; you can leave the line; special lines for persons with disabilities and seniors
	Food Pantry at Chollas View Church	1005 47th Street San Diego, CA 92102	Parking lot of Gompers Preparatory Academy	Saturdays 10:00 am - 12:00 pm	No holiday closures scheduled	Drive-thru
	Good News Baptist Church	4106 Swift Ave San Diego, CA 92104	Between University and Orange Avenue	1st Friday of the month 9:00 am - 11:00 am	Rescheduled to: 12/30/2020 in January	Line numbers issued at 7:00 am; you can leave the line; special lines for persons with disabilities and seniors

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
Central	Mid-City Church of the Nazarene	4101 University Avenue San Diego, CA 92105		1st Saturday of the month 9:00 am - 11:00 am	Rescheduled to: 7/10/21 in July 9/11/21 in September	
	MAAC Project at Hillside Views	1655 Euclid Avenue San Diego, CA 92105	Big Lots! Parking lot	1st Friday of the month 9:00 am until food is gone	Rescheduled to: 12/30/2020 in January	Line numbers issued at 7:30 am; you can leave the line; special lines for persons with disabilities and seniors
	MAAC Project at Mercado Apartments	2001 Newton Avenue San Diego, CA 92113	Near Logan Street and Main Street	1st Friday of the month 9:00 am until food is gone	Rescheduled to: 12/30/2020 in January	Line numbers issued at 8:30 am; you can leave the line
	Ascension Lutheran Church	5106 Zion Avenue San Diego, CA 92120	East Mission Gorge Road West Waring Street	1st Friday of the month 8:30 am - 10:30 am; Tuesdays & Saturdays 8:30 am - 10:30 am	Holiday Closures: January 2 December 25	Line numbers issued at 8:00 am; you cannot leave the line; special lines for persons with disabilities
	Ladle Fellowship	320 Date Street San Diego, CA 92101	Between 3rd and 4th Avenue	2nd Saturday of the month 9:30 am - 11:00 am	<i>No holiday closures scheduled</i>	Walk-ins
	San Diego Broadway Spanish Seventh Day Adventist	2411 Broadway Street San Diego, CA 92102	Cross street is 24th Street	1st Saturday of the month 1:00 pm until food is gone	Closed on: January 9 February 6 Rescheduled to: 7/10/21 in July	Line numbers issued at 1:00 pm; you can leave the line; special lines for persons with disabilities

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
Central East County East County East County East County East County East County	Mt Moriah Christian Church	7055 Carroll Road San Diego , CA 92121	Church is at a business park; distribution behind church	Saturdays 9:00 am - 11:00 am	Closed on: January 2 November 27 December 25	Walk-ins
	St Barnabas Episcopal Church	2680 Country Club Drive Borrego Springs , CA 92004	Between Stirrup Road and Church Rd	Monday before 3rd Tuesday of the month 12:30 pm - 4:30 pm	Rescheduled to: 1/25/21 in January 2/22/21 in February	Drive-thru
	San Diego Food Bank at Back Country Boulevard	39919 Ribbonwood Road Boulevard , CA 91905		2nd Monday of the month 10:00 am - 11:00 am	Rescheduled to: 10/18/21 in October	Walk-ins
	Salvation Army at Lake Morena Community Church	29765 Oak Drive Campo , CA 91906	At Lake Morena Church	2nd Wednesday of the month 12:00 pm - 1:00 pm	<i>No holiday closures scheduled</i>	Walk-ins
	Salvation Army - El Cajon	1025 East Main Street El Cajon , CA 92021	Cross street is Anza	3rd Wednesday of the month 9:30 am until food is gone	<i>No holiday closures scheduled</i>	Line numbers issued at 9:00 am; you can leave the line
	Bethlehem Food Pantry	772 S Johnson Avenue El Cajon , CA 92020	Across the street from First United Methodist Church; entrance is through the gate on Grant Avenue	Saturday after 3rd Tuesday of the month 8:00 am - 10:00 am	<i>No holiday closures scheduled</i>	Walk-ins
	Salvation Army at Guatay	27521 Old Hwy 80 Guatay , CA 91931	Christian Fellowship Church; parking lot across from liquor store	2nd Wednesday of the month 9:30 am - 10:30 am	<i>No holiday closures scheduled</i>	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
East County	San Diego Food Bank at Back Country Jacumba	45612 Old Highway 80 Jacumba , CA 19134		2nd Monday of the month 12:30 pm - 1:30 pm	Rescheduled to: 10/18/21 in October	Walk-ins
	La Mesa Seventh Day Adventist Community Church	4207 Spring Gardens Road La Mesa , CA 91941	Across Spring Street; next to Sunny Donut Shop	Monday, Tuesday & Thursday 9:00 am - 12:00 pm	Closed on: January 1 May 31 July 5 September 6 November 25 December 25	Walk-ins
	Lakeside Christian Helps Center	9931 Channel Road Lakeside , CA 92040	Cross street is Woodside Avenue	Monday - Thursdays 10:00 am - 12:00 pm	Closed on: January 18 February 15 May 31 July 5 September 6 October 11 November 25 December 27-30	Walk-ins
	MAAC Project Villa Lakeshore Apartments	12606 Lakeshore Drive Lakeside , cA 92040	In front of Lindo Lake Place	3rd Tuesday of the month 10:00 am until food is gone	<i>No holiday closures scheduled</i>	Drive-thru
	Potrero Community Center Foundation	24954 Potrero Valley Road Potrero , CA 91963	At junction with Broken Bone Lane	3rd Tuesday of the month 10:00 am - 1:00 pm; and by appointment call (619) 587-2964	<i>No holiday closures scheduled</i>	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
East County	Santee Food Bank	9715 Halberns Boulevard Santee, CA 92071	At Carlton Hills Evangelical Lutheran Church facility; distribution behind building	3rd Tuesday 9:00 am - 11:00 am	No holiday closures scheduled	Walk-ins
	MAAC Project at San Martin de Porres Apartments	8585 Blossom Lane Spring Valley, CA 91977	Mount Miguel High School, Lower parking lot	3rd Tuesday of the month 9:00 am - 12:00 pm	No holiday closures scheduled	Drive-thru & Walk-ins
	New Life Baptist Church	9255 Lamar Street Spring Valley, CA 91977	East Helix Street; South 125 Hwy	3rd Tuesday of the month 12:30 pm - 3:00 pm	No holiday closures scheduled	
	Heaven's Windows	8848 Troy Street Spring Valley, CA 91977	At Goodland Acres County Park	Tuesday - Friday 9:00 am - 12:00 pm	Closed on: January 1-4, 15-18, 20-30 February 12-15 April 2 May 28-31 July 2-5 September 3-6 October 8-11 November 11, 25-26 December 23- 31	Walk-ins
	Christian Credit Counselors	5838 Edison Place # 130 Carlsbad, CA 92008	From Camino Vida Roble, drive into Edison Place, 1st parking lot entrance on your left; this is an office building	Monday - Friday 8:00 am - 4:00 pm	Closed on: January 1 February 15 April 2, 5 May 31 July 5 September 6 November 24, 25 December 24, 27	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
North County	Pilgrim United Church of Christ	2020 Chestnut Avenue Carlsbad , CA 92008	By Carlsbad High School	3rd Tuesday of the month 1:00 pm - 2:00 pm	<i>No holiday closures scheduled</i>	Walk-ins
	MAAC Project at Laurel Tree Apartments	1307 Laurel Tree Lane Carlsbad , CA 92011	By Aviara Parkway; site has an elevator	3rd Tuesday of the month 2:00 pm until food is gone	<i>No holiday closures scheduled</i>	Drive-thru with MAXIMUM of 2 households per vehicle
North County	Community Resource Center	650 Second Street Encinitas , CA 92024	Between E and F Street	Monday - Friday 8:30 - 12:30 pm	Closed on: January 1, 18 February 15 May 31 July 5 September 6 November 25 December 25	Walk-ins; Food tickets end at 12:00 pm
North County	Foundry Community Church, The	120 North Ash Street Escondido , CA 92027	Between East Ohio Street and East Grand Avenue	Tuesdays & Thursdays 11:00 am - 1:00 pm; Wednesdays 4:00 pm - 6:00 pm	Closed on: November 25 December 27-31	Walk-ins
North County	Fallbrook Food Pantry	140 N Brandon Road Fallbrook , CA 92028		3rd week of the Month (Monday - Friday) 9:30 am - 12:30 pm	Closed on: January 1 May 24 July 3 September 6 November 25, 26 December 24, 31	Walk-ins
North County	Shelter Valley Citizens Corporation	7217 Great Southern Overland Stage Route Julian , CA 92036	By S2 Hwy	3rd Tuesday of the month 8:00 am until food is gone	<i>No holiday closures scheduled</i>	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
North County	Brother Benno Foundation	3260 Production Avenue Oceanside , CA 92058	Between Roymar Road and Airport Road	Monday - Friday 6:30 am - 10:45 am & 11:30 am - 1:00 pm	Closed on: January 1 May 31 July 5 September 6	Walk-ins
North County	Jewish Family Service at San Diego Armed Services YMCA Camp Pendleton	Building 200090 Ash Road Wire Mountain Road Oceanside , CA 92058	Mobile pantry at the corner of Ash Road and Wire Mountain Road; military base access required to reach this site	4th Friday of the month 10:00 am - 12:00 pm	Rescheduled to: 11/29 in November 12/10 in December	
North County	Community Food Connection, The	14047 Twin Peaks Road Poway , CA 92064	Passing Twin Peaks Middle School; just before CIRCLE K; behind Trinity Church	Mondays, Wednesdays, & Fridays 3:00 pm - 6:00 pm	Closed on: January 1 February 15 March 31 April 25 July 5 September 6 November 11, 25 December 25	
North County	Mesa View Baptist Church	13230 Pomerado Road Poway , CA 92064	Corner with Rimbach Road	Saturdays 9:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Walk-ins
North County	Ramona Food & Clothes Closet Incorporated	773 Main Street Ramona , CA 92065	Between 7th Street & 8th Street; parking lot in the back	Monday - Friday 10:00 am - 4:00 pm	Closed on: January 1 May 31 September 6 November 25, 26 December 25, 26 Closes at 12:00 pm: December 24, 31	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
North County	In His Steps Christian Home	1619 La Brea Street Ramona, CA 92065	Near Day Street	Wednesday after 3rd Tuesday of the month 8:00 am - 11:00 am	Rescheduled to: 1/27/21 in January 2/24/21 in February	Walk-ins
	The Movement Church	1609 Capalina Road San Marcos, CA 92069	At the plaza next on the right side of the church building	Monday before the 3rd Tuesday of the month 2:00 pm - 3:30 pm	Rescheduled to: 1/25/21 in January 2/22/21 in February	Walk-ins
	Serving & Sharing Foundation Incorporated	31020 Cole Grade Road Valley Center, CA 92082	Behind St Stephen's Catholic Church; enter parking lot right of the building and drive behind building	4th Saturday of the month 10:00 am - 12:00 pm	Rescheduled to: 11/20/21 in November 12/18/21 in December	Walk-ins
	North County Food Bank	1445 Engineer Street Suite #110 Vista, CA 92081	Nearest major intersection is Sycamore Avenue and S Melrose Drive	Monday - Friday 9:00 am - 4:00 pm	Closed on: January 1, 18 February 15 March 31 May 31 July 5 September 6 October 11 November 11, 25, 26 December 23, 24, 31	No appointment needed; if carpooling, must show proof of different addresses
	Warner Springs Community Resource Center	30950 Highway 79 Warner Springs, CA 92086	At the Community Resource Center across from Warner Springs School	3rd Tuesday of the month 8:00 am - 10:00 am All other Tuesdays 10:00 am - 12:00 pm ; Other days by appointment call (760) 782-0670	<i>No holiday closures scheduled</i>	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
South Bay	Lutheran Social Services of SoCal Project Hand	580 Hilltop Drive Chula Vista , CA 91910	East H Street on the cross street of "I" Street	Mondays, Wednesdays, & Fridays 9:00 am - 2:00 pm	Closed on: January 1, 18 February 15 May 31 July 5 September 6 November 11,25,26 December 23,24,31	Walk-ins
	MAAC Project at Chula Vista	1385 Third Avenue Chula Vista , CA 91911		Thursday before 2nd Friday of the month 9:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Drive-thru & Walk-ins
	Oxford Terrace Apartments	555 Oxford Street Chula Vista , CA 91911	Cross street is Broadway; near CostCo	Wednesday before the 2nd Friday of the month 9:00 am - 1:00 pm	Rescheduled to: 11/09 in November	Line numbers issued at 6:00 am, you can leave the line
	Lutheran Social Services of SoCal Project Hand	580 Hilltop Drive Chula Vista , CA 91910	East H Street on the cross street of "I" Street	2nd Friday of the month 9:00 am until food is gone	<i>No holiday closures scheduled</i>	Special lines for those who are disabled
	Imperial Beach Neighborhood Center	455 Palm Avenue Imperial Beach , CA 91932	Between Sea Village Drive and 5th Street	Thursday before the 2nd Friday of the month 9:00 am - 11:00 am	Rescheduled to: 11/10/21 in November	Walk-ins
	National City Collaborative at 18th Street (Family Resource Center)	304 West 18th Street National City , CA 91950	Cross street is Hoover Avenue; between Mile of Cars and Fwy 5; near Kimball Elementary School	Tuesdays, Wednesdays, & Thursdays 8:00 am - 12:00 pm	Closed on: March 29 - April 2 November 11, 23-25	Walk-ins

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
South Bay	Community Food Bank of National City	2605 Highland Avenue National City , CA 91950	At Highland Avenue Baptist Church; between 24th Street and 30th Street	2nd Friday of the month 9:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Drive-thru
	First Christian Church of National City	1800 East 17th Street National City , CA 91950	Between Palm Avenue and Hwy 805	Fridays 9:00 am - 10:30 am	Closed on: January 1 November 26 December 24, 31	Walk-ins
	CMC Good Neighbor Center (Nestor Site)	1120 Nestor Way Nestor , CA 92154	At Nestor Methodist Church; enter by Flower Street; across from Swapmeet	Tuesdays 9:00 am - 12:00 pm	<i>No holiday closures scheduled</i>	Walk-ins
	Nestor Methodist Church	1120 Nestor Way Nestor , CA 92154	Entrance by Coronado Avenue; across from Swap Meet	2nd Friday of the month 8:00 am until food is gone	<i>No holiday closures scheduled</i>	Line numbers issued at 5:30 am; you can leave the line
	Iglesia Cristiana Getsemani	3055 Beyer Boulevard Ste #C101 San Diego , CA 92154		Thursday 10:00 am - 12:00 pm By appointment Monday, Tuesday, Wednesday, & Friday call (619) 787-0735	Closed on: January 1 November 25-26 December 24-25, 30	Drive-thru & Walk-ins
	Hearts & Hands Working Together	4211 Camino De La Plaza San Diego , CA 92173	At Los Americas Premium Outlets	3rd Friday of the month 8:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Line numbers issued at 7:00 am

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Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
South Bay	Hearts & Hands Working Together	663 E San Ysidro Boulevard San Ysidro, CA 92173	At San Ysidro Community Service Center; distribution behind building; wire fence door at far left of parking lot will open exactly at distribution time	Monday - Friday 3:00 pm - 5:30 pm BY APPOINTMENT ONLY	Closed on: January 1, 18 February 2, 15, 19 March 2, 19, 31 April 6, 16 May 2, 4, 19, 21, 31 June 1, 18 July 5, 6, 16 August 3, 20 September 6, 7, 17 October 5, 11, 15 November 2, 11, 19, 25, 26 December 7, 17, 23, 24, 31	Call (619) 662-7592 to schedule an appointment.