

Food & Material Goods/ Comida & Articulos Materiales

Heavens Windows

Food Distribution
8848 Troy St, Spring Valley, 91977
(619) 825-8489

Journey Community Church Food & Clothing Bank

8363 Center Dr, La Mesa, 91942
(619) 464-4544

Rock Church, Home Delivered Food, East County

808 Jackman Street, El Cajon, 92020
(619) 226-7625

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 Ext 216

Samoa Independent Full Gospel Church, Food Distribution

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

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
Ministerio Tiempo Nuevo
8179 Broadway, Lemon Grove, 91945
(619) 765-9454
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

151 Van Houten Ave, El Cajon, 92020
(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
(760) 643-2049

Last Updated: November 2021

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Stepping Higher, Inc, Community Food Distribution

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

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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

Due to COVID-19, please bring a face covering and practice 6 feet distancing at all times.

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Healthcare/ Cuidado de la salud

Family Health Centers of San Diego- Healthcare for the Homeless (Includes dental)
(619) 515-2551 (for 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
(619) 795-5991
165 S 1st Street, El Cajon, 92019
(619) 312-0347
Dental Care
1032 Broadway, El Cajon, 92021
(619) 795-5983
183 S 1st St, El Cajon, 92019
(619) 328-1335
7139 Broadway, Lemon Grove, 91945
(619) 255-9160

Mountain Health and Community Services

Health Services
(619) 445-6200 (for all locations below)
1620 Alpine Blvd, #114, Alpine, 91901
1388 Buckman Springs Rd, Campo, 91906
120 Town Center Pkwy, Santee, 92071
Dental Care
1388 Buckman Springs Rd, Campo, 91906
(619) 662-4100

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(619) 662-4100

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
8851 Center Dr, La Mesa, 91942
(619) 463-7775

Volunteers in Medicine, Free Medical Clinic

1457 E Madison Ave, El Cajon, 92019
(619) 440-4591

Public Health Services, HHS 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

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) 401-5500

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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

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

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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
Crisis House
1034 N Magnolia Ave, El Cajon, 92020
(619) 444-1194
San Diego Youth Services for families with adolescents or children
1870 Cordell Ct, #101, El Cajon, 92020
(619) 448-9700

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
1034 N Magnolia Ave, El Cajon, 92020
(619) 444-1194

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