



# North County Resource Guide

Printed December 2019

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Need to update your information in the 2-1-1 San Diego Resource Database? Know about a new resource in the community? Contact the Resource Department at [resourcecenter@211sandiego.org](mailto:resourcecenter@211sandiego.org) or call (858) 300-1200 for assistance. As a reminder, all resource profiles must be reviewed at least once per year.

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# 2-1-1 San Diego North County Resource Guide

Category **Child Care**

## AALL Care In Home Services

1030 LA BONITA DR STE 338  
SAN MARCOS, CA 92078  
(760) 471-5131  
www.nottoworryinc.com

**Serves** North Inland and North Coastal Regions of San Diego County

**Eligibility** Limited to new parents, postpartum mothers, newborns, infants and children

## Not To Worry, North County Office

Provides childcare services on a long term or short term basis, either full time, part time or once in a while, during the daytime, evening, overnights or weekends. Offers interactive age appropriate educational playtime, bathing, dressing and personal care, nutritional guidance and meal preparation, assistance with potty training as needed.

**Intake Procedure** Call for more information  
24 hours a day, 7 days a week; On call after 5:00 pm

Sliding scale depending on service

**Last Update Date** 6/26/2019

## Armed Services YMCA, Camp Pendleton

A Street  
Camp Pendleton, CA 92055  
(760) 385-4921  
https://www.asymca.org/childrens-programs

**Serves** San Diego County

**Eligibility** Must be a child dependent of active duty service member that is school aged Kindergarten through 5 grade

## AS/YMCA After School Program, Camp Pendleton

Provides an after-school tutoring and mentoring program for elementary aged children that will effectively support their needs. Also offers Operation Little Hero for kindergartners that is offered during the school year and Camp Hero for children K-5 that is offered during the summer.

**Intake Procedure** Call for more information  
8:00 am-4:30 pm, Monday-Friday  
No fees

**Last Update Date** 4/5/2019

## Armed Services YMCA, Camp Pendleton

A Street  
Camp Pendleton, CA 92055  
(760) 385-4921  
https://www.asymca.org/childrens-programs

**Serves** Camp Pendleton

**Eligibility** Must be a child dependent of active duty service member that is school aged Kindergarten through 5 grade

## AS/YMCA After School Program, Mary Fay Pendleton Elementary

Provides an after-school tutoring and mentoring program for elementary aged children that will effectively support their needs. Also offers Operation Little Hero for kindergartners that is offered during the school year and Camp Hero for children K-5 that is offered during the summer.

**Intake Procedure** Call for more information  
8:00 am-4:30 pm, Monday-Friday  
No fees

**Last Update Date** 4/5/2019

## Armed Services YMCA, Camp Pendleton

Santa Margarita Elementary School  
Camp Pendleton, CA 92055  
(760) 385-4921  
https://www.asymca.org/childrens-programs

**Serves** San Diego County

**Eligibility** Must be a child dependent of active duty service member that is school aged Kindergarten through 5 grade

## AS/YMCA After School Program, Santa Margarita Elementary School

Provides an after-school tutoring program for elementary aged children that will effectively support their needs. Also offers Operation Little Hero for kindergartners that is offered during the school year and Camp Hero for children K-5 that is offered during the summer.

**Intake Procedure** Call for more information  
8:00 am-4:30 pm, Monday-Friday  
No fees

**Last Update Date** 4/5/2019

## Category Child Care

### Armed Services YMCA, Camp Pendleton

100 YAMANAKA WAY  
 OCEANSIDE, CA 92058  
 (760) 385-4921  
<https://www.asymca.org/childrens-programs>

**Serves** Camp Pendleton

**Eligibility** Must be a child dependent of active duty service member that is school aged Kindergarten through 5 grade

### AS/YMCA After School Program, Stuart Mesa Elementary School

Provides an after-school tutoring and mentoring program for elementary aged children that will effectively support their needs. Also offers Operation Little Hero for kindergartners that is offered during the school year and Camp Hero for children K-5 that is offered during the summer.

**Intake Procedure** Call for more information

8:00 am-4:30 pm, Monday-Friday

No fees

**Last Update Date** 4/5/2019

### Boys and Girls Club of Greater San Diego

835 W 15TH AVE  
 ESCONDIDO, CA 92025  
 (760) 745-0515  
[www.sdyouth.org](http://www.sdyouth.org)

**Serves** San Diego County

**Eligibility** Ages 6 -13 years old. Age may vary at certain locations.

### Day Camp and After School Care, Baker Branch

Provides morning enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. An all-day program is available for children in year-round school. Provides an after school program during the school year. After school pickup is available at selected schools.

**Intake Procedure** Online;Call for more information;Walk-in for more information

During Vacation Periods: 7:00 am-2:00 pm, Monday-Friday; Day Camp June-August: 7:00 am-6:00 pm, Monday-Friday; After School Drop-in: 2:00 pm-6:00 pm, Monday-Friday; Closed: Memorial Day

Fixed fee

\$60 yearly

**Last Update Date** 9/12/2019

### Boys and Girls Club of Greater San Diego

115 WOODWARD AVE  
 ESCONDIDO, CA 92025  
 (760) 746-3315  
[www.sdyouth.org](http://www.sdyouth.org)

**Serves** Escondido

**Eligibility** Ages 6 -13 years old. Age may vary at certain locations.

### Day Camp and After School Care, Conrad Prebys Escondido

Provides morning enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. An all-day program is available for children in year-round school. Provides an after school program during the school year. After school pickup is available at selected schools.

**Intake Procedure** Online;Call for more information;Walk-in for more information

During School Year: 2:30 pm-6:00 pm, Monday-Friday; Summer Day Camp: 7:00 am-6:00 pm, Monday-Friday, June-August

Yearly Membership

\$60

**Last Update Date** 9/17/2019

### Boys and Girls Club of Greater San Diego

12988 BOWRON RD  
 POWAY, CA 92064  
 (858) 748-9933  
[www.sdyouth.org](http://www.sdyouth.org)

**Serves** Poway

**Eligibility** Ages 6 -13 years old. Age may vary at certain locations.

### Day Camp and After School Care, Poway Sulpizio Branch

Provides morning enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. An all-day program is available for children in year-round school. Provides an after school program during the school year. After school pickup is available at selected schools.

**Intake Procedure** Online;Call for more information;Walk-in for more information

During School Year: 2:00 pm-6:00 pm, Monday-Friday; Summer Day Camp: 7:00 am-6:00 pm, Monday-Friday, June-August

Yearly Membership

\$60

**Last Update Date** 9/17/2019

## Category Child Care

### Boys and Girls Club of Greater San Diego

622 E ST  
RAMONA, CA 92065  
(858) 277-6752  
www.sdyouth.org

**Serves** Ramona

**Eligibility** Ages 6 -13 years old. Age may vary at certain locations.

### Day Camp and After School Care, Ramona Branch

Provides morning enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. An all-day program is available for children in year-round school. Provides an after school program during the school year. After school pickup is available at selected schools.

**Intake Procedure** Online;Call for more information;Walk-in for more information

During School Year: 2:00 pm-6:00 pm, Monday-Friday; Summer Day Camp: 7:00 am-2:00 pm, Monday-Friday, June-August

Yearly Membership \$60

**Last Update Date** 9/17/2019

### Boys and Girls Clubs of Oceanside

401 COUNTRY CLUB LN  
OCEANSIDE, CA 92054  
(760) 433-8920  
<https://bgcoceanside.org/programs/>

**Serves** Camp Pendleton, Oceanside

**Eligibility** Ages 5 to 18 years old

### Afterschool and Camp Programs

Provides a teen center offering homework help, computers, physical fitness, gardening, photography and art for ages 13-18. Physical education and social recreational activities such as sports, arts and crafts, and photography. Counseling, homework tutoring, and referrals are available. Offers leadership development for youth, a computer center and free noon meals during the summer for ages 5-18.

**Intake Procedure** Call for more information;Walk-in for more information

Office Hours: 2:00 pm-6:00 pm, Monday-Friday; School Breaks: 7:00 am-6:00 pm, Monday-Friday

Fixed fee for camp depending on number of days \$55 membership fee and for other programs

**Last Update Date** 7/26/2019

### Boys and Girls Clubs of San Marcos

650 W MISSION RD  
SAN MARCOS, CA 92069  
(760) 290-2500  
www.boysgirlsclubsm.org

**Serves** San Marcos

**Eligibility** Ages 6, enrolled in first grade to 18 years old

### Youth Services, San Marcos Middle School

Offers activities for boys and girls, including physical education, arts and crafts, social recreation, group clubs, and an outdoor educational program. Provides tutoring, cultural enrichment, youth guidance, leadership development, and drug prevention programs.

**Intake Procedure** Online;Call for more information

2:20 pm-6:00 pm, Monday, Tuesday, Thursday, Friday; 1:19 pm-6:00 pm, Wednesday

Membership fee \$40 annually

**Last Update Date** 9/18/2019

### City of Escondido

201 N BROADWAY  
ESCONDIDO, CA 92025  
(760) 839-4691  
www.escondido.org/recreation

**Serves** Escondido

**Eligibility** Depends on program or service

### Recreation Services

Provides recreational programs and activities for children, adults, and families. Offers computer, dance, music, arts and crafts, health and fitness, swimming classes, adult and youth sports leagues and tournaments, after school programs for youth, assistance in recreational programs for persons with special needs.

**Intake Procedure** Online;Call for more information

Office Hours: 8:00 am-5:00 pm, Monday-Friday

Fixed fee depending on service

**Last Update Date** 9/3/2019

## City of Oceanside

300 N COAST HWY  
 OCEANSIDE, CA 92054  
 (760) 435-5530  
<http://www.ci.oceanside.ca.us/gov/ns/parks/centers/default.asp>

**Serves** San Diego County

**Eligibility** Requirements depend on program or service if any

## Recreation Centers

Offers 2 recreation centers, 1 community center and many recreational activities that serve both residents and visitors of all ages. Provides athletic fields for little leagues, soccer leagues, football leagues, softball leagues, gymnasium, meeting room, kitchen, and a stage. Includes daily childcare, after-school programs, teen programs, a variety of youth sports, dance, fitness and educational classes, day camps, community-wide special events, basketball, volleyball, soccer, sports camps, tiny tots, and wheelchair rugby.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
 8:00 pm-5:00 pm, Monday-Friday  
 Fixed fee depending on service

**Last Update Date** 8/28/2019

## Community Action Partnership of San Luis Obispo

12979 COMMUNITY RD  
 POWAY, CA 92064  
 (805) 544-4355 Ext 222  
<https://www.capslo.org/departments/Child-Youth-and-Family-Services/page/head-start-and-early-head-start.html>

**Serves** Poway

**Eligibility** Head Start is limited to low-income families with children ages 3-5 years. Early Head Start is limited to low-income families with children younger than 3 years. "Low income" is determined by the federal poverty guidelines issued annually. Please call for

## Head Start and Early Head Start, Hillside

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. They are child-focused programs and have the overall goal of increasing the school readiness of young children in low-income families. Head Start provides educational and recreational activities, health and social services, and opportunities for parental involvement. Center-based programs may be half day, full day, evening, or home-based. Early Head Start serve infants and toddlers under the age of 3, and pregnant women. This program provides early, continuous, intensive, and comprehensive child development and family support services to low-income infants and toddlers and their families, and pregnant women and their families.

**Intake Procedure** Call for more information  
 8:30 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date** 4/18/2019

## Community Action Partnership of San Luis Obispo

12988 BOWRON RD  
 POWAY, CA 92064  
 (858) 668-2985  
<https://www.capslo.org/departments/Child-Youth-and-Family-Services/page/head-start-and-early-head-start.html>

**Serves** Poway

**Eligibility** Head Start is limited to low-income families with children ages 3-5 years. "Low income" is determined by the federal poverty guidelines issued annually. Please call for more details.

## Head Start, Boys and Girls Club Poway

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. They are child-focused programs and have the overall goal of increasing the school readiness of young children in low-income families. Head Start provides educational and recreational activities, health and social services, and opportunities for parental involvement. Center-based programs may be half day, full day, evening, or home-based.

**Intake Procedure** Call for more information  
 8:30 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date** 4/18/2019

## Community Action Partnership of San Luis Obispo

14125 CUCA ST  
 SAN DIEGO, CA 92129  
 (805) 544-4355 Ext 222  
<https://www.capslo.org/departments/Child-Youth-and-Family-Services/page/head-start-and-early-head-start.html>

**Serves** Rancho Peñasquitos

**Eligibility** Head Start is limited to low-income families with children ages 3-5 years. "Low income" is determined by the federal poverty guidelines issued annually. Please call for more details.

## Head Start, Los Peñasquitos

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. They are child-focused programs and have the overall goal of increasing the school readiness of young children in low-income families. Head Start provides educational and recreational activities, health and social services, and opportunities for parental involvement. Center-based programs may be half day, full day, evening, or home-based.

**Intake Procedure** Call for more information

8:30 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/18/2019

## Community Action Partnership of San Luis Obispo

13910 MIDLAND RD  
 POWAY, CA 92064  
 (805) 544-4355 Ext 222  
<https://www.capslo.org/departments/Child-Youth-and-Family-Services/page/head-start-and-early-head-start.html>

**Serves** Poway

**Eligibility** Head Start is limited to low-income families with children ages 3-5 years. "Low income" is determined by the federal poverty guidelines issued annually. Please call for more details.

## Head Start, Midland

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. They are child-focused programs and have the overall goal of increasing the school readiness of young children in low-income families. Head Start provides educational and recreational activities, health and social services, and opportunities for parental involvement. Center-based programs may be half day, full day, evening, or home-based.

**Intake Procedure** Call for more information

8:30 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/18/2019

## Community Action Partnership of San Luis Obispo

1401 HANSON LN  
 RAMONA, CA 92065  
 (805) 544-4355 Ext 222  
<https://www.capslo.org/departments/Child-Youth-and-Family-Services/page/head-start-and-early-head-start.html>

**Serves** Ramona

**Eligibility** Head Start is limited to low-income families with children ages 3-5 years. "Low income" is determined by the federal poverty guidelines issued annually. Please call for more details.

## Head Start, Nuevo

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. They are child-focused programs and have the overall goal of increasing the school readiness of young children in low-income families. Head Start provides educational and recreational activities, health and social services, and opportunities for parental involvement. Center-based programs may be half day, full day, evening, or home-based.

**Intake Procedure** Call for more information

8:30 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/18/2019

## Community Action Partnership of San Luis Obispo

13000 BOWRON RD  
 POWAY, CA 92064  
 (858) 204-9487  
<https://www.capslo.org/departments/Child-Youth-and-Family-Services/page/head-start-and-early-head-start.html>

**Serves** Poway

**Eligibility** Head Start is limited to low-income families with children ages 3-5 years. "Low income" is determined by the federal poverty guidelines issued annually. Please call for more details.

## Head Start, Valley

Head Start provides educational and recreational activities, health and social services, and opportunities for parental involvement. Center-based programs may be half day, full day, evening, or home-based.

**Intake Procedure** Call for more information

8:30 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/18/2019

## Community Action Partnership of San Luis Obispo

580 CIRCLE J DR  
 BORREGO SPGS, CA 92004  
 (760) 767-3658  
<https://www.capslo.org/departments/Child-Youth-and-Family-Services/page/head-start-and-early-head-start.html>

**Serves** Borrego Springs, Poway, Ramona, and Rancho Peñasquitos

**Eligibility** Limited to low-income families with children from birth to 5 years old. "Low income" is determined by the federal poverty guidelines issued annually.

## Head Start/Early Head Start, Borrego Springs

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. They are child-focused programs and have the overall goal of increasing the school readiness of young children in low-income families. Head Start provides educational and recreational activities, health and social services, and opportunities for parental involvement. Center-based programs may be half day, full day, evening, or home-based. Early Head Start serve infants and toddlers under the age of 3, and pregnant women. This program provides early, continuous, intensive, and comprehensive child development and family support services to low-income infants and toddlers and their families, and pregnant women and their families.

**Intake Procedure** Call for more information

7:30 am-5:30 pm, Monday-Friday

No fees

**Last Update Date** 4/18/2019

## Community Action Partnership of San Luis Obispo

415 8TH ST  
 RAMONA, CA 92065  
 (760) 789-2087  
<https://www.capslo.org/departments/Child-Youth-and-Family-Services/page/head-start-and-early-head-start.html>

**Serves** Ramona

**Eligibility** Head Start is limited to low-income families with children ages 3-5 years. Early Head Start is limited to low-income families with children younger than 3 years. "Low income" is determined by the federal poverty guidelines issued annually. Please call for

## Head Start/Early Head Start, Ramona

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. They are child-focused programs and have the overall goal of increasing the school readiness of young children in low-income families. Head Start provides educational and recreational activities, health and social services, and opportunities for parental involvement. Center-based programs may be half day, full day, evening, or home-based. Early Head Start serve infants and toddlers under the age of 3, and pregnant women. This program provides early, continuous, intensive, and comprehensive child development and family support services to low-income infants and toddlers and their families, and pregnant women and their families.

**Intake Procedure** Call for more information

7:30 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/18/2019





# 2-1-1 San Diego North County Resource Guide

Category **Child Care**

## Easterseals Southern California

2240 ENCINITAS BLVD  
ENCINITAS, CA 92024  
(760) 635-2600  
<http://easterseals.com/southernca>

**Serves** Encinitas, Solana Beach

**Eligibility** Children from birth to 5 years old, living in Encinitas or Solana Beach that meet the following income guidelines: Household Size/ Maximum Income Level (Per Year) 1 / \$12,060 2 / \$16,240 3 / \$20,420 4 / \$24,600 5 / \$28,780 6 / \$32,960 7 / \$37,140 8 / \$41

## Child Development Center, Encinitas Blvd

Offers free learning and development services to income eligible children from birth to five years old through Early Head Start and Head Start programs. Program options include half day, full day, or home visiting.

**Intake Procedure** Call  
9:00 am-5:00 pm, Monday-Friday  
No fees.

**Last Update Date** 10/7/2019

## Easterseals Southern California

616 N COAST HIGHWAY 101  
ENCINITAS, CA 92024  
(760) 436-4800  
[easterseals.com/southernca](http://easterseals.com/southernca)

**Serves** Encinitas, Solana Beach

**Eligibility** Children from birth to 5 years old, living in Encinitas or Solana Beach that meet the following income guidelines: Household Size/ Maximum Income Level (Per Year) 1 / \$12,060 2 / \$16,240 3 / \$20,420 4 / \$24,600 5 / \$28,780 6 / \$32,960 7 / \$37,140 8 / \$41

## Child Development Center, Encinitas, Coast Highway

Offers free learning and development services to income eligible children from birth to five years old through Early Head Start and Head Start programs. Program options include half day, full day, or home visiting.

**Intake Procedure** Call  
9:00 am-5:00 pm, Monday-Friday  
No fees.

**Last Update Date** 10/7/2019

## Easterseals Southern California

936 GENEVIEVE ST  
SOLANA BEACH, CA 92075  
(858) 509-2600  
[easterseals.com/southernca](http://easterseals.com/southernca)

**Serves** Encinitas, Solana Beach

**Eligibility** Children from birth to 5 years old, living in Encinitas or Solana Beach that meet the following income guidelines: Household Size/ Maximum Income Level (Per Year) 1 / \$12,060 2 / \$16,240 3 / \$20,420 4 / \$24,600 5 / \$28,780 6 / \$32,960 7 / \$37,140 8 / \$41

## Child Development Center, Solana Beach

Offers free learning and development services to income eligible children from birth to five years old through Early Head Start and Head Start programs. Program options include half day, full day, or home visiting.

**Intake Procedure** Call  
9:00 am-5:00 pm, Monday-Friday  
No fees.

**Last Update Date** 10/7/2019

**Category** Child Care

**Educational Enrichment Systems**

634 W MISSION RD  
 SAN MARCOS, CA 92069  
 (760) 639-4175 Enrollment  
<http://www.educ-enrichment.org/north-county>

**Serves** San Marcos

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

**Early Care and Education Full Day Centers, Mission Early Education Center**

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information

6:30 am-6:00 pm, Monday-Friday

Free and reduced cost slots are available for families that qualify.

**Last Update Date** 9/4/2019

**Educational Enrichment Systems**

410 W CALIFORNIA AVE  
 VISTA, CA 92083  
 (760) 726-2530  
<http://www.educ-enrichment.org/north-county/>

**Serves** Vista

**Eligibility** 1. Children ages three to five years old. 2. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$5,343 per month 3 \$5,802 per

**Early Care and Education Full Day Centers, Vista Child Development Center**

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool is open year round.

**Intake Procedure** Online;Call for more information;Walk-in for more information

6:30 am-6:00 pm, Monday-Friday

Free and reduced cost slots are available for families that qualify.

**Last Update Date** 11/21/2019

**Educational Enrichment Systems**

836 OLIVE AVE  
 VISTA, CA 92083  
 (760) 726-2170 ext. 80928  
<http://www.educ-enrichment.org/north-county>

**Serves** Vista

**Eligibility** Low-income families with children ages 2 year through 5 years of age.

**Early Care and Education Full Day Centers, Vista Innovation Early Education Cent**

Provides subsidized child care and education for low-income families with children ages 2 year through 5 years of age.

**Intake Procedure** Online;Walk-in for more information;Call

6:30 am-6:00 pm, Monday-Friday

Variable fees.

**Last Update Date** 9/4/2019

## Educational Enrichment Systems

735 Avenida De Benito Juarez  
 Vista, CA 92083  
 (760) 639-4170  
<http://www.educ-enrichment.org/north-county>

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Full Day Centers, Jillian Gilmour Early Education Campus

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Walk-in for more information;Call  
 6:30 am-6:00 pm, Monday-Friday  
 Free and reduced cost slots are available for families that qualify.

**Last Update Date** 4/30/2018

## Educational Enrichment Systems

550 BEAUMONT DR  
 VISTA, CA 92084  
 (760) 639-4175 Enrollment  
<http://www.educ-enrichment.org/north-county/>

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per month

## Early Care and Education Part Day Preschools, Beaumont Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Variable fees.

**Last Update Date** 12/27/2018

## Educational Enrichment Systems

260 CEDAR RD  
 VISTA, CA 92083  
 (760) 724-4432  
<http://www.educ-enrichment.org/north-county>

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, Casita Center Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Variable fees.

**Last Update Date** 12/28/2018

## Educational Enrichment Systems

1370 OAK DR  
 VISTA, CA 92084  
 (760) 643-2407  
<http://www.educ-enrichment.org/north-county>

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, Foothill Oak Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Variable fees.

**Last Update Date** 12/28/2018

## Educational Enrichment Systems

630 GRAPEVINE RD  
 VISTA, CA 92083  
 (760) 639-4175 Enrollment  
<http://www.educ-enrichment.org/north-county>

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size / Maximum Gross Monthly Income (before taxes) 2 / \$4,173 per month 3 / \$4,502

## Early Care and Education Part Day Preschools, Grapevine Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Variable fees.

**Last Update Date** 12/28/2018

## Educational Enrichment Systems

120 HANNALEI DR  
 VISTA, CA 92083  
 (760) 643-2412  
<http://www.educ-enrichment.org/north-county>

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, Hannalei Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Variable fees.

**Last Update Date** 12/28/2018



# 2-1-1 San Diego North County Resource Guide

Category **Child Care**

## Educational Enrichment Systems

653 POINSETTIA AVE  
VISTA, CA 92081  
(760) 290-2885  
www.educ-enrichment.org

**Serves** San Marcos, Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, Joli Ann Leichtag Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
8:00 am-11:00 am and 12:30 pm-3:30 pm. Monday-Friday  
Fixed fees. Free and reduced cost slots are available for families that qualify.

**Last Update Date** 12/27/2018

## Educational Enrichment Systems

700 NORTH AVE  
VISTA, CA 92083  
(760) 643-2674  
http://www.educ-enrichment.org/north-county

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, Maryland Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
Variable fees.

**Last Update Date** 12/28/2018

## Educational Enrichment Systems

5657 SPUR AVE  
OCEANSIDE, CA 92057  
(760) 643-2674  
www.educ-enrichment.org

**Serves** Oceanside, Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size / Maximum Gross Monthly Income (before taxes) 2 / \$4,173 per month 3 / \$4,502

## Early Care and Education Part Day Preschools, Mission Meadows Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
Variable fees.

**Last Update Date** 12/28/2018

## Educational Enrichment Systems

1720 MONTE VISTA DR  
 VISTA, CA 92084  
 (760) 643-2485  
<http://www.educ-enrichment.org/north-county/>

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, Monte Vista Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00, Monday-Friday  
 Variable fees.

**Last Update Date** 12/27/2018

## Educational Enrichment Systems

910 BORDEN RD  
 SAN MARCOS, CA 92069  
 (760) 290-2413  
[http://www.educ-enrichment.org/north-county](http://www.educ-enrichment.org/north-county/)

**Serves** San Marcos

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, Richland Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Variable fees.

**Last Update Date** 12/28/2018

## Educational Enrichment Systems

1 TIGER WAY  
 SAN MARCOS, CA 92069  
 (760) 643-2412  
[http://www.educ-enrichment.org/north-county](http://www.educ-enrichment.org/north-county/)

**Serves** San Marcos

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, San Marcos Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Variable fees.

**Last Update Date** 12/28/2018

## Educational Enrichment Systems

1550 TEMPLE HEIGHTS DR  
 OCEANSIDE, CA 92056  
 (760) 643-2416  
[http://www.educ-enrichment.org/north-county](http://www.educ-enrichment.org/north-county/)

**Serves** Oceanside, Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

## Early Care and Education Part Day Preschools, Temple Heights Elementary

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Variable fees.

**Last Update Date** 12/28/2018

**Category**      **Child Care**

**Educational Enrichment Systems**

600 N SANTA FE AVE  
 VISTA, CA 92083  
 (760) 639-4175 Enrollment  
<http://www.educ-enrichment.org/north-county/>

**Serves** Vista

**Eligibility** Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size Maximum Gross Monthly Income (before taxes) 2 \$4,173 per month 3 \$4,502 per m

**Early Care and Education Part Day Preschools, Vista Academy of the Arts**

Provides subsidized childcare and education for low-income families with children ages three to five years old. This preschool operates 10 months of the year.

**Intake Procedure** Online;Call for more information  
 8:00 am-11:00 am and 12:00 pm-3:00 pm, Monday-Friday  
 Fixed fees. Free and reduced cost slots are available for families that qualify.

**Last Update Date** 12/27/2018

**Escondido Community Child Development Center**

819 W 9TH AVE  
 ESCONDIDO, CA 92025  
 (760) 745-9215  
<https://eccdc.com/>

**Serves** Escondido; Fallbrook; San Marcos; Valley Center; Vista

**Eligibility** 4 months to 5.9 years. Must meet income guidelines established by the state. Must be working, a full-time student, in training program, or referred by CPS - Department of Social Services, or other psychological or human services agency for "at risk of a

**Escondido Community Child Development Center, 9th Avenue**

Provides year-round childcare for low-income working families. Provides parent education and health-related screenings including dental, vision, speech, and hearing for enrolled children. Provides early intervention mental health behavior modification through staff and other agency referrals.

**Intake Procedure** Walk-in for more information;Call  
 6:30 am-5:30 pm, Monday-Friday

Sliding scale based on income level, need, and size of household.

**Last Update Date** 11/13/2019

**Escondido Community Child Development Center**

613 E LINCOLN AVE  
 ESCONDIDO, CA 92026  
 (760) 839-9330  
<https://eccdc.com/>

**Serves** Escondido, Fallbrook, San Marcos, Valley Center, Vista

**Eligibility** 4 months to 5.9 years. Must meet income guidelines established by the state. Must be working, a full-time student, in training program, or referred by CPS - Department of Social Services, or other psychological or human services agency for "at risk of a

**Escondido Community Child Development Center, Lincoln Avenue**

Provides year-round day care for low-income working families. Provides parent education and health-related screenings including dental, vision, speech, and hearing for enrolled children. Provides early intervention mental health behavior modification through staff and other agency referrals.

**Intake Procedure** Walk-in for more information;Call  
 6:30 am-5:30 pm, Monday-Friday

Sliding scale based on income level, need, and size of household. Tuition program is also available for those who cannot afford the fees..

**Last Update Date** 11/13/2019

**Category**      **Child Care**

## Fallbrook Child Development Center

320 IOWA ST  
FALLBROOK, CA 92028  
(760) 728-5402

**Serves**    Bonsall, Fallbrook, Oceanside

**Eligibility**    Ages 1 to 5 years. Priority is given to CPS referrals. Admittance prioritized as follows: siblings, low-income, working, single-parent and two-parent families; and single parent and two-parent families in job training.

## Child Care Development, Fallbrook

Provides child care services while parents are employed or in training to become employed. Offers health, nutrition, and physical, mental, and social development programs.

**Intake Procedure**    Call for more information; Walk-in for more information  
6:30 am-5:00 pm, Monday-Friday  
Fees vary based on income and family size.

**Last Update Date**    7/1/2019

## Fallbrook Union Elementary School District

407 S MISSION RD  
FALLBROOK, CA 92028  
(760) 731-4110  
[www.fuesd.k12.ca.us](http://www.fuesd.k12.ca.us)

**Serves**    Fallbrook

**Eligibility**    Fallbrook Elementary School District residency, age 3 to 5 years of age, and potty trained.

## FUESD Pre-school, The Mike Choate Early Childhood Education Center

School readiness pre-school program for children ages 3 to 5 years of age.

**Intake Procedure**    Call for more information  
8:00 am-5:00 pm, Monday-Friday  
No fees.

**Last Update Date**    7/15/2019

## Growing Minds Early Education Programs

715 W MISSION AVE STE A  
ESCONDIDO, CA 92025  
(760) 471-5483  
<https://www.sdnccs.org/preschool>

**Serves**    Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista

**Eligibility**    1. Must meet state preschool program guidelines  
Family Size & Maximum Monthly Income    2 | \$4,173    3 | \$4,502    4 | \$5,256    5 | \$6,098    6 | \$6,939  
2. Children ages 3-5 years.    3. Families must be working, in training, or must have referral from Child Pro

## Child Development Center, Escondido West Mission

Offers free to low cost part time and full time preschool program to income eligible families with children ages three to five years old.

**Intake Procedure**    Walk-in for more information; Complete Application Online; Call  
8:00 am-5:00 pm, Monday-Friday

Sliding scale fees based on income and family size.  
Sliding scale fees based on income and family size.  
Priority given to applicants within the State  
Preschool Program Guidelines.

**Last Update Date**    6/25/2019

## Growing Minds Early Education Programs

1805 S ESCONDIDO BLVD  
ESCONDIDO, CA 92025  
(760) 471-5483  
<https://www.sdnccs.org/preschool>

**Serves**    Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista

**Eligibility**    1. Must meet state preschool program guidelines  
Family Size & Maximum Monthly Income    2 | \$4,173    3 | \$4,502    4 | \$5,256    5 | \$6,098    6 | \$6,939  
2. Children ages 3-5 years.    3. Families must be working, in training, or must have referral from Child Pro

## Child Development Center, Escondido, Eucalyptus

Offers free to low cost part time and full time preschool program to income eligible families with children ages three to five years old.

**Intake Procedure**    Walk-in for more information; Complete Application Online; Call  
8:00 am-5:00 pm, Monday-Friday

Sliding scale fees based on income and family size.  
Sliding scale fees based on income and family size.  
Priority given to applicants within the State  
Preschool Program Guidelines.

**Last Update Date**    6/25/2019



**Category**      **Child Care**

**Growing Minds Early Education Programs**

1317 OAK HILL DR  
 ESCONDIDO, CA 92027  
 (760) 739-9195  
<https://www.sdnccs.org/preschool>

**Serves** Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista

**Eligibility** Offers a free to low cost part time preschool program to income eligible families with children ages three to five years old.

**Child Development Center, Escondido, Oakhill**

Offers a free to low cost part time preschool program to income eligible families with children ages three to five years old.

**Intake Procedure** Walk-in for more information; Complete Application Online; Call 8:00 am-5:00 pm, Monday-Friday

Sliding scale fees based on income and family size.  
 Sliding scale fees based on income and family size.  
 Priority given to applicants within the State  
 Preschool Program Guidelines.

**Last Update Date** 6/25/2019

**Growing Minds Early Education Programs**

709 SAN DIEGO ST  
 OCEANSIDE, CA 92058  
 (760) 471-5483  
<https://www.sdnccs.org/preschool>

**Serves** Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista

**Eligibility** 1. Must meet state preschool program guidelines  
 Family Size & Maximum Monthly Income 2 | \$4,173 3 | \$4,502 4 | \$5,256 5 | \$6,098 6 | \$6,939  
 2. Children ages 3-5 years. 3. Families must be working, in training, or must have referral from Child Pro

**Child Development Center, Oceanside, Balderrama**

Offers a free to low cost part time preschool program to income eligible families with children ages three to five years old.

**Intake Procedure** Walk-in for more information; Complete Application Online; Call 8:00 am-5:00 pm, Monday-Friday

Sliding scale fees based on income and family size.  
 Sliding scale fees based on income and family size.  
 Priority given to applicants within the State  
 Preschool Program Guidelines.

**Last Update Date** 6/25/2019

**Growing Minds Early Education Programs**

1985 Peacock Blvd  
 Oceanside, CA 92056  
 (760) 471-5483  
<https://www.sdnccs.org/preschool>

**Serves** Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista

**Eligibility** 1. Must meet state preschool program guidelines  
 Family Size & Maximum Monthly Income 2 | \$4,173 3 | \$4,502 4 | \$5,256 5 | \$6,098 6 | \$6,939  
 2. Children ages 3-5 years. 3. Families must be working, in training, or must have referral from Child Protective

**Child Development Center, Oceanside, Peacock**

Offers free to low cost part time and full time preschool program to income eligible families with children ages three to five years old.

**Intake Procedure** Walk-in for more information; Complete Application Online; Call 8:00 am-5:00 pm, Monday-Friday

Sliding scale fees based on income and family size.  
 Priority given to applicants within the State  
 Preschool Program Guidelines.

**Last Update Date** 6/25/2019

## HealthRIGHT 360

950 N FIG ST  
 ESCONDIDO, CA 92026  
 (760) 317-9026  
<https://www.healthright360.org/program/discovery-center>

**Serves** San Diego County

**Eligibility** Limited to families with children ages 6 weeks to 5 years, not in kindergarten.

## Preschool/Discovery Main Center

A child development center open to the public, serving children from birth to 5 years old. Centers serve low income families in the community and participants in other North County Serenity House programs. Provides activities that educate, support, and engage families to utilize community resources and information. Offers early childhood assessment services. Also provides parenting education through parent teacher meetings and parent groups.

**Intake Procedure** Call for more information

7:00 am-6:00 pm, Monday-Friday

Sliding scale fees based on family income and age of child. Scholarships or subsidies may be available.

**Last Update Date** 12/7/2018

## Metropolitan Area Advisory Committee (MAAC)

1410 FOOTHILL DR  
 VISTA, CA 92084  
 (760) 639-4465  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Oceanside, Vista

**Eligibility** Early Head Start is limited to low-income families with children younger than 3 years and pregnant women (any age). Head Start is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issue

## Early Head Start Foothill

Provides national school readiness programs at no cost to eligible families. Several program options are available, including combinations of full-time, part-time, center-based, and home-based programs. Focus on early literacy development and school readiness skills. Also offer health and mental health screenings, nutrition programs, social services for parents and children, and a bilingual multicultural program.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

835 W 15TH AVE  
 Escondido, CA 92025  
 (760) 747-7027  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Escondido

**Eligibility** Early Head Start is limited to low-income families with children younger than 3 years and pregnant women (any age). Head Start is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issue

## Early Head Start, Head Start and State Preschool, Del Dios

Early Head Start, Head Start and State Preschool are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. Several programs options are available, including full-time, part-time, home-based, and home based prenatal programs.

**Intake Procedure** Online;Call for appointment;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 5/29/2019

## Metropolitan Area Advisory Committee (MAAC)

405 W FALLBROOK ST  
FALLBROOK, CA 92028  
(760) 723-4189  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** San Marcos

**Eligibility** Early Head Start is limited to low-income families with children younger than 3 years and pregnant women (any age). Head Start is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issue

## Early Head Start, Head Start and State Preschool, Fallbrook Street

Early Head Start, Head Start and State Preschool are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. Several programs options are available, including full-time, part-time, home-based, and home based prenatal programs.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

139 GOSNELL WAY  
SAN MARCOS, CA 92069  
(760) 736-3066  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** San Marcos

**Eligibility** Early Head Start is limited to low-income families with children younger than 3 years and pregnant women (any age). Head Start is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issue

## Early Head Start, Head Start and State Preschool, Gosnell

Early Head Start, Head Start and State Preschool are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. Several programs options are available, including full-time, part-time, home-based, and home based prenatal programs.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

635 N HICKORY ST  
ESCONDIDO, CA 92025  
(760) 741-0541  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Escondido

**Eligibility** Early Head Start is limited to low-income families with children younger than 3 years and pregnant women (any age). Head Start is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issue

## Early Head Start, Head Start and State Preschool, Hickory Escondido

Early Head Start, Head Start and State Preschool are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. Several programs options are available, including full-time, part-time, home-based, and home based prenatal programs.

**Intake Procedure** Online;Call for appointment;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/4/2019

## Metropolitan Area Advisory Committee (MAAC)

221 W 7TH AVE  
 ESCONDIDO, CA 92025  
 (760) 738-4876  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Escondido

**Eligibility** Early Head Start is limited to low-income families with children younger than 3 years and pregnant women (any age). Head Start is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issue

## Early Head Start, Head Start and State Preschool, Los Ninos Escondido

Early Head Start, Head Start and State Preschool are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. Several programs options are available, including full-time, part-time, home-based, and home based prenatal programs.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

739 OLIVE AVE  
 VISTA, CA 92083  
 (760) 726-4272  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Vista

**Eligibility** Early Head Start is limited to low-income families with children younger than 3 years and pregnant women (any age). Head Start is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issue

## Early Head Start, Head Start and State Preschool, Olive Vista

Early Head Start, Head Start and State Preschool are comprehensive child development programs which serve children from birth to age 5, pregnant women, and their families. Several programs options are available, including full-time, part-time, home-based, and home based prenatal programs

**Intake Procedure** Online;Call for appointment;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

33509 VALLEY CENTER RD  
 VALLEY CENTER, CA 92082  
 (760) 749-5190  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Valley Center

**Eligibility** Early Head Start is limited to low-income families with children younger than 3 years and pregnant women (any age). Head Start is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issue

## Early Head Start, Head Start Rincon

Provides national school readiness programs at no cost to eligible families. Several program options are available, including combinations of full-time, part-time, center-based, and home-based programs. Focus on early literacy development and school readiness skills. Also offer health and mental health screenings, nutrition programs, social services for parents and children, and a bilingual multicultural program.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

901 ALTURAS RD # A  
 FALLBROOK, CA 92028  
 (760) 731-2062  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Fallbrook

**Eligibility** Is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issued annually.

## Head Start and State Preschool Fallbrook View

Provides national school readiness programs at no cost to eligible families. Several program options are available, including combinations of full-time, part-time, center-based, and home-based programs. Focus on early literacy development and school readiness skills. Also offer health and mental health screenings, nutrition programs, social services for parents and children, and a bilingual multicultural program.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

33158 COLE GRADE RD  
 PAUMA VALLEY, CA 92061  
 (760) 615-2000  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Pauma

**Eligibility** Is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issued annually.

## Head Start and State Preschool Pauma

Provides national school readiness programs at no cost to eligible families. Several program options are available, including combinations of full-time, part-time, center-based, and home-based programs. Focus on early literacy development and school readiness skills. Also offer health and mental health screenings, nutrition programs, social services for parents and children, and a bilingual multicultural program.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

3368 EUREKA PL  
 CARLSBAD, CA 92008  
 (760) 720-4378  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Carlsbad

**Eligibility** Is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issued annually.

## Head Start and State Preschool, Eureka

Provides national school readiness programs at no cost to eligible families. Several program options are available, including combinations of full-time, part-time, center-based, and home-based programs. Focus on early literacy development and school readiness skills. Also offer health and mental health screenings, nutrition programs, social services for parents and children, and a bilingual multicultural program.

**Intake Procedure** Call for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

## Metropolitan Area Advisory Committee (MAAC)

1501 KELLY ST  
 OCEANSIDE, CA 92054  
 (760) 966-7135  
[www.maacproject.org/headstart](http://www.maacproject.org/headstart)

**Serves** Oceanside

**Eligibility** Is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issued annually.

## Head Start and State Preschool, North Coast

Provides national school readiness programs at no cost to eligible families. Several program options are available, including combinations of full-time, part-time, center-based, and home-based programs. Focus on early literacy development and school readiness skills. Also offer health and mental health screenings, nutrition programs, social services for parents and children, and a bilingual multicultural program.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/5/2019

**Category**      **Child Care**

**Metropolitan Area Advisory Committee (MAAC)**

1307 LAUREL TREE LN  
 CARLSBAD, CA 92011  
 (760) 930-0749  
<http://www.maacproject.org/headstart>

**Serves**    Carlsbad

**Eligibility** Is limited to low-income families with children ages 3-5 years. Low income is determined by the federal poverty guidelines issued annually.

**Head Start, Laurel Tree Carlsbad**

Provides national school readiness programs at no cost to eligible families. Several program options are available, including combinations of full-time, part-time, center-based, and home-based programs. Focus on early literacy development and school readiness skills. Also offer health and mental health screenings, nutrition programs, social services for parents and children, and a bilingual multicultural program.

**Intake Procedure** Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/18/2019

**Metropolitan Area Advisory Committee (MAAC)**

139 GOSNELL WAY  
 SAN MARCOS, CA 92069  
 (760) 471-4091  
<http://www.maacproject.org/>

**Serves**    Fallbrook, San Marcos, Vista

**Eligibility** Limited to families with children ages 3 to 5 years who are income eligible

**State Preschool Program**

Provides readiness experiences that will help children in their beginning years in school. Involves parents actively in the education of their children through classroom participation. Program is funded by the State of California to provide comprehensive child development for preschool children.

**Intake Procedure** Call for more information

7:30 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/6/2018

**North County Lifeline**

707 OCEANSIDE BLVD  
 OCEANSIDE, CA 92054  
 (760) 726-4900  
[www.nclifeline.org](http://www.nclifeline.org)

**Serves**    Oceanside

**Eligibility** Youth ages 6 to 17 who reside in the area surrounding Crown Heights in Oceanside

**Youth Development Club**

Offers after school programs at the Crown Heights Resource Center and La Casita Center in Oceanside. Program incorporates homework assistance, life skills education (including alcohol, tobacco, and drug prevention as well as gang prevention and healthy habits classes), recreation, art & enrichment activities for youth.

**Intake Procedure** Call for more information

8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Friday; Appointments after 5:00 pm; Closed on holidays

No fees

**Last Update Date** 10/11/2018

**Southern California Tribal Chairmen's Association**

33509 VALLEY CENTER RD  
 VALLEY CENTER, CA 92082  
 (760) 749-1080  
<https://sctca.net/rincon-community-child-development-center/>

**Serves**    Valley Center, Escondido, Pauma Valley, Pala, San Pasqual, Pechanga, Rincon, Fallbrook

**Eligibility** Children ages 2-5 years old that are potty trained.

**Rincon Community Child Development Center**

Preschool services provide nutritional program; two meals and a snack a day. Most families qualify for free or reduced child care.

**Intake Procedure** Call for appointment;Walk-in for appointment

7:30 am-4:30 pm Monday-Friday

Sliding fee scale by income and family size

**Last Update Date**

## Together We Grow

2120 THIBODO RD  
VISTA, CA 92081  
(760) 757-6031  
www.togetherwegrow.net

**Serves** San Diego County

**Eligibility** Care Eligibility: 1. Infants to 21 years of age that are medically fragile children that have a skilled nursing need. Funding Eligibility: 1. For Medi-Cal, the child must be deemed medically fragile. 2. Parents income will be considered, but some chi

## Together We Grow, Vista

A pediatric day health care center that offers an inclusive program that includes child care (daycare), preschool, skilled nursing care, infants through adolescent programs, Early Start, and a medically fragile overnight/weekend respite program serving infants to 21 years of age. Accepts children that require medication administration (oral, enteral, nebulizer treatments), enteral nutrition (tube feeding), respiratory treatment (can involve oxygen administration or suctioning), seizure disorder monitoring, tracheotomy care, suctioning, and insulin management.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
6:30 am-6:30 pm, Monday-Friday

Accepts payment by Medi-cal, San Diego Regional Center, and Military funding. Fixed fees for those that do no qualify for funding program.

**Last Update Date** 5/15/2019

## YMCA of San Diego County

200 SAXONY RD  
ENCINITAS, CA 92024  
(760) 942-9622  
http://www.ymca.org/ecke

**Serves** Carlsbad, Encinitas, San Marcos

**Eligibility** Children grades Kindergarten through Middle School. Age eligibility may vary by location. Some program locations require that a child attend a specific school.

## Before and After School Program, YMCA Magdalena Ecke Family Branch

Offers before and after school childcare at various locations throughout the county, including some elementary school sites. Activities offered include arts and crafts, games, homework assistance, and physical fitness.

**Intake Procedure** Online;Call  
8:00 am-6:30 pm, Monday-Friday

Variable fees depending on site, time spent, and age of child.

**Last Update Date** 4/5/2018

## YMCA of San Diego County

4701 MESA DR  
OCEANSIDE, CA 92056  
(760) 758-0808  
www.ymca.org/mottino

**Serves** Bonsall, Fallbrook, Oceanside, Vista

**Eligibility** Children grades Kindergarten through Middle School. Age eligibility may vary by location. Some program locations require that a child attend a specific school.

## Before and After School Program, YMCA Mottino Family Branch

Offers before and after school childcare at various locations throughout the county, including some elementary school sites. Activities offered include arts and crafts, games, homework assistance, and physical fitness.

**Intake Procedure** Online;Call  
8:00 am-6:30 pm, Monday-Friday

Variable fees depending on site, time spent, and age of child.

**Last Update Date** 4/5/2018

## YMCA of San Diego County

1050 N BROADWAY  
ESCONDIDO, CA 92026  
(760) 745-7490  
www.ymca.org/palomar

**Serves** Escondido, Ramona, San Marcos, Valley Center

**Eligibility** Children grades Kindergarten through Middle School. Age eligibility may vary by location. Some program locations require that a child attend a specific school.

## Before and After School Program, YMCA Palomar Family Branch

Offers before and after school childcare at various locations throughout the county, including some elementary school sites. Activities offered include arts and crafts, games, homework assistance, and physical fitness.

**Intake Procedure** Online;Call  
8:00 am-6:30 pm, Monday-Friday

Variable fees depending on site, time spent, and age of child.

**Last Update Date** 4/5/2018

## Category Children and Family Services

### Bilateral Safety Corridor Coalition

121 E 31ST ST STE A  
 NATIONAL CITY, CA 91950  
 (619) 336-0770  
[www.bsccoalition.org](http://www.bsccoalition.org)

**Serves** San Diego County

**Eligibility** Victims of Human Trafficking

### Victims of Human Trafficking Program

Offers a variety of services for child and adult victims of human trafficking (individuals forced into labor and sexual exploitation). Provides telephone and in-person crisis intervention with 24-hour emergency intake. Offers referral to safe housing and long-term case management services.

**Intake Procedure** Call for more information;Referral

8:00 am-5:00 pm, Monday-Friday

No fees.

**Last Update Date** 3/13/2019

### Children's Services, Health and Human Services Agency, County of San Diego

1320 UNION PLAZA CT  
 OCEANSIDE, CA 92054  
 (877) 423-6788  
[http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/adoptions\\_program.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/adoptions_program.html)

**Serves** North Coastal

**Eligibility** Anyone interested in an independent, voluntary or involuntary adoption. To adopt must meet the following guidelines: 1. Attend a Resource Family Approval (RFA) Orientation meeting 2. Complete and Submit RFA Application forms and supporting documents

### Adoption Services, North Coastal

Offers adoption information and services to all members of the adoptions process including adoptees, birth families, and adoptive parents. Assists with Independent, Voluntary, and Involuntary adoptions process.

**Intake Procedure** Call for more information

8:00 am-5:00 pm, Monday-Friday

Fixed fee schedule for adopting. No fees for birth parent placing children up for adoption. Call for details.

**Last Update Date** 8/27/2019

### Children's Services, Health and Human Services Agency, County of San Diego

463 N MIDWAY DR  
 ESCONDIDO, CA 92027  
 (877) 423-6788  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/foster\\_and\\_adoptive\\_resource\\_family\\_services/](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/foster_and_adoptive_resource_family_services/)

**Serves** San Diego County

**Eligibility** Anyone interested in an independent, voluntary or involuntary adoption. To adopt must meet the following guidelines: 1. Attend a Resource Family Approval (RFA) Orientation meeting 2. Complete and Submit RFA Application forms and supporting documents

### Adoption Services, North Inland

Offers adoption services for all members of the adoption triad including birth parents, adoptees, and adoptive parents. Services include finding permanent families for children, assisting prospective adoptive families through the home study process, counseling parents who are considering relinquishment of their children, stepparent adoptions and post adoption services (child and parent support groups, parent education, and other referrals as needed). Also provides free educational classes on a range of adoption, child development, and parenting topics.

**Intake Procedure** Call for more information

8:00 am-5:00 pm, Monday-Friday

Fixed fee schedule. Call for details.

**Last Update Date** 9/4/2019



## Category Children and Family Services

### Children's Services, Health and Human Services Agency, County of San Diego

1320 UNION PLAZA CT  
 OCEANSIDE, CA 92054  
 (760) 754-3456  
[www.sdcounty.ca.gov/hhsa/programs/cs/child\\_welfare\\_services/index.html](http://www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/index.html)

**Serves** San Diego County

**Eligibility** Services are for children under 18 years old

### Child Welfare Services, North Coastal

Investigates reports of suspected child abuse, neglect, and exploitation and takes appropriate action to protect the child. Provides a 24-hour hotline to report suspected child abuse and neglect. Also provides services to assist parents in establishing a safe and healthy home environment. Considers placement of a child in a foster home or institution only when all other alternatives have been exhausted. Provides selection, placement, and supervision of a child's care if a child needs out-of-home care. Considers permanent alternative placement if circumstances prevent a child's return to the home. Provides protection supervision when a child is a dependent of the court or the family signs a voluntary agreement. May provide ongoing services on a court-ordered or time-limited basis following resolution of a case.

**Intake Procedure** Call for more information;Walk-in for more information;Referral  
 8:00 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date** 8/28/2019

### Children's Services, Health and Human Services Agency, County of San Diego

463 N MIDWAY DR  
 ESCONDIDO, CA 92027  
 (858) 560-2191  
[www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child\\_welfare\\_services.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services.html)

**Serves** San Diego County

**Eligibility** Services are for children under the age of 18

### Child Welfare Services, North Inland

Investigates reports of suspected child abuse, neglect, and exploitation and takes appropriate action to protect the child. Provides a 24-hour hotline to report suspected child abuse and neglect. Also provides services to assist parents in establishing a safe and healthy home environment. Considers placement of a child in a foster home or institution only when all other alternatives have been exhausted. Provides selection, placement, and supervision of a child's care if a child needs out-of-home care. Considers permanent alternative placement if circumstances prevent a child's return to the home. Provides protection supervision when a child is a dependent of the court or the family signs a voluntary agreement. May provide ongoing services on a court-ordered or time-limited basis following resolution of a case.

**Intake Procedure** Call for more information;Walk-in for more information;Referral  
 8:00 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date** 9/5/2019

### Planned Parenthood of the Pacific Southwest

347 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (888) 743-7526  
<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest>

**Serves** San Diego County

**Eligibility** Not limited

### Pregnancy Testing, Counseling and Referral, Escondido Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, adoption referrals, and pregnancy termination (medication and surgical abortion services). Medication termination services are available at all health centers. Surgical services offered at the San Diego First Avenue location.

**Intake Procedure** Call for appointment;Walk-in for appointment

7:30 am-6:00 pm, Monday-Thursday; 7:30 am-4:00 pm, Friday-Saturday  
 Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

**Last Update Date** 7/31/2019

## Category Children and Family Services

### Planned Parenthood of the Pacific Southwest

1820 MARRON RD  
 CARLSBAD, CA 92008  
 (888) 743-7526  
<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest>  
**Serves** San Diego County  
**Eligibility** Not limited

### Pregnancy Testing, Counseling and Referral, Vista Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, adoption referrals, and pregnancy termination (medication and surgical abortion services). Medication termination services are available at all health centers. Surgical services offered at the San Diego First Avenue location.  
**Intake Procedure** Call for appointment; Walk-in for appointment  
 7:30 am-6:00 pm, Monday-Thursday; 7:30 am-4:00 pm, Friday-Saturday  
 Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

**Last Update Date** 7/31/2019

### Polaris Project

Confidential  
 (888) 373-7888  
<https://humantraffickinghotline.org>

**Serves** Nationwide  
**Eligibility** Victims and survivors of human trafficking and the anti-trafficking community or individuals who want to know more about Human Trafficking.

### National Human Trafficking Hotline

The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States by helping individuals access direct services through an extensive referral network and help facilitate the reporting of potential human trafficking tips to specialized law enforcement agencies.  
**Intake Procedure** Email; Online; Call for more information; Text (SMS); Chat  
 24 hours a day, 7 days a week  
 No fees

**Last Update Date** 2/6/2018

### Police and Fire Headquarters, City of Escondido

1163 N CENTRE CITY PKWY  
 ESCONDIDO, CA 92026  
 (760) 839-4722 Non-Emergencies  
[www.ci.escondido.ca.us/police](http://www.ci.escondido.ca.us/police)

**Serves** Escondido  
**Eligibility** Law enforcement within the Escondido area

### Escondido Police Department

Provides law enforcement and crime prevention services including neighborhood watch programs and residential security. Also provides local background checks for employment, school, adoption, or immigration, live scan fingerprinting for employment, adoption, volunteer work, foster care, etc.  
**Intake Procedure** Call for more information; Walk-in for more information  
 Office: 8:00 am-5:00 pm Monday-Friday; 24 hours a day, 7 days a week Emergency Response  
 Fixed fee depending on service

**Last Update Date** 4/11/2019

### Police Department, City of Oceanside

3855 MISSION AVE  
 OCEANSIDE, CA 92058  
 (760) 435-4900 Non-emergency  
<https://www.ci.oceanside.ca.us/gov/police/>

**Serves** Oceanside  
**Eligibility** Law enforcement within the city of Oceanside

### Police Department

Provides law enforcement and crime prevention services in the City of Oceanside. Provides Live Scan fingerprinting services for the purposes of application for employment, adoption, volunteer work, foster care, or if the employer or agency requests the applicant be fingerprinted. Offers books and forms for registering alarm systems.  
**Intake Procedure** Online; Call; Walk-in for services  
 8:00 am-7:00 pm, Monday; 8:00 am-6:00 pm, Tuesday-Saturday  
 Fixed fee depending on service

**Last Update Date** 9/4/2019

## Safe Families for Children of Olive Crest

Confidential

(714) 543-5437 Ext 1234  
<http://www.safe-families.org/>

**Serves** San Diego County

**Eligibility** Children from birth to 18 years old

## Safe Families for Children

Offers temporary hosting (a place to stay) for children from birth to 18 years old whose families are in crisis. Crisis could be homelessness, financial insecurity, unemployment, hospitalization, domestic crisis, addiction, etc. Families in need reach out voluntarily to request the help of a temporary host family by calling the 24 hour hotline and staff meet them in a convenient public place to complete paperwork. Then a matching process begins to find a host family who can open their home and provide a safe place for the child(ren) for the length of time needed. Host families are finger-printed, screened, trained, homestudied, and approved through Olive Crest. Parents retain full custody of their kids. Host families are temporary help, meant to be like friends or extended family. They do not take the place of the parents, but come alongside to help for a time. Hostings are overnight stays for children only. This help promotes family stabilization, prevents child abuse, and keeps families together. Temporary hostings allow parents to focus on resolving their crisis while their children are in a safe place. Safe Families is a positive alternative to the state welfare system, giving parents freedom to work through difficulties without the worry of losing child custody.

**Intake Procedure** Voice Message;Call

8:30 am-4:30 pm, Monday-Friday; Hotline: 24 hours a day, 7 days a week

No fees

**Last Update Date** 8/14/2018

## TERI, Inc

251 AIRPORT RD  
 OCEANSIDE, CA 92058  
 (760) 721-1706  
[www.teriinc.org](http://www.teriinc.org)

**Serves** Carlsbad, Escondido, Fallbrook, Oceanside, Poway, San Marcos, Valley Center, Vista, 92003, 92028, 92037, 92055, 92059, 92060, 92061, 92107, 92109, 92119, 92120, 92121, 92122, 92124, 92127, 92128, 92129, 92145, 92672

**Eligibility** No age limitations. Must be referred through San Diego Regional Center.

## Respite Services

Provides in-home and Saturday out-of-home respite services offering temporary relief to the family members of persons who are developmentally disabled. Staff providing services have undergone a thorough training program including CPR, first aid, and behavior management.

**Intake Procedure** Referral

8:00 am-5:00 pm, Monday-Friday

Fees paid by San Diego Regional Center. Parents can arrange for additional hours at own cost.

**Last Update Date** 6/8/2018

## Together We Grow

2120 THIBODO RD  
 VISTA, CA 92081  
 (760) 757-6031  
[www.togetherwegrow.net](http://www.togetherwegrow.net)

**Serves** San Diego County

**Eligibility** Care Eligibility: 1. Infants to 21 years of age that are medically fragile children that have a skilled nursing need. Funding Eligibility: 1. For Medi-Cal, the child must be deemed medically fragile. 2. Parents income will be considered, but some chi

## Together We Grow, Vista

A pediatric day health care center that offers an inclusive program that includes child care (daycare), preschool, skilled nursing care, infants through adolescent programs, Early Start, and a medically fragile overnight/weekend respite program serving infants to 21 years of age. Accepts children that require medication administration (oral, enteral, nebulizer treatments), enteral nutrition (tube feeding), respiratory treatment (can involve oxygen administration or suctioning), seizure disorder monitoring, tracheotomy care, suctioning, and insulin management.

**Intake Procedure** Online;Call for more information;Walk-in for more information

6:30 am-6:30 pm, Monday-Friday

Accepts payment by Medi-cal, San Diego Regional Center, and Military funding. Fixed fees for those that do not qualify for funding program.

**Last Update Date** 5/15/2019



# 2-1-1 San Diego North County Resource Guide

## Category Children and Family Services

### United States Department of Veterans Affairs

### Homeless Veterans

Confidential

(877) 424-3838

<https://www.va.gov/homeless/nationalcallcenter.asp>

**Serves** California

**Eligibility** Veterans who are homeless or at risk of homelessness, family members, friends and supporters calling on behalf of Veterans, VA Medical Centers and other VA facilities and staff, federal, state and local partners, community agencies and providers who serve

Veterans who are homeless or at risk of homelessness and their family members, friends and supporters can make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week.

**Intake Procedure** Online;Call;Chat

24 hours a day, 7 days a week

No fees

**Last Update Date** 3/22/2019

### YWCA of San Diego County

### Becky's House Emergency Shelter

Confidential

(619) 234-3164

[www.ywcasandiego.org](http://www.ywcasandiego.org)

**Serves** San Diego County

**Eligibility** Emergency shelter accepts all victims of domestic violence regardless of gender, age, ethnicity, religious belief, and economic status.

A short-term residential program for women, men, and children in need of immediate protection from domestic violence. Adults and children live in individual units in a secure, confidential facility while focusing on safety planning, counseling, and legal services. The program also provides case management, housing coordination, rental assistance, employment support, and children's services.

**Intake Procedure** Call for appointment

Intake: 24 hours a day, 7 days a week

No fees

**Last Update Date** 3/19/2018

## Category Community Shelters

### Catholic Charities Diocese of San Diego

### La Posada de Guadalupe

2478 IMPALA DR  
CARLSBAD, CA 92010

(760) 929-2322

[www.ccdsd.org](http://www.ccdsd.org)

**Serves** San Diego County

**Eligibility** Limited to homeless single men and farm workers 18 years and older. Does not accept persons who are emotionally disabled. Residents have to be clean, sober and physically independent.

Provides short-term housing and case management for homeless men and long-term housing for employed farm workers in North County.

**Intake Procedure** Call for appointment

Screening and Information: 10:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/27/2018

### Center for Community Solutions

### Project Safehouse

Confidential

(619) 631-6442

<http://www.ccssd.org>

**Serves** San Diego County

**Eligibility** Accepts individuals 18 years and older, with or without children, experiencing domestic violence. Accepts undocumented persons, persons with disabilities who can care for themselves and persons with mental or emotional disorder, if stable.

Provides temporary, emergency shelter for survivors of intimate partner violence and their children. Offers safety planning, crisis counseling, advocacy services and assistance with obtaining long-term safe housing. Trained staff encourages clients to take new steps, break old patterns, and build a meaningful life free of violence.

**Intake Procedure** Call for more information

Office Intake: 8:30 am-5:30 pm, Monday-Friday; Hotline and Shelter: 24 hours a day, 7 days a week

No fees

**Last Update Date** 7/9/2019

## Category Community Shelters

### Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380 Ext 274  
<https://www.interfaithservices.org/program/housing/>

**Serves** North San Diego County

**Eligibility** Must be physically and mentally independent, over the age of 18 years old, and an individual experiencing homelessness.

### Haven House Shelter

Provides bridge housing to individual adults experiencing homelessness. Haven House is a housing focused shelter, the goal is to bridge individuals to stable permanent housing. Residents have access to breakfast, dinner, and a sack lunch. Showers and laundry facilities are available. Case Management is available on a weekly basis.

**Intake Procedure** Call;Walk-in for services

9:00 am-10:00 am, Monday, Tuesday, Thursday

No fees

**Last Update Date** 7/3/2019

### Operation Hope North County

859 E VISTA WAY  
 VISTA, CA 92084  
 (760) 536-3880 Ext 302  
[www.operationhopeshelter.org](http://www.operationhopeshelter.org)

**Serves** San Diego County

**Eligibility** Limited to families with children (male or female headed households), or single women. Children should be under age 18 years. Clients must be able to pass drug test and be sober. No registered sex offenders. Clients must participate in case management and

### Operation Hope North County

Operation Hope North County is a year round shelter for families, single women and single males with children providing private family rooms and intensive support for up to 90 days. The shelter is located in Vista and admission begins with completing the online screening form that is found on the website. Clients will be assigned to a case manager to help find stable housing prior to exiting the shelter.

**Intake Procedure** Call for appointment;Complete Application Online

Intake: 9:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 4/26/2019

### Safe Families for Children of Olive Crest

Confidential  
 (714) 543-5437 Ext 1234  
<http://www.safe-families.org/>

**Serves** San Diego County

**Eligibility** Children from birth to 18 years old

### Safe Families for Children

Offers temporary hosting (a place to stay) for children from birth to 18 years old whose families are in crisis. Crisis could be homelessness, financial insecurity, unemployment, hospitalization, domestic crisis, addiction, etc. Families in need reach out voluntarily to request the help of a temporary host family by calling the 24 hour hotline and staff meet them in a convenient public place to complete paperwork. Then a matching process begins to find a host family who can open their home and provide a safe place for the child(ren) for the length of time needed. Host families are finger-printed, screened, trained, homestudied, and approved through Olive Crest. Parents retain full custody of their kids. Host families are temporary help, meant to be like friends or extended family. They do not take the place of the parents, but come alongside to help for a time. Hostings are overnight stays for children only. This help promotes family stabilization, prevents child abuse, and keeps families together. Temporary hostings allow parents to focus on resolving their crisis while their children are in a safe place. Safe Families is a positive alternative to the state welfare system, giving parents freedom to work through difficulties without the worry of losing child custody.

**Intake Procedure** Voice Message;Call

8:30 am-4:30 pm, Monday-Friday; Hotline: 24 hours a day, 7 days a week

No fees

**Last Update Date** 8/14/2018

## Category Domestic Violence/ Sexual Abuse

## Category Domestic Violence/ Sexual Abuse

### Center for Community Solutions

Confidential

(760) 480-0055  
<http://www.ccssd.org>

**Serves** San Diego County

**Eligibility** Accepts individuals 18 years and older, with or without children, experiencing domestic violence. Accepts undocumented persons, persons with disabilities who can care for themselves and persons with mental or emotional disorder, if stable.

### Hidden Valley House

Provides temporary, emergency shelter for survivors of intimate partner violence and their children. Offers safety planning, crisis counseling, advocacy services and assistance with obtaining long-term safe housing. Trained staff encourages clients to take new steps, break old patterns, and build a meaningful life free of violence.

**Intake Procedure** Call for more information

Office Intake: 8:30 am-5:30 pm, Monday-Friday; Hotline and Shelter: 24 hours a day, 7 days a week

No fees

**Last Update Date** 7/9/2019

### Jewish Family Service (JFS) of San Diego

8788 BALBOA AVE  
 SAN DIEGO, CA 92123  
 (858) 637-3210  
<https://jfssd.org/our-services/adults-families/family-violence-support-services/>

**Serves** San Diego County

**Eligibility** All ages. Individuals and families (teenagers and children accepted with parent's consent) experiencing family violence or mental/emotional disturbance due to family violence WITHIN THE LAST YEAR. Services provided to anyone regardless of religion, race

### Project SARAH

Provides case management and support group services for victims of domestic violence. Services include crisis intervention, support groups and referrals to community assistance, including temporary shelter, spiritual counseling, and legal assistance. Assists those in shelter or those away from their homes in meeting their dietary and observance needs.

**Intake Procedure** Call for appointment

8:30 am-5:00 pm, Monday-Thursday, 8:30 am-4:00 pm, Friday

No fees

**Last Update Date** 1/11/2019

### San Diego Family Justice Center

1122 Broadway  
 San Diego, CA 92101  
 (619) 533-6000  
[www.sandiegofamilyjusticecenter.org](http://www.sandiegofamilyjusticecenter.org)

**Serves** San Diego County

**Eligibility** Not limited.

### Domestic Violence and Victim Advocacy

Provides legal, medical, mental health therapy (children and families) and social services to victims of domestic violence at the Family Justice Center. Provides assistance to victims of all types of domestic violence, including spousal abuse, child abuse, elder abuse, and same sex abuse. Provides assistance to victims of domestic violence at restraining order hearings and in the enforcement of existing restraining orders. Domestic violence and sexual assault professionals, medical professionals, and representatives from local nonprofit and government agencies are available to provide advocacy and emergency services, including shelter, and food. Counseling services are provided. A military liaison is available for domestic violence issues involving military families.

**Intake Procedure** Call for more information; Walk-in for more information

8:00 am-5:00 pm Monday-Friday

No fees

**Last Update Date** 2/5/2018

## Category Domestic Violence/ Sexual Abuse

### South Bay Community Services

Confidential

(619) 420-3620

<https://southbaycommunityservices.org/>

**Serves** San Diego County

**Eligibility** Shelter accepts both male and female victims of domestic violence with children who are experiencing domestic violence within the past 60 days. Also accepts victims with physical impairments including those who are in wheelchairs, diagnosed with HIV/AIDS

### Casas Seguras

Provides a short-term, confidential shelter and transitional housing to victims of domestic violence (male or female) and their children who are homeless. Services include case management, counseling, support groups, assistance obtaining temporary restraining orders, building independent living skills, emergency food and clothing and assistance finding stable housing.

**Intake Procedure** Call for more information;Referral

24 hours a day, 7 days a week

No fees for shelter. Residents in transitional housing program must pay 30% of their gross income for rent and put 20% of their income in savings.

**Last Update Date** 2/7/2019

### YWCA of San Diego County

Confidential

(619) 234-3164

[www.ywcasandiego.org](http://www.ywcasandiego.org)

**Serves** San Diego County

**Eligibility** Emergency shelter accepts all victims of domestic violence regardless of gender, age, ethnicity, religious belief, and economic status.

### Becky's House Emergency Shelter

A short-term residential program for women, men, and children in need of immediate protection from domestic violence. Adults and children live in individual units in a secure, confidential facility while focusing on safety planning, counseling, and legal services. The program also provides case management, housing coordination, rental assistance, employment support, and children's services.

**Intake Procedure** Call for appointment

Intake: 24 hours a day, 7 days a week

No fees

**Last Update Date** 3/19/2018

## Category Domestic Violence/Sexual Abuse

### Center for Community Solutions

Confidential

(760) 480-0055

<https://humantraffickinghotline.org>

**Serves** San Diego County

**Eligibility** Accepts individuals 18 years and older, with or without children, experiencing domestic violence. Accepts undocumented persons, persons with disabilities who can care for themselves and persons with mental or emotional disorder, if stable.

### Hidden Valley House

Provides temporary, emergency shelter for survivors of intimate partner violence and their children. Offers safety planning, crisis counseling, advocacy services and assistance with obtaining long-term safe housing. Trained staff encourages clients to take new steps, break old patterns, and build a meaningful life free of violence.

**Intake Procedure** Call for more information

Office Intake: 8:30 am-5:30 pm, Monday-Friday; Hotline and Shelter: 24 hours a day, 7 days a week

No fees

**Last Update Date** 7/9/2019

## Category Domestic Violence/Sexual Abuse

### Center for Community Solutions

Confidential

(619) 631-6442

<http://www.ccssd.org>

**Serves** San Diego County

**Eligibility** Accepts individuals 18 years and older, with or without children, experiencing domestic violence. Accepts undocumented persons, persons with disabilities who can care for themselves and persons with mental or emotional disorder, if stable.

### Project Safehouse

Provides temporary, emergency shelter for survivors of intimate partner violence and their children. Offers safety planning, crisis counseling, advocacy services and assistance with obtaining long-term safe housing. Trained staff encourages clients to take new steps, break old patterns, and build a meaningful life free of violence.

**Intake Procedure** Call for more information

Office Intake: 8:30 am-5:30 pm, Monday-Friday; Hotline and Shelter: 24 hours a day, 7 days a week

No fees

**Last Update Date** 7/9/2019

### Jewish Family Service (JFS) of San Diego

8788 BALBOA AVE

SAN DIEGO, CA 92123

(858) 637-3210

<https://jfsd.org/our-services/adults-families/family-violence-support-services/>

**Serves** San Diego County

**Eligibility** All ages. Individuals and families (teenagers and children accepted with parent's consent) experiencing family violence or mental/emotional disturbance due to family violence WITHIN THE LAST YEAR. Services provided to anyone regardless of religion, race

### Project SARAH

Provides case management and support group services for victims of domestic violence. Services include crisis intervention, support groups and referrals to community assistance, including temporary shelter, spiritual counseling, and legal assistance. Assists those in shelter or those away from their homes in meeting their dietary and observance needs.

**Intake Procedure** Call for appointment

8:30 am-5:00 pm, Monday-Thursday, 8:30 am-4:00 pm, Friday

No fees

**Last Update Date** 1/11/2019

### South Bay Community Services

Confidential

(619) 420-3620

<https://southbaycommunityservices.org/>

**Serves** San Diego County

**Eligibility** Shelter accepts both male and female victims of domestic violence with children who are experiencing domestic violence within the past 60 days. Also accepts victims with physical impairments including those who are in wheelchairs, diagnosed with HIV/AIDS

### Casas Seguras

Provides a short-term, confidential shelter and transitional housing to victims of domestic violence (male or female) and their children who are homeless. Services include case management, counseling, support groups, assistance obtaining temporary restraining orders, building independent living skills, emergency food and clothing and assistance finding stable housing.

**Intake Procedure** Call for more information;Referral

24 hours a day, 7 days a week

No fees for shelter. Residents in transitional housing program must pay 30% of their gross income for rent and put 20% of their income in savings.

**Last Update Date** 2/7/2019





# 2-1-1 San Diego North County Resource Guide

## Category Domestic Violence/Sexual Abuse

### YWCA of San Diego County

Confidential

(619) 234-3164  
www.ywcсандiego.org

**Serves** San Diego County

**Eligibility** Emergency shelter accepts all victims of domestic violence regardless of gender, age, ethnicity, religious belief, and economic status.

### Becky's House Emergency Shelter

A short-term residential program for women, men, and children in need of immediate protection from domestic violence. Adults and children live in individual units in a secure, confidential facility while focusing on safety planning, counseling, and legal services. The program also provides case management, housing coordination, rental assistance, employment support, and children's services.

**Intake Procedure** Call for appointment

Intake: 24 hours a day, 7 days a week

No fees

**Last Update Date** 3/19/2018

## Category Education and Training

### San Diego Workforce Partnership

649 W MISSION AVE # 2400  
ESCONDIDO, CA 92025  
(760) 740-5564  
<https://workforce.org/career-centers/>

**Serves** San Diego County

**Eligibility** Unemployed/under-employed individuals and employers in San Diego County

### North Inland Career Center

Offers career assessment and counseling as well as information and referral to education/training programs. Offers workshops in such areas as resume writing, salary negotiation, and job search skills. Provides multimedia resource rooms with use of computers with internet access, fax machines, telephones and photocopiers. Also provides employers access to skilled workers, recruitment and other customized services to meet their workforce needs.

**Intake Procedure** Online;Call for more information;Walk-in for more information

8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 3/5/2019

### Serves Nationwide

1949 AVENIDA DEL ORO  
OCEANSIDE, CA 92056  
(760) 631-6150  
<https://workforce.org/career-centers/>

**Serves** San Diego County

**Eligibility** Unemployed/under-employed individuals and employers in San Diego County

### North Coastal Career Center

Offers career assessment and counseling as well as information and referral to education/training programs. Offers workshops in such areas as resume writing, salary negotiation, and job search skills. Provides multimedia resource rooms with use of computers with internet access, fax machines, telephones and photocopiers. Also provides employers access to skilled workers, recruitment and other customized services to meet their workforce needs.

**Intake Procedure** Online;Call for more information;Walk-in for more information

8:00 am-5:00 pm, Monday-Friday; 9:00 am-1:00 pm, Saturday

No fees

**Last Update Date** 3/5/2019

## Category Employment Assistance and Training

### Deaf Community Services of San Diego

1949 Avenida Del Oro  
Oceanside, CA 92056  
(619) 266-4270  
<https://deafcommunityservices.org/employment-services/>

**Serves** San Diego County

**Eligibility** 18 years and older. Must be deaf or hard of hearing.

### Employment Services, North County Coastal

Specializes in placing people who are deaf or hard of hearing who have skills or an educational background or previous work experience into unsubsidized employment. Services include comprehensive job-related preparation including job search workshops; employment counseling including case planning and follow-up; job seeking and retention skills; support services, and referrals for other services; active job development. Special training programs designed to employer specifications to train groups of workers for specific job titles can also be arranged. Also provides interpretive services. Agency places approximately 4-6 clients into full-time jobs monthly. Program duration for an average successful client is 30 days.

**Intake Procedure** Call for appointment

8:30 am-4:30 pm Monday-Friday

No fees

**Last Update Date** 10/1/2019

## Category Employment Assistance and Training

### Employment Development Department, State of California

1949 AVENIDA DEL ORO  
 OCEANSIDE, CA 92056  
 (760) 631-6150  
<https://www.edd.ca.gov/jobs.htm>

**Serves** San Diego County

**Eligibility** Ages 16 years and older

### Placement Services for Job Seekers, Oceanside Field Office

Provides comprehensive range of employment and training services in partnership with state and local agencies and organizations. Services benefit job seekers, laid off workers, youth, individuals currently working, veterans, and people with disabilities.

**Intake Procedure** Call for more information; Walk-in for more information

8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 9/9/2019

### Goodwill Industries of San Diego County

329 W GRAND AVE  
 ESCONDIDO, CA 92025  
 (760) 739-0600  
<https://sdgoodwill.org/jobs/community-employment-centers/>

**Serves** San Diego County

**Eligibility** 16 years of age or older and legally able to work in the United States

### Goodwill Employment Center, Escondido

Offers free job search assistance, including one-on-one counseling, complimentary soft skills workshops and guidance to anyone in the community. Provides free services to business owners/employers seeking new employees.

**Intake Procedure** Call for appointment; Walk-in for appointment

9:00 am-4:00 pm, Monday-Friday; Closed: Holidays

No fees

**Last Update Date** 12/19/2019

### Goodwill Industries of San Diego County

414 N COAST HWY  
 OCEANSIDE, CA 92054  
 (760) 722-8582  
<https://sdgoodwill.org/jobs/community-employment-centers/>

**Serves** San Diego County

**Eligibility** 16 years of age or older, legally able to work in the United States, and are serious about finding a job

### Goodwill Employment Center, Oceanside

Offers free job search assistance, including one-on-one counseling, complimentary soft skills workshops and guidance to anyone in the community. Provides free services to business owners/employers seeking new employees.

**Intake Procedure** Call for appointment; Walk-in for appointment

9:00 am-4:00 pm, Monday-Friday; Closed: Holidays

No fees

**Last Update Date** 12/19/2019

### Goodwill Industries of San Diego County

329 W GRAND AVE  
 ESCONDIDO, CA 92025  
 (760) 739-0600  
[www.sdgoodwill.org](http://www.sdgoodwill.org)

**Serves** San Diego County

**Eligibility** Program participants must be able to meet the essential functions of the program/job with or without reasonable accommodations, work in the United States legally (proof of citizenship or immigration status required), and be free of a conviction related to

### Young Adults Program, Escondido

Young Adults (18-25) will be coached by Career Advisors and provided with specialized services through unique job clubs. Young Adults will learn more about the meaning of "soft skills" and why it is the single largest requirement of today's employer. And how to communicate and work well with your supervisor and peers, meet the expectations of the employer (such as being to work on time and bringing your best each day), respect for others and their opinions, appropriate workplace behavior, the difference between personal and professional relationships, and social media do's and don'ts. Specific services include: -Staff assisted job search, referrals, and development. -Job Club Training which provides intensive job seeking and interviewing skills. -Comprehensive Assessments of the skill level and service needs. -Development of an Individual Employment Plan (IEP) to identify the employment goals. -Short-term prevocational skills training. -Post-employment services and assistance. -Career planning and extensive case management.

**Intake Procedure** Call for more information; Walk-in for more information

9:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date**

## Category Employment Assistance and Training

### Goodwill Industries of San Diego County

414 N COAST HWY  
 OCEANSIDE, CA 92054  
 (760) 722-8582  
[www.sdgoodwill.org](http://www.sdgoodwill.org)

**Serves** San Diego County

**Eligibility** Program participants must be able to meet the essential functions of the program/job with or without reasonable accommodations, work in the United States legally (proof of citizenship or immigration status required), and be free of a conviction related to

### Young Adults Program, Oceanside

Young Adults (18-25) will be coached by Career Advisors and provided with specialized services through unique job clubs. Young Adults will learn more about the meaning of "soft skills" and why it is the single largest requirement of today's employer. And how to communicate and work well with your supervisor and peers, meet the expectations of the employer (such as being to work on time and bringing your best each day), respect for others and their opinions, appropriate workplace behavior, the difference between personal and professional relationships, and social media do's and don'ts. Specific services include: -Staff assisted job search, referrals, and development. -Job Club Training which provides intensive job seeking and interviewing skills. -Comprehensive Assessments of the skill level and service needs. -Development of an Individual Employment Plan (IEP) to identify the employment goals. -Short-term prevocational skills training. -Post-employment services and assistance. -Career planning and extensive case management.

**Intake Procedure** Call for more information;Walk-in for more information

9:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date**

### Intake Procedure

649 W MISSION AVE # 2400  
 ESCONDIDO, CA 92025  
 (760) 740-5564  
<https://workforce.org/career-centers/>

**Serves** San Diego County

**Eligibility** Unemployed/under-employed individuals and employers in San Diego County

### North Inland Career Center

Offers career assessment and counseling as well as information and referral to education/training programs. Offers workshops in such areas as resume writing, salary negotiation, and job search skills. Provides multimedia resource rooms with use of computers with internet access, fax machines, telephones and photocopiers. Also provides employers access to skilled workers, recruitment and other customized services to meet their workforce needs.

**Intake Procedure** Online;Call for more information;Walk-in for more information

8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 3/5/2019

### Interfaith Community Services

5731 PALMER WAY  
 CARLSBAD, CA 92010  
 (760) 448-5696  
[www.interfaithservices.org](http://www.interfaithservices.org)

**Serves** North Coastal San Diego County

**Eligibility** Persons looking for day labor or permanent employment opportunities.

### Day Labor Program, Carlsbad

Safe place for day labors to be connected with employers for daily, temporary or permanent job needs. Job connections such as home improvement projects, painting, moving, yard work, construction cleanup and more. Skilled labor, such as masonry and tile work, is also available with requests made in advance. Clients complete a health screening as well as occupational health and safety seminars prior to employment. There is also assistance with obtaining more permanent employment, resumes, and job leads.

**Intake Procedure** Walk-in for services

7:00 am-12:00 pm, Monday-Saturday

No fees

**Last Update Date** 4/19/2018

## Category Employment Assistance and Training

### Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380  
<http://www.interfaithservices.org/program/employment/>

**Serves** San Diego County

**Eligibility** Homeless female or homeless veteran with families who have been honorably discharged.

### Homeless Female Veterans and Veterans with Families

Helping veterans find sustainable employment opportunities. Network with local employers and vocational training programs, as well as providing coaching to help veterans become job ready. Services include: work readiness training, resume preparation, job search assistance, and access to the computer resource labs in both Escondido and Oceanside. Specialized employment assistance is also available for veterans and their families.

**Intake Procedure** Call for more information

9:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 4/4/2018

### Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380  
[www.interfaithservices.org](http://www.interfaithservices.org)

**Serves** San Diego County

**Eligibility** Homeless or disabled male or female Veterans ages 18 years and older

### Veterans Employment Services, Escondido

Provides job training; and job placement assistance. Employment services targeting veterans include job assessment; evaluation; counseling; retraining; on-the-job training; and classroom training. Offers Workforce Investment Act program for veterans.

**Intake Procedure** Call for more information;Walk-in for appointment

9:00 am-5:00 pm Monday-Friday/Intake

No fees

**Last Update Date**

### Interfaith Community Services

1617 MISSION AVE  
 OCEANSIDE, CA 92058  
 (760) 529-9979  
<http://www.interfaithservices.org/program/employment-economic-development/>

**Serves** San Diego County

**Eligibility** Homeless or disabled male or female veterans ages 18 years and older

### Veterans Employment Services, Oceanside

Provides job training and job placement assistance to homeless or disabled male or female adult veterans. Employment services include job assessment, evaluation, counseling, retraining, on-the-job training, and classroom training. Also offers a Workforce Investment Act program.

**Intake Procedure** Walk-in for appointment;Call

9:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 3/21/2019

### Kitchens for Good

404 EUCLID AVE  
 SAN DIEGO, CA 92114  
 (619) 450-4040  
[www.kitchensforgood.org](http://www.kitchensforgood.org)

**Serves** Areas of Southeast San Diego

**Eligibility** 1. Must be at least 18 years old 2. Eligible for employment in the U.S.A. 3. Be either unemployed or underemployed 4. Be available to be in class from 8:30 am to 4:30pm, Monday through Friday. 5. Attendance is strictly enforced. 6. Be curious, ready to le

### Project Launch

Job training program prepares unemployed individuals to thrive in careers in the food-service industry and beyond. Offers vocational training, incorporating culinary arts, nutrition education, resume writing, and financial literacy, all while helping to prepare healthy meals for non-profit partners that serve the food insecure. Graduates will receive technical culinary education, industry certification, and internship and job placement services. This 13-week program uses the nationally renowned curriculum developed by LA Kitchen and DC Central Kitchen.

**Intake Procedure** Online

9:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 12/3/2019

## Category Employment Assistance and Training

### Marine and Family Programs, Camp Pendleton

Building 13150  
Camp Pendleton, CA 92055  
(760) 725-4199 (Transition)  
<http://www.mccscp.com/familyjobs/>

**Serves** San Diego County

**Eligibility** Limited to active, retired military, reservists, and families of military

### Employment Services

Provides information about resume writing and job interview techniques, a one-on-one employment assistance program for spouses seeking employment in the local area or before transferring to another area. Offers specialized workshops, including how to fill out applications for federal employment.

**Intake Procedure** Call for more information

7:00 am-5:00 pm, Monday-Friday

Call for information

**Last Update Date** 5/13/2019

### Miracosta College

2075 LAS PALMAS DR  
CARLSBAD, CA 92011  
(760) 795-6820  
<http://www.miracosta.edu/instruction/communityservices/index.html>

**Serves** San Diego County

**Eligibility** At least 18 years of age, High School Diploma or GED, Letter of Eligibility and DD214 for proof of benefits.

### Community Education and Workforce Development

Offers opportunities for students to gain real-world work experiences through hands-on training, online classes, com, and accelerated educational offerings. Offers up-to-date certificates and work skills training programs for those hoping to jump into careers quickly.

**Intake Procedure** Email;Call for appointment;Walk-in for appointment

9:00 am-5:00 pm, Monday-Friday

Fixed fee schedule. Please call or go online for details.

**Last Update Date** 6/24/2019

### Polaris Project National Human Trafficking Hotline

1070 E VISTA WAY  
VISTA, CA 92084  
(760) 630-6700  
[www.sdgoodwill.org](http://www.sdgoodwill.org)

**Serves** San Diego County

**Eligibility** Program participants must be able to meet the essential functions of the program/job with or without reasonable accommodations, work in the United States legally (proof of citizenship or immigration status required), and be free of a conviction related to

### Young Adults Program, Vista

Young Adults (18-25) will be coached by Career Advisors and provided with specialized services through unique job clubs. Young Adults will learn more about the meaning of "soft skills" and why it is the single largest requirement of today's employer. And how to communicate and work well with your supervisor and peers, meet the expectations of the employer (such as being to work on time and bringing your best each day), respect for others and their opinions, appropriate workplace behavior, the difference between personal and professional relationships, and social media do's and don'ts. Specific services include: -Staff assisted job search, referrals, and development. -Job Club Training which provides intensive job seeking and interviewing skills. -Comprehensive Assessments of the skill level and service needs. -Development of an Individual Employment Plan (IEP) to identify the employment goals. -Short-term prevocational skills training. -Post-employment services and assistance. -Career planning and extensive case management.

**Intake Procedure** Call for more information;Walk-in for more information

9:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date**

## Category Employment Assistance and Training

### San Diego Workforce Partnership

1949 AVENIDA DEL ORO  
 OCEANSIDE, CA 92056  
 (760) 631-6150  
<https://workforce.org/career-centers/>

**Serves** San Diego County

**Eligibility** Unemployed/under-employed individuals and employers in San Diego County

### North Coastal Career Center

Offers career assessment and counseling as well as information and referral to education/training programs. Offers workshops in such areas as resume writing, salary negotiation, and job search skills. Provides multimedia resource rooms with use of computers with internet access, fax machines, telephones and photocopiers. Also provides employers access to skilled workers, recruitment and other customized services to meet their workforce needs.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
 8:00 am-5:00 pm, Monday-Friday; 9:00 am-1:00 pm, Saturday  
 No fees

**Last Update Date** 3/5/2019

### SER/Jobs for Progress National

1949 AVENIDA DEL ORO  
 OCEANSIDE, CA 92056  
 (760) 414-3539  
<https://ser-national.org/senior-community-service-employment-program/>

**Serves** San Diego County.

**Eligibility** Applicants must be at least 55 years old, unemployed, low income, have low employment prospects and need skills training.

### Senior Community Service Employment Program, Oceanside Training Center

The Senior Community Service Employment Program (SCSEP) is a work-based training program for older Americans to build/enhance/update job skills to be able to look for and find a job.

**Intake Procedure** Call for more information;Voice Message;Complete Application Online  
 8:00 am-4:00 pm, Monday-Friday  
 No fees

**Last Update Date** 11/20/2018

## Category Financial Guidance

### Agent for New York Life

1051 EMELITA ST  
 FALLBROOK, CA 92028  
 (760) 639-9772  
<http://www.marcsigmon.com>

**Serves** San Diego County

**Eligibility** Adults transitioning from the military, active duty or veterans

### Financial Education

Offers free financial education to veterans active duty, and transitioning military members. Topics covered include: personal, business, and estate planning with a focus on life insurance, long term care, disability insurance, budgeting, savings plans, and guaranteed income strategies to protect individuals and families.

**Intake Procedure** Call for appointment;Walk-in for appointment;Voice Message  
 8:00 am-5:00 pm, Monday-Friday  
 No fees for education and consultation.

**Last Update Date** 10/3/2019

### Christian Credit Counselors

5838 EDISON PL  
 CARLSBAD, CA 92008  
 (800) 557-1985  
[www.christiancreditcounselors.org](http://www.christiancreditcounselors.org)

**Serves** Nationwide

**Eligibility** Must have income and unsecured debts (i.e. credit card, collection accounts, medical bills)

### Credit Counseling/Debt Management

A debt repayment plan that assists clients in paying their unsecured debts in full by consolidating their debts into one monthly payment. Through reduced interest rates and lower monthly payments, debtors can get out of debt within a shorter time frame. Covers all aspects of credit counseling and includes a debt comparison and budget analysis. Also offers financial education on budgeting, credit, debt, student loans, employment preparation, and more.

**Intake Procedure** Email;Online;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment;Chat  
 6:00 am-4:30 pm Monday-Friday Pacific Standard Time  
 Set-up fee and Monthly fee Varies by state

**Last Update Date** 1/8/2019

## Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380  
[www.myfreetaxes.org](http://www.myfreetaxes.org)

**Serves** San Diego County North Inland Region

**Eligibility** Taxable household income must be less than \$54,000. Client may also be eligible to apply for EITC (Earned Income Tax Credit) if they meet the following requirements: -\$47,955 (\$53,505 married filing jointly) with three or more qualifying children -\$44

## VITA, Earned Income Tax Credit Site (EITC), Escondido

Offers free tax help to low and moderate income families who cannot prepare their own tax returns. \*\*\*Appointment scheduling online is available for this site\*\* Certified volunteers sponsored by various organizations receive training to help prepare basic tax returns in communities across the country. VITA sites are generally located at community and neighborhood centers; libraries; schools; shopping malls; and other convenient locations. Most locations also offer free electronic filing. Also offers Earned Income Tax Credit (EITC) assistance to low income; seniors; and disabled individuals in San Diego County.

**Intake Procedure** Call for appointment

9:00 am-4:00 pm, Tuesday and Friday; Closed: 1st Friday of the Month

No fees

**Last Update Date** 6/1/2018

## Navy-Marine Corps Relief Society, San Diego

School of Infantry  
 Camp Pendleton, CA 92055  
 (760) 725-7497  
<https://www.nmcrs.org/pages/financial-assistance-and-counseling>

**Serves** San Diego County

**Eligibility** Active and Retired Navy and Marine Corps personnel and their eligible family members. Must have a valid military ID card. Cross-service assistance available for members of the Army and Air Force.

## Financial Assistance Counseling, Maine Corps Base Camp Pendleton North

Provides financial assistance as interest-free loans and/or grants to help with emergency needs such as funeral expenses, medical/dental bills, emergency transportation, childcare expenses, essential vehicle repairs, and basic living expenses (food, rent, utilities). Quick Assistance Loans of up to \$500 available for eligible Active Duty Navy and Marine Corps service members. Offers budget and financial management information and/or counseling. Also offers a "Budget for Baby" class that includes a free layette package upon course completion.

**Intake Procedure** Call for more information;Call for appointment

8:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 3/18/2019

## Navy-Marine Corps Relief Society, San Diego

Building 1121  
 Camp Pendleton, CA 92055  
 (760) 725-5337  
<https://www.nmcrs.org/pages/financial-assistance-and-counseling>

**Serves** San Diego County

**Eligibility** Active and Retired Navy and Marine Corps personnel and their eligible family members. Must have a valid military ID card. Cross-service assistance available for members of the Army and Air Force.

## Financial Assistance Counseling, Marine Corps Base Camp Pendleton South

Provides financial assistance as interest-free loans and/or grants to help with emergency needs such as funeral expenses, medical/dental bills, emergency transportation, childcare expenses, essential vehicle repairs, and basic living expenses (food, rent, utilities). Quick Assistance Loans of up to \$500 available for eligible active duty Navy and Marine Corps service members. Offers budget and financial management information and/or counseling. Also offers a "Budget for Baby" class that includes a free layette package upon course completion.

**Intake Procedure** Call for more information;Call for appointment

8:30 am-4:00 pm, Monday-Wednesday and Friday; 8:30 am-2:30 pm, Thursday

No fees

**Last Update Date** 3/18/2019



# 2-1-1 San Diego North County Resource Guide

## Category Financial Guidance

### North County Lifeline

200 MICHIGAN AVE  
VISTA, CA 92084  
(760) 842-6269  
<https://www.nclifeline.org/communities-in-action>

**Serves** 92008, 92009, 92010, 92011, 92054, 92056, 92057, 92058, 92055, 92672, 92007, 92024, 92067, 92075, 92081, 92083, 92084, 92054, 92056, 92057, 92058

**Eligibility** Must be low to moderate income. Residing in a qualifying zip code in North County San Diego, Coast region with one of the following eligible zip codes: Carlsbad: 92008, 92009, 92010, 92011  
Oceanside: 92054, 92056, 92057, 92058  
Pendleton: 92055, 92672

### Communities in Action, Financial Literacy Services

Is a Case Management service that assist individuals and families with their life circumstances and financial wellness. The program can assist with public assistance program applications, referrals to community resources, connection to employment and vocational programs, free tax preparation, financial education classes and educational wellness classes and activities for individuals and families. Financial assistance may be available for certain basic needs upon approval.

**Intake Procedure** Call  
Office Hours: 8:00 am-5:00 pm, Monday-Thursday; 8:00 am-2:00 pm, Friday

No fees

**Last Update Date** 1/23/2019

## Category Food Stamps/SNAP Applications

### Catholic Charities Diocese of San Diego

917 E VISTA WAY  
VISTA, CA 92084  
(760) 631-4792  
[www.ccdsd.org](http://www.ccdsd.org)

**Serves** North Coastal, North Inland, North Central Regions

**Eligibility** Low income residents of North County

### Food Resource Center, Vista

Provides CalFresh (SNAP/Food Stamps) application assistance, re-certification assistance, advocacy, and also provides food packages and government commodities.

**Intake Procedure** Walk-in for services  
9:00 am-12:00 pm and 1:00 pm-4:00 pm, Tuesday-Saturday  
No fees

**Last Update Date** 9/23/2019

### Jacobs and Cushman San Diego Food Bank

1949 AVENIDA DEL ORO  
OCEANSIDE, CA 92056  
(866) 350-3663  
<http://sandiegofoodbank.org/programs/CalFresh/>

**Serves** San Diego County

**Eligibility** Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh Annual Income Guidelines: October 1, 2019 to September 30, 2020 Household Size / Gross Monthly Income 1 / \$2,082

### In Person CalFresh Application Assistance, North County Career Center Coastal

The CalFresh Outreach Team provides one-on-one, in person CalFresh application assistance at different locations every month to help people sign up for CalFresh. Community organizations host Food Bank staff at their center to pre-screen for CalFresh eligibility and provide initial application assistance. Completed applications are submitted to the county for processing by the Food Bank on clients behalf. Clients who submit applications through the Food Bank also receive follow up assistance to ensure proper processing and advocacy when needed. Sites are open to the public. It is highly recommended, clients attend pre-screening sessions with supporting documents (copies are acceptable) for those they intend to apply with.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-11:00 am, Monday  
No fees

**Last Update Date** 9/25/2019



## Neighborhood Healthcare

425 N DATE ST  
 ESCONDIDO, CA 92025  
 (760) 690-5907  
 www.nhcare.org

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as getting

## Health Insurance and CalFresh Enrollment Services, Escondido Date Street

Offers enrollment assistance for the food assistance program CalFresh and health insurance coverage for Covered California and Medi-Cal. Covered California available during the open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California "qualifying events" including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, a change in income that would make a client eligible for their current type of insurance coverage (Covered California vs. Medi-Cal). Client has sixty (60) days from the "qualifying event" date report the change and enroll in new plan. The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/21/2018

## Neighborhood Healthcare

728 E VALLEY PKWY  
 ESCONDIDO, CA 92025  
 (619) 440-7616 Ext 1218  
 www.nhcare.org

**Serves** North Inland San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as gettin

## Health Insurance and CalFresh Enrollment Services, Escondido Valley Parkway

Offers enrollment assistance for the food assistance program CalFresh and health insurance coverage for Covered California and Medi-Cal. Covered California available during the open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California "qualifying events" including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, a change in income that would make a client eligible for their current type of insurance coverage (Covered California vs. Medi-Cal). Client has sixty (60) days from the "qualifying event" date report the change and enroll in new plan. The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/21/2018

## Neighborhood Healthcare

16650 Highway 76  
Pauma Valley, CA 92061  
(760) 690-5907  
www.nhcare.org

**Serves** North Inland San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as gettin

## Health Insurance and CalFresh Enrollment Services, Pauma Valley

Offers enrollment assistance for the food assistance program CalFresh and health insurance coverage for Covered California and Medi-Cal. Covered California available during the open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California "qualifying events" including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, a change in income that would make a client eligible for their current type of insurance coverage (Covered California vs. Medi-Cal). Client has sixty (60) days from the "qualifying event" date report the change and enroll in new plan. The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/21/2018

## Neighborhood Healthcare

426 N DATE ST  
ESCONDIDO, CA 92025  
(760) 690-5907  
www.nhcare.org

**Serves** North Inland San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as gettin

## Health Insurance and CalFresh Enrollment Services, Pediatrics Center

Offers enrollment assistance for the food assistance program CalFresh and health insurance coverage for Covered California and Medi-Cal. Covered California available during the open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California "qualifying events" including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, a change in income that would make a client eligible for their current type of insurance coverage (Covered California vs. Medi-Cal). Client has sixty (60) days from the "qualifying event" date report the change and enroll in new plan. The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/21/2018

Category Food Stamps/SNAP Applications

## North County Health Services

1130 2ND ST  
 ENCINITAS, CA 92024  
 (760) 479-4624  
<https://www.nchs-health.org/community-resources/health-insurance-enrollment-application-assistance/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as getting

## CalFresh, Covered California and Medi-Cal Enrollment Services, Encinitas

Certified Enrollment Specialists are available to assist patients in enrolling in CalFresh, Medi-Cal, or Covered California. After the open enrollment cycle ends for Covered California, application assistance is available for Medi-Cal eligible and Covered California qualifying events including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, or a change in income that would make a client eligible for their current type of insurance coverage. Client has sixty (60) days from the qualifying event date to report the change and enroll in a new plan.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

No fees

**Last Update Date** 3/21/2019

## North County Health Services

605 CROUCH ST  
 OCEANSIDE, CA 92054  
 (760) 566-1567  
<https://www.nchs-health.org/community-resources/health-insurance-enrollment-application-assistance/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as getting

## CalFresh, Covered California and Medi-Cal Enrollment Services, Oceanside

Certified Enrollment Specialists are available to assist patients in enrolling in CalFresh, Medi-Cal or Covered California. After the open enrollment cycle ends for Covered California, application assistance is available for Medi-Cal eligible and Covered California qualifying events including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, or a change in income that would make a client eligible for their current type of insurance coverage. Client has sixty (60) days from the qualifying event date to report the change and enroll in a new plan.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

No fees

**Last Update Date** 3/21/2019

## North County Health Services

220 ROTANZI ST  
 RAMONA, CA 92065  
 (760) 736-1772  
 www.nchs-health.org

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** For CalFresh eligibility, based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh Annual Income Guidelines: October 1, 2019 to September 30, 2020 Household Size / Gross

## CalFresh, Covered California and Medi-Cal Enrollment Services, Ramona

Certified Enrollment Specialists are available to assist patients in enrolling in CalFresh, Medi-Cal or Covered California. After the open enrollment cycle ends for Covered California, application assistance is available for Medi-Cal eligible and Covered California qualifying events including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, or a change in income that would make a client eligible for their current type of insurance coverage. Client has sixty (60) days from the qualifying event date to report the change and enroll in a new plan.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

No fees

**Last Update Date** 3/21/2019

## North County Health Services

150 VALPRED A RD  
 SAN MARCOS, CA 92069  
 (760) 736-6734  
 www.nchs-health.org

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as getting

## CalFresh, Covered California and Medi-Cal Enrollment Services, San Marcos

Certified Enrollment Specialists are available to assist patients in enrolling in Medi-Cal or Covered California. After the open enrollment cycle ends for Covered California, application assistance is available for Medi-Cal eligible and Covered California qualifying events including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, or a change in income that would make a client eligible for their current type of insurance coverage. Client has sixty (60) days from the qualifying event date to report the change and enroll in a new plan.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-7:30 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday; Closed for Lunch: 12:00 pm-1:00 pm

No fees

**Last Update Date** 3/21/2019

**Category** Food Stamps/SNAP Applications

**Self Sufficiency Programs, Health and Human Services Agency, County of San Diego**

202 W COLLEGE ST  
 FALLBROOK, CA 92028  
 (866) 262-9881  
[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

**Serves** Fallbrook, 92088, 92028

**Eligibility** Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh Annual Income Guidelines: October 1, 2019 to September 30, 2020 Household Size / Gross Monthly Income 1 / \$2,082

**CalFresh (SNAP), Fallbrook Community Resource Center**

Provides CalFresh benefits also known as Food Stamps or Supplemental Nutrition Assistance Program (SNAP) to low income families and individuals that meet certain income guidelines. CalFresh helps supplement food budgets and allows families and individuals to buy healthy and nutritious food. CalFresh benefits are accessed by using an Electronic Benefit Transfer (EBT) card. An EBT card is used the same way as a debit or ATM card and is accepted at most grocery stores, markets, and farmers markets. An interview by phone or in person is required before certifying households to get CalFresh benefits. After an interview, the County will send a written notice verifying eligibility. Expedited CalFresh benefits will be made available to households no later than the third calendar day following the date the application was filed. Eligible applicants are informed of and are automatically considered for expedited services at the time the application is filed. CalFresh applications are processed within 30 days.

**Intake Procedure** Send Letter; Complete Application Online; Call; Walk-in for services  
 8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/2/2019

**Self Sufficiency Programs, Health and Human Services Agency, County of San Diego**

1315 UNION PLAZA CT  
 OCEANSIDE, CA 92054  
 (866) 262-9881  
[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

**Serves** 92007, 92008, 92009, 92010, 92011, 92014, 92018, 92023, 92024, 92049, 92051, 92052, 92054, 92055, 92056, 92057, 92058, 92067, 92068, 92075, 92081, 92083, 92084, 92085, 92091, 92672

**Eligibility** Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh Annual Income Guidelines: October 1, 2019 to September 30, 2020 Household Size / Gross Monthly Income 1 / \$2,082

**CalFresh (SNAP), North Coastal Family Resource Center**

Provides CalFresh benefits also known as Food Stamps or Supplemental Nutrition Assistance Program (SNAP) to low income families and individuals that meet certain income guidelines. CalFresh helps supplement food budgets and allows families and individuals to buy healthy and nutritious food. CalFresh benefits are accessed by using an Electronic Benefit Transfer (EBT) card. An EBT card is used the same way as a debit or ATM card and is accepted at most grocery stores, markets, and farmers markets. An interview by phone or in person is required before certifying households to get CalFresh benefits. After an interview, the County will send a written notice verifying eligibility. Expedited CalFresh benefits will be made available to households no later than the third calendar day following the date the application was filed. Eligible applicants are informed of and are automatically considered for expedited services at the time the application is filed. CalFresh applications are processed within 30 days.

**Intake Procedure** Send Letter; Complete Application Online; Call; Walk-in for services  
 7:30 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 4/2/2019

**Category** Food Stamps/SNAP Applications

**Self Sufficiency Programs, Health and Human Services Agency, County of San Diego**

649 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (866) 262-9881  
[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

**Serves** 92003, 92030, 92025, 92026, 92027, 92029, 92033, 92046, 92059, 92060, 92061, 92064, 92069, 92070, 92074, 92078, 92079, 92082, 92127, 92128, 92129, 92150, 92198

**Eligibility** Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh Annual Income Guidelines: October 1, 2019 to September 30, 2020 Household Size / Gross Monthly Income 1 / \$2,082

**CalFresh (SNAP), North Inland Family Resource Center**

Provides CalFresh benefits also known as Food Stamps or Supplemental Nutrition Assistance Program (SNAP) to low income families and individuals that meet certain income guidelines. CalFresh helps supplement food budgets and allows families and individuals to buy healthy and nutritious food. CalFresh benefits are accessed by using an Electronic Benefit Transfer (EBT) card. An EBT card is used the same way as a debit or ATM card and is accepted at most grocery stores, markets, and farmers markets. An interview by phone or in person is required before certifying households to get CalFresh benefits. After an interview, the County will send a written notice verifying eligibility. Expedited CalFresh benefits will be made available to households no later than the third calendar day following the date the application was filed. Eligible applicants are informed of and are automatically considered for expedited services at the time the application is filed. CalFresh applications are processed within 30 days.

**Intake Procedure** Send Letter; Complete Application Online; Call; Walk-in for services 7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/2/2019

**Self Sufficiency Programs, Health and Human Services Agency, County of San Diego**

1521 MAIN ST  
 RAMONA, CA 92065  
 (866) 262-9881  
[www.mybenefitscalwin.org](http://www.mybenefitscalwin.org)

**Serves** 92004, 92036, 92065, 92066, 92070, 92086

**Eligibility** Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh Annual Income Guidelines: October 1, 2019 to September 30, 2020 Household Size / Gross Monthly Income 1 / \$2,082

**CalFresh (SNAP), Ramona Community Resource Center**

Provides CalFresh benefits also known as Food Stamps or Supplemental Nutrition Assistance Program (SNAP) to low income families and individuals that meet certain income guidelines. CalFresh helps supplement food budgets and allows families and individuals to buy healthy and nutritious food. CalFresh benefits are accessed by using an Electronic Benefit Transfer (EBT) card. An EBT card is used the same way as a debit or ATM card and is accepted at most grocery stores, markets, and farmers markets. An interview by phone or in person is required before certifying households to get CalFresh benefits. After an interview, the County will send a written notice verifying eligibility. Expedited CalFresh benefits will be made available to households no later than the third calendar day following the date the application was filed. Eligible applicants are informed of and are automatically considered for expedited services at the time the application is filed. CalFresh applications are processed within 30 days.

**Intake Procedure** Send Letter; Complete Application Online; Call; Walk-in for services 7:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/2/2019

## Vista Community Clinic

134 GRAPEVINE RD  
VISTA, CA 92083  
(844) 308-5003  
www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

## Insurance and Benefits Enrollment Services, Grapevine

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment;Walk-in for appointment  
8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday  
No fees

**Last Update Date** 2/4/2019

## Vista Community Clinic

517 N HORNE ST  
OCEANSIDE, CA 92054  
(844) 308-5003  
www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

## Insurance and Benefits Enrollment Services, Horne

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment;Walk-in for appointment  
8:00 am-5:00 pm, Monday-Friday  
No fees

**Last Update Date** 2/4/2019

## Vista Community Clinic

4700 N RIVER RD  
OCEANSIDE, CA 92057  
(844) 308-5003  
www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

## Insurance and Benefits Enrollment Services, North River

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment;Walk-in for appointment  
8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday  
No fees

**Last Update Date** 2/4/2019

## Vista Community Clinic

818 Pier View Way  
Oceanside, CA 92054  
(844) 308-5003  
www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

## Insurance and Benefits Enrollment Services, Pier View

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment;Walk-in for appointment  
8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 8:00 am-7:00 pm, Wednesday;  
9:00 am-4:00 pm, Saturday  
No fees

**Last Update Date** 2/4/2019



# 2-1-1 San Diego North County Resource Guide

## Category Food Stamps/SNAP Applications

### Vista Community Clinic

1000 VALE TERRACE DR  
VISTA, CA 92084  
(844) 308-5003  
<http://www.vistacommunityclinic.org/insurance-assistance/>

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

### Insurance and Benefits Enrollment Services, Vale Terrace

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment;Walk-in for appointment

8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:30 pm, Friday; 9:00 am-4:00 pm, Saturday

No fees

**Last Update Date** 2/4/2019

## Category General Counseling

### AmeriCare Adult Day Health Care Center

340 RANCHEROS DR STE 196  
SAN MARCOS, CA 92069  
(760) 682-2424  
[www.americareadhc.com](http://www.americareadhc.com)

**Serves** San Diego County

**Eligibility** 18 years and older with a qualifying medical condition, which includes arthritis, diabetes, stroke, dementia, Alzheimer's, high blood pressure, depression and more.

### Adult Day Health Care

Provides a safe and nurturing environment for adults with a medical condition that offers social activities, occupational, physical, and speech therapy, nursing services, counseling, social services/case management, hot meals and nutritional counseling, and transportation to and from the center.

**Intake Procedure** Call for more information

8:00 am-4:30 pm, Monday-Friday

Insurance accepted. Payments from the San Diego Regional Center accepted. Call for fixed fee schedule prices.

**Last Update Date** 5/2/2019

### Borrego Community Health Foundation

1121 E WASHINGTON AVE  
ESCONDIDO, CA 92025  
(760) 871-0606  
[www.borregomedical.org](http://www.borregomedical.org)

**Serves** Escondido

**Eligibility** Adults and children

### Community Healthcare, Centro Medico Escondido

Offers primary healthcare and urgent care services and medical appointments to all ages. Primary healthcare services include sick visits, well-child visits, physicals, immunizations, management of chronic diseases, physical therapy, pediatric development services such as healthy development screenings, assessments and interventions, occupational, speech and physical therapy, audiology, behavior health, dermatology, and chiropractic care. Women's services include birth control, pregnancy tests, family planning, prenatal care, gynecology, and breast and cervical cancer screenings. Offers HIV testing and case management, PrEP and PEP, STD screening and treatment, mental health services such as individual and group counseling sessions for all ages, medication management. Health education sessions on diabetes, high blood pressure, nutrition, cholesterol, weight management, asthma, breastfeeding, infant basic care/safety, tobacco cessation and other chronic diseases.

**Intake Procedure** Call for appointment;Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

**Last Update Date** 11/12/2019





# 2-1-1 San Diego North County Resource Guide

## Category General Counseling

### Community Health Systems, Inc, Fallbrook Family Health Center

1328 S MISSION RD  
FALLBROOK, CA 92028  
(760) 451-4770  
<http://www.chsica.org/services.htm>

**Serves** North Coastal and North Inland Region of San Diego County

**Eligibility** Not limited

### Behavioral Health Services

Provides psychiatric and counseling services for individuals and families of all ages.

**Intake Procedure** Call for appointment;Walk-in for services  
8:00 am-5:00 pm, Monday-Saturday

Sliding scale fees based on family size and income

**Last Update Date** 5/20/2019

### Community Resource Center

650 2ND ST  
ENCINITAS, CA 92024  
(760) 753-2919 ext. 1384 or ext. 1504  
[www.crcncc.org](http://www.crcncc.org)

**Serves** San Diego County

**Eligibility** Ages 4 years and older for counseling services.

### Counseling Services

Provides individual, couple, and family therapy, child and adolescent therapy and bilingual counseling. Specializes in trauma, domestic violence issues, relationship issues, and major life transitions. Does not offer couples counseling in cases with domestic violence. Classes and support groups are held weekly related to topics on domestic violence and parenting.

**Intake Procedure** Call for appointment  
8:00 am-4:30 pm, Monday-Friday

Sliding scale fees based on family size and income.

**Last Update Date** 5/30/2018

### Marine and Family Programs, Camp Pendleton

Building 1122  
Camp Pendleton, CA 92055  
(760) 763-3222  
[www.mccscp.com/cc](http://www.mccscp.com/cc)

**Serves** San Diego County

**Eligibility** Limited to active, retired military, reservists, and families of military

### Counseling Services

Provides free counseling to service members and their family members. Services include individual counseling, couples counseling, family counseling, child and teen counseling, and care management.

**Intake Procedure** Call for more information;Walk-in for more information

Office Hours: 7:30 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 5/13/2019

### Motiva Associates

960 LOS VALLECITOS BLVD STE 202  
SAN MARCOS, CA 92069  
(619) 691-1880  
[www.motivaassociates.com](http://www.motivaassociates.com)

**Serves** North San Diego County

**Eligibility** Adults and children in South San Diego County.

### Counseling Services, North County

Offers counseling services for both adults and children in the subject of marriage, family, parenting issues, behavior problems, depression, anxiety, self-esteem, grief, loss, gambling, and cultural issues.

**Intake Procedure** Call for appointment

8:30 am-6:00 pm, Monday-Friday

Accepts Medi-cal Insurance, Private Insurance,  
Private Pay

**Last Update Date** 7/9/2019



# 2-1-1 San Diego North County Resource Guide

## Category General Counseling

### Mountain Health and Community Services

255 N ASH ST  
ESCONDIDO, CA 92027  
(619) 445-6200  
<https://www.mtnhealth.org/services/behavioral-health/>

**Serves** San Diego County.

**Eligibility** No eligibility requirements, although focus is on low-income individuals

### Behavioral Health Services, Escondido Family Medicine

Provides behavioral and intervention services to individuals and families desiring to achieve balance within their lives. Offers individual counseling sessions for adults via a telemedicine machine. This entails seeing the therapist over a television screen rather than in person (similar to FaceTime or Skype).

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday

Sliding scale based on income and family size.

Accepts insurance and private pay.

**Last Update Date** 5/3/2019

### Neighborhood Healthcare

425 N DATE ST  
ESCONDIDO, CA 92025  
(760) 520-8340  
[www.nhcare.org](http://www.nhcare.org)

**Serves** Escondido, Pauma Valley, Poway, San Marcos, Valley Center, Vista, El Cajon, Lakeside, Santee, 92003, 92028, 92059, 92060, 92061, 92020, 92040, 92590, 92586, 92543

**Eligibility** No age or income limitations

### Behavioral Health Services, Ray M Dickinson Wellness Center

Offers behavioral health services to couples and families. Provides assessment, consultation services to children, teens, and adults. Medication assisted treatment for opioid and alcohol use disorders is offered.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/20/2018

### Neighborhood Healthcare

460 N ELM ST  
ESCONDIDO, CA 92025  
(760) 520-8100  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** No age or income limitations

### Community Health Center, Escondido Elm Street

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

## Neighborhood Healthcare

1001 E GRAND AVE  
 ESCONDIDO, CA 92025  
 (760) 520-8200  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Adults only with a focus on healthcare needs of adults 50 years and over. No income limitations.

## Community Health Center, Escondido Grand Avenue

Provides a comprehensive range of health services to all adults with a focus on adults ages 50 and older, including primary care, routine preventive screenings, prenatal, family planning, counseling and health education. Women’s health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management, senior peer groups and HIV testing.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday, Closed for lunch: 12:00 pm-1:00 pm; 8:00 am-5:00 pm, Wednesday, Closed for lunch: 12:00 pm-1:30 pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

## Neighborhood Healthcare

13010 POWAY RD  
 POWAY, CA 92064  
 (858) 218-3000  
[www.nhcare.org](http://www.nhcare.org)

**Serves** Poway

**Eligibility** No age or income limitations

## Community Health Center, Gold Family Health Center in Poway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women’s health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment

1:00 pm-5:00 pm, Monday, Tuesday, Friday; 8:00 am-12:00 pm, Wednesday; 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Thursday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

## Neighborhood Healthcare

16650 Highway 76  
 Pauma Valley, CA 92061  
 (760) 742-9919  
[www.nhcare.org](http://www.nhcare.org)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** No age or income limitations

## Community Health Center, Pauma Valley

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women’s health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment

8:00 am-12:00 pm and 1:00 pm-4:30 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

**Category**      **General Counseling**

**North County Health Services**

619 CROUCH ST STE 100  
OCEANSIDE, CA 92054  
(760) 736-6767

<https://www.nchs-health.org/health-services/behavioral-health/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Behavioral health services for individuals and families of all ages

**Behavioral Health Services, Oceanside**

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including anxiety, depression, bipolar disorder, chemical dependency, and more.

**Intake Procedure** Call for appointment

7:30 am-6:30 pm, Monday-Thursday; Closed Daily: 12:00 pm-1:00 pm

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 4/23/2019

**North County Health Services**

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6767

<https://www.nchs-health.org/health-services/behavioral-health/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Behavioral health services for individuals and families of all ages

**Behavioral Health Services, San Marcos**

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including anxiety, depression, bipolar disorder, chemical dependency, and more.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 4/23/2019

**North County Lifeline**

707 OCEANSIDE BLVD  
OCEANSIDE, CA 92054  
(760) 842-6214  
[www.nclifeline.org](http://www.nclifeline.org)

**Serves** Carlsbad; Oceanside; San Marcos; Vista; San Dieguito

**Eligibility** Youth ages 18 years and under

**Counseling Services, Oceanside**

Provides individual, family, and group counseling to youth. Services include anger management and decision-making skills development, alcohol, tobacco, and other drug dependency groups, and parenting groups. Offers juvenile delinquency and school dropout prevention programs and ACT (Alternative Court Treatment Services). Specialized treatment services include early periodic screening diagnosis and treatment for youth meeting certain medical needs.

**Intake Procedure** Call for more information; Call for appointment

Office Hours: 8:30 am-2:00 pm, Friday

Sliding scale fee based on income and family size

**Last Update Date** 10/5/2018

**North County Lifeline**

200 MICHIGAN AVE  
VISTA, CA 92084  
(760) 842-6214  
[www.nclifeline.org](http://www.nclifeline.org)

**Serves** Carlsbad; Oceanside; San Marcos; Vista; San Dieguito; Fallbrook

**Eligibility** Youth ages 12-17 years old

**Counseling Services, Vista**

Provides individual, family, and group counseling to youth. Services include anger management and decision-making skills development, alcohol, tobacco, and other drug dependency groups, and parenting groups. Offers juvenile delinquency and school dropout prevention programs and ACT (Alternative Court Treatment Services). Specialized treatment services include early periodic screening diagnosis and treatment for youth meeting certain medical needs.

**Intake Procedure** Call for more information; Call for appointment

Office Hours: 8:00 am-5:00 pm, Monday-Thursday; 8:00 am-2:00 pm, Friday

Sliding scale fee based on income and family size

**Last Update Date** 10/8/2018



# 2-1-1 San Diego North County Resource Guide

## Category General Counseling

### North County Lifeline

200 MICHIGAN AVE  
VISTA, CA 92084  
(760) 842-6261  
[www.nclifeline.org](http://www.nclifeline.org)

**Serves** San Diego County

**Eligibility** Must be an ILS eligible male youth between the ages of 18-24 who were in foster care. Must have a county approved referral.

### LifeSpring

Is a 24 month housing and intensive case management program. Offers transition age youth the support needed to become self-reliant, youth transitional housing, one-on-one and individual coaching from a case manager, employment counseling, and financial assistance.

**Intake Procedure** Call for more information;Call for appointment;Referral  
9:00 am-5:00 pm, Monday-Thursday

Rent fee \$100

**Last Update Date** 10/4/2018

### Palomar Family Counseling Service, Inc.

1002 E GRAND AVE  
ESCONDIDO, CA 92025  
(760) 741-2660  
<https://www.palomarfamilycounseling.com/index.php/services/>

**Serves** North County Region of San Diego County

**Eligibility** Not limited

### Counseling Services, Escondido

Offers counseling services including individual, family, couple, and group counseling for all ages. Play therapy is available for children as young as three years old. Also provides school-based counseling services to students attending specified schools in the North County area.

**Intake Procedure** Call for appointment

8:30 am-5:00 pm, Monday-Friday

Sliding scale fees. Services are available free of charge to those who qualify. Call for details.

**Last Update Date** 7/26/2019

### Palomar Family Counseling Service, Inc.

120 W HAWTHORNE ST  
FALLBROOK, CA 92028  
(760) 731-3235  
<https://www.palomarfamilycounseling.com/index.php/services/>

**Serves** North County Region of San Diego County

**Eligibility** Not limited

### Counseling Services, Fallbrook

Offers counseling services including individual, family, couple, and group counseling for all ages. Also provides school-based counseling services to students attending specified schools in the North County area.

**Intake Procedure** Call for appointment

8:30 am-5:00 pm, Monday-Friday

Sliding scale fees. Services are available free of charge to those who qualify. Call for details.

**Last Update Date** 7/26/2019

### Palomar Family Counseling Service, Inc.

13943 POWAY RD STE A  
POWAY, CA 92064  
(760) 741-2660  
<https://www.palomarfamilycounseling.com/index.php/services/>

**Serves** North County Region of San Diego County

**Eligibility** Not limited

### Counseling Services, Poway

Offers counseling services including individual, family, couple, and group counseling for all ages.

**Intake Procedure** Call for appointment

8:30 am-5:00 pm, Monday-Friday

Sliding scale fees. Services are available free of charge to those who qualify. Call for details.

**Last Update Date** 7/26/2019

## Category General Counseling

### Palomar Family Counseling Service, Inc.

945 VALE TERRACE DR  
VISTA, CA 92084  
(760) 630-3505  
<https://www.palomarfamilycounseling.com/index.php/services/>

**Serves** North Coastal Region of San Diego County

**Eligibility** Not limited

### Counseling Services, Vista

Offers counseling services including individual, family, couple, and group counseling for all ages. Play therapy is available for children as young as three years old. Also provides school-based counseling services to students attending specified schools in the North County area.

**Intake Procedure** Call for appointment

8:30 am-5:00 pm, Monday-Friday

Sliding scale fees. Services are available free of charge to those who qualify. Call for details.

**Last Update Date** 7/26/2019

### Palomar Health

125 VALLECITOS DE ORO STE A  
SAN MARCOS, CA 92069  
(760) 739-2971  
<https://www.palomarhealth.org/center-for-behavioral-health/palomar-outpatient-services>

**Serves** North Inland Region of San Diego County

**Eligibility** Adults and older adults with psychiatric and mental health needs, ages 18 years and older

### Outpatient Behavioral Health Services, San Marcos

Offers a community-based adult psychiatric treatment program where patients can live independently in the community while participating daily in a highly individualized treatment program. Services at the day program include comprehensive assessment and treatment for adults and older adults, group and individual therapy, and medication management.

**Intake Procedure** Call;Walk-in for services

8:00 am-4:30 pm, Monday-Friday

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 10/3/2019

### United States Department of Veterans Affairs

1300 RANCHO DEL ORO RD  
OCEANSIDE, CA 92056  
(858) 552-7475  
<https://www.sandiego.va.gov/locations/oceanside.asp>

**Serves** Oceanside

**Eligibility** Must be a Veteran

### Veterans Affairs Clinic, Oceanside Clinic

Clinic operates just like a doctor's office where patients are seen by scheduled appointment. Services include primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care, behavioral health individual counseling.

**Intake Procedure** Call for appointment

Primary Care: 7:30 am-4:00 pm Monday, Wednesday, Friday; 7:00 am-5:30 pm, Tuesday;  
Mental Health: 8:00 am-4:00 pm, Monday, Wednesday, Friday; 7:00 am-6:00 pm, Tuesday  
Fees range depending on service

**Last Update Date** 2/6/2019

### Vista Hill

1029 N BROADWAY  
ESCONDIDO, CA 92026  
(760) 489-4126  
<http://www.vistahill.org/programs-services/learning-assistance-center-lac-district/>

**Serves** Escondido

**Eligibility** Elementary and middle school Escondido School students seeking mental health services that have Medi-cal insurance or no insurance but must have a SSN.

### Learning Assistance Center, Escondido Union District, Lincoln Annex

Provides school-based mental health services to eligible elementary and middle school. Services include individual, group and family therapy, case management, behavioral rehabilitative services, medication evaluations and medication management.

**Intake Procedure** Call for appointment

8:30 am-5:00 pm, Monday-Friday

No fees charged for Medi-Cal clients or AB2726 children. Sliding scale fees based on family size and income for uninsured clients.

**Last Update Date** 5/6/2019



# 2-1-1 San Diego North County Resource Guide

## Category General Counseling

### Vista Hill

1012 MAIN ST  
RAMONA, CA 92065  
(760) 788-9724  
<http://www.vistahill.org/programs-services/learning-assistance-center-lac-county/>

**Serves** Borrego Springs, Julian, Ramona, Warner Springs  
**Eligibility** Elementary and middle school Escondido School students seeking mental health services that have Medi-cal insurance or no insurance but must have a SSN.

### Learning Assistance Center, North Inland

Provides school-based mental health services to children ages 3-18. Services include individual, group and family therapy, case management, behavioral rehabilitative services, medication evaluations and medication management. Services provided for Medi-Cal eligible children/teens, children with AB2726, and children who are uninsured and under insured.

**Intake Procedure** Call for more information;Call for appointment  
8:30 am-5:00 pm, Monday-Friday  
No fees charged for Medi-Cal clients or ERMHS children. Sliding scale fees based on family size and income for uninsured clients.

**Last Update Date** 5/6/2019

## Category Human Trafficking Service Provider

### Bilateral Safety Corridor Coalition

121 E 31ST ST STE A  
NATIONAL CITY, CA 91950  
(619) 336-0770  
[www.bsccoalition.org](http://www.bsccoalition.org)

**Serves** San Diego County  
**Eligibility** Victims of Human Trafficking

### Victims of Human Trafficking Program

Offers a variety of services for child and adult victims of human trafficking (individuals forced into labor and sexual exploitation). Provides telephone and in-person crisis intervention with 24-hour emergency intake. Offers referral to safe housing and long-term case management services.

**Intake Procedure** Call for more information;Referral  
8:00 am-5:00 pm, Monday-Friday  
No fees.

**Last Update Date** 3/13/2019

### Children of the Immaculate Heart

Confidential  
  
(619) 431-5537  
[www.childrenoftheimmaculateheart.org](http://www.childrenoftheimmaculateheart.org)

**Serves** San Diego County  
**Eligibility** Adult Women and their children who have been identified as a victim of human trafficking/commercial sexual exploitation. Must have willingness to abide by program rules and complete requirements of the program.

### Adult Human Trafficking Survivor Program

Assists survivors of human trafficking by providing a housing and rehabilitation program for adult women and their children. Service include a safe place to stay, case management, therapy, job training, and education.

**Intake Procedure** Call for more information  
9:00 am-6:00 pm, Monday-Friday  
No fees

**Last Update Date** 9/24/2019

### District Attorney, County of San Diego

Confidential  
  
(888) 373-7888  
<https://www.sdcca.org/preventing/human-trafficking/index.html>

**Serves** San Diego County  
**Eligibility** Not limited

### Human Trafficking Webpage

A website maintained by the District Attorney's office that provides information and education on human trafficking. Includes information on how to identify victims of human trafficking, as well as identify potential perpetrators of human trafficking. Also includes links to local community resources and initiatives and contact information on how to report cases of human trafficking.

**Intake Procedure** Online  
24 hours a day, 7 days a week  
No fees

**Last Update Date** 7/8/2019



# 2-1-1 San Diego North County Resource Guide

## Category Human Trafficking Service Provider

### North County Lifeline

200 MICHIGAN AVE  
VISTA, CA 92084  
(760) 842-6526  
<http://www.nclifeline.org/#!project-life/cd60>

**Serves** San Diego County

**Eligibility** Victims of human trafficking and commercial sexual exploitation of children

### Project LIFE

Is an advocacy program that works with victims and survivors of commercial sexual exploitation of children and labor trafficking. Offers trauma informed services that include victim advocacy, crisis management, safety planning, intensive case management, behavioral health services and trauma specific treatment, peer-led support and emergency housing and residential coordination to men, women, and LGBTQ-identifying individuals of all ages. Also offers prevention groups and workshops for youth and trainings on human trafficking to raise community awareness and to give community-based providers, first responders community members the tools they need to identify signs and report.

**Intake Procedure** Call for more information

8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Friday; availability for after-hours by appointment only

No fees

**Last Update Date** 10/5/2018

### Polaris Project

Confidential  
  
(888) 373-7888  
<https://humantraffickinghotline.org>

**Serves** Nationwide

**Eligibility** Victims and survivors of human trafficking and the anti-trafficking community or individuals who want to know more about Human Trafficking.

### National Human Trafficking Hotline

The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States by helping individuals access direct services through an extensive referral network and help facilitate the reporting of potential human trafficking tips to specialized law enforcement agencies.

**Intake Procedure** Email;Online;Call for more information;Text (SMS);Chat

24 hours a day, 7 days a week

No fees

**Last Update Date** 2/6/2018

## Category Immigration Services

### Interfaith Community Services

5731 PALMER WAY  
CARLSBAD, CA 92010  
(760) 448-5696  
<http://www.interfaithservices.org/program/self-sufficiency-and-support/>

**Serves** North Coastal San Diego County

**Eligibility** Those in need of immigration services or information

### Immigration Clinic, Carlsbad

Offers a free Immigration Clinic to the public to talk with immigration lawyers about their case or receive general information about immigration status.

**Intake Procedure** Walk-in for services

Intake Hours: 1:00 pm-3:00 pm, Tuesday-Thursday

No fees

**Last Update Date** 9/12/2019

### Interfaith Community Services

550 W WASHINGTON AVE  
ESCONDIDO, CA 92025  
(760) 489-6380  
<http://www.interfaithservices.org/program/self-sufficiency-and-support/>

**Serves** North Inland San Diego County

**Eligibility** Those in need of immigration services or information

### Immigration Clinic, Escondido

Offers a free Immigration Clinic to the public to talk with immigration lawyers about their case or receive general information about immigration status.

**Intake Procedure** Walk-in for services

12:00 pm-4:30 pm, 2nd Monday of the Month

No fees

**Last Update Date** 9/12/2019



## Category Immigration Services

### Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(877) 534-2524  
[www.lassd.org/](http://www.lassd.org/)

**Serves** San Diego County

**Eligibility** Federal regulations determine which low income residents of San Diego County are eligible for free legal services. Call for information.

### Legal Services, North County Office

Provides FREE help including counseling, advice, and representation in court to low-income people in such areas as eligibility, reduction, or termination of government health benefits, family law, consumer law, landlord-tenant issues, Section 8 and public housing (including denials), and immigration. Also, provides benefits advocacy for general relief, CalWORKs, CalFresh, and Social Security (SSI). For family law divorce issues, accepts contested divorces only, usually with children involved. Services are provided by staff attorneys and advocates.

**Intake Procedure** Call for more information  
9:00 am-5:00 pm, Monday-Friday  
Free

**Last Update Date** 6/3/2019

### North County Immigration and Citizenship Center

120 STEVENS AVE  
SOLANA BEACH, CA 92075  
(858) 509-2589  
<http://www.northcountycitizenship.org/>

**Serves** North County San Diego

**Eligibility** Low income immigrants that reside in North County San Diego

### Immigration Services

Provides seminars on immigration issues, one-on-one counseling, AB60 Driver's Education, English as a Second Language(ESL), and Citizenship classes in preparation for the citizenship exam. Also, offers assistance with the with the following applications: Naturalization Application(N-400), DACA renewals(1-821D), Replacement Permanent Resident Card(I-90), Freedom of Information Act Request, and Certification of Citizenship(N-600). Services are offered at a low cost or pro-bono basis.

**Intake Procedure** Call for appointment;Walk-in for appointment  
1:00 pm-8:00 pm, Tuesday and Wednesday; 8:00 am-1:00 pm, Saturday  
No fees for most services

**Last Update Date** 11/15/2019

## Category Legal Assistance

### California Western School of Law - Community Law Project (CLP)

936 GENEVIEVE ST  
SOLANA BEACH, CA 92075  
  
[www.cwclp.org](http://www.cwclp.org)

**Serves** North Coastal San Diego County

**Eligibility** Adults seeking legal assistance, including those who are homeless, disabled, immigrants, or individuals otherwise without access to legal services.

### Legal Assistance, Solana Beach

Offers free legal advice, referrals and consultations on a wide-variety of legal issues such as, immigration, family law, housing, employment, public benefits, criminal, taxes, and more. CLP does not offer legal representation but will provide referrals to other providers that offer legal representation. All services are provided in person only.

**Intake Procedure** Online;Walk-in for services  
5:00 pm-8:00 pm, 1st Wednesday of each month; Go online for exact date  
No Fees

**Last Update Date** 8/20/2019

### City of Carlsbad

799 PINE AVE  
CARLSBAD, CA 92008  
(760) 602-4650  
<http://www.carlsbadca.gov/services/depts/parks/programs/seniors/>

**Serves** Carlsbad

**Eligibility** Seniors adults 50 years and older

### Recreation Services, Senior Center

Provides continuum of services for adults at all stages of life. Whether learning how to care of an aging parent or finding ways to stay active as an older adult. Offers Information, resources and free low cost services are available, including legal assistance and medical screenings. Transportation services available.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
8:00 am-5:00 pm, Monday-Friday; 9:00 am-1:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only  
Fixed fee depending on service

**Last Update Date** 8/21/2019



# 2-1-1 San Diego North County Resource Guide

## Category Legal Assistance

### City of San Marcos

111 RICHMAR AVE  
SAN MARCOS, CA 92069  
(760) 744-5535  
<http://www.san-marcos.net/departments/community-services/adults-50>

**Serves** San Marcos

**Eligibility** Adults 50 years of age and older that reside in the City of San Marcos

### Senior Activity Center

Offers programs and services for Adults 50 years of age and older including: access to community resources, services, nutrition and leisure activities. SAC also provides resources, information and referrals such as AARP safe driving classes, food and housing resources, veterans assistance and AARP free tax preparation during tax season. Free services also include legal consultations, auditory, dietary, dental and blood pressure screenings.

**Intake Procedure** Online;Call for more information;Call for appointment  
7:30 am-4:00 pm, Monday and Friday; 7:30 am- 8:00 pm, Tuesday, Wednesday,Thursday;  
9:00 am-12:00 pm, Saturday  
No fees to low fees for some services.

**Last Update Date**

### City of Vista

1400 VALE TERRACE DR  
VISTA, CA 92084  
(760) 643-5288  
<https://www.cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services>

**Serves** Vista

**Eligibility** Ages 60 years and older for most programs. Must live in Vista for home-delivered meal and senior center transportation services.

### Senior Center, Gloria E. McClellan Senior Center

Provides recreational activities, educational, physical activities, and trips for senior citizens. Offers a congregate meal lunch program (must call for reservations), transportation to and from lunch for seniors, home-delivered meals to home-bound elderly, exercise programs, health screenings including blood pressure checks, legal consultation with an attorney (appointment required), a variety of educational and recreational classes, including computer classes with internet access.

**Intake Procedure** Call for more information;Call for appointment;Walk-in for more information

Office Hours:8:00 am-3:30 pm, Monday-Friday  
Fixed fee depending on service

**Last Update Date** 8/30/2019

### Ed Brown Senior Center for Active Adults

18402 W BERNARDO DR  
SAN DIEGO, CA 92127  
(858) 487-9324  
[www.edbrowncenter.org](http://www.edbrowncenter.org)

**Serves** 92127, 92128, 92129; Rancho Bernardo, Escondido, Poway, Rancho Penasquitos, 4S Ranch, Del Dios, Carmel Mountain, Sabre Springs, San Pasqual Valley

**Eligibility** Ages 50 years and older. Bingo is open to the public, most activities are available to non members

### Ed Brown Senior Center for Active Adults

Provides a variety of recreational, social, and educational programs for seniors. Exercise and fitness programs also legal counseling with an attorney (must make an appointment).

**Intake Procedure** Call for more information;Walk-in for more information  
9:00 am-3:00 pm, Monday-Friday

Fixed fee

\$65 Membership

**Last Update Date** 4/29/2019

### Interfaith Community Services

550 W Washington Ave  
Escondido, CA 92025  
(760) 489-6380  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Adults ages 18 years and older

### Legal Aid Clinic

Retired attorneys are available to provide assistance with general law assessments and guidance.

**Intake Procedure** Walk-in for services

Sign up starts at 12:30 pm, last Wednesday of the Month

No fees

**Last Update Date** 9/12/2019



## 2-1-1 San Diego North County Resource Guide

### Category Legal Assistance

#### Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(877) 534-2524  
www.lassd.org

**Serves** San Diego County

**Eligibility** Call for information

#### Consumer Protection Help, North County Office

Provides FREE help including counseling, advice, and/or representation in court to eligible people for debt collection, identity theft, car loans, auto repossessions, door to door sales, warranty issues, home solicitation contracts, debt collection harassment, credit reporting, medical debts, student loans, auto repair problems, auto loans, lawsuits for cars, and lawsuits for debts.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
9:00 am-5:00 pm, Monday-Friday  
Free

**Last Update Date** 6/3/2019

#### Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(844) 449-3500  
www.lassd.org

**Serves** San Diego County

**Eligibility** Individuals who need help with housing discrimination

#### Fair Housing Help, North County Office

Provides FREE help including counseling, advice, and/or representation in court to eligible people in helping with housing discrimination.

**Intake Procedure** Online;Call for more information  
9:00 am-5:00 pm, Monday-Friday  
Free

**Last Update Date** 6/3/2019

#### Legal Aid Society of San Diego, Inc.

550 W WASHINGTON AVE  
ESCONDIDO, CA 92025  
(877) 534-2524  
www.lassd.org

**Serves** San Diego County

**Eligibility** Must be low-income; US citizens; legal residents; or have other legal alien status.

#### Federal Tax Disputes, North County Clinic

Provides legal services to low-income taxpayers who have questions or problems concerning their federal income taxes. When appropriate; also represents taxpayers before the Internal Revenue Service or in court to help taxpayers pursue their rights under federal tax law or resolve problems (including tax debts) with the IRS.

**Intake Procedure** Call for more information  
9:00 am-12:00 pm; First Friday of the month  
Free

**Last Update Date** 6/3/2019

#### Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(877) 534-2524  
www.lassd.org/

**Serves** San Diego County

**Eligibility** Must be low income and a US citizens, legal residents, or have other legal alien status.

#### Federal Tax Disputes, North County Office

Provides legal services to low-income taxpayers who have questions or problems concerning their federal income taxes. When appropriate, also represents taxpayers before the Internal Revenue Service or in court to help taxpayers pursue their rights under federal tax law or resolve problems (including tax debts) with the IRS.

**Intake Procedure** Call for more information  
9:00 am-5:00 pm, Monday-Friday  
Free

**Last Update Date** 6/3/2019

## Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(877) 534-2524  
[www.lassd.org/](http://www.lassd.org/)

**Serves** San Diego County

**Eligibility** Federal regulations determine which low income residents of San Diego County are eligible for free legal services. Call for information.

## Legal Services, North County Office

Provides FREE help including counseling, advice, and representation in court to low-income people in such areas as eligibility, reduction, or termination of government health benefits, family law, consumer law, landlord-tenant issues, Section 8 and public housing (including denials), and immigration. Also, provides benefits advocacy for general relief, CalWORKs, CalFresh, and Social Security (SSI). For family law divorce issues, accepts contested divorces only, usually with children involved. Services are provided by staff attorneys and advocates.

**Intake Procedure** Call for more information

9:00 am-5:00 pm, Monday-Friday

Free

**Last Update Date** 6/3/2019

## Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(877) 534-2524  
[www.lassd.org](http://www.lassd.org)

**Serves** San Diego County

**Eligibility** Differs depending on program. Call for information.

## Public Benefit Help, North County Office

Provides FREE help including counseling, advice, and/or representation in hearings to eligible people. Provides help with denials, questions, terminations, overpayment/overissuance, reductions, and notices of actions for the following public benefits: CalWorks, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, and Adoptive Assistance.

**Intake Procedure** Online;Call for more information;Walk-in for more information

9:00 am-5:00 pm, Monday-Friday

Free

**Last Update Date** 6/3/2019

## Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(877) 534-2524  
[www.lassd.org](http://www.lassd.org)

**Serves** San Diego County

**Eligibility** Not limited

## Public Housing Tenant Help, North County Office

Provides free help including counseling, advice, and/or representation in hearings to eligible people in helping with public housing questions, notices, rights, evictions, and other public housing questions.

**Intake Procedure** Online;Call for more information;Walk-in for more information

9:00 am-5:00 pm, Monday-Friday

Free

**Last Update Date** 6/3/2019

## Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(844) 774-5463  
<http://www.lassd.org/content/children-special-needs>

**Serves** San Diego County

**Eligibility** Child must be a resident of San Diego County, have a qualifying disability and meet financial eligibility criteria. Call for more information.

## SSI Child Free Help, Oceanside

Provides FREE help to children who have a mental and/or physical condition, expected to last twelve months or more, to get Supplemental Security Income (SSI). Offers a toll-free telephone number that serves all of San Diego County. Experienced advocates and attorneys will represent applicants at all stages of the SSI eligibility process including initial applications, re-considerations, hearings, appeals, federal court appeals, disability reviews, and disability termination cases. Advocates and attorneys complete all forms, file appeals with SSA, gather medical records and other evidence, and represents individuals at hearings. All services are free of charge.

**Intake Procedure** Call for appointment

9:00 am-5:00 pm, Monday-Friday

FREE service for those that qualify. Does not take retro payments. Call for information.

**Last Update Date** 6/3/2019

## Category Legal Assistance

### Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
OCEANSIDE, CA 92054  
(877) 534-2524  
www.lassd.org

**Serves** San Diego County

**Eligibility** Call for more information

### Tenant Help, North County Office

Provides FREE help including counseling, advice and/or representation in court to eligible people in helping with evictions, security deposit, habitability, dispute with landlord, questions about what landlord can do, notices from landlord and other housing questions.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
9:00 am-5:00 pm, Monday-Friday

Free

**Last Update Date** 6/3/2019

### Public Defender, County of San Diego

495 La Tortuga Dr  
VISTA, CA 92081  
(760) 945-4000  
www.sdcounty.ca.gov/public\_defender

**Serves** San Diego County

**Eligibility** Individuals charged with a crime who are financially unable to retain a private lawyer to represent them in court.

### Public Defender, North County Office

Provides legal assistance to individuals charged with a crime in state court who are financially unable to retain private counsel. Also, handles mental health and juvenile court matters, as well as provides information regarding expungement or dismissal of certain criminal records.

**Intake Procedure** Call for more information  
8:00 am-5:00 pm, Monday-Friday

No fees. Minimal fees may be requested based on ability to pay.

**Last Update Date** 11/11/2019

### Ramona Senior Center

434 AQUA LN  
RAMONA, CA 92065  
(760) 789-0440  
www.ramonaseniorcenter.com

**Serves** Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian, Lake Henshaw

**Eligibility** Ages 60 years and older living in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian and Lake Henshaw.

### Senior Center, Pacific Educational Facilities

Provides a daily congregate hot lunches on-site, home-delivered midday meals to homebound senior citizens, health screening services including flu shots, computer classes, bridge, bingo and a travel club. Offers nutrition education, health and exercise classes, and legal consultation services. Transportation to and from Center for lunch only in immediate Ramona area.

**Intake Procedure** Call for more information;Call for appointment;Walk-in for more information

Meals: 11:30 am-12:30 pm, Monday-Friday; The Center Hours: 8:30 am-4:00 pm, Monday-Friday; Closed legal holidays

No fees for seniors. However, donations of \$5 per on-site and home-delivered meal are suggested. \$8 fee for non-senior guest of a senior (on-site only; no home delivery). \$1 van donation suggestion each way.

**Last Update Date** 5/21/2019

### San Diego Family Justice Center

1122 Broadway  
San Diego, CA 92101  
(619) 533-6000  
www.sandiegofamilyjusticecenter.org

**Serves** San Diego County

**Eligibility** Not limited.

### Domestic Violence and Victim Advocacy

Provides legal, medical, mental health therapy (children and families) and social services to victims of domestic violence at the Family Justice Center. Provides assistance to victims of all types of domestic violence, including spousal abuse, child abuse, elder abuse, and same sex abuse. Provides assistance to victims of domestic violence at restraining order hearings and in the enforcement of existing restraining orders. Domestic violence and sexual assault professionals, medical professionals, and representatives from local nonprofit and government agencies are available to provide advocacy and emergency services, including shelter, and food. Counseling services are provided. A military liaison is available for domestic violence issues involving military families.

**Intake Procedure** Call for more information;Walk-in for more information  
8:00 am-5:00 pm Monday-Friday

No fees

**Last Update Date** 2/5/2018

## Category Legal Assistance

### Senior Service Council, Escondido

728 N BROADWAY  
 ESCONDIDO, CA 92025  
 (760) 480-0611  
<https://www.escondido-senior-services.org/services>  
**Serves** Escondido, Fallbrook, San Marcos, Valley Center  
**Eligibility** Ages 50 years and older for most programs

### Senior Service Council

Provides computer classes and tutoring, tax preparation assistance, legal aid, wills and notary public, taxi vouchers, and can apply for an home energy assistance credit.  
**Intake Procedure** Call for more information; Call for appointment  
 9:00 am-3:00 pm, Monday-Thursday; 9:00 am-12:00 pm, Friday  
 Fixed fee depending on service

**Last Update Date** 5/2/2019

### Solana Beach Presbyterian Church

120 STEVENS AVE  
 SOLANA BEACH, CA 92075  
 (858) 509-2580  
[www.solanapres.org](http://www.solanapres.org)  
**Serves** Carlsbad, Solana Beach  
**Eligibility** Ages 55 and older

### Senior Center

Offers social, recreational, and educational programs for senior citizens. Provides a salad bar plus and entertainment program, health insurance counseling (HICAP) and legal information, games, music appreciation and current events, Feeling Fit Club and Silver Age Yoga.  
**Intake Procedure** Call for more information; Call for appointment  
 Program days and hours vary  
 Fixed fee. Salad bar plus and entertainment program \$5

**Last Update Date**

## Category Low Rent Permanent Housing

### National Community Renaissance, Affordable Housing Units

604 RICHMAR AVE  
 SAN MARCOS, CA 92069  
 (760) 744-3758  
<https://nationalcore.org/>  
**Serves** San Diego County  
**Eligibility** Clients must meet the income guidelines for affordable housing. For the 2 units for individuals and families that have at least one person in the household living with HIV/AIDS.

### Affordable Housing Apartments, Mariposa Apartments

Offers affordable housing apartments that vary in size for those that qualify, located in San Marcos. 2 housing units are for individuals or families that have at least one person in the household living with HIV/AIDS.  
**Intake Procedure** Call for more information  
 8:00 am-5:00 pm, Monday-Friday  
 Call for information.

**Last Update Date**

### National Community Renaissance, Affordable Housing Units

432 W MISSION RD  
 SAN MARCOS, CA 92069  
 (760) 471-4867  
<https://nationalcore.org/>  
**Serves** San Diego County  
**Eligibility** Clients must meet the income guidelines for affordable housing. For the 5 units for individuals and families that have at least one person in the household living with HIV/AIDS.

### Affordable Housing Apartments, Paseo del Oro Apartments

Offers affordable housing apartments that vary in size for those that qualify, located in San Marcos. 5 housing units are for individuals or families that have at least one person in the household living with HIV/AIDS.  
**Intake Procedure** Email; Call for more information  
 8:00 am-5:00 pm, Monday-Friday  
 Call for information.

**Last Update Date**



# 2-1-1 San Diego North County Resource Guide

## Category Low Rent Permanent Housing

### National Community Renaissance, Affordable Housing Units

422 LOS VALLECITOS BLVD  
SAN MARCOS, CA 92069  
(760) 471-1776  
<https://nationalcore.org/>

**Serves** San Diego County

**Eligibility** Clients must meet the income guidelines for affordable housing. For the 5 units for individuals and families that have at least one person in the household living with HIV/AIDS.

### Affordable Housing Apartments, Sierra Vista/Autumn Ridge Apartments

Offers affordable housing apartments that vary in size for those that qualify, located in San Marcos. 5 housing units are for individuals or families that have at least one person in the household living with HIV/AIDS.

**Intake Procedure** Email;Call for more information

8:00 am-5:00 pm, Monday-Friday

Call for information.

**Last Update Date**

### National Community Renaissance, Affordable Housing Units

508 E MISSION AVE  
ESCONDIDO, CA 92025  
(760) 745-9314  
<https://nationalcore.org/>

**Serves** San Diego County

**Eligibility** Clients must meet the income guidelines for affordable housing. For the 2 units for individuals and families that have at least one person in the household living with HIV/AIDS.

### Affordable Housing Apartments, Sonoma Court

Offers affordable housing apartments that vary in size for those that qualify, located in Escondido. 2 housing units are for individuals or families that have at least one person in the household living with HIV/AIDS.

**Intake Procedure** Call for more information;Voice Message

8:00 am-5:00 pm, Monday-Friday

Call for information.

**Last Update Date**

### Pacific Southwest Community Development Corporation

16935 W BERNARDO DR STE 238  
SAN DIEGO, CA 92127  
(858) 675-0506  
<https://pacificsouthwest.wixsite.com/pswcdc/programs>

**Serves** San Diego County, Imperial County

**Eligibility** Services are targeted towards residents that live in Pacific Southwest owned properties but are open to the community.

### Residential and Community Services

Manages affordable housing listings online and provides residential services for residents that live in properties owned by PSCDC and the community. Services include ESL classes, computer literacy, citizenship, financial education, after-school program, health & wellness programs, and community building events.

**Intake Procedure** Online;Call for more information

9:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/4/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### AALL Care In Home Services

1030 LA BONITA DR STE 338  
SAN MARCOS, CA 92078  
(760) 471-5131  
[www.nottoworryinc.com](http://www.nottoworryinc.com)

**Serves** North Inland and North Coastal Regions of San Diego County

**Eligibility** Limited to new parents, postpartum mothers, newborns, infants and children

### Not To Worry, North County Office

Provides childcare services on a long term or short term basis, either full time, part time or once in a while, during the daytime, evening, overnights or weekends. Offers interactive age appropriate educational playtime, bathing, dressing and personal care, nutritional guidance and meal preparation, assistance with potty training as needed.

**Intake Procedure** Call for more information

24 hours a day, 7 days a week; On call after 5:00 pm

Sliding scale depending on service

**Last Update Date** 6/26/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Borrego Community Health Foundation

1121 E WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 871-0606  
[www.borregomedical.org](http://www.borregomedical.org)

**Serves** Escondido

**Eligibility** Adults and children

### Community Healthcare, Centro Medico Escondido

Offers primary healthcare and urgent care services and medical appointments to all ages. Primary healthcare services include sick visits, well-child visits, physicals, immunizations, management of chronic diseases, physical therapy, pediatric development services such as healthy development screenings, assessments and interventions, occupational, speech and physical therapy, audiology, behavior health, dermatology, and chiropractic care. Women's services include birth control, pregnancy tests, family planning, prenatal care, gynecology, and breast and cervical cancer screenings. Offers HIV testing and case management, PrEP and PEP, STD screening and treatment, mental health services such as individual and group counseling sessions for all ages, medication management. Health education sessions on diabetes, high blood pressure, nutrition, cholesterol, weight management, asthma, breastfeeding, infant basic care/safety, tobacco cessation and other chronic diseases.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

**Last Update Date** 11/12/2019

### Bread Of Life

1919 APPLE ST STE R  
 OCEANSIDE, CA 92054  
 (760) 722-0800  
<https://bolrescue.org/services/>

**Serves** North Coastal and North Inland Regions

**Eligibility** Low income residents of North County.

### Congregate Meal

Offers a hot meal to low income residents of North County. Meals are served nightly from November 1st to March 31st. Closed on Saturdays from April 1st to October 31st. Must apply for Dinner Card at the Advocacy Office. Dining Room is drug and alcohol free.

**Intake Procedure** Call for more information; Walk-in for more information

Line starts: 4:30 pm, Meal served: 6:00 pm, Sunday-Saturday

No fees

**Last Update Date** 7/5/2019

### Bread Of Life

1919 APPLE ST STE N  
 OCEANSIDE, CA 92054  
 (760) 304-9279  
<https://bolrescue.org/services/>

**Serves** North Central, North Coastal, North Inland

**Eligibility** Low income residents of North County.

### Supplemental Food Box Program

Provides nutritious food boxes from the pantry to low income families and individuals. All persons must get a card from the advocacy office prior to receiving a food box and will be assigned a specific day to receive their box.

**Intake Procedure** Call for more information; Walk-in for more information

9:00 am-11:45 am or until food is gone, Monday, Wednesday Friday

No fees

**Last Update Date** 7/5/2019

### Brother Benno Foundation

3260 PRODUCTION AVE  
 OCEANSIDE, CA 92058  
 (760) 439-1244  
<https://www.brotherbenno.org/the-brother-benno-center/>

**Serves** Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista

**Eligibility** For emergency food, no age limitations however, shirt and shoes are required to receive meal. Individual must be sober.

### Brother Benno's Center

A drop-in center that provides services to homeless and low-income people. Offers meals including breakfast and sack lunches during the week and a Saturday brunch. Distributes food boxes, clothing and basic toiletries, provides shower, laundry facilities (must do 2 hours worth of volunteer work per load of laundry) and haircuts.

**Intake Procedure** Call for more information; Walk-in for appointment

Breakfast, sack lunch, and laundry: 6:30 am-12:00 pm, Monday-Friday; Showers and laundry room: 6:30 am-9:00 am, Monday-Friday; Brunch and children's reading room: 10:00 am-11:30 am, Saturday; Closed: 1:00 pm, Monday-Friday

No fees

**Last Update Date** 11/13/2018





# 2-1-1 San Diego North County Resource Guide

## Category Meal Centers, Food Banks and Senior Food Programs

### Calvary Chapel Ramona

114 14TH ST  
RAMONA, CA 92065  
(760) 789-6031  
ccramona.com

**Serves** Ramona

**Eligibility** Must be a resident of Ramona

### Sowed

Provides a bi-monthly food distribution to the residents of Ramona that are in need of food.

**Intake Procedure** Call;Walk-in for services

9:00 am-11:00 am, every other Saturday

No fees

**Last Update Date** 9/24/2018

### Catholic Charities Diocese of San Diego

917 E VISTA WAY  
VISTA, CA 92084  
(760) 631-4792  
www.ccdsd.org

**Serves** North Coastal, North Inland, North Central Regions

**Eligibility** Low income residents of North County

### Food Resource Center, Vista

Provides CalFresh (SNAP/Food Stamps) application assistance, re-certification assistance, advocacy, and also provides food packages and government commodities.

**Intake Procedure** Walk-in for services

9:00 am-12:00 pm and 1:00 pm-4:00 pm, Tuesday-Saturday

No fees

**Last Update Date** 9/23/2019

### City of Carlsbad

799 PINE AVE  
CARLSBAD, CA 92008  
(760) 602-4655  
<http://www.carlsbadca.gov/services/depts/parks/programs/seniors/nutrition.asp>

**Serves** Carlsbad

**Eligibility** Seniors ages 60 years and older

### Nutrition Program

Enjoy delicious and nutritious, privately catered meals with friends. Transportation is provided for Carlsbad senior residents.

**Intake Procedure** Online;Call for appointment

Office Hours: 8:00 am-5:00 pm, Monday-Friday; Closed: Holidays

Donation

\$4 per meal

**Last Update Date** 8/21/2019

### City of Encinitas

1140 OAKCREST PARK DR  
ENCINITAS, CA 92024  
(760) 943-2250  
<https://www.encinitasca.gov/Resident/Senior-Citizens/Community-Senior-Center>

**Serves** Encinitas

**Eligibility** Seniors ages 50 years and older. Some programs are for 60 years and older. Must be an Encinitas resident to participate in Out and About transportation program.

### Senior Center

Provides nutrition lunch program, billiards game room, living room/activity room, computer stations with free tutoring, drop in use instruction, offices for screenings, counseling, tax assistance, transportation and other services.

**Intake Procedure** Online;Call for more information;Walk-in for more information

8:00 am-4:00 pm, Monday-Friday

Fixed fee depending on service

**Last Update Date** 8/22/2019

### City of Escondido

210 E PARK AVE  
ESCONDIDO, CA 92025  
(760) 839-4688  
<https://www.escondido.org/escondido-senior-center.aspx>

**Serves** North Inland Region

**Eligibility** Ages 50 years and older. Escondido residency not required. Lunch is for ages 60 years and older.

### Escondido Senior Center

Provides a variety of programs and services including activities, exercise, dances, meetings, coffee lounge, shuffleboard, a library, billiards room, thrift shop, cafe, nutrition program, van service, volunteer opportunities, and hot meals deliver to homebound elderly seniors.

**Intake Procedure** Online;Call for more information;Walk-in for more information

Office Hours: 8:00 am-3:00 pm, Monday-Friday; Bingo: 10:45 am-4:00 pm, Sunday

No fees

**Last Update Date** 9/3/2019



# 2-1-1 San Diego North County Resource Guide

## Category Meal Centers, Food Banks and Senior Food Programs

### City of Escondido

210 E PARK AVE  
ESCONDIDO, CA 92025  
(760) 839-4803  
<https://www.escondido.org/escondido-senior-center.aspx>

**Serves** Escondido, Fallbrook, San Marcos, Valley Center, Vista Fallbrook, Valley Center

**Eligibility** Seniors ages 50 years and older

### Senior Nutrition with Transportation Program

Offers seniors a balance lunch and transportation to and from the senior center for meals.

**Intake Procedure** Call for more information  
11:30 am-12:15 pm, Monday-Friday

Fixed fee for 59 years and younger

\$5

**Last Update Date** 9/3/2019

### City of Oceanside

455 COUNTRY CLUB LN  
OCEANSIDE, CA 92054  
(760) 435-5250  
<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/country.asp>

**Serves** Oceanside

**Eligibility** Seniors ages 55 years and older for most programs. Seniors ages 60 and older are issued an ID card and are admitted to the nutrition program. However, other organizations using the center may have 50 years as their minimum age. Must be a resident of Ocean

### Senior Center, Country Club

Provides to seniors computer access, workshops, lunch, LIFE program (Learning is for Everyone) and adult dance classes. Offers information for support groups, transportation, volunteer opportunities, case management home care, and other community services.

**Intake Procedure** Call for more information;Walk-in for more information;Walk-in for services

Office Hours: 8:00 am-4:00 pm, Monday-Thursday; 8:00 am-12:30 pm, Friday

Fixed fee depending on service. Senior scholarship program available

**Last Update Date** 8/29/2019

### City of San Marcos

111 RICHMAR AVE  
SAN MARCOS, CA 92069  
(760) 744-5535  
<http://www.san-marcos.net/departments/community-services/adults-50>

**Serves** San Marcos

**Eligibility** Adults 50 years of age and older that reside in the City of San Marcos

### Senior Activity Center

Offers programs and services for Adults 50 years of age and older including: access to community resources, services, nutrition and leisure activities. SAC also provides resources, information and referrals such as AARP safe driving classes, food and housing resources, veterans assistance and AARP free tax preparation during tax season. Free services also include legal consultations, auditory, dietary, dental and blood pressure screenings.

**Intake Procedure** Online;Call for more information;Call for appointment

7:30 am-4:00 pm, Monday and Friday; 7:30 am- 8:00 pm, Tuesday, Wednesday,Thursday; 9:00 am-12:00 pm, Saturday

No fees to low fees for some services.

**Last Update Date**

### City of Vista

1400 VALE TERRACE DR  
VISTA, CA 92084  
(760) 643-5288  
<https://www.cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services/nutrition-program>

**Serves** Vista

**Eligibility** Vista senior residents ages 60 years and older

### Lunch Program

Vista senior citizens residents a nutritious lunch weekdays. Play bingo on Tuesday for prizes and is free with a lunch reservation. Provides transportation to the center for lunch.

**Intake Procedure** Call for appointment

8:00 am-4:30 pm, Monday-Friday

Donations

\$4 and \$8

**Last Update Date** 8/30/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### City of Vista

1400 VALE TERRACE DR  
 VISTA, CA 92084  
 (760) 643-5288  
<https://www.cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services>

**Serves** Vista

**Eligibility** Ages 60 years and older for most programs. Must live in Vista for home-delivered meal and senior center transportation services.

### Senior Center, Gloria E. McClellan Senior Center

Provides recreational activities, educational, physical activities, and trips for senior citizens. Offers a congregate meal lunch program (must call for reservations), transportation to and from lunch for seniors, home-delivered meals to home-bound elderly, exercise programs, health screenings including blood pressure checks, legal consultation with an attorney (appointment required), a variety of educational and recreational classes, including computer classes with internet access.

**Intake Procedure** Call for more information; Call for appointment; Walk-in for more information

Office Hours: 8:00 am-3:30 pm, Monday-Friday

Fixed fee depending on service

**Last Update Date** 8/30/2019

### Coastal Roots Farm

1000 VALE TERRACE DR  
 VISTA, CA 92084  
 (760) 230-6705  
<https://coastalrootsfarm.org/the-farm-eat/#farm-stand>

**Serves** North County San Diego

**Eligibility** Not limited

### Mobile Farm Stand

Offers fresh and certified-organic vegetables free of cost to anyone in need.

**Intake Procedure** Walk-in for more information; Walk-in for appointment

3:30 pm-5:00 pm, 3rd Tuesday of the Month

No fees

**Last Update Date** 9/20/2019

### Coastal Roots Farm

Unit Even Center, Building 51919 (Basilone Gate)  
 San Onofre, CA 92058  
 (760) 479-6505  
<https://coastalrootsfarm.org/the-farm-eat/#farm-stand>

**Serves** Camp Pendleton, North County San Diego

**Eligibility** Limited to active-duty military families.

### Mobile Farm Stand, Camp Pendleton

Offers free certified-organic vegetables for active-duty military families in partnership with Hand Up Youth Food Pantry.

**Intake Procedure** Call for appointment; Walk-in for services

12:00 pm-1:00 pm, 2nd Tuesday of the Month

No fees

**Last Update Date** 9/20/2019

### Coastal Roots Farm

441 SAXONY RD  
 ENCINITAS, CA 92024  
 (760) 230-6705  
<https://coastalrootsfarm.org/the-farm-eat/#farm-stand>

**Serves** North County San Diego

**Eligibility** Not limited

### Pay What You Can Farm Stand

Offers certified-organic fresh, food, vegetables, herbs, fruit, and eggs to anyone in need, on a donation basis.

**Intake Procedure** Walk-in for more information; Walk-in for appointment

2:00 pm-6:00 pm, Thursday (April-October); 12:00 pm-3:00 pm (November-March);

Thursday; 10:00 am-3:00 pm, Sunday (Year Round)

Suggested donations are encouraged for farm produce, but no one is turned away for inability to pay. The Farm Stand offers customers up to \$30.00 of produce at no-cost if needed. Accepts CalFresh EBT.

**Last Update Date** 9/20/2019



# 2-1-1 San Diego North County Resource Guide

## Category Meal Centers, Food Banks and Senior Food Programs

### Community Lutheran Church

4507 MISSION AVE  
 OCEANSIDE, CA 92057  
 (760) 722-3337  
 www.cloceanside.com  
**Serves** San Diego County  
**Eligibility** Anyone in need

### Serving Hungry Adults and Children in Kindness

Provides a food distribution to anyone in need and includes fresh produce, breads and canned goods.

**Intake Procedure** Walk-in for services  
 9:00 am-10:00 am, 3rd Saturday of the Month  
 No fees

**Last Update Date** 10/29/2018

### Community Resource Center

650 2ND ST  
 ENCINITAS, CA 92024  
 (760) 753-8300  
 www.crcncc.org  
**Serves** Encinitas  
**Eligibility** No residency requirements for food programs.

### Daily Breadline

Items available for daily distribution in the "Breadline" are based on availability and limited to 3 bread items, 3 fruit/vegetable items, beverage and 1 ready-to-eat item per person. A Registered Dietitian is also available for a one-on-one nutrition consultation.

**Intake Procedure** Call;Walk-in for services  
 9:00 am-10:30 am, Monday-Friday  
 No fees

**Last Update Date** 8/9/2018

### Community Resource Center

650 2ND ST  
 ENCINITAS, CA 92024  
 (760) 753-8300  
 www.crcncc.org  
**Serves** Encinitas  
**Eligibility** No residency requirements for food programs.

### Monthly Emergency Food Assistance

Monthly emergency food assistance consisting of a 2 to 3-day supply of food for individuals and families in need. USDA food commodities program available during business hours until that month's allotment is gone. A Registered Dietitian is also available for a one-on-one nutrition consultation.

**Intake Procedure** Call;Walk-in for services  
 8:00 am-4:30 pm, Monday-Friday  
 No fees

**Last Update Date** 8/9/2018

### Community Resource Center

650 2ND ST  
 ENCINITAS, CA 92024  
 (760) 753-8300  
 www.crcncc.org  
**Serves** Encinitas  
**Eligibility** No residency requirements for food programs.

### Weekly Food Distribution

Clients that are in need of employment assistance, housing resources, financial literacy or any other social service related resources are eligible to receive weekly food assistance as they work with a case manager to gain self-sufficiency. Clients in this program meet with a case manager to assess needs and develop a plan of action focused on self-sufficiency goals. Seniors and individuals who are unable to work are able to utilize this resource on a longer term basis. A Registered Dietitian is also available for a one-on-one nutrition consultation.

**Intake Procedure** Referral;Call  
 11:00 am-2:30 pm, Monday-Thursday; 11:00 am-1:30 pm, Friday; Last number is given out a half hour before close.  
 No fees

**Last Update Date** 8/9/2018



# 2-1-1 San Diego North County Resource Guide

## Category Meal Centers, Food Banks and Senior Food Programs

### Fallbrook Food Pantry

140 N BRANDON RD  
FALLBROOK, CA 92028  
(760) 728-7608  
[www.fallbrookfoodpantry.org](http://www.fallbrookfoodpantry.org)

**Serves** San Diego County

**Eligibility** Not limited. To register for ongoing food assistance, clients must meet USDA poverty guidelines and must bring the required documents listed.

### Food Shelf

Provides one time emergency food to clients who have not registered. Provides ongoing food assistance to registered clients. A 2-day supply of food is provided. No food delivery. Offers federal government food commodities once a month.

**Intake Procedure** Call for more information;Walk-in for more information

9:30 am-12:30 pm, Monday-Friday; Monday and Tuesday Registration for clients who need food on an ongoing basis.

No fees.

**Last Update Date** 12/4/2018

### Fallbrook Senior Center

399 HEALD LN  
FALLBROOK, CA 92028  
(760) 728-4498  
[www.fallbrookseniorcenter.com/](http://www.fallbrookseniorcenter.com/)

**Serves** Fallbrook

**Eligibility** Seniors ages 50 years and older

### Senior Nutrition and Transportation

Offers a nutrition program that provides home delivered meals and a daily congregate meal that is served at the Community Center. Transportation for lunch is provided. Make reservations 2-3 days in advance.

**Intake Procedure** Call for more information

11:15 am-12:00 pm, Monday-Friday

No fees

**Last Update Date** 4/26/2019

### Feeding San Diego

4980 SWEETGRASS LN  
BONSALL, CA 92003  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** Bonsall

**Eligibility** Not limited

### Mobile Pantry, Bonsall

Food assistance, distributions include staple items and fresh produce.

**Intake Procedure** Call for more information;Walk-in for services

10:00 am-11:00 am, 2nd and 4th Friday of the month

No fees

**Last Update Date** 11/21/2019

### Feeding San Diego

611 Church Lane  
Borrego Springs, CA 92004  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** Borrego Springs

**Eligibility** Not limited

### Mobile Pantry, Borrego Springs

Food assistance, distributions include staple items and fresh produce.

**Intake Procedure** Call for more information;Walk-in for services

10:00 am-11:00 am, 1st and 3rd Monday of the Month

No fees

**Last Update Date** 11/21/2019

### Feeding San Diego

463 S STAGE COACH LN  
FALLBROOK, CA 92028  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** Fallbrook

**Eligibility** Not limited

### Mobile Pantry, Fallbrook

Food assistance, distributions include staple items, bread and fresh produce.

**Intake Procedure** Call for more information;Walk-in for services

9:00 am-10:00 am, 1st and 3rd Tuesday of the Month

No fees

**Last Update Date** 11/21/2019



# 2-1-1 San Diego North County Resource Guide

## Category Meal Centers, Food Banks and Senior Food Programs

### Feeding San Diego

1850 California 78  
Julian, CA 92036  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** Julian

**Eligibility** Not limited

### Mobile Pantry, Julian

Food assistance, distributions include staple items, bread and fresh produce.

**Intake Procedure** Call for more information;Walk-in for services  
9:30 am-10:30 am, 2nd and 4th Wednesday of the Month  
No fees

**Last Update Date** 11/21/2019

### Feeding San Diego

5306 N RIVER RD  
OCEANSIDE, CA 92057  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** Oceanside

**Eligibility** Not limited

### Mobile Pantry, Oceanside

Food assistance, distributions include staple items and fresh produce.

**Intake Procedure** Call for more information;Walk-in for services  
10:30 am-11:30 am, 2nd and 4th Tuesday of the Month  
No fees

**Last Update Date** 11/21/2019

### Feeding San Diego

16650 Highway 76  
Pauma Valley, CA 92061  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** Pauma Valley

**Eligibility** Not limited

### Mobile Pantry, Pauma

Food assistance, distributions include staple items and fresh produce.

**Intake Procedure** Call for more information;Walk-in for services  
12:00 pm-1:00 pm, 1st and 3rd Tuesday of each month  
No fees

**Last Update Date** 11/21/2019

### Feeding San Diego

332 E OLIVE ST  
SAN MARCOS, CA 92069  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** San Marcos

**Eligibility** Not limited

### Mobile Pantry, San Marcos

Food assistance, distributions include staple items and fresh produce.

**Intake Procedure** Call for more information;Walk-in for services  
11:00 am-1:00 pm, 1st and 3rd Wednesday of each month  
No fees

**Last Update Date** 11/21/2019

### Feeding San Diego

7217 Great Southern Overland Trail  
JULIAN, CA 92036  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** Julian

**Eligibility** Not limited

### Mobile Pantry, Shelter Valley

Food assistance, distributions include staple items and fresh produce.

**Intake Procedure** Call for more information;Walk-in for services  
12:00 pm-1:00 pm, 2nd and 4th Wednesday of the Month  
No fees

**Last Update Date** 11/21/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Feeding San Diego

305 W CALIFORNIA AVE  
VISTA, CA 92083  
(858) 452-3663  
<https://feedingsandiego.org/>

**Serves** Vista

**Eligibility** Not limited

### Mobile Pantry, Vista

Food assistance, distributions include staple items and fresh produce.

**Intake Procedure** Call for more information; Walk-in for services  
10:00 am-11:00 am, 2nd and 4th Tuesday of the Month  
No fees

**Last Update Date** 11/21/2019

### First Congregational Church of Ramona

404 8TH ST  
RAMONA, CA 92065  
(760) 789-3348  
[www.fccramona.org](http://www.fccramona.org)

**Serves** Ramona

**Eligibility** Not limited

### Free Farmers Market - FCC Ramona

A monthly food distribution of fresh fruits, vegetables, and non-perishables.

**Intake Procedure** Walk-in for more information  
1:30 pm-3:30 pm, 4th Friday of the Month  
No fees

**Last Update Date** 11/18/2019

### First Free Methodist Church of Escondido

120 N ASH ST  
ESCONDIDO, CA 92027  
(442) 777-2081  
<http://thefoundryescondido.com/foundry-outreach>

**Serves** Escondido

**Eligibility** Anyone in need

### Food Pantry Ministry

Provides a weekly food distribution to Escondido residents in need of food. Distribution is held once a week.

**Intake Procedure** Walk-in for services  
11:00 am-1:00 pm, Tuesday and Thursday; 4:00 pm-6:00 pm, Wednesday  
No fees

**Last Update Date** 11/20/2019

### Foundation Matthew 633, Inc.

1800 N BROADWAY  
ESCONDIDO, CA 92026  
(619) 253-9951  
<http://www.foundationmatthew633inc.org>

**Serves** San Diego County

**Eligibility** Anyone in need of food.

### Food for a Neighbor, Escondido

Offers ongoing food assistance through a food distribution and pantry held three times a week in Escondido.

**Intake Procedure** Walk-in for services  
10:00-11:30 am Monday and Friday  
No fees

**Last Update Date** 6/4/2019

### Gleaning Field Foundation

2222 Watson Way  
Vista, CA 92083  
(760) 945-1003  
[www.gleaningfield.com](http://www.gleaningfield.com)

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Must be low income or homeless.

### Food Pantry

Supplies emergency food boxes to low income individuals as well as holiday food boxes, and clothing (limited supply for anyone in need). Distributions for the homeless include: hygiene products, new underwear, socks, food pack, limited sleeping bags, blankets, and back packs. Full monthly outreach is done with a church service and a meal on the 2nd Saturday of each month. Everyone is welcome to have a meal. School supplies are distributed during outreach on the 3rd weekend in August, by registration only. Clients can register during the first three weeks in August.

**Intake Procedure** Call for more information  
9:00 am-3:00 pm, Monday-Friday

No fees

**Last Update Date** 7/31/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Heritage Senior Care, Inc

2885 HOPE AVE  
CARLSBAD, CA 92008  
(800) 562-2734  
<http://www.heritageseniorcare.com/index.html>

**Serves** San Diego County

**Eligibility** Seniors ages 60 years and older.

### Anti-Oxidant Health Screenings

Offers free anti-oxidant health screening for seniors ages 60 years and older. Services include a three minute non-evasive palm scan that provides a print out of anti-oxidant levels at cellular level. Nutrition Information is also provided.

**Intake Procedure** Call for appointment  
9:00 am-12:00 pm and 1:00 pm-4:00 pm, Monday-Friday  
No fees.

**Last Update Date**

### Holiness Ministries Coalition

1120 HIGHLAND DR  
VISTA, CA 92083  
(760) 458-4655  
<http://www.holinessministriescoalition.org>

**Serves** San Diego County

**Eligibility** Residents of California with food insecurities ages 21 years and older

### Lamb of God Food Bank

Provides a weekly food distribution to residents in need of food in California.

**Intake Procedure** Call for more information; Complete Application Online; Walk-in for services  
8:00 am-4:00 pm, Monday-Friday  
No fees

**Last Update Date** 2/1/2019

### Interfaith Community Services

5731 PALMER WAY  
CARLSBAD, CA 92010  
(760) 448-5696  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Coastal Region of San Diego County

**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Carlsbad

Provides social services such as emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, clothing voucher to thrift store, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services  
1:00 pm-3:00 pm, Tuesday-Thursday  
No fees

**Last Update Date** 9/12/2019

### Interfaith Community Services

550 W WASHINGTON AVE  
ESCONDIDO, CA 92025  
(760) 489-6380  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Inland Region of San Diego County

**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Escondido

Provides social services such as shower and laundry facilities, mailing address/PO Box services, phone use, emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, clothing voucher to thrift store, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services  
8:00 am-11:00 am and 1:00 pm-3:00 pm, Monday-Friday; Closed: 1st Friday of the Month  
No fees

**Last Update Date** 9/12/2019



## Category Meal Centers, Food Banks and Senior Food Programs

### Interfaith Community Services

4700 N RIVER RD STE A  
 OCEANSIDE, CA 92057  
 (760) 721-2117  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Coastal Region of San Diego County  
**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Oceanside

For individuals that have a future job interview or medical appointment, provides social services such as emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services  
 8:00 am-11:00 am, Monday-Friday; Closed: 1st Friday of the Month  
 No fees

**Last Update Date** 11/20/2019

### Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Coastal and North Inland Regions of San Diego County  
**Eligibility** No age limitations, however, minors must be accompanied by an adult relative.

### Morning Breakfast Services

Serves a free, hot breakfast to sober homeless and low-income individuals in the area. To-go sack lunches are also provided to attendees of the morning meal.

**Intake Procedure** Walk-in for services  
 Breakfast: 6:30 am-7:15 am, Monday-Sunday  
 No fees

**Last Update Date** 9/12/2019

### Jacobs and Cushman San Diego Food Bank

3260 PRODUCTION AVE  
 OCEANSIDE, CA 92058  
 (760) 439-1244  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92054, 92055, 92056, 92057, 92058  
**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), Brother Benno's Foundation

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services  
 6:30 am-10:45 am and 11:30 am-1:00 pm, Monday-Friday  
 No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

5838 EDISON PL STE 130  
 CARLSBAD, CA 92008  
 (800) 377-4469  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92008, 92009, 92010, 92011, 92024, 92069, 92091

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), Christian Credit Counselors

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

8:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

650 2ND ST  
 ENCINITAS, CA 92024  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92024, 92007

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), Community Resource Center

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

8:00 am-5:00 pm, Monday-Thursday; 8:00 am-1:00 pm, Friday

No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

140 N BRANDON RD  
 FALLBROOK, CA 92028  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92003, 92028, 92055

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), Fallbrook Food Pantry

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

9:30 am-12:30 pm, Monday-Friday, 3rd week of the Month

No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

1619 LA BREA ST  
 RAMONA, CA 92065  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92065, 92070

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), In His Steps Christian Recovery Home

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

8:00 am-11:00 am, Wednesday after the 3rd Tuesday of the Month

No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

1307 LAUREL TREE LN  
 CARLSBAD, CA 92011  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92008, 92009, 92010, 92011, 92091

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), MAAC Project, Laurel Tree Apartments

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

3:00 pm-5:00 pm, 3rd Tuesday of the Month

No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

13230 POMERADO RD  
 POWAY, CA 92064  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92064

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), Mesa View Baptist Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

9:00 am-11:00 am, Saturday

No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

170 BOSSTICK BLVD  
 SAN MARCOS, CA 92069  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92069, 92078, 92096

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

2020 CHESTNUT AVE  
 CARLSBAD, CA 92008  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92008, 92009, 92010, 92011

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

773 MAIN ST  
 RAMONA, CA 92065  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92004, 92036, 92060, 92065, 92066, 92070, 92086

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

**Last Update Date** 1/2/2019

### Emergency Food Assistance Program (EFAP), Palomar Korean Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services  
 12:00 pm-3:00 pm, 3rd Tuesday of the Month  
 No fees

### Emergency Food Assistance Program (EFAP), Pilgrim United Church of Christ

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services  
 1:00 pm-2:00 pm, 3rd Tuesday of the Month  
 No fees

### Emergency Food Assistance Program (EFAP), Ramona Food and Clothes Closet

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services  
 9:30 am-12:30 pm and 2:30 pm-4:00 pm, Monday-Friday  
 No fees

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

31020 COLE GRADE RD  
VALLEY CENTER, CA 92082  
(866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92059, 92060, 92061, 92082

**Eligibility** Household Size /Monthly /Yearly Household Income  
1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
\$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
\$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
\$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
\$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), Serving and Sharing Foundation

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

11:30 am-1:00 pm, 4th Saturday of the Month

No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

7217 Great Southern Overland Stage Road  
Julian, CA 92036  
(866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92036

**Eligibility** Household Size /Monthly /Yearly Household Income  
1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
\$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
\$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
\$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
\$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), Shelter Valley Citizens Corporation

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

8:00 am until food is gone, 3rd Tuesday of the Month

No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

2680 Country Club Drive  
Borrego Springs, CA 92004  
(866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92002, 92004, 92059, 92066

**Eligibility** Household Size /Monthly /Yearly Household Income  
1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
\$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
\$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
\$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
\$5,981.25/ \$71,775 10/ \$6,5

### Emergency Food Assistance Program (EFAP), St Barnabas Episcopal Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

11:30 am-3:30 pm, Monday before 3rd Tuesday of the Month

No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

1001 ENCINITAS BLVD  
 ENCINITAS, CA 92024  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>  
**Serves** 92007, 92024

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

14047 TWIN PEAKS RD  
 POWAY, CA 92064  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>  
**Serves** 92064, 92127, 92128, 92129, 92131

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

120 N ASH ST  
 ESCONDIDO, CA 92027  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>  
**Serves** 92025, 92026, 92027, 92029, 92030, 92046, 92082, 92091

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

**Last Update Date** 1/2/2019

### Emergency Food Assistance Program (EFAP), St John's Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services  
 12:30 pm-2:00 pm or until food is gone, 3rd Tuesday of the Month  
 No fees

### Emergency Food Assistance Program (EFAP), The Community Food Connection

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services  
 3:00 pm-6:00 pm, Monday, Wednesday, Friday  
 No fees

### Emergency Food Assistance Program (EFAP), The Foundry Community Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services  
 11:00 am-1:00 pm, Tuesday and Thursday; 4:00 pm-6:00 pm, Wednesday

No fees

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

1609 CAPALINA RD  
 SAN MARCOS, CA 92069  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** North San Diego County

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

**Last Update Date** 4/23/2019

### Emergency Food Assistance Program (EFAP), The Movement Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Walk-in for services

2:00 pm-3:30 pm, Monday before the 3rd Tuesday of the Month

No fees

### Jacobs and Cushman San Diego Food Bank

30951 Highway 79  
 Warner Springs, CA 92086  
 (760) 782-0670  
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

**Serves** 92059, 92066, 92070, 92086

**Eligibility** Household Size /Monthly /Yearly Household Income  
 1/ \$1,561.25/ \$18,735 2/ \$2,113.75/ \$25,365 3/  
 \$2,666.25/ \$31,995 4/ \$3,218.75/ \$38,625 5/  
 \$3,771.25/ \$45,255 6/ \$4,323.75/ \$51,885 7/  
 \$4,876.75/ \$58,516 8/ \$5,428.75/ \$65,145 9/  
 \$5,981.25/ \$71,775 10/ \$6,5

**Last Update Date** 12/3/2019

### Emergency Food Assistance Program (EFAP), Warner Springs Community Center

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

**Intake Procedure** Call for appointment;Walk-in for services

9:00 am - 2:00 pm Wednesday- Saturday, 9:00 am-12:00 pm every Tuesday except the 3rd Tuesday of the month will be 8:00 am-10:00 am

No fees

### Jacobs and Cushman San Diego Food Bank

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380  
[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

**Serves** San Diego County

**Eligibility** Household must contain at least one pregnant woman and/or child(ren) from birth to 5 years old. Income eligibility by self-certification (no proof/documentation required): Household Size / Monthly / Yearly Household Income 1/ \$1,561.25 / \$18,735

### Good Start for Women and Children, Interfaith Community Services

The Good Start for Women and Children Program is a partnership with the Jacobs & Cushman San Diego Food Bank to provide pregnant women and children ages 5 and under in high need communities with a monthly food package and First 5 San Diego parent education materials. Eligible recipients can receive a food package containing 5-7 USDA commodity items, 1 pound bag of rice, 1 pound bag of pinto beans, 1 pound bag of oatmeal, and 5 pounds of fresh produce at one of four county-wide sites.

**Intake Procedure** Call;Walk-in for services

8:00 am-11:00 pm, Monday-Friday; Closed: 1st Friday of the Month

No fees

**Last Update Date** 9/25/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

16881 OLD SURVEY RD  
 ESCONDIDO, CA 92025  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

**Serves** North San Diego County

**Eligibility** Not Limited

### Neighborhood Distribution Program, Buckheart Ranch

Provides fresh fruits, vegetables and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

**Intake Procedure** Walk-in for services

4:00 pm until food is gone, 1st, 3rd and 5th Friday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

221 N Pico Ave  
 Fallbrook, CA 92028  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

**Serves** North San Diego County

**Eligibility** Not Limited

### Neighborhood Distribution Program, Fallbrook Food Pantry

Provides fresh fruits, vegetables and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

**Intake Procedure** Walk-in for services

9:00 am until food is gone, last Wednesday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

439 IOWA ST  
 FALLBROOK, CA 92028  
  
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

**Serves** North San Diego County

**Eligibility** Not limited

### Neighborhood Distribution Program, Fallbrook Spanish Seventh Day Church

Provides fresh fruits, vegetables and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

**Intake Procedure** Walk-in for services

6:00 pm until food is gone, 1st Wednesday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

11717 POWAY RD  
 POWAY, CA 92064  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

**Serves** North San Diego County

**Eligibility** Not Limited

### Neighborhood Distribution Program, North City Church, Poway

Provides fresh fruits, vegetables and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

**Intake Procedure** Walk-in for services

2:00 pm until food is gone, 2nd Friday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

32077 Community Church Dr  
 Pauma Valley, CA 92061  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

**Serves** North San Diego County

**Eligibility** Not Limited

### Neighborhood Distribution Program, Pauma Valley Community Church

Provides fresh fruits, vegetables and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

**Intake Procedure** Walk-in for services

2:00 pm until food is gone, 4th Tuesday of the Month  
 No fees

**Last Update Date** 12/19/2019



## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

1001 W COUNTRY CLUB LN  
 ESCONDIDO, CA 92026  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

**Serves** North San Diego County

**Eligibility** Not Limited

### Neighborhood Distribution Program, Provisions Relief Team

Provides fresh fruits, vegetables and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

**Intake Procedure** Walk-in for services

12:00 pm until food is gone, 4th Saturday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

890 BALOUR DR  
 ENCINITAS, CA 92024  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

**Serves** North San Diego County

**Eligibility** Not Limited

### Neighborhood Distribution Program, St Andrew's Episcopal Church

Provides fresh fruits, vegetables and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

**Intake Procedure** Walk-in for services

3:00 pm-4:00 pm, 1st Thursday of the Month  
 No fees

**Last Update Date** 12/19/2019

### Jacobs and Cushman San Diego Food Bank

22000 Highway 76  
 Pauma Valley, CA 92061  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

**Serves** North San Diego County

**Eligibility** Not Limited

### Neighborhood Distribution Program, Tribes 4 Christ

Provides fresh fruits, vegetables and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

**Intake Procedure** Walk-in for services

3:00 pm until food is gone, 4th Monday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

3368 EUREKA PL  
 CARLSBAD, CA 92008  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Carlsbad

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Carlsbad Community Center

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

1:00 pm-2:00 pm, 2nd Monday of the Month  
 No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

11740 BERNARDO PLAZA CT  
 SAN DIEGO, CA 92128  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Rancho Bernardo

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Church at Rancho Bernardo

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

9:00 am-11:00 am, 2nd Friday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

1042 S MISSION RD  
 FALLBROOK, CA 92028  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Fallbrook

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Fallbrook Food Pantry

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

9:30 am-12:30 pm, Monday-Friday; Closed during holidays  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

1400 VALE TERRACE DR  
 VISTA, CA 92084  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Vista

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Gloria McClellan Adult Activity and Resource Center

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

11:00 am-12:00 pm, 3rd Tuesday of the Month  
 No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

1607 GRANDON AVE  
SAN MARCOS, CA 92078  
(866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** North Inland

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Grandon Village Apartments

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

11:00 am-12:00 pm, 2nd Tuesday of the Month  
No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

210 E PARK AVE  
ESCONDIDO, CA 92025  
(866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Escondido

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Joselyn Senior Center

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

8:30 am-11:30 am, 4th Monday of the Month  
No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

13230 POMERADO RD  
POWAY, CA 92064  
(866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Poway

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Mesa View Baptist Church

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

1:30 pm-3:00 pm, 3rd Wednesday of the Month  
No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

455 COUNTRY CLUB LN  
 OCEANSIDE, CA 92054  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Oceanside

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Oceanside Senior Center

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

9:00 am-11:30 pm, 2nd Monday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

3839 LAKE BLVD  
 OCEANSIDE, CA 92056  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** 92056

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Oceanside Silvercrest Apartments

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

9:00 am-10:00 am, 3rd Tuesday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

215 7TH ST  
 RAMONA, CA 92065  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Ramona

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Ramona Grange 632

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

9:00 am-11:00 am, 1st Friday of the Month  
 No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

111 RICHMAR AVE  
 SAN MARCOS, CA 92069  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** San Marcos

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, San Marcos Senior Activity Center

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

1:30 pm-3:00 pm, 3rd Tuesday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

890 BALOUR DR  
 ENCINITAS, CA 92024  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** Encinitas

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, St Andrew's Episcopal Church

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

9:00 am-11:00 am, 3rd Friday of the Month  
 No fees

**Last Update Date** 1/2/2019

### Jacobs and Cushman San Diego Food Bank

30950 Hwy 79  
 Warner Springs, CA 92086  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** North Inland

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

### Senior Food Program, Warner Springs Community Resource Center

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

8:00 am-10:00 am, 3rd Tuesday of the Month  
 No fees

**Last Update Date** 1/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Jacobs and Cushman San Diego Food Bank

1600 W 9TH AVE  
 ESCONDIDO, CA 92029  
 (866) 350-3663  
<https://sandiegofoodbank.org/programs/senior-food-program/>

**Serves** North Inland

**Eligibility** Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,354 / \$16,237 2 / \$1,832 / \$21,983 3 / \$2,311 / \$33,475 4 / \$2,790 / \$39,221 5 /

**Last Update Date** 1/2/2019

### Light of the Lamb, an Intercessory Ministry

318 7TH ST  
 RAMONA, CA 92065  
 (760) 443-0106  
<http://lightofthelambministry.org>

**Serves** San Diego County

**Eligibility** Must be San Diego resident.

### Senior Food Program, Windsor Gardens Apartments

Provides food and nutrition education to eligible low-income seniors 60 years or older once a month. USDA food is given to registered participants on a monthly basis at a local distribution center. 30 pound boxes usually contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

**Intake Procedure** Call;Walk-in for services

9:00 am-10:00 am, 2nd Tuesday of the Month

No fees

### Project Care and Share of Ramona

Provides food distribution to San Diego county residents twice a week and a free meal once a week.

**Intake Procedure** Walk-in for more information

6:00 pm-8:00 pm, Wednesday; 10:00 am-2:00 pm, Saturday

No fees.

**Last Update Date** 7/25/2019

### Mision Vida Nueva

980 N ASH ST  
 ESCONDIDO, CA 92027  
 (760) 500-9327  
[www.misionvidanueva.org](http://www.misionvidanueva.org)

**Serves** North County

**Eligibility** Not limited

### Food Bank Program, Mision Vida Nueva

Provides a weekly food distribution from donated items every Saturday to anyone in need. This location is not a food bank.

**Intake Procedure** Walk-in for more information

11:00 am-until food runs out, every Saturday of the month (except the 5th Saturday of the month)

No fees.

**Last Update Date** 7/23/2019

### Mountain Manna

2898 Highway 78  
 Julian, CA 92036  
 (760) 765-0114  
<http://www.julianmethodistchurch.org/>

**Serves** Julian, Santa Ysabel, Warner Springs, Ranchita

**Eligibility** Must be low-income and reside in Julian, Santa Ysabel, Warner Springs, Ranchita area.

### Food Pantry, Community United Methodist Church of Julian

Provides a monthly distribution and emergency food pantry to low-income individuals and families that live in the service area. Food offered can include protein, carbohydrates, fresh fruits, vegetables and canned food.

**Intake Procedure** Call for appointment;Walk-in for services

Food Distribution: 9:00 am-10:30 am, 4th Saturday of the Month; Emergency Food Pantry: Call for appointment 9:00 am-1:00 pm, Monday, Wednesday, Friday

No fees

**Last Update Date** 11/15/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### Mt Carmel Catholic Parish San Diego

13541 STONEY CREEK RD  
 SAN DIEGO, CA 92129  
 (858) 484-1070  
<https://www.olmcsandiego.org/>

**Serves** Rancho Penasquitos, Mira Mesa, Poway, Escondido, San Marcos

**Eligibility** Serving people in need to feed their families without any regard to sex, ethnic origin, or religion.

### Food for Families

Offers a monthly food distribution to anyone in need.

**Intake Procedure** Walk-in for services  
 8:00 am-10:00 am, every 3rd Saturday of the Month

No fees

**Last Update Date** 6/26/2019

### Neighborhood Healthcare

460 N ELM ST  
 ESCONDIDO, CA 92025  
 (760) 520-8100  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** No age or income limitations

### Community Health Center, Escondido Elm Street

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

### Neighborhood Healthcare

1001 E GRAND AVE  
 ESCONDIDO, CA 92025  
 (760) 520-8200  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Adults only with a focus on healthcare needs of adults 50 years and over. No income limitations.

### Community Health Center, Escondido Grand Avenue

Provides a comprehensive range of health services to all adults with a focus on adults ages 50 and older, including primary care, routine preventive screenings, prenatal, family planning, counseling and health education. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management, senior peer groups and HIV testing.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday, Closed for lunch: 12:00 pm-1:00 pm; 8:00 am-5:00 pm, Wednesday, Closed for lunch: 12:00 pm-1:30 pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

## Category Meal Centers, Food Banks and Senior Food Programs

### Neighborhood Healthcare

13010 POWAY RD  
POWAY, CA 92064  
(858) 218-3000  
www.nhcare.org

**Serves** Poway

**Eligibility** No age or income limitations

### Community Health Center, Gold Family Health Center in Poway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment

1:00 pm-5:00 pm, Monday, Tuesday, Friday; 8:00 am-12:00 pm, Wednesday; 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Thursday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

### Neighborhood Healthcare

16650 Highway 76  
Pauma Valley, CA 92061  
(760) 742-9919  
www.nhcare.org

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** No age or income limitations

### Community Health Center, Pauma Valley

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment

8:00 am-12:00 pm and 1:00 pm-4:30 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

### Neighborhood Healthcare

426 N DATE ST  
ESCONDIDO, CA 92025  
(760) 690-5900  
www.nhcare.org

**Serves** North Inland Region of San Diego County

**Eligibility** Children ages 3-17 years old

### PRIME Program

Provides parents with the science-based tools, tips, and fun activities to encourage children to take an active role in their own health. PRIME focuses on encouraging healthy eating, increasing physical activity, and reducing screen time such as sitting in front of the television or computer. PRIME program sessions are held by a registered dietitian and physical activity specialist. Please note that the timeframe for the nutrition and physical activity sessions depend on a child's age.

**Intake Procedure** Call for more information

8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/20/2018

### North County Health Services

5306 N RIVER RD  
OCEANSIDE, CA 92057  
(760) 736-6767  
www.nchs-health.org

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Not limited

### Food Distribution, Oceanside

In collaboration with Feeding San Diego, offers a food distribution on the 2nd and 4th Tuesday of every month.

**Intake Procedure** Call for more information

11:00 am-12:00 pm, 2nd and 4th Tuesday of the Month

No fees

**Last Update Date** 3/21/2019



## Category Meal Centers, Food Banks and Senior Food Programs

### North County Health Services

332 E OLIVE ST  
SAN MARCOS, CA 92069  
(760) 736-6767

<https://www.nchs-health.org/community-resources/events/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Not limited

### Food Distribution, San Marcos

In collaboration with Feeding San Diego, offers a food distribution on the 1st and 3rd Wednesday of every month.

**Intake Procedure** Call for more information  
11:00 am-12:30 pm, 1st and 3rd Wednesday of the Month

No fees

**Last Update Date** 3/21/2019

### North County Health Services

1130 2ND ST  
ENCINITAS, CA 92024  
(888) 477-6333

<https://www.nchs-health.org/location/encinitas-wic-office/>

**Serves** Carlsbad, Encinitas, Solana Beach, Del Mar

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

### Women, Infants, and Children (WIC), Encinitas

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment;Walk-in for appointment;Complete Application Online

7:30 am-11:45 am and 12:45 pm-4:30 pm, Monday-Wednesday and Friday

No fees

**Last Update Date** 3/21/2019

### North County Health Services

649 W MISSION AVE  
ESCONDIDO, CA 92025  
(888) 477-6333

<https://www.nchs-health.org/location/escondido-wic-office/>

**Serves** Escondido, San Marcos, Valley Center, Vista

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

### Women, Infants, and Children (WIC), Escondido

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment;Walk-in for appointment;Complete Application Online

8:30 am-5:30 pm, Monday; 7:30 am-4:30 pm, Tuesday-Friday; Closed: 11:45 am-2:15 pm; Call for Saturday appointments

No fees

**Last Update Date** 3/21/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### North County Health Services

2210 MESA DR STE 100  
 OCEANSIDE, CA 92054  
 (888) 477-6333  
<https://www.nchs-health.org/location/oceanside-wic-office/>

**Serves** Encinitas, Carlsbad, Oceanside, Vista, San Dieguito

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

### Women, Infants, and Children (WIC), Oceanside

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment; Walk-in for appointment; Complete Application Online

7:30 am-11:45 am and 12:45 pm-4:30 pm, Monday-Friday; 8:30 am-11:45 am and 12:45 pm-4:30 pm, Thursday; Call for Saturday appointments

No fees

**Last Update Date** 3/21/2019

### North County Health Services

1039 D ST  
 RAMONA, CA 92065  
 (888) 477-6333  
<https://www.nchs-health.org/location/ramona-wic-office/>

**Serves** Ramona

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

### Women, Infants, and Children (WIC), Ramona

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment; Walk-in for appointment; Complete Application Online

7:30 am-12:00 pm and 12:45 pm-4:15 pm, Tuesday-Thursday

No fees

**Last Update Date** 3/21/2019

### North County Health Services

150 VALPREDIA RD STE 102  
 SAN MARCOS, CA 92069  
 (888) 477-6333  
<https://www.nchs-health.org/location/san-marcos-wic-office/>

**Serves** Escondido, San Marcos, Valley Center, Vista

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

### Women, Infants, and Children (WIC), San Marcos

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment; Walk-in for appointment; Complete Application Online

7:30 am-11:45 am and 12:45 pm-4:30 pm, Monday-Saturday; Some lunch time, evening and Saturday appointments available

No fees

**Last Update Date** 3/21/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### North County Health Services

28246 LILAC RD  
VALLEY CENTER, CA 92082  
(888) 477-6333  
<https://www.nchs-health.org/location/valley-center-wic-office/>

**Serves** Valley Center

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

### Women, Infants, and Children (WIC), Valley Center

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment;Walk-in for appointment;Complete Application Online

8:45 am-11:45 am and 12:45 pm-3:15 pm; Open twice a month, days may vary

No fees

**Last Update Date** 3/21/2019

### North County Health Services

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6700  
<https://www.nchs-health.org/location/nchs-san-marcos-health-center/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Women of all ages

### Women's Health Center, San Marcos

Offers complete pregnancy and delivery care, including childbirth education classes, family planning and birth control, well-women annual exams, cervical and breast cancer screenings, and behavioral health services. Services are provided at low to no cost to qualifying patients.

**Intake Procedure** Call for appointment;Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Health Services

161 THUNDER DR  
VISTA, CA 92083  
(760) 736-6767  
<https://www.nchs-health.org/location/nchs-mission-mesa-womens-health-satellite/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Women of all ages

### Women's Health Center, Vista

Offers complete pregnancy and delivery care, including childbirth education classes, family planning and birth control, well-women annual exams, cervical and breast cancer screenings, and behavioral health services. Services are provided at low to no cost to qualifying patients.

**Intake Procedure** Call for appointment;Walk-in for appointment

8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Lifeline

707 OCEANSIDE BLVD  
OCEANSIDE, CA 92054  
(760) 726-4900  
[www.nclifeline.org](http://www.nclifeline.org)

**Serves** Oceanside

**Eligibility** Youth ages 6 to 17 who reside in the area surrounding Crown Heights in Oceanside

### Youth Development Club

Offers after school programs at the Crown Heights Resource Center and La Casita Center in Oceanside. Program incorporates homework assistance, life skills education (including alcohol, tobacco, and drug prevention as well as gang prevention and healthy habits classes), recreation, art & enrichment activities for youth.

**Intake Procedure** Call for more information

8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Friday; Appointments after 5:00 pm; Closed on holidays

No fees

**Last Update Date** 10/11/2018

## Category Meal Centers, Food Banks and Senior Food Programs

### Palomar Health

120 CRAVEN RD STE 200  
 SAN MARCOS, CA 92078  
 (800) 628-2880  
<https://www.palomarhealth.org/classes-and-events/classes-search>

**Serves** North Inland Region of San Diego County

**Eligibility** Mothers and their newborns

### Breastfeeding Classes

This class provides information to enhance a mother's opportunity for a positive breastfeeding experience.

**Intake Procedure** Online;Call for appointment

Class times vary, call or go online for details

Fixed fee for class

\$30

**Last Update Date** 10/3/2019

### Palomar Health

15611 POMERADO RD  
 POWAY, CA 92064  
 (800) 628-2880  
<https://www.palomarhealth.org/classes-and-events/>

**Serves** San Diego County

**Eligibility** Not limited

### Diabetes and Nutrition Support Group

Offers a support group that shares in discussions around managing diabetes, reducing risks of diabetes-related complications and healthful food choices.

**Intake Procedure** Online;Call for appointment

Class times vary, call or go online for details

No fees

**Last Update Date** 10/3/2019

### R.A.W. Ruth Anointed World Ministries

777 W FELICITA AVE  
 ESCONDIDO, CA 92025

<http://www.ruthwalkes.com>

**Serves** San Diego County

**Eligibility** Anyone in need of food.

### Food Distribution, Escondido

Provides a weekly food distribution to anyone in need of food.

**Intake Procedure** Walk-in for services

12:30 pm-1:30 pm, Friday; 10:00 am-11:00 am, Saturday

No Fees

**Last Update Date** 6/11/2018

### R.A.W. Ruth Anointed World Ministries

1855 E VISTA WAY  
 VISTA, CA 92084

<http://www.ruthwalkes.com>

**Serves** San Diego County

**Eligibility** Anyone in need of food.

### Food Distribution, Vista

Provides a weekly food distribution to anyone in need of food.

**Intake Procedure** Walk-in for services

12:00 pm-1:00 pm, Wednesday

No Fees

**Last Update Date** 6/11/2018

### Ramona Food and Clothes Closet Inc

773 MAIN ST  
 RAMONA, CA 92065  
 (760) 789-4458  
<https://www.foodandclothescloset.org/assistance>

**Serves** Borrego Springs, Julian, Ramona, Ranchita, Santa Ysabel, Warner Springs

**Eligibility** Must be low income and live in the service area of Ramona, Julian, Santa Ysabel, Ranchita, Warner Springs, and Borrego Springs.

### Emergency Services

Provides a 3-day supply of emergency food as well as clothing to low income families that qualify. Only residents of Borrego Springs, Julian, Ramona, Ranchita, Santa Ysabel, and Warner Springs are provided services. Medical equipment loan program. Offers information and referral services when necessary.

**Intake Procedure** Walk-in for more information

9:30 am-12:30 pm and 2:30 pm-4:00 pm, Monday-Friday

No fees.

**Last Update Date** 7/22/2019

## Ramona Senior Center

434 AQUA LN  
RAMONA, CA 92065  
(760) 789-0440  
www.ramonaseniorcenter.com

**Serves** Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian, Lake Henshaw

**Eligibility** Ages 60 years and older living in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian and Lake Henshaw.

## Senior Center, Pacific Educational Facilities

Provides a daily congregate hot lunches on-site, home-delivered midday meals to homebound senior citizens, health screening services including flu shots, computer classes, bridge, bingo and a travel club. Offers nutrition education, health and exercise classes, and legal consultation services. Transportation to and from Center for lunch only in immediate Ramona area.

**Intake Procedure** Call for more information; Call for appointment; Walk-in for more information

Meals: 11:30 am-12:30 pm, Monday-Friday; The Center Hours: 8:30 am-4:00 pm, Monday-Friday; Closed legal holidays

No fees for seniors. However, donations of \$5 per on-site and home-delivered meal are suggested. \$8 fee for non-senior guest of a senior (on-site only; no home delivery). \$1 van donation suggestion each way.

**Last Update Date** 5/21/2019

## Rock Church & Academy

1370 W SAN MARCOS BLVD  
SAN MARCOS, CA 92078

<https://www.sdrock.com/ministries/provisions/>

**Serves** North County San Diego

**Eligibility** Anyone in need is welcome. No restrictions.

## Provisions Minisry

Offers a monthly staple food distribution to those in need as well as spiritual encouragement and prayer.

**Intake Procedure** Walk-in for services

12:00 pm-until food lasts, 1st Thursday of each month

No fees

**Last Update Date** 9/27/2019

## San Diego State University Research Foundation

1131 E WASHINGTON AVE  
ESCONDIDO, CA 92025  
(888) 999-6897  
sdsuwic.org

**Serves** San Diego County

**Eligibility** Serves the following groups: pregnant women, post-partum (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications. Monthly Gross Income by Household Size

## SDSU Research Foundation WIC Office, Escondido

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

**Intake Procedure** Online; Call for appointment

8:00 am-5:00 pm, Monday-Friday; 8:00 am-4:30 pm, 2nd Saturday of the Month; Closed 2nd Friday of the Month.

No fees

**Last Update Date** 5/2/2019

## San Diego State University Research Foundation

504 East Alvarado Street  
FALLBROOK, CA 92028  
(888) 999-6897  
sdsuwic.org

**Serves** San Diego County

**Eligibility** Serves the following groups: pregnant women, post-partum (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications. Monthly Gross Income by Household Size

## SDSU Research Foundation WIC Office, Fallbrook

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

**Intake Procedure** Online; Call for more information

8:00 am-5:00 pm, Monday-Friday; Closed: 12:00 pm-1:00 pm

No fees

**Last Update Date** 5/2/2019

## Category Meal Centers, Food Banks and Senior Food Programs

### San Diego State University Research Foundation

1031 S. Santa Fe Avenue  
VISTA, CA 92083  
(888) 999-6897  
sdsuwic.org

**Serves** San Diego County

**Eligibility** Serves the following groups: pregnant women, post-partum (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications. Monthly Gross Income by Household Size

### SDSU Research Foundation WIC Office, Vista

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

**Intake Procedure** Online;Call for appointment;Walk-in for more information;Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday; 8:00 am-4:30 pm, 3rd Saturday of the Month; Closed 3rd Friday of the Month

No fees

**Last Update Date** 5/2/2019

### SoCal Athletics, Inc.

1482 LA MIRADA DR  
SAN MARCOS, CA 92078  
(760) 477-7547  
<https://www.facebook.com/TheOrchardsEdge/>

**Serves** San Diego County

**Eligibility** No eligibility requirements to donate or pick up food.

### Orchard's Edge

Collects food from local businesses and individuals and distributes to anyone in need.

**Intake Procedure** Call for more information;Walk-in for services

9:00 am-9:00 pm, Monday-Thursday; 9:00 am-5:30 pm, Friday; 9:00 am-4:00 pm, Saturday, 2:00 pm-9:00 pm

No fees

**Last Update Date** 12/5/2018

### Society of St Vincent De Paul, San Diego Council

31020 COLE GRADE RD  
VALLEY CENTER, CA 92082  
(760) 749-3324  
<http://www.svdpsandiego.org>

**Serves** Pauma Valley; Valley Center

**Eligibility** Residents in Pauma Valley and Valley Center

### Food Pantry, St Stephens

Provides emergency food to Pauma Valley and Valley Center areas.

**Intake Procedure** Call for appointment;Walk-in for appointment

8:30 am-9:30 am, Saturdays

No fees

**Last Update Date** 9/12/2019

### Solana Beach Presbyterian Church

120 STEVENS AVE  
SOLANA BEACH, CA 92075  
(858) 509-2580  
[www.solanapres.org](http://www.solanapres.org)

**Serves** Carlsbad, Solana Beach

**Eligibility** Ages 55 and older

### Senior Center

Offers social, recreational, and educational programs for senior citizens. Provides a salad bar plus and entertainment program, health insurance counseling (HICAP) and legal information, games, music appreciation and current events, Feeling Fit Club and Silver Age Yoga.

**Intake Procedure** Call for more information;Call for appointment

Program days and hours vary

Fixed fee. Salad bar plus and entertainment program \$5

**Last Update Date**

## Category Meal Centers, Food Banks and Senior Food Programs

### St Andrew's Episcopal Church

890 BALOUR DR  
 ENCINITAS, CA 92024  
 (760) 753-3017  
[www.standrewsepiscopal.org](http://www.standrewsepiscopal.org)

**Serves** San Diego County

**Eligibility** Anyone in need

### Community Hot Meal

Provides a hot served breakfast in the Parish Hall, which includes pancakes, eggs, bacon, hash browns, fruit salad, OJ & coffee.

**Intake Procedure** Walk-in for services  
 10:00 am, Saturday  
 No fees

**Last Update Date** 10/24/2019

### St Andrew's Episcopal Church

890 BALOUR DR  
 ENCINITAS, CA 92024  
 (760) 753-3017  
[www.standrewsepiscopal.org](http://www.standrewsepiscopal.org)

**Serves** San Diego County

**Eligibility** Individuals and families in need

### Food Pantry

Provides non-perishable basic food items once a week to individuals and families in need.

**Intake Procedure** Walk-in for services  
 3:00 pm-4:00 pm, Thursday  
 No fees

**Last Update Date** 10/24/2019

### St Francis of Assisi

525 W VISTA WAY  
 VISTA, CA 92083  
 (760) 945-8000  
<http://stfrancis-vista.org>

**Serves** San Diego County

**Eligibility** Not limited

### Soup Kitchen

Offers a hot meal every Monday to anyone in need.

**Intake Procedure** Walk-in for services  
 5:00 pm-6:30 pm, Monday  
 No fees

**Last Update Date**

### Summit Christian Church

292 E BARHAM DR  
 SAN MARCOS, CA 92078  
 (760) 471-6267  
[www.summitsanmarcos.com](http://www.summitsanmarcos.com)

**Serves** San Marcos

**Eligibility** Not limited

### Food Distribution

Offers a farmers market style food distribution to City of San Marcos residents on the 2nd and 4th Tuesday of each month.

**Intake Procedure** Walk-in for services  
 12:00 pm-1:30 pm, 2nd and 4th Tuesday of the Month  
 No fees

**Last Update Date** 5/7/2019

### TERI, Inc

251 AIRPORT RD  
 OCEANSIDE, CA 92058  
 (760) 721-1706  
[www.teriinc.org](http://www.teriinc.org)

**Serves** Carlsbad, Escondido, Fallbrook, Oceanside, Poway, San Marcos, Valley Center, Vista

**Eligibility** Anyone in need of food.

### Food Pantry

Offers a weekly food distribution to anyone in need.

**Intake Procedure** Walk-in for services  
 2:30-3:30 pm, 2nd and 4th Wednesday of the Month

No fees

**Last Update Date** 7/20/2018



# 2-1-1 San Diego North County Resource Guide

## Category Meal Centers, Food Banks and Senior Food Programs

### The Salvation Army San Diego Regional Office

1301 Las Villas Way  
Escondido, CA 92026  
(760) 745-8685  
[www.sandiego.salvationarmy.org](http://www.sandiego.salvationarmy.org)

**Serves** Escondido; Poway; Ramona; San Marcos; Valley Center; Rancho Penasquitos; 92127, 92128

**Eligibility** Not limited

### Family Services, Escondido Corps

Provides emergency assistance to persons in need. Services include an emergency food program that is offered once month (priority given to seniors, disabled, and homeless individuals). Food and produce is also offered at this site to anyone in need (recipients are encouraged to bring their own grocery bags). Also provides baby blankets, formula, and diapers when these items are available. Offers referrals to other agencies for case management services.

**Intake Procedure** Call for more information; Walk-in for services  
7:30 am-2:30 pm, Monday-Friday; Food Distribution: 8:00 am-2:30 pm, Monday-Friday

No fees

**Last Update Date** 6/21/2019

### The Salvation Army San Diego Regional Office

3935 LAKE BLVD  
OCEANSIDE, CA 92056

[www.sandiego.salvationarmy.org](http://www.sandiego.salvationarmy.org)

**Serves** North Coastal Region

**Eligibility** Not limited.

### Fresh Choice Program, Oceanside Corps

Provides emergency food including fresh fruit and vegetables to anyone in need.

**Intake Procedure** Walk-in for more information  
12:00 pm (Line Up), Monday, Tuesday, Thursday, Friday

No fees

**Last Update Date** 10/4/2017

### The Salvation Army San Diego Regional Office

3935 LAKE BLVD  
OCEANSIDE, CA 92056  
(760) 631-8218 Ext 208  
<https://oceanside.salvationarmy.org/>

**Serves** North Coastal Region

**Eligibility** Adults ages 60 years and older. Must be homebound to receive home-delivered meals.

### Senior Nutrition Sites, Oceanside Corps

Serves hot lunches to seniors and their spouses. Social activities vary but includes games, crafts, outings, and speakers who address topics of interest.

**Intake Procedure** Call for more information  
11:30 am-12:30 pm, Monday-Friday; 24 hours a day, 7 days a week Reservation Line  
Donation based \$4.00

**Last Update Date** 4/10/2019

### theMovement

1609 CAPALINA RD  
SAN MARCOS, CA 92069  
(760) 510-1160  
<http://www.themovement.org/events-1/2017/8/21/free-food-distribution-7w6sa-z8j27-nndns-xsnns-jxpw9-2zggz-je8ss-6gal6-whkpw-le437>

**Serves** North San Diego County

**Eligibility** Not limited.

### Community Food Distribution, theMovement

Offers a monthly food distribution for anyone in need.

**Intake Procedure** Walk-in for services

2:00 pm-4:00 pm, 3rd Monday of each Month  
No fees.

**Last Update Date** 5/15/2019



## Union of Pan Asian Communities

200 N ASH ST  
 ESCONDIDO, CA 92027  
 (760) 233-1984  
 www.upacsd.com

**Serves** San Diego County  
**Eligibility** 60 years and older

## Senior Nutrition Program, EMASS Community

Ethnically appropriate, nutritious meals and nutrition education are provided to Pan Asian seniors at two congregate meal sites throughout San Diego County. The program enhances good nutrition, reduces social and emotional isolation, enhances positive socialization through cultural activities and engages seniors in the planning, preparation and serving of the meals.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 9:00 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date**

## Vista Community Clinic

134 GRAPEVINE RD  
 VISTA, CA 92083  
 (844) 308-5003  
 www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County  
**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

## Insurance and Benefits Enrollment Services, Grapevine

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday  
 No fees

**Last Update Date** 2/4/2019

## Vista Community Clinic

517 N HORNE ST  
 OCEANSIDE, CA 92054  
 (844) 308-5003  
 www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County  
**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

## Insurance and Benefits Enrollment Services, Horne

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date** 2/4/2019

## Vista Community Clinic

4700 N RIVER RD  
 OCEANSIDE, CA 92057  
 (844) 308-5003  
 www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County  
**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

## Insurance and Benefits Enrollment Services, North River

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday  
 No fees

**Last Update Date** 2/4/2019



# 2-1-1 San Diego North County Resource Guide

## Category Meal Centers, Food Banks and Senior Food Programs

### Vista Community Clinic

818 Pier View Way  
Oceanside, CA 92054  
(844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

### Insurance and Benefits Enrollment Services, Pier View

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment;Walk-in for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 8:00 am-7:00 pm, Wednesday; 9:00 am-4:00 pm, Saturday

No fees

**Last Update Date** 2/4/2019

### Vista Community Clinic

1000 VALE TERRACE DR  
VISTA, CA 92084  
(844) 308-5003  
<http://www.vistacommunityclinic.org/insurance-assistance/>

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

### Insurance and Benefits Enrollment Services, Vale Terrace

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment;Walk-in for appointment

8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:30 pm, Friday; 9:00 am-4:00 pm, Saturday

No fees

**Last Update Date** 2/4/2019

### Warner Springs Community Resource Center

30950 Hwy 79  
Warner Springs, CA 92086  
(760) 782-0670  
[WSCRCenter.org](http://WSCRCenter.org)

**Serves** Oak Grove, Sunshine Summit, Warner Springs, Ranchita, Lake Henshaw, Santa Ysabel, Julian, and Borrego Springs

**Eligibility** Single households and families living in Oak Grove, Sunshine Summit, Warner Springs, Ranchita, Lake Henshaw, Santa Ysabel, Julian, and Borrego Springs  
There are income guidelines for the food distribution, please call for details.

### Warner Springs Community Resource Center

Offers community resources for the rural communities in San Diego County including a food distribution, clothing, health services (flu shots), Internet access, and a community center for meeting and social activities.

**Intake Procedure** Call for more information;Walk-in for services

9:00 am-12:00 pm, Tuesday; 9:00 am-2:00 pm, Wednesday-Saturday

No fees

**Last Update Date** 5/23/2019

## Category Medical Services

## Access to Independence of San Diego

1440 S ESCONDIDO BLVD  
 ESCONDIDO, CA 92025  
 (619) 293-3500  
[www.accesstoIndependence.org](http://www.accesstoIndependence.org)

**Serves** North San Diego County

**Eligibility** Empowered Youth (Transitional Age Youth) eligibility is for Transitional Age Youth (14-24) living with a disability Community Reintegration (Transition) eligibility is for Individuals with disabilities transitioning out of residential medical institution

## Access to Independence, Escondido

Empowered Youth (Transitional Age Youth) focus is on developing the skills, tools and attitude necessary to live a fulfilling life and look forward to a bright future as an independent adult. Community Reintegration (Transition) is support to consumers who are ready to transition out of residential medical institutions into their own independent homes by ensuring they have a safe living environment, the basic needs, and proper tools needed for successful community integration. Live & Thrive (Self-sufficiency/Independent Living Skills Building) is Peer facilitated, whole-person wellness program for people living with disabilities. Participants in a group setting develop an empowerment strategy by embracing better habits to ensure and enhance healthy-living and independence. Our Creative Self (Artistic Expression Group) is to utilize the power of the creative arts to stimulate and strengthen the voice and choice of individuals in our community living with disabilities. Provide consumers a creative outlet and opportunity to express themselves by sharing each other's artistic talents in a safe environment that also reinforces independent living skills. United We Rise! (Consumer Advisory Council-Peer Support Group) is to bring consumers together to engage them around community issues (ex. transportation, housing, In-home support) and illuminate the concerns and barriers individuals living with disabilities face while attempting to maximize their independence. Supported & Able (Community Education & Advocacy) is to positively influence the lives of individuals living with disabilities by educating them on the variety of benefits, programs and resources available to them within the community. To empower consumers to lower the barriers related to transportation, housing, employment, disability benefits, etc.

**Intake Procedure** Call for appointment

8:30 am-4:30 pm, Monday-Friday

No fees

**Last Update Date** 10/9/2019

## Adapt Functional Movement Center

2732 LOKER AVE W  
 CARLSBAD, CA 92010  
 (760) 688-7323  
<http://www.adaptmovement.org>

**Serves** San Diego County

**Eligibility** Individuals ages 4 and older with a neurological or movement related disorder/condition or a paralysis related injury.

## Adapt Movement Protocol

Offer physical fitness based recovery services for individuals with a neurological or movement related condition or a paralysis related injury. Services include developmental movement, ground therapy, body system stability, access to mobility enablement devices, and guided imagery into a whole system approach to recovery. Specializes in spinal cord injury, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Parkinson's, stroke, lupus, traumatic brain injury and cerebral palsy.

**Intake Procedure** Email; Complete Application Online; Call

9:00 am-6:00 pm, Monday-Friday

Fees range depending on service. Scholarships available for certain programs and qualified applicants.

**Last Update Date** 7/25/2018

## Category Medical Services

### Alternatives Medical Clinic

257 E 2ND AVE  
 ESCONDIDO, CA 92025  
 (760) 741-9796  
[www.awc-ca.com](http://www.awc-ca.com)

**Serves** San Diego and Imperial Counties

**Eligibility** Must enroll in the Earn While You Learn program

### Parenting Series

Provides evidence-based parenting classes focusing on caring for babies and children 2-12 years old. Topics include over 30 prenatal, postpartum and parenting education classes. Course material imparted through Earn While You Learn Video Classes with lesson worksheets and homework for many classes. Classes are court approved. Also provides basic emergency provisions for children ages 0-5 years old, including baby clothes, diapers, and formulas.

**Intake Procedure** Call for appointment

9:00 am-5:00 pm, Monday-Thursday, 12:00 pm-1:00 pm Closed for Lunch; Class times vary, call for current information.

No fees

**Last Update Date** 12/2/2019

### Alternatives Medical Clinic

257 E 2ND AVE  
 ESCONDIDO, CA 92025  
 (760) 741-9796  
<https://amc-ca.com/services/>

**Serves** San Diego County

**Eligibility** Women who are pregnant or think they might be pregnant

### Pregnancy Services

Offers pregnancy testing, limited obstetrical (OB) ultrasound for viability, abortion education, nurse assessment and referrals, and evidenced-based, prenatal and postpartum parenting education.

**Intake Procedure** Call for appointment; Walk-in for more information; Complete Application Online

9:00 pm-5:00 pm, Monday-Friday; 12:00 pm-1:00 pm; Closed for Lunch

No fees.

**Last Update Date** 10/4/2019

### AmeriCare Adult Day Health Care Center

340 RANCHEROS DR STE 196  
 SAN MARCOS, CA 92069  
 (760) 682-2424  
[www.americareadhcc.com](http://www.americareadhcc.com)

**Serves** San Diego County

**Eligibility** 18 years and older with a qualifying medical condition, which includes arthritis, diabetes, stroke, dementia, Alzheimer's, high blood pressure, depression and more.

### Adult Day Health Care

Provides a safe and nurturing environment for adults with a medical condition that offers social activities, occupational, physical, and speech therapy, nursing services, counseling, social services/case management, hot meals and nutritional counseling, and transportation to and from the center.

**Intake Procedure** Call for more information

8:00 am-4:30 pm, Monday-Friday

Insurance accepted. Payments from the San Diego Regional Center accepted. Call for fixed fee schedule prices.

**Last Update Date** 5/2/2019

### Arc of San Diego

1336 RANCHEROS DR  
 SAN MARCOS, CA 92069  
 (760) 726-2250  
<https://www.arc-sd.com/>

**Serves** San Diego County

**Eligibility** Ages 18 years and older, must be diagnosed with a developmental disability.

### Adult Development, North County Training Center

Provide support with essential life skills and combines classroom instruction with community integration and vocational development for adults with developmental disabilities. The program integrates classroom knowledge with practical use, with a curriculum focused on communication, safety, money management, personal and social concerns, and life skills. Transition training is also offered from the classroom to more fully integrated community environments. Assists adults in developing abilities to become as independent as possible, maintaining current placement, or moving to a higher level program.

**Intake Procedure** Call for appointment

8:00 am-4:30 pm, Monday-Friday

Fixed fee schedule. Fees are usually paid through the San Diego Regional Center.

**Last Update Date** 5/14/2019

## Category Medical Services

### Arc of San Diego

1336 RANCHEROS DR  
SAN MARCOS, CA 92069  
(760) 740-6800  
<https://www.arc-sd.com/>

**Serves** San Diego County

**Eligibility** Ages 50 years and older, must be diagnosed with a developmental disability.

### Senior Transition, North County Training Center

Provides ongoing training and services for adults with developmental disabilities (aimed at those ages 50 years and older, but individuals are assessed on a case-by-case basis). Offers recreation, leisure, arts and crafts, food preparation, and other classroom curricula to help the individual transition into senior living. Provides vocational opportunities. Offers information about community programs for seniors.

**Intake Procedure** Call for appointment

8:00 am-4:30 pm, Monday-Friday

Fixed fee schedule. Fees are usually paid through the San Diego Regional Center.

**Last Update Date** 5/14/2019

### Birth Choice Mobile Clinic and Care Center

277 S RANCHO SANTA FE RD STE R  
SAN MARCOS, CA 92078  
(760) 744-1313  
<http://birthchoice.net/>

**Serves** San Diego County

**Eligibility** Men and women facing an unplanned pregnancy regardless of immigration status.

### Pregnancy Care Center and Women's Mobile Clinic, San Marcos

Birth Choice provides free education and support services to women and men dealing with an unplanned pregnancy. Education includes fetal development, abortion risks and procedures, and pregnancy options provided by trained staff. Medical Services include pregnancy tests and ultrasounds performed by a licensed RN and provided on a state of the art Mobile Clinic, licensed by the state of California. Also provided are pre-natal and parenting classes, materials goods for babies, an After Abortion Healing Program, By Design Sexual Health Workshops, and medical, financial, adoption and STD testing referrals. Does not provide or refer for abortions.

**Intake Procedure** Online;Call for more information;Walk-in for more information

9:00 am-5:00 pm, Monday-Friday

All Services 100% FREE

**Last Update Date** 3/12/2019

### Birth Choice Mobile Clinic and Care Center

215 North Freeman  
OCEANSIDE, CA 92056  
(760) 744-1313  
[www.birthchoice.net](http://www.birthchoice.net)

**Serves** San Diego County

**Eligibility** Pregnant women and their partners facing an unplanned pregnancy regardless of immigration status.

### Women's Mobile Clinic, Oceanside

Provides assistance from a right-to-life perspective to women facing an unplanned or crisis pregnancy through a fully functional and licensed mobile clinic. Services are free of charge and include pregnancy tests, limited ultrasound imaging by a licensed nurse, consulting and supportive services, post abortion counseling, By Design Sexual Health Workshops, and donated baby clothes. Referrals are also provided for medical care, STD testing, financial aid programs, and adoption programs. Offers post-abortion counseling.

**Intake Procedure** Online;Call;Walk-in for services

9:00 am-5:00 pm, Monday-Friday

No fees.

**Last Update Date** 3/12/2019

### Borrego Community Health Foundation

4343 Yaqui Pass Road  
Borrego Springs, CA 92004  
(760) 767-5051  
[www.borregomedical.org](http://www.borregomedical.org)

**Serves** Borrego Springs

**Eligibility** Adults and children

### Community Clinic, Borrego Medical Center

Provides primary health care to children and adults. Services include CDHP exams, diabetes clinic, family planning, general medicine, HIV testing, immunizations, pediatrics, pregnancy testing, STD testing and treatment, weight control, dermatology, flu shots, hearing testing, hypertension, internal medicine, podiatry, prenatal care, TB testing, and vision testing. Also offers Project Access and Surgery Day events. Also provides application assistance to the following programs: Medi-Cal for children and pregnant women, Family PACT, cancer detection programs and treatment for women, Covered CA and CHDP. Call for Hepatitis A vaccines and information.

**Intake Procedure** Call for appointment;Walk-in for services

8:00 am-5:00 pm, Monday-Friday

Sliding scale based on income and family size.

Accepts some insurance plans.

**Last Update Date** 11/12/2019

## Category Medical Services

### Borrego Community Health Foundation

2721 Washington Street  
 Julian, CA 92036  
 (760) 765-1223  
<http://www.borregohealth.org/julian-medical-clinic>

**Serves** Julian, Santa Ysabel, Cuyamaca, Wynola

**Eligibility** Adults and children

### Community Clinic, Julian Medical Clinic

Provides family practice, general medicine medical care, pain management to all age groups including: minor surgical services by appointment. Also provides other enabling services including: women's health services, health education, nutrition counseling, referral services to specialties, basic laboratory, digital radiology, X-ray, pharmacy services, and EKG. EKG paramedic and ambulance services close to the clinic. Also provides application assistance to the following programs: Medi-Cal, Healthy Families, Presumptive Eligibility for Pregnancy, Family PACT, Every Woman Counts (EWC), and CHDP. Call for Hepatitis A vaccines and information.

**Intake Procedure** Call for appointment; Walk-in for services

8:00 am-11:00 pm, 1:00 pm-5:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

**Last Update Date** 11/12/2019

### Borrego Community Health Foundation

1121 E WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 871-0606  
[www.borregomedical.org](http://www.borregomedical.org)

**Serves** Escondido

**Eligibility** Adults and children

### Community Healthcare, Centro Medico Escondido

Offers primary healthcare and urgent care services and medical appointments to all ages. Primary healthcare services include sick visits, well-child visits, physicals, immunizations, management of chronic diseases, physical therapy, pediatric development services such as healthy development screenings, assessments and interventions, occupational, speech and physical therapy, audiology, behavior health, dermatology, and chiropractic care. Women's services include birth control, pregnancy tests, family planning, prenatal care, gynecology, and breast and cervical cancer screenings. Offers HIV testing and case management, PrEP and PEP, STD screening and treatment, mental health services such as individual and group counseling sessions for all ages, medication management. Health education sessions on diabetes, high blood pressure, nutrition, cholesterol, weight management, asthma, breastfeeding, infant basic care/safety, tobacco cessation and other chronic diseases.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

**Last Update Date** 11/12/2019

### Borrego Community Health Foundation

590 PALM CANYON DR  
 BORREGO SPGS, CA 92004  
 (760) 767-5112  
<http://www.borregohealth.org/borrego-health-woolcott-dental->

**Serves** Borrego Springs

**Eligibility** Adults and children

### Woolcott Dental

Provides dental care for adults, children and adolescents. Service is comprehensive and includes examinations, teeth cleaning, operative treatment (fillings), sealants, endodontic procedures (root canals) and minor surgery.

**Intake Procedure** Call; Walk-in for services

8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Thursday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

**Last Update Date** 11/12/2019

## Category Medical Services

### California State University San Marcos

1249 E OHIO AVE  
 ESCONDIDO, CA 92027  
 (760) 385-3739  
<http://www.csusm.edu/nursing/community/studenthealthproject/index.html>

**Serves** San Diego County

**Eligibility** Those looking for medical services must be without medical insurance or waiting on Medi-Cal or other health insurance approval. Will also accept under insured individuals.

### Free Medical Clinic, Student Healthcare Project, Foundry Clinic

Offers free medical services for individuals without medical insurance or pending medical insurance approval. Services include Adult and teen medical care, health screenings and testing, chronic disease management, prescription assistance, laboratory services, wellness education, disease prevention, help accessing healthcare resources, social services and case management professionals and faculty. This clinic is staffed by CSUSM students.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 1:00 pm-7:00 pm, Tuesday; 8:00 am-2:00 pm, Thursday  
 No fees

**Last Update Date** 8/28/2019

### City of San Marcos

184 SANTAR PL  
 SAN MARCOS, CA 92069  
 (760) 744-1050 Ext 3410  
<http://www.san-marcos.net/departments/public-safety/fire-department/special-programs-services/cpr>

**Serves** San Diego County

**Eligibility** Individuals ages 12 and older looking for a basic adult, child, and infant CPR certification.

### CPR Class

Offers a fee based CPR class to the public on the second Saturday of specified months. This class is for basic adult, child, and infant CPR. This is NOT a health provider certification class. Upon completion of the course, all participants will receive a CPR certification that will be valid for two years.

**Intake Procedure** Call for more information; Call for appointment; Walk-in for appointment; Walk-in for services  
 7:30 am-5:30 pm, Monday-Friday; Closed every other Friday  
 Fixed fee \$45/month

**Last Update Date** 6/4/2018

### City of Vista

1400 VALE TERRACE DR  
 VISTA, CA 92084  
 (760) 643-5288  
<https://www.cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services>

**Serves** Vista

**Eligibility** Ages 60 years and older for most programs. Must live in Vista for home-delivered meal and senior center transportation services.

### Senior Center, Gloria E. McClellan Senior Center

Provides recreational activities, educational, physical activities, and trips for senior citizens. Offers a congregate meal lunch program (must call for reservations), transportation to and from lunch for seniors, home-delivered meals to home-bound elderly, exercise programs, health screenings including blood pressure checks, legal consultation with an attorney (appointment required), a variety of educational and recreational classes, including computer classes with internet access.

**Intake Procedure** Call for more information; Call for appointment; Walk-in for more information  
 Office Hours: 8:00 am-3:30 pm, Monday-Friday  
 Fixed fee depending on service

**Last Update Date** 8/30/2019

### Community Health Systems, Inc, Fallbrook Family Health Center

1328 S MISSION RD  
 FALLBROOK, CA 92028  
 (760) 451-4730  
<http://www.chsica.org/services.htm>

**Serves** San Diego County

**Eligibility** Provides dental services to adults and children of all ages

### Dental Care

Provides preventative dental care to adults and children including: general dentistry, cleanings, fillings, extractions, dentures, and crowns.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-5:00 pm, Monday-Saturday  
 Sliding scale fees based on family size and income

**Last Update Date** 5/21/2019

## Category Medical Services

### Community Health Systems, Inc, Fallbrook Family Health Center

1328 S MISSION RD  
 FALLBROOK, CA 92028  
 (760) 451-4720  
<http://www.chsica.org/services.htm>

**Serves** North Coastal and North Inland Region of San Diego County

**Eligibility** Primary healthcare services to individuals in need, including the uninsured, under-insured, working poor, those with limited ability to pay, homeless or indigent.

### Medical Care

Provides primary healthcare services for individuals of all ages including sick visits, physical examinations, diagnostic screenings, immunizations, well baby care and child health and disability prevention exams, and more. Also provides chronic disease management and referrals to resources for chronic health conditions.

**Intake Procedure** Call for appointment; Walk-in for services  
 8:00 am-6:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Sliding scale fees based on family size and income

**Last Update Date** 5/20/2019

### Community Health Systems, Inc, Fallbrook Family Health Center

1328 S MISSION RD  
 FALLBROOK, CA 92028  
 (760) 451-4720  
<http://www.chsica.org/services.htm>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Youth ages 12 to 19 years old.

### Teen Clinic

Provides routine exams and physicals, screening and treatment of sexually transmitted diseases, pregnancy testing, family planning services, birth control counseling and follow-up, health education, confidential HIV assessment and testing for adolescents.

**Intake Procedure** Call for appointment; Walk-in for services  
 8:00 am-6:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Sliding scale fees based on family size and income

**Last Update Date** 5/21/2019

### Community Health Systems, Inc, Fallbrook Family Health Center

1328 S MISSION RD  
 FALLBROOK, CA 92028  
 (760) 451-4720  
<http://www.chsica.org/fallbrook.htm>

**Serves** San Diego County

**Eligibility** Healthcare services to women in need, including the uninsured, under-insured, working poor, those with limited ability to pay, homeless or indigent.

### Women's Health Services

Provides healthcare services to women of all ages including routine exams, including breast exams, pap smears, and basic physical exams, screening and treatment of sexually transmitted infections, pregnancy testing, family planning services including birth control counseling, menopausal care, treatment and advice for common gynecological concerns, confidential HIV risk assessment, testing, and counseling, and comprehensive health education.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-6:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday  
 Sliding scale fees based on family size and income.

**Last Update Date** 5/20/2019



## Category Medical Services

### Del Mar Community Connections

225 9TH ST  
 DEL MAR, CA 92014  
 (858) 792-7565  
 www.dmcc.cc

**Serves** Del Mar

**Eligibility** Eligibility ranges depending on program. Some programs are available only to residents of the city of Del Mar. Some programs have age limitations. For shared housing program, home providers must be residents of Del Mar (people seeking a home can be from

### Del Mar Community Services

Provides social, recreational and educational services for residents who are seniors or who have specific needs. Offers specialized information and referrals to businesses and services for seniors, recreational services, including classes and social activities, health and wellness education and programs, such as a monthly healthy aging forum and an annual flu shot clinic. Medical equipment loans on a short term basis, such as wheelchairs and walkers for seniors. Offers a shared housing program to match home providers looking to rent rooms to tenants in exchange for rental payments and/or services for reduced rent or no rent payments. Potential tenants undergo a criminal and credit screening, and home providers must live in the city of Del Mar. Administers the Del Mar Rental Assistance Program, a rental subsidy program designed to assist low income individuals and families.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
 8:30 am-4:30 pm, Monday-Thursday; 8:30 am-4:00 pm, Friday  
 Variable fees depending on service. Some programs have no fees.

**Last Update Date** 11/14/2019

### Easterseals Southern California

401 S IVY ST  
 ESCONDIDO, CA 92025  
 (760) 737-3990  
<https://www.easterseals.com/southernca/our-programs/adult-services/>

**Serves** Carlsbad, Escondido, Oceanside, San Marcos, Vista

**Eligibility** Adults with developmental/Physical Disabilities

### Adult Day Services, North Inland

Provides hands-on support to ensure adults with developmental and physical disabilities have the opportunity to access their community and gain valuable skills essential to everyday life. Service focuses primarily on community engagement, volunteerism, employment, building social networks and communication. Supports vary from intense to moderate depending on the individual's needs.

**Intake Procedure** Call for more information;Referral  
 8:00 am-4:00 pm, Monday-Friday  
 Fees paid by the San Diego Regional Center.

**Last Update Date** 5/9/2019

### Elizabeth Hospice

500 LA TERRAZA BLVD  
 ESCONDIDO, CA 92025  
 (800) 797-2050  
<https://elizabethhospice.org/services/hospice/adult-children>

**Serves** San Diego County

**Eligibility** Serves children, teens and adults with a diagnosis of a life limiting illness and a prognosis of 6 months or less.

### Medical Care

Provides medical care, pain and symptom management and emotional and spiritual support tailored to the patient's needs and wishes. Support services are available for the entire family, including individual and family counseling for children and adults and bereavement support groups.

**Intake Procedure** Call for more information  
 8:30 am-4:30 pm, Monday-Friday  
 Fees range depending on service. Patients are admitted regardless of ability to pay. Fees usually covered by some form of insurance or community donations.

**Last Update Date** 11/26/2018

### Elizabeth Hospice

500 LA TERRAZA BLVD  
 ESCONDIDO, CA 92025  
 (800) 797-2050  
<https://elizabethhospice.org/services/palliative-care>

**Serves** San Diego County

**Eligibility** People with a chronic or serious illness.

### Palliative Care

Provides medical consultation and as-needed return visits or phone calls from palliative care team, including a physician, nurse practitioner, and a licensed clinical social worker. Specialized medical care for people living with chronic or serious illness. It focuses on relief from the symptoms, pain and stress of a serious illness, whatever the diagnosis is.

**Intake Procedure** Call for more information  
 8:30 am-4:30 pm, Monday-Friday  
 Fees range depending on service

**Last Update Date** 11/26/2018

## Category Medical Services

### Elizabeth Hospice

500 LA TERRAZA BLVD  
 ESCONDIDO, CA 92025  
 (800) 797-2050  
<https://elizabethhospice.org/services/hospice/pediatric-perinatal>

**Serves** San Diego County

**Eligibility** Hospice care for Infants, children, teens and their families

### Pediatric and Perinatal Hospice Care

A family-centered healthcare for children with life-threatening conditions. Hospice and palliative care provides pain and symptom management and emotional and spiritual support for infants, children and adolescents and their families. Offers a specialized service to parents who will give birth to an infant with a life-limiting condition, creating a bridge from pregnancy to parenthood to bereavement.

**Intake Procedure** Call for more information  
 8:30 am-4:30 pm, Monday-Friday

Fees range depending on service. No one is refused services due to inability to pay

**Last Update Date** 11/26/2018

### Elizabeth Hospice

500 LA TERRAZA BLVD  
 ESCONDIDO, CA 92025  
 (800) 797-2050  
<https://elizabethhospice.org/services/veterans>

**Serves** San Diego County

**Eligibility** Ages 18 years and older

### Veterans Program

Medical, emotional and spiritual support are offered for veterans who have been diagnosed with a life-limiting illness. Hospice care for veterans requires knowledge of service-related diseases and illnesses. Hospice professionals have learned to serve veterans through the challenges they may face from illness, isolation or trauma.

**Intake Procedure** Call for more information  
 8:30 am-4:30 pm, Monday-Friday

No fees

**Last Update Date** 11/26/2018

### First 5 San Diego

3605 VISTA WAY  
 OCEANSIDE, CA 92056  
 (858) 966-8235  
[www.rchsd.org](http://www.rchsd.org)

**Serves** North Coastal Region of San Diego County

**Eligibility** Children 0-5 years old who reside in North Coastal San Diego County

### Healthy Development Services (HDS), North Coastal Region

Is an array of services for early identification and treatment of children with mild to moderate developmental delays. Services include assessment and treatment for developmental (including speech and language) and behavioral concerns, parent education, and care coordination to all families receiving HDS services.

**Intake Procedure** Referral;Call  
 8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 9/19/2018

### First 5 San Diego

660 E GRAND AVE  
 ESCONDIDO, CA 92025  
 (877) 504-2299  
<https://www.palomarhealth.org/developmental-services/our-serviceswww.paolmarhealth.orgwww>

**Serves** North Inland Region of San Diego County

**Eligibility** Children 0-5 years old who reside in North Inland San Diego County

### Healthy Development Services (HDS), North Inland Region

Is an array of services for early identification and treatment of children with mild to moderate developmental delays. Services include assessment and treatment for developmental (including speech and language) and behavioral concerns, parent education, and care coordination to all families receiving HDS services.

**Intake Procedure** Referral;Call  
 8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 9/18/2018

## Category Medical Services

### First 5 San Diego

425 N DATE ST  
 ESCONDIDO, CA 92025  
 (760) 520-8330  
 www.nhcare.org

**Serves** 92003, 92004, 92025, 92026, 92027, 92028, 92029, 92036, 92059, 92060, 92061, 92064, 92065, 92066, 92069, 92070, 92074, 92078, 92082, 92086, 92096, 92127, 92128, 92129

**Eligibility** Families with children under the age of 5, before attending Kindergarten, pregnant women, and women up to three months postpartum

### Oral Health Initiative (OHI), Escondido, North Inland Region

Provides oral health services, care coordination, and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices, and increasing provider capacity. Also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday

Sliding fee scale based on family size and income.  
 Call for information.

**Last Update Date** 9/21/2018

### First 5 San Diego

1328 S MISSION RD  
 FALLBROOK, CA 92028  
 (760) 451-4730  
 www.chsica.org

**Serves** 92003, 92004, 92025, 92026, 92027, 92028, 92029, 92036, 92059, 92060, 92061, 92064, 92065, 92066, 92069, 92070, 92074, 92078, 92082, 92086, 92096, 92127, 92128, 92129

**Eligibility** Families with children under the age of 5, before attending Kindergarten, pregnant women, and women up to three months postpartum

### Oral Health Initiative (OHI), Fallbrook, North Inland Region

Provides oral health services, care coordination, and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices, and increasing provider capacity. Also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

**Intake Procedure** Call for appointment  
 8:00 am-6:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Sliding fee scale based on family size and income.  
 Call for information.

**Last Update Date** 10/3/2018

### First 5 San Diego

2201 MISSION AVE  
 OCEANSIDE, CA 92058  
 (760) 400-0277  
 www.nchs-health.org

**Serves** North Coastal

**Eligibility** Families with children under the age of 5, before attending Kindergarten, pregnant women, and women up to three months postpartum

### Oral Health Initiative (OHI), Oceanside, North Coastal Region, Mission Avenue

Provides oral health services, care coordination, and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices, and increasing provider capacity. Also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday  
 Sliding fee scale based on family size and income.  
 Call for information.

**Last Update Date** 9/21/2018



# 2-1-1 San Diego North County Resource Guide

## Category Medical Services

### First 5 San Diego

4700 N RIVER RD  
OCEANSIDE, CA 92057  
(760) 631-5000  
www.vistacommunityclinic.org

**Serves** 92007, 92008, 92009, 92010, 92011, 92014, 92024, 92054, 92055, 92056, 92057, 92058, 92067, 92075, 92081, 92083, 92084, 92091

**Eligibility** Families with children under the age of 5, before attending Kindergarten, pregnant women, and women up to three months postpartum

### Oral Health Initiative (OHI), Oceanside, North Coastal Region, River Road

Provides oral health services, care coordination, and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices, and increasing provider capacity. Also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

**Intake Procedure** Call for appointment  
8:00 am-6:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Sliding fee scale based on family size and income.  
Call for information.

**Last Update Date** 9/21/2018

### First 5 San Diego

16650 Highway 76  
Pauma Valley, CA 92061  
(760) 742-0672  
www.nhcare.org

**Serves** 92003, 92004, 92025, 92026, 92027, 92028, 92029, 92036, 92059, 92060, 92061, 92064, 92065, 92066, 92069, 92070, 92074, 92078, 92082, 92086, 92096, 92127, 92128, 92129

**Eligibility** Families with children under the age of 5, before attending Kindergarten, pregnant women, and women up to three months postpartum

### Oral Health Initiative (OHI), Pauma Valley, North Inland Region

Provides oral health services, care coordination, and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices, and increasing provider capacity. Also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

**Intake Procedure** Call for appointment  
8:00 am-6:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Sliding fee scale based on family size and income.  
Call for information.

**Last Update Date** 9/21/2018

### First 5 San Diego

217 EARLHAM ST  
RAMONA, CA 92065  
(760) 789-1223  
www.nchs-health.org

**Serves** 92003, 92004, 92025, 92026, 92027, 92028, 92029, 92036, 92059, 92060, 92061, 92064, 92065, 92066, 92069, 92070, 92074, 92078, 92082, 92086, 92096, 92127, 92128, 92129, 92007, 92008, 92009, 92010, 92011, 92014

**Eligibility** Families with children under the age of 5, before attending Kindergarten, pregnant women, and women up to three months postpartum

### Oral Health Initiative (OHI), Ramona, North Inland Region

Provides oral health services, care coordination, and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices, and increasing provider capacity. Also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

**Intake Procedure** Call for appointment  
8:00 am-5:00 pm, Monday-Friday 8:00 am-1:00 pm, Saturday

Sliding fee scale based on family size and income.  
Call for information.

**Last Update Date** 9/21/2018

## Category Medical Services

### First 5 San Diego

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6767  
www.nchs-health.org

**Serves** North Inland

**Eligibility** Families with children under the age of 5, before attending Kindergarten, pregnant women, and women up to three months postpartum

### Oral Health Initiative (OHI), San Marcos, North Inland Region

Provides oral health services, care coordination, and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices, and increasing provider capacity. Also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Sliding fee scale based on family size and income.

Call for information.

**Last Update Date** 9/21/2018

### First 5 San Diego

1000 VALE TERRACE DR  
VISTA, CA 92084  
(760) 631-5000 Ext 1289  
www.vistacommunityclinic.org

**Serves** 92024, 92054, 92055, 92056, 92057, 92058, 92067, 92075, 92081, 92083, 92084, 92091

**Eligibility** Families with children under the age of 5, before attending Kindergarten, pregnant women, and women up to three months postpartum

### Oral Health Initiative (OHI), Vista, North Coastal Region

Provides oral health services, care coordination, and preventative education to children ages birth through five and pregnant women with the goal of improving oral health, promoting positive oral health practices, and increasing provider capacity. Also offers offsite dental services utilizing place-based portable dental services technology at targeted First 5 San Diego Quality Preschool Initiative (QPI) preschools.

**Intake Procedure** Call for appointment

8:00 am-6:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Sliding fee scale based on family size and income.

**Last Update Date** 9/21/2018

### Foundation for Senior Care

135 S MISSION RD  
FALLBROOK, CA 92028  
(760) 723-7570  
www.foundationforseniorcare.org

**Serves** Fallbrook, Rainbow, Bonsall, De Luz

**Eligibility** Senior Citizen or adult with a physical or mental disability

### Care Advocate Program

Provides information and referral services to healthcare and social service programs in Fallbrook and surrounding communities. Program is to help seniors and people with health challenges to maintain their independence and remain safely in their homes by connecting them with resources in the community.

**Intake Procedure** Email;Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment;Call;Walk-in for services

8:00 am-5:00 pm, Monday-Friday

No fees. Donation Only

**Last Update Date** 10/11/2018

### Fraternity House, Inc.

Confidential  
  
(760) 736-0292  
www.fraternityhouse-inc.org

**Serves** San Diego County

**Eligibility** Limited to adult men with HIV/AIDS. are HIV symptomatic or who have AIDS. Residents may be referred from hospitals, clinics, shelters, case managers, The V.A., churches and a variety of organizations. Sometimes individuals call on their own or on behalf o

### Fraternity House, Escondido

Offers a residential care facility for men who are chronically ill with AIDS. Provides low-cost permanent or transitional housing in a homelike atmosphere for people with HIV/AIDS. Provides 3 meals daily, laundry, housekeeping, personal care services, transportation services, rehabilitation activities, and referrals to medical, psychological support, and social services. Also offers hospice-like care. Does not provide direct medical, nursing or mental health care.

**Intake Procedure** Call for more information;Referral

8:00 am-5:00 pm, Monday-Friday

Variable fees depending on service. Based on income. Please call for details

**Last Update Date** 9/26/2019



# 2-1-1 San Diego North County Resource Guide

## Category Medical Services

### Fraternity House, Inc.

Confidential

(760) 758-9165

[www.fraternityhouse-inc.org](http://www.fraternityhouse-inc.org)

**Serves** San Diego County

**Eligibility** Limited to adults who have HIV/AIDS. Residents may be referred from hospitals, clinics, shelters, case managers, The V.A., churches and a variety of organizations. Sometimes individuals call on their own or on behalf of a family member.

### Michaëlle House, Vista

Offers a residential care facility for men and women with HIV/AIDS. Provides low-cost permanent or transitional housing in a homelike atmosphere for people who have HIV/AIDS. Provides 3 meals daily, laundry, housekeeping, personal care services, transportation services, rehabilitation activities, and referrals to medical, psychological support, and social services. Also offers hospice-like care. Does not provide direct medical, nursing, or mental health care.

**Intake Procedure** Call for more information;Referral

8:00 am-5:00 pm, Monday-Friday

Sliding scale fee based on income. Please call for details.

**Last Update Date** 9/26/2019

### George G Glenner Alzheimers Family Centers

335 SAXONY RD

ENCINITAS, CA 92024

(760) 635-1895

[www.glenner.org](http://www.glenner.org)

**Serves** Cardiff by the Sea, Carlsbad, Del Mar, Encinitas, Escondido, Oceanside, San Marcos, Solana Beach, Vista

**Eligibility** Age 60 years and older, adults with Alzheimer's and other forms of memory impairment diseases

### Adult Day Care Centers, Encinitas

Provides adult day care programs and family support services to families caring for a loved one with Alzheimer's and other forms of dementia. Provides therapeutic activities in a safe, secure, family-like environment. Provides medication management with an RN on staff during operating hours. Offers local support groups for caregivers of loved ones with dementia.

**Intake Procedure** Call

8:45 am-5:15 pm, Monday-Friday

Fixed fee schedule. Private Pay Rates: Full day and \$ 95 full, \$65 half day

**Last Update Date** 10/10/2018

### Heritage Senior Care, Inc

2885 HOPE AVE

CARLSBAD, CA 92008

(619) 286-0331 Intake San Diego

<http://www.heritageseniorcare.com/index.html>

**Serves** San Diego County

**Eligibility** Not limited

### Long Term Care Insurance

Provides long term care insurance, policy review, claims resolutions, claims reporting, policy sales, billing and review.

**Intake Procedure** Call for more information

9:00 am-12:00 pm and 1:00 pm-4:00 pm, Monday-Friday

First complimentary review is free. %5 fixed fee for insurance claim resolution.

**Last Update Date**

### Hospice of the North Coast

2525 PIO PICO DR

CARLSBAD, CA 92008

(760) 431-4100

[www.hospicenorthcoast.org](http://www.hospicenorthcoast.org)

**Serves** Carlsbad; Del Mar; Escondido; Fallbrook; Oceanside; Rancho Sante Fe; San Marcos; Solana Beach; Vista; San Dieguito; Fallbrook; 92055, 92672

**Eligibility** Not limited. Residence must be in the boundaries that extends from Interstate 52 north to Camp Pendleton and the coast to Interstate 15.

### Bereavement Services

Provides counseling and support services to help with some of the challenges of grieving as a person adjusts to his/hers loss. Bereavement support groups facilitated by professional grief counselors that meet weekly.

**Intake Procedure** Call for more information;Call for appointment

8:30 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 5/2/2019

## Category Medical Services

### Hospice of the North Coast

2525 PIO PICO DR STE 301  
CARLSBAD, CA 92008  
(760) 431-4100  
hospicenorthcoast.org

**Serves** North County San Diego: North Inland San Diego County, North Coastal San Diego County

**Eligibility** Meet one of the following: 1. Terminal illness with 6 month life expectancy. 2. Hospice eligibility as determined by doctor or in collaboration with patient and doctor.

### Hospice Care

Provides end-of-life medical care focused on pain management and symptom control with a team of doctors, nurses, home health aides, social workers, counselors, therapists, chaplains, and volunteers. Hospice care will usually be provided at home and a family member typically serves as the primary caregiver.

**Intake Procedure** Email;Walk-in for more information;Voice Message;Call;Fax;Mail  
8:30am to 5:00pm, Monday-Friday

Fees covered by Medicare, Medi-Cal or private insurance.

**Last Update Date** 8/29/2018

### Indian Health Council, Inc

50100 GOLSH RD  
VALLEY CENTER, CA 92082  
(760) 749-1410  
<https://www.indianhealth.com/dental>

**Serves** North San Diego County reservations of Inaja-Cosmit, La Jolla, Los Coyotes, Mesa Grande, Pala, Pauma, Rincon, San Pasqual, and Santa Ysabel

**Eligibility** No age limitations except for orthodontics (age 16 years and younger). Must be Native American with tribal verification/BIA verification.

### Dental Services, Rincon Clinic

Provides dental care services to adults and children from Native American tribes in northern San Diego County. The clinic provides full preventative and restorative dental services including: general dentistry, dental cleanings, fillings, x-rays, pediatric dentistry (offered 2 days a week), endodontics (offered 2 days a week), orthodontic treatment (offered one day a week), dentures, root canals, crowns, and bridges.

**Intake Procedure** Call for appointment  
8:00 am-6:30 pm, Monday-Friday

No fees charged to Native Americans living in service area. Sliding scale fee schedule for all other Native Americans based on income.

**Last Update Date** 5/22/2019

### Indian Health Council, Inc

110 1/2 School House Canyon Rd  
Santa Ysabel, CA 92070  
(760) 765-4203  
<https://www.indianhealth.com/dental>

**Serves** North San Diego County reservations of Inaja-Cosmit, La Jolla, Los Coyotes, Mesa Grande, Pala, Pauma, Rincon, San Pasqual, and Santa Ysabel

**Eligibility** No age limitations except for orthodontics (age 16 years and younger). Must be Native American with tribal verification/BIA verification.

### Dental Services, Santa Ysabel Clinic

Provides dental care services to adults and children from Native American tribes in northern San Diego County. The clinic provides full preventative and restorative dental services including: general dentistry, dental cleanings, fillings, x-rays, pediatric dentistry (offered 2 days a week), endodontics (offered 2 days a week), orthodontic treatment (offered one day a week), dentures, root canals, crowns, and bridges.

**Intake Procedure** Call for appointment  
8:00 am-4:30 pm, Monday-Friday

No fees to Native Americans living in service area. Sliding scale fee schedule for all other Native Americans based on income.

**Last Update Date** 5/22/2019

## Category Medical Services

### Indian Health Council, Inc

50100 GOLSH RD  
VALLEY CENTER, CA 92082  
(760) 749-1410  
<https://www.indianhealth.com/medical>

**Serves** North San Diego County reservations of Inaja-Cosmit, La Jolla, Los Coyotes, Mesa Grande, Pala, Pauma, Rincon, San Pasqual, and Santa Ysabel

**Eligibility** Must be Native American with tribal verification/BIA verification. Free breast cancer screening is available for all women who meet eligibility requirements and who do not have health insurance.

### Medical Services, Rincon Clinic

Provides primary medical care for adults and children including sick visits, immunizations, routine exams and physicals, family planning, gynecology services, and disease screenings.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-6:30 pm, Monday-Friday

Sliding scale fee schedule based on income. No fees for breast cancer screening if eligible.

**Last Update Date** 5/22/2019

### Indian Health Council, Inc

110 1/2 SCHOOLHOUSE CANYON RD  
SANTA YSABEL, CA 92070  
(760) 765-4203  
<https://www.indianhealth.com/medical>

**Serves** North San Diego County reservations of Inaja-Cosmit, La Jolla, Los Coyotes, Mesa Grande, Pala, Pauma, Rincon, San Pasqual, and Santa Ysabel

**Eligibility** Must be Native American with tribal verification/BIA verification. Free breast cancer screening is available for all women who meet eligibility requirements and who do not have health insurance.

### Medical Services, Santa Ysabel Clinic

Provides primary medical care for adults and children including sick visits, immunizations, routine exams and physicals, family planning, gynecology services, and disease screenings.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-4:30 pm, Monday-Friday

Sliding scale fee schedule based on income. No fees for breast cancer screening if eligible.

**Last Update Date** 5/22/2019

### Interfaith Community Services

5731 PALMER WAY  
CARLSBAD, CA 92010  
(760) 448-5696  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Coastal Region of San Diego County

**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Carlsbad

Provides social services such as emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, clothing voucher to thrift store, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services  
1:00 pm-3:00 pm, Tuesday-Thursday  
No fees

**Last Update Date** 9/12/2019



## Category Medical Services

### Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Inland Region of San Diego County

**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Escondido

Provides social services such as shower and laundry facilities, mailing address/PO Box services, phone use, emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, clothing voucher to thrift store, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services

8:00 am-11:00 am and 1:00 pm-3:00 pm, Monday-Friday; Closed: 1st Friday of the Month  
 No fees

**Last Update Date** 9/12/2019

### Interfaith Community Services

4700 N RIVER RD STE A  
 OCEANSIDE, CA 92057  
 (760) 721-2117  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Coastal Region of San Diego County

**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Oceanside

For individuals that have a future job interview or medical appointment, provides social services such as emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services

8:00 am-11:00 am, Monday-Friday; Closed: 1st Friday of the Month  
 No fees

**Last Update Date** 11/20/2019

### International Dyslexia Association, San Diego Branch

12285 OAK KNOLL RD  
 POWAY, CA 92064  
 (619) 295-3722  
<http://sdcal.dyslexiaida.org/>

**Serves** San Diego County

**Eligibility** Anyone affected by dyslexia.

### Information Services

Provides information about dyslexia through workshops, conferences, and a specialized Information and referral line where people can telephone for referrals to professionals who do educational assessments, tutoring, and other services that a person with dyslexia might require.

**Intake Procedure** Online;Voice Message

24 hours a day, 7 days a week  
 Minimal fee charged for newsletter.

**Last Update Date** 4/11/2019

### Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
 OCEANSIDE, CA 92054  
 (877) 734-3258  
[www.lassd.org](http://www.lassd.org)

**Serves** San Diego County

**Eligibility** Call for information

### Consumer Center For Health Education and Advocacy (CCEA), North County Office

Offers free help to individuals seeking information about how they can get health benefits. Provides consumers with information about their health plans and educates them about their rights, including information on the Affordable Care Act (health care reform) and how it affects them. Advocates for those who have had their health services denied, reduced, or terminated, or who are unhappy with their health services. Provides investigation of mental health patient's complaints (is designated by the County of San Diego as a patients' rights advocate for outpatient mental health services). Free help with Medi-Cal eligibility, share of cost, termination or any type of health related questions.

**Intake Procedure** Online;Call for more information;Walk-in for more information

9:00 am-5:00 pm, Monday-Friday  
 Free

**Last Update Date** 6/3/2019

## Category Medical Services

### Maxim Healthcare Services

2141 PALOMAR AIRPORT RD STE 350  
 CARLSBAD, CA 92011  
 (760) 438-0078  
<https://www.maximhealthcare.com/locations/carlsbad-ca>

**Serves** San Diego County

**Eligibility** ASD diagnosis, Doctor's referral for ABA therapy, current IEP (some exceptions do apply)

### Maxim Behavioral Health Services

Services include behavioral assessment and plan (performed by a licensed Board Certified Behavior Analyst, BCBA), assist the child to engage in or remain to achieve goals, providing time structured activities, collaboration with, and support for the parent, guardian, and/or individual who customarily provides care, in an effort to provide ongoing behavioral support.

**Intake Procedure** Call for more information; Call for appointment

Office Hours: 24 hours a day, 7 days a week

Fees range depending on service

**Last Update Date** 11/13/2018

### Mental Health Systems, Inc

474 W VERMONT AVE  
 ESCONDIDO, CA 92025  
 (760) 480-2255  
<https://www.mhsinc.org/listing/bpsr-kinesis-north-clinic-2/>

**Serves** North Inland

**Eligibility** Adults, must have a severe, chronic and persistent mental illness and be seeking medication management services. Must not be insured by a private insurance company.

### Bio-Psychosocial Rehabilitation, Kinesis North Clinic

Serves adults (including Transitional Age Youth) living with serious and persistent psychiatric illness. Provides outpatient/rehabilitation services for populations with serious and persistent mental health issues, substance abuse issues, rehabilitation and community integration services that meet the individual needs of the client. Services include individual, family and group therapy, employment assistance, peer specialists, case management and medication management & evaluation.

**Intake Procedure** Call for more information; Referral

Mental Health Appointments: 8:00 am-5:00 pm, Monday-Friday

Sliding Scale

**Last Update Date** 2/12/2019

### Mental Health Systems, Inc

1328 S MISSION RD  
 FALLBROOK, CA 92028  
 (760) 480-2255  
<https://www.mhsinc.org/listing/bpsr-fallbrook-clinic-2/>

**Serves** Fallbrook

**Eligibility** Must be at least 18 years old and a resident of the Fallbrook area with a severe, chronic and persistent mental illness. Must be Medi-Cal and/or Medicare insured or have no insurance.

### Bio-Psychosocial Rehabilitation, Kinesis North-Fallbrook Clinic

Provides outpatient/rehabilitation services for populations with serious and persistent mental health issues, substance abuse issues, rehabilitation and community integration services that meet the individual needs of the client. Services include individual, family and group therapy, employment assistance, peer specialists, case management and medication management & evaluation.

**Intake Procedure** Call for more information; Walk-in for more information; Referral

Mental Health Appointments: 8:00 am-5:00 pm, Monday-Friday

Sliding Scale

**Last Update Date** 2/12/2019

### Mental Health Systems, Inc

1521 MAIN ST  
 RAMONA, CA 92065  
 (760) 480-2255  
<https://www.mhsinc.org/listing/bpsr-ramona-clinic-2/>

**Serves** Ramona

**Eligibility** Must be at least 18 years old and a resident of the Ramona area with a severe, chronic and persistent mental illness. Must be Medi-Cal and/or Medicare insured or have no insurance.

### Bio-Psychosocial Rehabilitation, Kinesis North-Ramona Clinic

Provides outpatient/rehabilitation services for populations with serious and persistent mental health issues, substance abuse issues, rehabilitation and community integration services that meet the individual needs of the client. Services include individual, family and group therapy, employment assistance, peer specialists, case management and medication management & evaluation.

**Intake Procedure** Call for more information; Walk-in for more information; Referral

8:00 am-5:00 pm, Monday-Friday

Sliding Scale

**Last Update Date** 2/7/2019

## Category Medical Services

### Mountain Health and Community Services

255 N ASH ST  
 ESCONDIDO, CA 92027  
 (619) 445-6200  
<https://www.mtnhealth.org/services/adult-family-medicine/>

**Serves** San Diego County

**Eligibility** Anyone in need of medical services regardless of ability to pay

### Health Services, Escondido Family Medicine

Provides general outpatient medical care for adults and families regardless of ability to pay including cold and flu visits, health screenings, physicals, referrals, labs, immunizations, and diabetes and high blood pressure management.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday

Accepts Medi-Cal insurance and sliding scale fee for private pay.

**Last Update Date** 5/3/2019

### Neighborhood Healthcare

460 N ELM ST  
 ESCONDIDO, CA 92025  
 (760) 520-8100  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** No age or income limitations

### Community Health Center, Escondido Elm Street

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

### Neighborhood Healthcare

1001 E GRAND AVE  
 ESCONDIDO, CA 92025  
 (760) 520-8200  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Adults only with a focus on healthcare needs of adults 50 years and over. No income limitations.

### Community Health Center, Escondido Grand Avenue

Provides a comprehensive range of health services to all adults with a focus on adults ages 50 and older, including primary care, routine preventive screenings, prenatal, family planning, counseling and health education. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management, senior peer groups and HIV testing.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday, Closed for lunch: 12:00 pm-1:00 pm; 8:00 am-5:00 pm, Wednesday, Closed for lunch: 12:00 pm-1:30 pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

## Category Medical Services

### Neighborhood Healthcare

13010 POWAY RD  
POWAY, CA 92064  
(858) 218-3000  
www.nhcare.org

**Serves** Poway

**Eligibility** No age or income limitations

### Community Health Center, Gold Family Health Center in Poway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment

1:00 pm-5:00 pm, Monday, Tuesday, Friday; 8:00 am-12:00 pm, Wednesday; 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Thursday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

### Neighborhood Healthcare

16650 Highway 76  
Pauma Valley, CA 92061  
(760) 742-9919  
www.nhcare.org

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** No age or income limitations

### Community Health Center, Pauma Valley

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment

8:00 am-12:00 pm and 1:00 pm-4:30 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

### Neighborhood Healthcare

16650 Highway 76  
Pauma Valley, CA 92061  
(760) 742-0672  
<https://www.nhcare.org/services/dental-services>

**Serves** Pala, Palomar Mountain, Pauma Valley

**Eligibility** Provides dental services to adults and children of all ages

### Dental Care, Pauma Valley

Provides basic dental care services for children and adults. Services include preventive and restorative oral health services such as dental exams, cleanings, oral hygiene education, simple extractions, prophylaxis, scaling and root planing, fillings, sealants, space maintainers, and emergency dental services.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed for Lunch: 12:00 pm-1:00 pm

Sliding scale fees based on income and family size

**Last Update Date** 4/9/2018

### Neighborhood Healthcare

425 N DATE ST  
ESCONDIDO, CA 92025  
(760) 520-8330  
<https://www.nhcare.org/services/dental-services>

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Provides dental services to adults and children of all ages

### Dental Care, Ray M Dickinson Wellness Center, Escondido

Provides basic dental care services for children and adults. Services include preventive and restorative oral health services such as dental exams, cleanings, oral hygiene education, simple extractions, prophylaxis, scaling and root planing, fillings, sealants, space maintainers, and emergency dental services.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday; 8:00 am-2:00 pm, Saturday

Sliding scale fees based on income and family size

**Last Update Date** 4/9/2018

## Neighborhood Healthcare

728 E VALLEY PKWY  
 ESCONDIDO, CA 92025  
 (760) 737-6900  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Eligibility for breast cancer screening includes women who: Live in California Are age 40 or older or are younger than 40 years old and presented with breast cancer symptoms Are not getting these services through Medi-Cal or another government insurance p

## Every Woman Counts, Escondido

Provides free clinical breast exams, mammograms, pelvic exams, and pap tests to California’s underserved women. The mission of the EWC is to save lives by preventing and reducing the devastating effects of cancer for Californians through education, early detection, diagnosis and treatment, and integrated preventive services, with special emphasis on the underserved. Offers BCCTP (Breast Cancer & Cervical Treatment Program) if patients are diagnosed with breast or cervical cancer through the Every Woman Counts program. BCCTP offers treatment through the Medi-Cal program for individuals with breast and/or cervical cancer who meet eligibility criteria.

**Intake Procedure** Call for more information;Call for appointment

8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday, Tuesday, Thursday, Friday; 8:00 am-12:00 pm and 1:30 pm-5:00 pm, Wednesday

Fee for breast exam at community clinic. No fee for eligible women referred by the community clinic for diagnostic services.

**Last Update Date** 6/18/2018

## Neighborhood Healthcare

1001 E GRAND AVE  
 ESCONDIDO, CA 92025  
 (760) 520-8200  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Eligibility for breast cancer screening includes women who: Live in California Are age 40 or older or are younger than 40 years old and presented with breast cancer symptoms Are not getting these services through Medi-Cal or another government insurance p

## Every Woman Counts, Escondido, Grand Avenue

Provides free clinical breast exams, mammograms, pelvic exams, and pap tests to California’s underserved women. The mission of the EWC is to save lives by preventing and reducing the devastating effects of cancer for Californians through education, early detection, diagnosis and treatment, and integrated preventive services, with special emphasis on the underserved. Offers BCCTP (Breast Cancer & Cervical Treatment Program) if patients are diagnosed with breast or cervical cancer through the Every Woman Counts program. BCCTP offers treatment through the Medi-Cal program for individuals with breast and/or cervical cancer who meet eligibility criteria.

**Intake Procedure** Call for more information;Call for appointment

8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday, Tuesday, Thursday, Friday; 8:00 am-12:00 pm and 1:30 pm-5:00 pm, Wednesday

Fee for breast exam at community clinic. No fee for eligible women referred by the community clinic for diagnostic services.

**Last Update Date** 6/18/2018

## Neighborhood Healthcare

16650 Highway 76  
 Pauma Valley, CA 92061  
 (760) 742-9919  
[www.nhcare.org](http://www.nhcare.org/)

**Serves** Pala, Pauma Valley, Valley Center

**Eligibility** Eligibility for breast cancer screening includes women who: Live in California Are age 40 or older or are younger than 40 years old and presented with breast cancer symptoms Are not getting these services through Medi-Cal or another government insurance p

## Every Woman Counts, Pauma Valley

Provides free clinical breast exams, mammograms, pelvic exams, and pap tests to California’s underserved women. The mission of the EWC is to save lives by preventing and reducing the devastating effects of cancer for Californians through education, early detection, diagnosis and treatment, and integrated preventive services, with special emphasis on the underserved. Offers BCCTP (Breast Cancer & Cervical Treatment Program) if patients are diagnosed with breast or cervical cancer through the Every Woman Counts program. BCCTP offers treatment through the Medi-Cal program for individuals with breast and/or cervical cancer who meet eligibility criteria.

**Intake Procedure** Call for more information;Call for appointment

8:00 am-12:00 pm and 1:00 pm-4:30 pm, Monday-Friday

Fee for breast exam at community clinic. No fee for eligible women referred by the community clinic for diagnostic services.

**Last Update Date** 6/18/2018

## Neighborhood Healthcare

425 N DATE ST  
 ESCONDIDO, CA 92025  
 (760) 690-5907  
 www.nhcare.org

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as getting

## Health Insurance and CalFresh Enrollment Services, Escondido Date Street

Offers enrollment assistance for the food assistance program CalFresh and health insurance coverage for Covered California and Medi-Cal. Covered California available during the open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California "qualifying events" including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, a change in income that would make a client eligible for their current type of insurance coverage (Covered California vs. Medi-Cal). Client has sixty (60) days from the "qualifying event" date report the change and enroll in new plan. The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/21/2018

## Neighborhood Healthcare

728 E VALLEY PKWY  
 ESCONDIDO, CA 92025  
 (619) 440-7616 Ext 1218  
 www.nhcare.org

**Serves** North Inland San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as gettin

## Health Insurance and CalFresh Enrollment Services, Escondido Valley Parkway

Offers enrollment assistance for the food assistance program CalFresh and health insurance coverage for Covered California and Medi-Cal. Covered California available during the open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California "qualifying events" including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, a change in income that would make a client eligible for their current type of insurance coverage (Covered California vs. Medi-Cal). Client has sixty (60) days from the "qualifying event" date report the change and enroll in new plan. The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 6/21/2018

## Category Medical Services

### Neighborhood Healthcare

16650 Highway 76  
Pauma Valley, CA 92061  
(760) 690-5907  
www.nhcare.org

**Serves** North Inland San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as gettin

### Health Insurance and CalFresh Enrollment Services, Pauma Valley

Offers enrollment assistance for the food assistance program CalFresh and health insurance coverage for Covered California and Medi-Cal. Covered California available during the open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California "qualifying events" including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, a change in income that would make a client eligible for their current type of insurance coverage (Covered California vs. Medi-Cal). Client has sixty (60) days from the "qualifying event" date report the change and enroll in new plan. The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

**Intake Procedure** Call for appointment  
8:00 am-5:00 pm, Monday-Friday  
No fees

**Last Update Date** 6/21/2018

### Neighborhood Healthcare

426 N DATE ST  
ESCONDIDO, CA 92025  
(760) 690-5907  
www.nhcare.org

**Serves** North Inland San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as gettin

### Health Insurance and CalFresh Enrollment Services, Pediatrics Center

Offers enrollment assistance for the food assistance program CalFresh and health insurance coverage for Covered California and Medi-Cal. Covered California available during the open enrollment cycle. After the end of open enrollment cycle, application assistance is available for Medi-Cal eligible and Covered California "qualifying events" including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, a change in income that would make a client eligible for their current type of insurance coverage (Covered California vs. Medi-Cal). Client has sixty (60) days from the "qualifying event" date report the change and enroll in new plan. The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

**Intake Procedure** Call for appointment  
8:00 am-5:00 pm, Monday-Friday  
No fees

**Last Update Date** 6/21/2018

### Neighborhood Healthcare

425 N DATE ST  
ESCONDIDO, CA 92025  
(760) 520-8330  
www.nhcare.org

**Serves** North Inland San Diego County

**Eligibility** Families with children under the age of 6, pregnant women, and women up to three months postpartum. Please call to be prescreened.

### Oral Health Initiative (OHI), Escondido Date Street

Provides no-cost dental services to pregnant women and children 0-5 years of age.

**Intake Procedure** Call for appointment  
8:00 am-5:00 pm, Monday-Friday  
No fees

**Last Update Date** 6/21/2018



# 2-1-1 San Diego North County Resource Guide

## Category Medical Services

### Neighborhood Healthcare

16650 Highway 76  
Pauma Valley, CA 92061  
(760) 742-0672  
www.nhcare.org

**Serves** North Inland San Diego County

**Eligibility** Families with children under the age of 6, pregnant women, and women up to three months postpartum. Please call to be prescreened.

### Oral Health Initiative (OHI), Pauma Valley

Provides no-cost dental services to pregnant women and children 0-5 years of age.

**Intake Procedure** Call for appointment  
8:00 am-5:00 pm, Monday-Friday  
No fees

**Last Update Date** 6/21/2018

### North County Health Services

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6777  
<https://www.nchs-health.org/community-resources/our-programs/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Please call for eligibility

### Agricultural Health Program

Provides medical, dental and women’s health services for agricultural workers and their families throughout North County including presentation on nutrition, cholesterol, HIV/AIDS, mental health, food distribution events, flu shots, health screenings and information on community resources.

**Intake Procedure** Call for more information  
8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 4/23/2019

### North County Health Services

619 CROUCH ST STE 100  
OCEANSIDE, CA 92054  
(760) 736-6767  
<https://www.nchs-health.org/health-services/behavioral-health/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Behavioral health services for individuals and families of all ages

### Behavioral Health Services, Oceanside

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including anxiety, depression, bipolar disorder, chemical dependency, and more.

**Intake Procedure** Call for appointment  
7:30 am-6:30 pm, Monday-Thursday; Closed Daily: 12:00 pm-1:00 pm

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 4/23/2019

### North County Health Services

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6767  
<https://www.nchs-health.org/health-services/behavioral-health/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Behavioral health services for individuals and families of all ages

### Behavioral Health Services, San Marcos

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including anxiety, depression, bipolar disorder, chemical dependency, and more.

**Intake Procedure** Call for appointment  
8:00 am-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 4/23/2019



**Category**      **Medical Services**

**North County Health Services**

1130 2ND ST  
 ENCINITAS, CA 92024  
 (760) 479-4624  
<https://www.nchs-health.org/community-resources/health-insurance-enrollment-application-assistance/>

**Serves**    North Coastal and North Inland Regions of San Diego County

**Eligibility**    Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as getting

**CalFresh, Covered California and Medi-Cal Enrollment Services, Encinitas**

Certified Enrollment Specialists are available to assist patients in enrolling in CalFresh, Medi-Cal, or Covered California. After the open enrollment cycle ends for Covered California, application assistance is available for Medi-Cal eligible and Covered California qualifying events including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, or a change in income that would make a client eligible for their current type of insurance coverage. Client has sixty (60) days from the qualifying event date to report the change and enroll in a new plan.

**Intake Procedure**    Call for appointment;Walk-in for appointment  
 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

No fees

**Last Update Date**    3/21/2019

**North County Health Services**

605 CROUCH ST  
 OCEANSIDE, CA 92054  
 (760) 566-1567  
<https://www.nchs-health.org/community-resources/health-insurance-enrollment-application-assistance/>

**Serves**    North Coastal and North Inland Regions of San Diego County

**Eligibility**    Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as getting

**CalFresh, Covered California and Medi-Cal Enrollment Services, Oceanside**

Certified Enrollment Specialists are available to assist patients in enrolling in CalFresh, Medi-Cal or Covered California. After the open enrollment cycle ends for Covered California, application assistance is available for Medi-Cal eligible and Covered California qualifying events including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, or a change in income that would make a client eligible for their current type of insurance coverage. Client has sixty (60) days from the qualifying event date to report the change and enroll in a new plan.

**Intake Procedure**    Call for appointment;Walk-in for appointment  
 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

No fees

**Last Update Date**    3/21/2019

**Category**      **Medical Services**

**North County Health Services**

220 ROTANZI ST  
 RAMONA, CA 92065  
 (760) 736-1772  
[www.nchs-health.org](http://www.nchs-health.org)

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** For CalFresh eligibility, based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh Annual Income Guidelines: October 1, 2019 to September 30, 2020 Household Size / Gross

**CalFresh, Covered California and Medi-Cal Enrollment Services, Ramona**

Certified Enrollment Specialists are available to assist patients in enrolling in CalFresh, Medi-Cal or Covered California. After the open enrollment cycle ends for Covered California, application assistance is available for Medi-Cal eligible and Covered California qualifying events including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, or a change in income that would make a client eligible for their current type of insurance coverage. Client has sixty (60) days from the qualifying event date to report the change and enroll in a new plan.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

No fees

**Last Update Date** 3/21/2019

**North County Health Services**

150 VALPRED A RD  
 SAN MARCOS, CA 92069  
 (760) 736-6734  
[www.nchs-health.org](http://www.nchs-health.org)

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents and meet low income guidelines. To enroll in Covered California outside of "open enrollment" time, client has 60 days from the qualifying event, such as getting

**CalFresh, Covered California and Medi-Cal Enrollment Services, San Marcos**

Certified Enrollment Specialists are available to assist patients in enrolling in Medi-Cal or Covered California. After the open enrollment cycle ends for Covered California, application assistance is available for Medi-Cal eligible and Covered California qualifying events including: getting married, having a baby or adopting a child, moving to California from another state, losing other health care coverage that is considered minimum essential coverage, or a change in income that would make a client eligible for their current type of insurance coverage. Client has sixty (60) days from the qualifying event date to report the change and enroll in a new plan.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:00 am-7:30 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday; Closed for Lunch: 12:00 pm-1:00 pm

No fees

**Last Update Date** 3/21/2019

**North County Health Services**

2216 S EL CAMINO REAL  
 OCEANSIDE, CA 92054  
 (760) 736-6767  
<http://www.nchs-health.org/health-services/dental/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Provides dental services to adults and children of all ages

**Dental Care, Oceanside**

Provides dental care services for adults including dental health education. Services include routine cleaning and exams, crowns and bridges, denture fitting, extractions, fillings, fluoride treatment, sealants, root canals, veneers, and whitening. Shuttle services may be available for patients with appointments.

**Intake Procedure** Call for appointment  
 9:00 am-6:00 pm, Monday; 8:00 am-5:00 pm, Tuesday-Friday; 8:00 am-2:00 pm, Saturday

Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

## Category Medical Services

### North County Health Services

619 CROUCH ST  
OCEANSIDE, CA 92054  
(760) 736-6767

<http://www.nchs-health.org/health-services/dental/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Provides dental services to adults and children of all ages

### Dental Care, Oceanside Specialty Health Center

Provides dental care services for adults including dental health education. Services include routine cleaning and exams, crowns and bridges, denture fitting, extractions, fillings, fluoride treatment, sealants, root canals, veneers, and whitening. Shuttle services may be available for patients with appointments.

**Intake Procedure** Call for appointment

9:00 am-6:00 pm, Monday; 8:00 am-5:00 pm, Tuesday-Friday; 8:00 am-2:00 pm, Saturday; Closed for lunch: Monday-Saturday, 12:00 pm-1:00 pm

Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Health Services

220 ROTANZI ST  
RAMONA, CA 92065  
(760) 736-6767

<http://www.nchs-health.org/health-services/dental/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Provides dental services to adults and children of all ages

### Dental Care, Ramona

Provides dental care services for adults including dental health education. Services include routine cleaning and exams, crowns and bridges, denture fitting, extractions, fillings, fluoride treatment, sealants, root canals, veneers, and whitening. Shuttle services may be available for patients with appointments.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday; 8:00 am-12:00 pm, Saturday

Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Health Services

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6767

<http://www.nchs-health.org/health-services/dental/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Provides dental services to adults and children of all ages

### Dental Care, San Marcos

Provides dental care services for adults including dental health education. Services include routine cleaning and exams, crowns and bridges, denture fitting, extractions, fillings, fluoride treatment, sealants, root canals, veneers, and whitening. Shuttle services may be available for patients with appointments.

**Intake Procedure** Call for appointment

8:00 am-7:00 pm, Monday and Wednesday; 8:00 am-6:00 pm, Tuesday; 8:00 am-5:00 pm, Thursday and Friday; Closed for lunch: 12:30 pm-1:30 pm; 8:00 am-2:00 pm, Saturday

Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Health Services

1130 2ND ST  
ENCINITAS, CA 92024  
(760) 736-6767  
[www.nchs-health.org](http://www.nchs-health.org)

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Healthcare services for individuals and families of all ages

### Family Medicine, Encinitas Health Center

Offers general medical services to individuals and families of all ages. Services include acute/episodic care, sick visits, general healthcare screenings, HIV/STD testing, physical exams including DMV and immigration exams, family planning, immunizations, chronic condition care and management including diabetes, hypertension and cardiovascular disease. Additional services for pediatrics includes well child visits, child health and disability exams, asthma and obesity treatment and management.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

**Category**      **Medical Services**

<p><b>North County Health Services</b></p> <p>3220 MISSION AVE STE 1 OCEANSIDE, CA 92058 (760) 736-6767 www.nchs-health.org</p> <p><b>Serves</b> North Coastal and North Inland Regions of San Diego County</p> <p><b>Eligibility</b> Healthcare services for individuals and families of all ages</p>	<p><b>Family Medicine, La Mision Family Health Center</b></p> <p>Offers general medical services to individuals and families of all ages. Services include acute/episodic care, sick visits, general healthcare screenings, HIV/STD testing, physical exams including DMV and immigration exams, family planning, immunizations, chronic condition care and management including diabetes, hypertension and cardiovascular disease. Additional services for pediatrics includes well child visits, child health and disability exams, asthma and obesity treatment and management.</p> <p><b>Intake Procedure</b> Call for appointment 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;"><b>Last Update Date</b> 3/21/2019</p>
<p><b>North County Health Services</b></p> <p>220 ROTANZI ST RAMONA, CA 92065 (760) 736-6767 www.nchs-health.org</p> <p><b>Serves</b> North Coastal and North Inland Regions of San Diego County</p> <p><b>Eligibility</b> Healthcare services for individuals and families of all ages</p>	<p><b>Family Medicine, Ramona Health Center</b></p> <p>Offers general medical services to individuals and families of all ages. Services include acute/episodic care, sick visits, general healthcare screenings, HIV/STD testing, physical exams including DMV and immigration exams, family planning, immunizations, chronic condition care and management including diabetes, hypertension and cardiovascular disease. Additional services for pediatrics includes well child visits, child health and disability exams, asthma and obesity treatment and management.</p> <p><b>Intake Procedure</b> Call for appointment 8:00 am-1:00 pm and 2:00 pm-5:00 pm, Monday-Friday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;"><b>Last Update Date</b> 3/21/2019</p>
<p><b>North County Health Services</b></p> <p>150 VALPRED A RD SAN MARCOS, CA 92069 (760) 736-6767 www.nchs-health.org</p> <p><b>Serves</b> North Coastal and North Inland Regions of San Diego County</p> <p><b>Eligibility</b> Healthcare services for individuals and families of all ages</p>	<p><b>Family Medicine, San Marcos Health Center</b></p> <p>Offers general medical services to individuals and families of all ages. Services include acute/episodic care, sick visits, general healthcare screenings, HIV/STD testing, physical exams including DMV and immigration exams, family planning, immunizations, chronic condition care and management including diabetes, hypertension and cardiovascular disease. Additional services for pediatrics includes well child visits, child health and disability exams, asthma and obesity treatment and management.</p> <p><b>Intake Procedure</b> Call for appointment 8:00 am-5:00 pm, Monday-Friday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;"><b>Last Update Date</b> 3/21/2019</p>
<p><b>North County Health Services</b></p> <p>2210 MESA DR OCEANSIDE, CA 92054 (760) 736-6767 <a href="https://www.nchs-health.org/location/nchs-mission-mesa-pediatrics/">https://www.nchs-health.org/location/nchs-mission-mesa-pediatrics/</a></p> <p><b>Serves</b> North Coastal and North Inland Regions of San Diego County</p> <p><b>Eligibility</b> Pediatric patients only. Children from birth to 18 years old.</p>	<p><b>Mission Mesa Pediatrics Center</b></p> <p>This location specializes in pediatric medicine, including sick visits, well child care, child health and disability prevention exams, ADD and ADHD diagnosis and treatment, asthma management, immunizations, child obesity screening and management, hearing and vision screenings, and school and sports physicals.</p> <p><b>Intake Procedure</b> Call for appointment; Walk-in for services 8:00 am-7:00 pm, Monday-Friday; 8:00 am-4:30 pm, Saturday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;"><b>Last Update Date</b> 3/21/2019</p>

## Category Medical Services

### North County Health Services

605 CROUCH ST BLDG C  
OCEANSIDE, CA 92054  
(760) 736-6767

<https://www.nchs-health.org/health-services/quickcare/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Healthcare services for individuals and families of all ages

### QuickCare, Oceanside

Offers same-day medical appointments for acute care illnesses or injuries, sick visits and physical exams for individuals of any age.

**Intake Procedure** Call for appointment; Walk-in for services  
8:00 am-8:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Health Services

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6767

<https://www.nchs-health.org/health-services/quickcare/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Healthcare services for individuals and families of all ages

### QuickCare, San Marcos

Offers same-day medical appointments for acute care illnesses or injuries, sick visits and physical exams for individuals of any age.

**Intake Procedure** Call for appointment; Walk-in for services  
8:00 am-8:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Health Services

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6700

<https://www.nchs-health.org/location/nchs-san-marcos-health-center/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Women of all ages

### Women's Health Center, San Marcos

Offers complete pregnancy and delivery care, including childbirth education classes, family planning and birth control, well-women annual exams, cervical and breast cancer screenings, and behavioral health services. Services are provided at low to no cost to qualifying patients.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Health Services

161 THUNDER DR  
VISTA, CA 92083  
(760) 736-6767

<https://www.nchs-health.org/location/nchs-mission-mesa-womens-health-satellite/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Women of all ages

### Women's Health Center, Vista

Offers complete pregnancy and delivery care, including childbirth education classes, family planning and birth control, well-women annual exams, cervical and breast cancer screenings, and behavioral health services. Services are provided at low to no cost to qualifying patients.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019



# 2-1-1 San Diego North County Resource Guide

## Category Medical Services

### North County LGBTQ Resource Center

3220 MISSION AVE  
OCEANSIDE, CA 92058  
(760) 994-1690  
[www.ncresourcecenter.org](http://www.ncresourcecenter.org)

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

**Eligibility** Anyone who has been mandated by the court to have an HIV class

### Court-Mandated HIV Classes

Individual classes for court-mandated HIV classes.

**Intake Procedure** Call for appointment

LGBTQ Center Hours: 12:00 pm-8:00 pm, Monday-Friday; 12:00 pm-6:00 pm, Saturday

Fixed fee

\$40

**Last Update Date** 11/20/2018

### Palomar Health

555 E VALLEY PKWY  
ESCONDIDO, CA 92025  
(760) 739-3000  
<https://www.palomarhealth.org/facilities/palomar-health-downtown-campus>

**Serves** North Inland Region of San Diego County

**Eligibility** Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies.

### Acute Care Hospital Services, Medical Center Downtown Escondido

A full-service acute care hospital with a 24-hour emergency room. Offers diagnostic and treatment services as well as emergency and critical care services for people who may have a variety of illnesses or injuries that required immediate, short-term intervention. Has a Level II Trauma Center.

**Intake Procedure** Call;Walk-in for services

24 hours a day, 7 days a week

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 10/3/2019

### Palomar Health

2185 CITRACADO PKWY  
ESCONDIDO, CA 92029  
(442) 281-5000  
<https://www.palomarhealth.org/facilities/palomar-medical-center>

**Serves** North Inland Region of San Diego County

**Eligibility** Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies.

### Acute Care Hospital Services, Medical Center Escondido

A full-service acute care hospital with a 24-hour emergency room. Offers diagnostic and treatment services as well as emergency and critical care services for people who may have a variety of illnesses or injuries that required immediate, short-term intervention.

**Intake Procedure** Call;Walk-in for services

24 hours a day, 7 days a week

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 10/3/2019

### Palomar Health

15615 POMERADO RD  
POWAY, CA 92064  
(858) 613-4000  
<https://www.palomarhealth.org/facilities/palomar-poway-outpatient>

**Serves** North Inland Region of San Diego County

**Eligibility** Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies.

### Acute Care Hospital Services, Medical Center Poway

A full-service acute care hospital with a 24-hour emergency room. Offers diagnostic and treatment services as well as emergency and critical care services for people who may have a variety of illnesses or injuries that required immediate, short-term intervention.

**Intake Procedure** Call;Walk-in for services

24 hours a day, 7 days a week

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 10/3/2019

## Category Medical Services

### Palomar Health

15615 Pomerado Rd  
Poway, CA 92064  
(800) 628-2880  
<https://www.palomarhealth.org/classes-and-events/>

**Serves** San Diego County

**Eligibility** Not limited

### CPR and First Aid Classes

Offers CPR/AED and First Aid classes that provide basic CPR skills training and choking methods for all ages with practice and instruction in using AED on an infant/child/victim. The First Aid portion covers general principles, medical emergencies, injury emergencies and environmental emergencies. American Heart Association course completion cards are issued upon completion of skills test. Courses are also available to teach basic life saving techniques and are recommended for anyone who may need to help others in distress but do not need certification. Perfect for new parents, grandparents, and pool owners.

**Intake Procedure** Online;Call

Class times vary, call or go online for details

Fixed fees

Ranges: \$30-\$70

**Last Update Date** 10/3/2019

### Palomar Health

800 W VALLEY PKWY  
ESCONDIDO, CA 92025  
(800) 525-3010  
<https://www.palomarhealth.org/palomar-health-home-health-services/palomar-health-home-health-services-home>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Patients of all ages and their families in need of home health services

### Home Health Care

Provides home health services for patients due to illness, injury or following surgery. Licensed specialists provide certified home health care for physical, emotional, cultural, social and environmental needs. Programs include nursing care, physical, occupational and speech therapy, maternal infant program, and caregiver services that provide medication and intravenous therapies, assistance with personal care, changing post-surgical dressings and self-care education.

**Intake Procedure** Call for more information

8:00 am-5:00 pm, Monday-Friday

Fees vary depending on service. Most insurance accepted, call for details and call insurance company for more information.

**Last Update Date** 10/3/2019

### Palomar Health

125 VALLECITOS DE ORO STE A  
SAN MARCOS, CA 92069  
(760) 739-2971  
<https://www.palomarhealth.org/center-for-behavioral-health/palomar-outpatient-services>

**Serves** North Inland Region of San Diego County

**Eligibility** Adults and older adults with psychiatric and mental health needs, ages 18 years and older

### Outpatient Behavioral Health Services, San Marcos

Offers a community-based adult psychiatric treatment program where patients can live independently in the community while participating daily in a highly individualized treatment program. Services at the day program include comprehensive assessment and treatment for adults and older adults, group and individual therapy, and medication management.

**Intake Procedure** Call;Walk-in for services

8:00 am-4:30 pm, Monday-Friday

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 10/3/2019

### Pathway Health Clinic

1830 HACIENDA DR  
VISTA, CA 92081  
(760) 945-4673  
<https://pathway-healthclinic.com/>

**Serves** San Diego County

**Eligibility** Anyone experiencing pregnancy and their network (significant other, parents, etc.)

### Pregnancy Services

Provides counseling, limited medical care, information, and resources for pregnant women and their families. Services include free pregnancy tests, ultrasounds, parenting class, post-abortive support, options counseling, prenatal and baby care education, life skills class, and abstinence education. Also offers material goods including formula, diapers, baby clothes and baby furniture. Referrals for adoption, housing, legal assistance, and social services are also provided.

**Intake Procedure** Call for appointment;Walk-in for appointment

9:00am-4:00pm, Monday and Wednesday; 9:00am-8:00pm, Tuesday; 1:00pm-8:00pm, Thursday; 9:00 am-4:00 pm, Saturday

No fees.

**Last Update Date** 2/7/2019

## Category Medical Services

### PeerCares

450 S MELROSE DR  
VISTA, CA 92081  
(858) 263-0833  
www.peercares.com

**Serves** City of San Diego, Chula Vista, La Jolla, Poway, Escondido, San Marcos, El Centro

**Eligibility** Individuals requiring non medical services for activities of daily living

### PeerCares

Home care aide provider for individuals needing support in non medical activities of daily living. Services provided are for activities and incidentals of daily living, companionship, personal care, home services, meal preparation, Alzheimer's Dementia care, Veteran care and transportation.

**Intake Procedure** Email;Online;Call for more information;Call for appointment;Voice Message;Complete Application Online;Text (SMS);Fax;Mail

Office Hours: 9:00 am-5:00 pm, Monday-Friday; Service Hours: 24 hours a day, 7 days a week

Fixed fee

\$25 Hourly

**Last Update Date** 6/18/2019

### Planned Parenthood of the Pacific Southwest

347 W MISSION AVE  
ESCONDIDO, CA 92025  
(888) 743-7526  
<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest>

**Serves** San Diego County

**Eligibility** Not limited

### Contraceptive Clinics and HIV/AIDS Testing and Counseling, Escondido Center

Provides medical examinations, lab tests, including pap smears and tests for sexually transmitted infections and HIV. Available contraceptives include the pill, patch, ring, birth control injection, IUD, diaphragm, condoms, implants, and emergency contraception (morning after pills) for unprotected intercourse (sex without birth control or sex with failed birth control). Offers pregnancy testing, confidential HIV testing and counseling. Screening and evaluation services for PrEP (Pre-Exposure Prophylaxis for HIV) and PEP (Post-Exposure Prophylaxis for HIV) are also available

**Intake Procedure** Call for appointment;Walk-in for appointment

7:30 am-6:00 pm, Monday-Thursday; 7:30 am-4:00 pm, Friday-Saturday; Closed: 8:30 am-10:30 am, 2nd Wednesday of the Month; Closed: Holidays

Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

**Last Update Date** 7/24/2019

### Planned Parenthood of the Pacific Southwest

1964 VIA CTR  
VISTA, CA 92081  
(888) 743-7526  
<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest>

**Serves** San Diego County

**Eligibility** Not limited

### Contraceptive Clinics and HIV/AIDS Testing and Counseling, Vista Center

Provides medical examinations, lab tests, including pap smears and tests for sexually transmitted infections and HIV. Available contraceptives include the pill, patch, ring, birth control injection, IUD, diaphragm, condoms, implants, and emergency contraception (morning after pills) for unprotected intercourse (sex without birth control or sex with failed birth control). Offers pregnancy testing, confidential HIV testing and counseling. Screening and evaluation services for PrEP (Pre-Exposure Prophylaxis for HIV) and PEP (Post-Exposure Prophylaxis for HIV) are also available

**Intake Procedure** Call for appointment;Walk-in for appointment

7:30 am-6:00 pm, Monday-Thursday; 7:30 am-4:00 pm, Friday-Saturday; Closed: 2:00 pm-4:00 pm, last Thursday of the Month; Closed: Holidays

Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

**Last Update Date** 7/24/2019



## Category Medical Services

### Planned Parenthood of the Pacific Southwest

347 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (888) 743-7526  
<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest>  
**Serves** San Diego County  
**Eligibility** Not limited

### Pregnancy Testing, Counseling and Referral, Escondido Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, adoption referrals, and pregnancy termination (medication and surgical abortion services). Medication termination services are available at all health centers. Surgical services offered at the San Diego First Avenue location.  
**Intake Procedure** Call for appointment; Walk-in for appointment  
 7:30 am-6:00 pm, Monday-Thursday; 7:30 am-4:00 pm, Friday-Saturday  
 Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

**Last Update Date** 7/31/2019

### Planned Parenthood of the Pacific Southwest

1820 MARRON RD  
 CARLSBAD, CA 92008  
 (888) 743-7526  
<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest>  
**Serves** San Diego County  
**Eligibility** Not limited

### Pregnancy Testing, Counseling and Referral, Vista Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, adoption referrals, and pregnancy termination (medication and surgical abortion services). Medication termination services are available at all health centers. Surgical services offered at the San Diego First Avenue location.  
**Intake Procedure** Call for appointment; Walk-in for appointment  
 7:30 am-6:00 pm, Monday-Thursday; 7:30 am-4:00 pm, Friday-Saturday  
 Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

**Last Update Date** 7/31/2019

### Planned Parenthood of the Pacific Southwest

347 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (888) 743-7526  
<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest>  
**Serves** San Diego County  
**Eligibility** Not limited

### Sexually Transmitted Infections Testing and Treatment, Escondido Center

Examines and treats males, females and their partners for sexually transmitted infections. Provides HIV testing, counseling, screening and evaluation services for PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) to prevent HIV. Offers breast examinations, pap smears, and screening.  
**Intake Procedure** Call for appointment; Walk-in for appointment  
 7:30 am-6:00 pm, Monday-Thursday; 7:30 am-4:00 pm, Friday-Saturday  
 Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

**Last Update Date** 7/31/2019

### Planned Parenthood of the Pacific Southwest

1964 VIA CTR  
 VISTA, CA 92081  
 (888) 743-7526  
<https://www.plannedparenthood.org/planned-parenthood-pacific-southwest>  
**Serves** San Diego County  
**Eligibility** Not limited

### Sexually Transmitted Infections Testing and Treatment, Vista Center

Examines and treats males, females and their partners for sexually transmitted infections. Provides HIV testing, counseling, screening and evaluation services for PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) to prevent HIV. Offers breast examinations, pap smears, and screening.  
**Intake Procedure** Call for appointment; Walk-in for appointment  
 7:30 am-6:00 pm, Monday-Thursday; 7:30 am-4:00 pm, Friday-Saturday  
 Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

**Last Update Date** 7/31/2019

## Category Medical Services

### Poway Adult Day Health Care, LLC

12250 CROSTHWAITE CIR  
POWAY, CA 92064  
(858) 748-5044  
<http://powayadhc.org/>

**Serves** San Diego County, 92131, 92126, 92127, 92128, 92129, 92064

**Eligibility** Must meet certain medical criteria to be enrolled in the program. Call for information.

### Adult Day Care

Provides adult day care services in a group setting with a structured, individualized program of therapeutic activities developed to enhance functioning. The program increases social opportunities for those who may experience memory loss or physical decline. Nursing and social services designed to provide week day care giving to older adults who like to continue living at home for as long as possible. Transportation to and from program based on availability.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-4:00 pm, Monday-Thursday; 8:00 am-3:30 pm, Friday

Accepts Long Term Insurance, Private Pay, Call for information

**Last Update Date** 12/13/2018

### Pro-Life Pregnancy Counseling and Education League of San Diego

13412 POMERADO RD  
POWAY, CA 92064  
(858) 486-1738  
[www.sdlifechoices.org](http://www.sdlifechoices.org)

**Serves** Poway, Miramar, Santee, Scripps Ranch, Rancho Bernardo, 4S Ranch, Del Mar, La Mesa, Carlsbad, Solana Beach

**Eligibility** Ages 12 years and older

### Right to Life Pregnancy Services

Provides crisis pregnancy counseling services, pregnancy testing, face-to-face counseling, alternatives to pregnancy termination, post abortion counseling referrals and educational support groups for pregnant women and new mothers.

**Intake Procedure** Online; Call for more information  
10:00 am-3:00 pm, Monday-Friday

No fees

**Last Update Date** 5/22/2019

### Public Health Services, Health and Human Services Agency, County of San Diego

202 W COLLEGE ST  
FALLBROOK, CA 92028  
(760) 967-4401  
[www.sdiz.org](http://www.sdiz.org)

**Serves** Fallbrook

**Eligibility** The following individuals are eligible to receive immunizations at County Public Health Centers: 1. children and adults who do not have health insurance (adults-only certain vaccines available) 2. adults whose health insurance does not include vaccines (o

### Immunization Clinic, Fallbrook Community Resources Center

Provides routine childhood and adolescent vaccines to protect against diphtheria, tetanus, pertussis, haemophilus influenza type B, pneumococcal diseases, polio, measles, mumps, rubella, varicella, hepatitis A, hepatitis B, and meningococcal meningitis. Also provides routine adult vaccines to protect against tetanus, diphtheria, measles, mumps, and rubella. Adults with certain health conditions/risks may be eligible for the pneumococcal vaccine and hepatitis B vaccine. Influenza vaccines for persons 6 months and older are available each year beginning in the fall on a walk-in basis. Tdap (tetanus, pertussis and diphtheria) vaccines are also available to eligible persons. No appointment is needed.

**Intake Procedure** Call for more information; Walk-in for services

10:00 am-4:00 pm, 2nd Monday of the Month; Flu Vaccine Hours: 10:00 am-12:00 pm, 1:00 pm-1:00 pm-3:30 pm, 2nd Monday of the Month; Closed: Holidays

No fees

**Last Update Date** 10/8/2019

## Category Medical Services

### Public Health Services, Health and Human Services Agency, County of San Diego

10330 CARMEL MOUNTAIN RD  
 SAN DIEGO, CA 92129  
 (760) 740-3000  
 www.sdiz.org

**Serves** San Diego County

**Eligibility** The following individuals are eligible to receive immunizations at County Public Health Centers: 1. children and adults who do not have health insurance (adults-only certain vaccines available) 2. adults whose health insurance does not include vaccines (

### Immunization Clinic, New Hope Church

Provides routine childhood and adolescent vaccines to protect against diphtheria, tetanus, pertussis, haemophilus influenza type B, pneumococcal diseases, polio, measles, mumps, rubella, varicella, hepatitis A, hepatitis B, and meningococcal meningitis. Also provides routine adult vaccines to protect against tetanus, diphtheria, measles, mumps, and rubella. Adults with certain health conditions/risks may be eligible for the pneumococcal vaccine and hepatitis B vaccine. Influenza vaccines for persons 6 months and older are available each year beginning in the fall on a walk-in basis. Tdap (tetanus, pertusis and diphtheria) vaccines are also available to eligible persons.

**Intake Procedure** Call for more information; Walk-in for services  
 8:30 am-11:00 am, 3rd Wednesday of the Month; Closed: Holidays  
 No fees

**Last Update Date** 10/4/2019

### Public Health Services, Health and Human Services Agency, County of San Diego

3609 OCEAN RANCH BLVD  
 OCEANSIDE, CA 92056  
 (760) 967-4401  
 www.sdiz.org

**Serves** North Coastal Region of San Diego County

**Eligibility** The following individuals are eligible to receive immunizations at County Public Health Centers: 1. children and adults who do not have health insurance (adults-only certain vaccines available) 2. adults whose health insurance does not include vaccines (o

### Immunization Clinic, North Coastal Public Health Center

Provides routine childhood and adolescent vaccines to protect against diphtheria, tetanus, pertussis, haemophilus influenza type B, pneumococcal diseases, polio, measles, mumps, rubella, varicella, hepatitis A, hepatitis B, and meningococcal meningitis. Also provides routine adult vaccines to protect against tetanus, diphtheria, measles, mumps, and rubella. Adults with certain health conditions/risks may be eligible for the pneumococcal vaccine and hepatitis B vaccine. Influenza vaccines for persons 6 months and older are available each year beginning in the fall on a walk-in basis. Tdap (tetanus, pertusis and diphtheria) vaccines are also available to eligible persons. No appointment is needed.

**Intake Procedure** Call for more information; Walk-in for services  
 8:00 am-11:30 am and 1:00 pm-4:00 pm, Monday, Tuesday, Thursday and Friday; 8:00 am-11:00 am, Wednesday; Closed: Holidays  
 No fees

**Last Update Date** 10/8/2019

## Category Medical Services

### Public Health Services, Health and Human Services Agency, County of San Diego

649 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (760) 740-3000  
 www.sdiz.org

**Serves** North Inland Region of San Diego County

**Eligibility** The following individuals are eligible to receive immunizations at County Public Health Centers: 1. children and adults who do not have health insurance (adults-only certain vaccines available) 2. adults whose health insurance does not include vaccines (o

### Immunization Clinic, North Inland Public Health Center

Provides routine childhood and adolescent vaccines to protect against diphtheria, tetanus, pertussis, haemophilus influenza type B, pneumococcal diseases, polio, measles, mumps, rubella, varicella, hepatitis A, hepatitis B, and meningococcal meningitis. Also provides routine adult vaccines to protect against tetanus, diphtheria, measles, mumps, and rubella. Adults with certain health conditions/risks may be eligible for the pneumococcal vaccine and hepatitis B vaccine. Influenza vaccines for persons 6 months and older are available each year beginning in the fall on a walk-in basis. Tdap (tetanus, pertusis and diphtheria) vaccines are also available to eligible persons.

**Intake Procedure** Call for more information;Walk-in for services

8:00 am-11:00 am and 1:00 pm-4:00 pm, Monday, Friday; Adult appointment: 8:00 am-11:00 am and 1:00 pm-4:00 pm, Tuesday, Thursday; Closed: Holidays

No fees

**Last Update Date** 10/4/2019

### Public Health Services, Health and Human Services Agency, County of San Diego

1521 MAIN ST  
 RAMONA, CA 92065  
 (760) 740-3000  
 www.sdiz.org

**Serves** Ramona

**Eligibility** The following individuals are eligible to receive immunizations at County Public Health Centers: 1. children and adults who do not have health insurance (adults-only certain vaccines available) 2. adults whose health insurance does not include vaccines (o

### Immunization Clinic, Ramona Public Health Office

Provides routine childhood and adolescent vaccines to protect against diphtheria, tetanus, pertussis, haemophilus influenza type B, pneumococcal diseases, polio, measles, mumps, rubella, varicella, hepatitis A, hepatitis B, and meningococcal meningitis. Also provides routine adult vaccines to protect against tetanus, diphtheria, measles, mumps, and rubella. Adults with certain health conditions/risks may be eligible for the pneumococcal vaccine and hepatitis B vaccine. Influenza vaccines for persons 6 months and older are available each year beginning in the fall on a walk-in basis. Tdap (tetanus, pertusis and diphtheria) vaccines are also available to eligible persons.

**Intake Procedure** Call for more information;Walk-in for services

1:00 pm-3:00 pm, 2nd Wednesday of the Month; Closed: Holidays

No fees

**Last Update Date** 10/4/2019

**Category** Medical Services

**Public Health Services, Health and Human Services Agency, County of San Diego**

120 STEVENS AVE  
 SOLANA BEACH, CA 92075  
 (760) 967-4401  
 www.sdiz.org

**Serves** Solana Beach

**Eligibility** The following individuals are eligible to receive immunizations at County Public Health Centers: 1. children and adults who do not have health insurance (adults-only certain vaccines available) 2. adults whose health insurance does not include vaccines (o

**Immunization Clinic, Solana Beach Presbyterian Church**

Provides routine childhood and adolescent vaccines to protect against diphtheria, tetanus, pertussis, haemophilus influenza type B, pneumococcal diseases, polio, measles, mumps, rubella, varicella, hepatitis A, hepatitis B, and meningococcal meningitis. Also provides routine adult vaccines to protect against tetanus, diphtheria, measles, mumps, and rubella. Adults with certain health conditions/risks may be eligible for the pneumococcal vaccine and hepatitis B vaccine. Influenza vaccines for persons 6 months and older are available each year beginning in the fall on a walk-in basis. Tdap (tetanus, pertussis and diphtheria) vaccines are also available to eligible persons. No appointment is needed.

**Intake Procedure** Call for more information;Walk-in for services

1:00 pm-4:00 pm, 2nd Tuesday of the month; Flu Vaccine Hours: 1:00 pm-3:30 pm, 2nd Tuesday of the Month; Closed: Holidays

No fees

**Last Update Date** 10/8/2019

**Public Health Services, Health and Human Services Agency, County of San Diego**

3609 OCEAN RANCH BLVD  
 OCEANSIDE, CA 92056  
 (760) 967-4401  
 www.sdcounty.ca.gov/hhsa/programs/phs/phs\_nursing/index.html

**Serves** Del Mar; Solana Beach; Cardiff; Encinitas; Carlsbad; Oceanside; Vista; Bonsall; Fallbrook; Rainbow; Camp Pendleton

**Eligibility** Living in the cities of Del Mar, Solana Beach, Cardiff, Encinitas, Carlsbad, Oceanside; Vista, Bonsall, Fallbrook, Rainbow, or Camp Pendleton, that are low income, at-risk pregnant/postpartum women and their children from birth to 5 years old or high risk

**Maternal Child Health, North Coastal Region**

Is a free, voluntary prevention program that provides nurse home visitation to at-risk, low income, pregnant, and postpartum women and their children from birth to 5 years old. Nurses provides support, health and parenting education, address bonding issues, medical, and mental risks. Families can expect to receive case management and referrals to healthcare and support services available in their community. The program's goal is to improve birth outcomes, access to health care, and promote health and well-being or high risk women and their children.

**Intake Procedure** Call for more information;Referral

8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 8/15/2019

## Category Medical Services

### Public Health Services, Health and Human Services Agency, County of San Diego

649 W MISSION AVE STE 2  
 ESCONDIDO, CA 92025  
 (760) 740-3000  
[www.sdcounty.ca.gov/hhsa/programs/phs/phs\\_nursing/index.html](http://www.sdcounty.ca.gov/hhsa/programs/phs/phs_nursing/index.html)

**Serves** Oceanside; Escondido; Carlsbad; Vista; San Marcos; Encinitas; Poway; Solana Beach

**Eligibility** Living in the cities of Oceanside, Escondido, Carlsbad, Vista, San Marcos, Encinitas, Poway or Solana Beach that are low income, at-risk pregnant/postpartum women and their children from birth to 5 years old or high risk infants. Any pregnancies with curr

### Maternal Child Health, North Inland Region

Is a free, voluntary prevention program that provides nurse home visitation to at-risk, low income, pregnant, and postpartum women and their children from birth to 5 years old. Nurses provides support, health and parenting education, address bonding issues, medical, and mental risks. Families can expect to receive case management and referrals to healthcare and support services available in their community. The program's goal is to improve birth outcomes, access to health care, and promote health and well-being or high risk women and their children.

**Intake Procedure** Call for more information;Referral  
 8:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 8/16/2019

### Public Health Services, Health and Human Services Agency, County of San Diego

3609 OCEAN RANCH BLVD  
 OCEANSIDE, CA 92056  
 (760) 967-4401  
[www.sdcounty.ca.gov/hhsa/](http://www.sdcounty.ca.gov/hhsa/)

**Serves** Bonsall, Camp Pendleton, Cardiff by the Sea, Carlsbad, Del Mar, Fallbrook, Oceanside, Pala, Solana Beach La Costa, Leucadia, Rainbow, San Dieguito, Bonsall, Fallbrook, Pala, 92055, 92672

**Eligibility** Eligibility requirements vary by type of service. Some programs have specific income eligibility requirements or age limitations.

### Public Health Clinics and Public Health Nursing, North Coastal

Provides a variety of healthcare and health education services to help low-income individuals and families prevent illness and maintain good health, understand health needs, plan for health care, learn good health practice, and use community resources. Offers immunizations and tuberculosis skin tests at all public health centers. Sexually transmitted disease (STD) screening and tests are available at the Central, North Coastal, and South Region Public Health Centers. HIV testing is available at the Central Region Public Health Centers. Provides public health nurses to promote and preserve health, with a focus on maternal and child health issues and on communicable disease control. Services may be provided in the home or in a clinic. Public health nurses are BSN-registered nurses with course work in community health.

**Intake Procedure** Call for more information;Call for appointment;Walk-in for more information  
 8:00 am-5:00 pm, Monday-Friday

Fixed fee. Minimal fees charged for services.

**Last Update Date** 8/15/2019

## Category Medical Services

### Public Health Services, Health and Human Services Agency, County of San Diego

649 W MISSION AVE STE 2  
 ESCONDIDO, CA 92025  
 (760) 740-3000  
[www.sdcounty.ca.gov/hhsa/](http://www.sdcounty.ca.gov/hhsa/)

**Serves** Escondido; Fallbrook; San Marcos; Valley Center; Vista; Fallbrook; Valley Center; 92003, 92028, 92059, 92060, 92061

**Eligibility** Eligibility requirements vary by type of service. Some programs have specific income eligibility requirements or age limitations.

### Public Health Clinics and Public Health Nursing, North Inland Region

Provides a variety of healthcare and health education services to help low-income individuals and families prevent illness and maintain good health, understand health needs, plan for health care, learn good health practice, and use community resources. Offers immunizations and tuberculosis skin tests at all public health centers. Sexually transmitted disease (STD) screening and tests are available at the Central, North Coastal, and South Region Public Health Centers. HIV testing is available at the Central, Region Public Health Centers. Provides public health nurses to promote and preserve health, with a focus on maternal and child health issues and on communicable disease control. Services may be provided in the home or in a clinic. Public health nurses are BSN-registered nurses with course work in community health.

**Intake Procedure** Call for more information; Call for appointment; Walk-in for services  
 8:00 am-11:00 am and 1:00 pm-4:00 pm, Monday-Friday

Fixed fee. Minimal fees charged for services.

**Last Update Date** 8/15/2019

### Public Health Services, Health and Human Services Agency, County of San Diego

3609 Ocean Ranch Blvd  
 OCEANSIDE, CA 92056  
 (760) 967-4401  
[www.STDSanDiego.org](http://www.STDSanDiego.org)

**Serves** San Diego County

**Eligibility** Ages 12 years and older

### Sexually Transmitted Disease Clinics, North Coastal Public Health Center

Offers sexually transmitted disease (STD) evaluation, testing, treatment and HIV testing, HIV Pre-Exposure Prophylaxis (PrEP) education and assistance, hepatitis A and B vaccine series for at-risk clients, HPV vaccine series for patients without health insurance or whose health insurance does not cover vaccines. All services are confidential.

**Intake Procedure** Call for more information; Walk-in for more information  
 12:30 pm-7:30 pm, Wednesday

Fixed fee; Includes risk assessment, physical exam, \$40  
 STD and HIV lab tests, treatments, vaccinations and follow-up visits within 30 days. Fee may be waived if unable to pay. There is no fee for HIV testing only.

**Last Update Date** 8/5/2019

### Public Health Services, Health and Human Services Agency, County of San Diego

3609 OCEAN RANCH BLVD STE 104  
 OCEANSIDE, CA 92056  
 (760) 967-4401  
[www.sandiegotbcontrol.org](http://www.sandiegotbcontrol.org)

**Serves** San Diego County

**Eligibility** Uninsured individuals and individuals with TB risk factors

### Tuberculosis Control Program, North Coastal Public Health Center

Provides tuberculosis screening, prevention, treatment and case management to San Diego County residents. Offers consultation, surveillance, policy guidance, and education for medical providers and community members.

**Intake Procedure** Online; Call for more information; Call for appointment  
 8:00 am-4:30 pm, Monday-Tuesday and Friday; 8:30 am-11:30 am, Wednesday

Fixed fee. Fees vary based on ability to pay using the State of California Uniform Method to Determine Ability to Pay (UMDAP) criteria.

**Last Update Date** 8/5/2019

## Category Medical Services

### Public Health Services, Health and Human Services Agency, County of San Diego

649 W MISSION AVE STE 2  
 ESCONDIDO, CA 92025  
 (760) 740-3000  
[www.sandiegotbcontrol.org](http://www.sandiegotbcontrol.org)

**Serves** San Diego County

**Eligibility** Uninsured individuals and individuals with TB risk factors

### Tuberculosis Control Program, North Inland Public Health Center

Provides tuberculosis screening, prevention, treatment and case management to San Diego County residents. Offers consultation, surveillance, policy guidance, and education for medical providers and community members.

**Intake Procedure** Online;Call for more information;Call for appointment  
 8:00 am-11:00 am and 1:00 pm-4:00 pm, Monday and Friday  
 Fixed fee. Fees vary based on ability to pay using the State of California Uniform Method to Determine Ability to Pay (UMDAP) criteria.

**Last Update Date** 8/5/2019

### Rady Children's Hospital and Health Center

625 CITRACADO PKWY STE 100  
 ESCONDIDO, CA 92025  
 (760) 739-1543  
<https://www.rchsd.org/locations/urgent-care/>

**Serves** North Inland Region of San Diego County

**Eligibility** Urgent care services for children from birth to 17 years old

### Urgent Care, Escondido

Provides treatment for people with common, non-life threatening illnesses in need of urgent medical attention who cannot wait for a physician appointment and the health condition is not severe enough for an emergency room visit. No appointments are necessary.

**Intake Procedure** Walk-in for services  
 4:00 pm-10:00 pm, Monday-Friday; 1:00 pm-10:00 pm, Saturday and Sunday  
 Fees vary depending on service.

**Last Update Date**

### Rady Children's Hospital and Health Center

3605 VISTA WAY STE 172  
 OCEANSIDE, CA 92056  
 (760) 547-1000  
<https://www.rchsd.org/locations/urgent-care/>

**Serves** North Coastal Region of San Diego County

**Eligibility** Urgent care services for children from birth to 17 years old

### Urgent Care, Oceanside

Provides treatment for people with common, non-life threatening illnesses in need of urgent medical attention who cannot wait for a physician appointment and the health condition is not severe enough for an emergency room visit. No appointments are necessary.

**Intake Procedure** Walk-in for services  
 4:00 pm-10:00 pm, Monday-Friday; 1:00 pm-10:00 pm, Saturday and Sunday  
 Fees vary depending on service.

**Last Update Date**

### Ramona Senior Center

434 AQUA LN  
 RAMONA, CA 92065  
 (760) 789-0440  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)

**Serves** Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian, Lake Henshaw

**Eligibility** Ages 60 years and older living in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian and Lake Henshaw.

### Senior Center, Pacific Educational Facilities

Provides a daily congregate hot lunches on-site, home-delivered midday meals to homebound senior citizens, health screening services including flu shots, computer classes, bridge, bingo and a travel club. Offers nutrition education, health and exercise classes, and legal consultation services. Transportation to and from Center for lunch only in immediate Ramona area.

**Intake Procedure** Call for more information;Call for appointment;Walk-in for more information

Meals: 11:30 am-12:30 pm, Monday-Friday; The Center Hours: 8:30 am-4:00 pm, Monday-Friday; Closed legal holidays  
 No fees for seniors. However, donations of \$5 per on-site and home-delivered meal are suggested. \$8 fee for non-senior guest of a senior (on-site only; no home delivery). \$1 van donation suggestion each way.

**Last Update Date** 5/21/2019



## Category Medical Services

### Rancho Bernardo Senior Services

16769 BERNARDO CENTER DR  
 SAN DIEGO, CA 92128  
 (858) 487-2640  
[www.rbernardo.com/seniors/seniorservices.htm](http://www.rbernardo.com/seniors/seniorservices.htm)

**Serves** Rancho Bernardo, Poway

**Eligibility** Senior Citizens

### Senior Services

Provides social, recreational, and educational referrals for senior citizens. Offers free consultation with a financial planner, legal, income tax, and health insurance assistance, telephone reassurance, flu shots, and monthly hearing tests, a monthly "55 Alive" driving instruction course provided by the AARP. Referrals to home assistance, handymen, drivers, sitters, nurses, caregivers, and retirement homes.

**Intake Procedure** Call for more information; Walk-in for appointment

9:00 am-3:00 pm, Monday-Friday

No fees

**Last Update Date** 5/9/2019

### Rancho Santa Fe Audiology

6037 La Granada  
 Rancho Santa Fe, CA 92067  
 (858) 759-8922  
[www.rsfaudiology.com](http://www.rsfaudiology.com)

**Serves** Serves all residents of San Diego County.

**Eligibility** Ages 3 and older.

### Audiology Service

Offers free hearing screenings to all San Diego County residents. Also offers comprehensive testing for children and adults. Offers affordable options if hearing devices are needed.

**Intake Procedure** Call for appointment; Walk-in for appointment; Complete Application Online

9:00 am-5:00 pm, Monday-Friday

No fees for hearing test. Affordable fees for hearing aids and other services.

**Last Update Date** 10/3/2019

### San Diego Brain Injury Foundation

2033 ORO VERDE RD  
 ESCONDIDO, CA 92027  
 (760) 480-7468  
<https://sdbif.org/howard-house/enquire-residency-howard-house/>

**Serves** San Diego County

**Eligibility** Brain injury survivors, both male and female, ages 18 to 60 years old

### Howard House

Provides a 24-Hour Long and Short term Adult Residential Facility (ARF) exclusively for brain injury survivors, both male and female, ages 18 to 60 years old. Program includes, cognitive retraining, psychosocial skill development, physical therapy, and independent living skills. Residents are enrolled in the ABI (Acquired Brain Injury) Program at Palomar College. This program teaches independent living skills. Swimming pool on premises and elevator available. Residents are taken on outings and appointments.

**Intake Procedure** Call for more information; Complete Application Online

8:00 am-6:00 pm, Monday-Friday

Fixed fee schedule.

**Last Update Date**

### San Diego Center for the Blind and Vision Impaired

1385 BONAIR RD  
 VISTA, CA 92084  
 (760) 758-5956  
<https://www.sdcb.org/programs-overview>

**Serves** North Regions of San Diego County

**Eligibility** Ages 18 years and older. For transportation, must be enrolled in classes and needs will be determined at intake.

### Assistive Technology Center, North County

Provides a wide range of products such as magnifiers, lighting, kitchen aids, accessible computer hardware and software, time pieces and more for individuals with no vision to those with changing vision. Individuals are able to be assessed for their needs and requirements and try out various types of equipment that will best help them to achieve their goals. Provides round-trip transportation to programs at no cost to students participating in the vision rehabilitation services.

**Intake Procedure** Call for more information; Walk-in for services

8:30 am-4:30 pm, Monday-Friday

No fees

**Last Update Date** 4/15/2019

## Category Medical Services

### Scripps Health

354 SANTA FE DR  
ENCINITAS, CA 92024  
(760) 633-6501  
<https://www.scripps.org/locations/hospitals/scripps-memorial-hospital-encinitas?tab=overview>

**Serves** San Diego County

**Eligibility** Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies.

### Acute Care Hospital Services, Scripps Memorial Hospital Encinitas

A full-service acute care hospital with a 24-hour emergency room. Offers diagnostic and treatment services as well as emergency and critical care services for people who have a variety of illnesses or injuries that require immediate, short-term intervention.

**Intake Procedure** Call; Walk-in for services

24 hours a day, 7 days a week

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 9/30/2019

### Scripps Health

130 CEDAR RD  
VISTA, CA 92083  
(760) 806-5500  
<https://www.scripps.org/services/travel-medicine>

**Serves** San Diego County

**Eligibility** Individuals in need of travel medicine services

### Travel Medicine, Scripps Coastal Medical Center Vista

Provides travel medicine services including recommended and required immunizations, preventive medications for infectious diseases, health information to reduce the risk of injury or illness while traveling abroad, safety and security precautions, and medical evacuation. All patients can benefit greatly from a pre-travel consultation, which should be scheduled at least one month prior to travel, if possible.

**Intake Procedure** Call for appointment

7:00 am-7:00 pm, Monday-Friday

Fees vary depending on type of service. Please call for details and call insurance company for more information.

**Last Update Date** 9/30/2019

### Scripps Health

15004 INNOVATION DR  
SAN DIEGO, CA 92128  
(858) 605-7171  
<https://www.scripps.org/services/urgent-care>

**Serves** Carmel Mountain Ranch, Del Sur, Black Mountain Ranch, 4S Ranch, Poway, Rancho Penasquitos, Sabre Springs, Scripps Ranch, Mira Mesa and Ramona

**Eligibility** Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies. Accepts those with no insurance, payments determined based on family size and income.

### Urgent Care, Scripps Clinic Rancho Bernardo

Provides care to patients of all ages with minor illnesses and conditions that are urgent but not life threatening on a walk-in basis. Urgent care is a good option when there is a medical problem that needs to be addressed by a doctor within 24 hours.

**Intake Procedure** Walk-in for services

8:00 am-8:00 pm, Monday-Sunday

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 9/30/2019

### Scripps Health

130 CEDAR RD  
VISTA, CA 92083  
(760) 806-5400  
<https://www.scripps.org/services/urgent-care>

**Serves** Carlsbad, Oceanside, San Marcos, Escondido, Valley Center, Vista and Fallbrook

**Eligibility** Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies. Accepts those with no insurance, payments determined based on family size and income.

### Urgent Care, Scripps Coastal Medical Center Vista

Provides care to patients of all ages with minor illnesses and conditions that are urgent but not life threatening on a walk-in basis. Urgent care is a good option when there is a medical problem that needs to be addressed by a doctor within 24 hours.

**Intake Procedure** Walk-in for services

12:00 pm-9:00 pm, Monday-Friday; 8:00 am-6:00 pm, Saturday and Sunday; Holidays: 8:00 am-3:00 pm

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 9/30/2019

## Category Medical Services

### Self Sufficiency Programs, Health and Human Services Agency, County of San Diego

202 W COLLEGE ST  
FALLBROOK, CA 92028  
(800) 430-4263 State HCO  
<https://www.healthcareoptions.dhcs.ca.gov/>

**Serves** Central San Diego County

**Eligibility** Medi-cal beneficiaries that need to enroll or change their medi-cal managed care health plan.

### Health Care Options Counselor, Fallbrook Family Resource Center

Provides information and education about the various Medi-Cal health care options available in San Diego County. Learn how to enroll in managed care, how services are coordinated, how to use a selected health plan, how to choose a doctor and how to change health plans. Also assists with releasing a 59 hold in MEDS and providing the number to the appropriate health provider to have a 55 hold removed.

**Intake Procedure** Walk-in for more information;Call;Walk-in for services;Mail  
9:00 am-4:00 pm, Monday-Friday  
No fees

**Last Update Date** 10/8/2019

### Self Sufficiency Programs, Health and Human Services Agency, County of San Diego

1315 UNION PLAZA CT  
OCEANSIDE, CA 92054  
(800) 430-4263 State HCO  
<https://www.healthcareoptions.dhcs.ca.gov/>

**Serves** North Coastal Region

**Eligibility** Medi-cal beneficiaries that need to enroll or change their medi-cal managed care health plan.

### Health Care Options Counselor, North Coastal Family Resource Center

Provides information and education about the various Medi-Cal health care options available in San Diego County. Learn how to enroll in managed care, how services are coordinated, how to use a selected health plan, how to choose a doctor and how to change health plans. Also assists with releasing a 59 hold in MEDS and providing the number to the appropriate health provider to have a 55 hold removed.

**Intake Procedure** Walk-in for more information;Call;Walk-in for services;Mail  
8:00 am-5:00 pm, Monday-Friday  
No fees

**Last Update Date** 10/8/2019

### Self Sufficiency Programs, Health and Human Services Agency, County of San Diego

649 W MISSION AVE  
ESCONDIDO, CA 92025  
(800) 430-4263 State HCO  
<https://www.healthcareoptions.dhcs.ca.gov/>

**Serves** North Inland San Diego County

**Eligibility** Medi-Cal beneficiaries that need to enroll or change their Medi-Cal managed care health plan

### Health Care Options Counselor, North Inland Family Resource Center

Provides information and education about the various Medi-Cal health care options available in San Diego County. Learn how to enroll in managed care, how services are coordinated, how to use a selected health plan, how to choose a doctor and how to change health plans. Also assists with releasing a 59 hold in MEDS and providing the number to the appropriate health provider to have a 55 hold removed.

**Intake Procedure** Walk-in for appointment;Call;Walk-in for services;Mail  
8:00 am-5:00 pm, Monday-Friday  
No fees

**Last Update Date** 10/8/2019

### Self Sufficiency Programs, Health and Human Services Agency, County of San Diego

1521 Main St  
Ramona, CA 92065  
(800) 430-4263 State HCO  
<https://www.healthcareoptions.dhcs.ca.gov/>

**Serves** Ramona

**Eligibility** Medi-cal beneficiaries that need to enroll or change their medi-cal managed care health plan.

### Health Care Options Counselor, Ramona Family Resource Center

Provides information and education about the various Medi-Cal health care options available in San Diego County. Learn how to enroll in managed care, how services are coordinated, how to use a selected health plan, how to choose a doctor and how to change health plans. Also assists with releasing a 59 hold in MEDS and providing the number to the appropriate health provider to have a 55 hold removed.

**Intake Procedure** Call;Walk-in for services;Mail  
9:00 am-4:00 pm, Thursday  
No fees

**Last Update Date** 10/8/2019

**Category**      **Medical Services**

**Self Sufficiency Programs, Health and Human Services Agency, County of San Diego**

202 W COLLEGE ST  
 FALLBROOK, CA 92028  
 (866) 262-9881  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal\\_program.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html)

**Serves**    Fallbrook

**Eligibility**    May potentially be eligible based on one or more of the following criteria, must speak with eligibility worker for actual determination. 1. Low income adults with income at or below 138% FPL 2. Low to middle income children up 19 years old, with hous

**Medi-Cal, Fallbrook Community Resource Center**

Provides information and screenings for Medi-Cal. Medi-Cal is California's Medicaid health insurance program that offers free or low cost health care (including medical and dental checkups) to California residents who meet low-income requirements. Medi-Cal may pay Medicare premiums for eligible senior citizens and disabled individuals. Disabled individuals who are working may qualify for Medi-Cal with a low monthly premium. Also provides, accepts, and processes Medi-Cal applications and all other required verification. Eligibility is usually determined within 45 days.

**Intake Procedure**    Walk-in for more information;Complete Application Online;Call;Mail  
 7:00 am-5:00 pm, Monday-Friday

Free or low cost. Share of cost or low monthly premium determined during application process.

**Last Update Date**    4/2/2019

**Self Sufficiency Programs, Health and Human Services Agency, County of San Diego**

1315 UNION PLAZA CT  
 OCEANSIDE, CA 92054  
 (866) 262-9881  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal\\_program.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html)

**Serves**    92007, 92008, 92009, 92010, 92011, 92014, 92018, 92023, 92024, 92049, 92051, 92052, 92055, 92056, 92057, 92058, 92067, 92068, 92075, 92081, 92083, 92084, 92085, 92091, 92672

**Eligibility**    May potentially be eligible based on one or more of the following criteria, must speak with eligibility worker for actual determination. 1. Low income adults with income at or below 138% FPL 2. Low to middle income children up 19 years old, with hous

**Medi-Cal, North Coastal Family Resource Center**

Provides information and screenings for Medi-Cal. Medi-Cal is California's Medicaid health insurance program that offers free or low cost health care (including medical and dental checkups) to California residents who meet low-income requirements. Medi-Cal may pay Medicare premiums for eligible senior citizens and disabled individuals. Disabled individuals who are working may qualify for Medi-Cal with a low monthly premium. Also provides, accepts, and processes Medi-Cal applications and all other required verification. Eligibility is usually determined within 45 days.

**Intake Procedure**    Complete Application Online;Call;Walk-in for services  
 7:00 am-5:00 pm, Monday-Friday

Free or low cost. Share of cost or low monthly premium determined during application process.

**Last Update Date**    4/2/2019

## Category Medical Services

### Self Sufficiency Programs, Health and Human Services Agency, County of San Diego

649 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (866) 262-9881  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal\\_program.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html)

**Serves** 92003, 92030, 92025, 92026, 92027, 92029, 92033, 92046, 92059, 92060, 92061, 92064, 92069, 92074, 92078, 92079, 92082, 92127, 92128, 92129, 92150, 92198

**Eligibility** May potentially be eligible based on one or more of the following criteria, must speak with eligibility worker for actual determination. 1. Low income adults with income at or below 138% FPL 2. Low to middle income children up 19 years old, with hous

**Last Update Date** 4/2/2019

### Self Sufficiency Programs, Health and Human Services Agency, County of San Diego

1521 MAIN ST  
 RAMONA, CA 92065  
 (866) 262-9881  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal\\_program.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html)

**Serves** 92004, 92036, 92065, 92066, 92070, 92086

**Eligibility** May potentially be eligible based on one or more of the following criteria, must speak with eligibility worker for actual determination. 1. Low income adults with income at or below 138% FPL 2. Low to middle income children up 19 years old, with hous

**Last Update Date** 4/2/2019

### Sharp HealthCare

16899 W BERNARDO DR  
 SAN DIEGO, CA 92127  
 (858) 521-2300  
<https://www.sharp.com/locations/sharp-rees-stealy-rancho-bernardo/urgent-care-488>

**Serves** San Diego County

**Eligibility** Not limited

### Medi-Cal, North Inland Family Resource Center

Provides information and screenings for Medi-Cal. Medi-Cal is California's Medicaid health insurance program that offers free or low cost health care (including medical and dental checkups) to California residents who meet low-income requirements. Medi-Cal may pay Medicare premiums for eligible senior citizens and disabled individuals. Disabled individuals who are working may qualify for Medi-Cal with a low monthly premium. Also provides, accepts, and processes Medi-Cal applications and all other required verification. Eligibility is usually determined within 45 days.

**Intake Procedure** Complete Application Online;Call;Walk-in for services;Mail  
 7:00 am-5:00 pm, Monday-Friday

Free or low cost. Share of cost or low monthly premium determined during application process.

### Medi-Cal, Ramona Community Resource Center

Provides information and screenings for Medi-Cal. Medi-Cal is California's Medicaid health insurance program that offers free or low cost health care (including medical and dental checkups) to California residents who meet low-income requirements. Medi-Cal may pay Medicare premiums for eligible senior citizens and disabled individuals. Disabled individuals who are working may qualify for Medi-Cal with a low monthly premium. Also provides, accepts, and processes Medi-Cal applications and all other required verification. Eligibility is usually determined within 45 days.

**Intake Procedure** Complete Application Online;Call;Walk-in for services;Mail  
 7:00 am-5:00 pm, Monday-Friday

Free or low cost. Share of cost or low monthly premium determined during application process

**Last Update Date** 4/2/2019

### Urgent Care, Sharp Rees-Stealy, Rancho Bernardo Center

Provides care to patients with medical problems that are urgent but not life-threatening.

**Intake Procedure** Walk-in for services

8:00 am-8:00 pm, Monday-Sunday  
 Fixed fee depending on service. Call for information.

**Last Update Date** 8/27/2019

## Category Medical Services

### Solana Beach Presbyterian Church

120 STEVENS AVE  
 SOLANA BEACH, CA 92075  
 (858) 509-2580  
[www.solanapres.org](http://www.solanapres.org)  
**Serves** Carlsbad, Solana Beach  
**Eligibility** Ages 55 and older

### Senior Center

Offers social, recreational, and educational programs for senior citizens. Provides a salad bar plus and entertainment program, health insurance counseling (HICAP) and legal information, games, music appreciation and current events, Feeling Fit Club and Silver Age Yoga.

**Intake Procedure** Call for more information; Call for appointment  
 Program days and hours vary  
 Fixed fee. Salad bar plus and entertainment program \$5

**Last Update Date**

### TERI, Inc

305 Airport Rd  
 OCEANSIDE, CA 92058  
 (760) 721-1706  
[www.teriinc.org](http://www.teriinc.org)

**Serves** Carlsbad, Escondido, Fallbrook, Oceanside, Poway, San Marcos, Valley Center, Vista, 92003, 92037, 92055, 92059, 92060, 92061, 92107, 92109, 92119, 92120, 92121, 92122, 92124, 92127, 92128, 92129, 92145, 92672

**Eligibility** 1. Adults with a developmental advisability 2. Must be referred by San Diego Regional Center and/or school district.

### Development Center

Serves adults with a developmental disability in either a community-based training or behavior management program. Specializes in serving adults who have severe behavior disorders or who, due to the level of functioning or other limitations, have difficulty finding placement in other less-structured environments. Provides training in the areas of self-help, gross and fine motor skills, communication, independent living, functional academics, basic reading, and community awareness. Off-site pre-vocational training is offered, as well as personal interest programs such as woodworking, aerobics, and music. "Our Way" transportation program provides transportation within the North County area to individuals attending the development center. Also offers participants a food pantry every other Wednesday.

**Intake Procedure** Call for more information; Referral  
 9:00 am-3:00 pm, Monday-Friday

Fixed fee schedule

**Last Update Date** 6/8/2018

### Tri-City Medical Center

4002 Vista Way  
 Oceanside, CA 92056  
 (877) 299-0664  
[www.tricitymed.org](http://www.tricitymed.org)

**Serves** San Diego County

**Eligibility** Adults 18 years and older with acute symptoms and/or substance abuse problems.

### Inpatient Behavioral Health Services

Offers services for people who need 24-hour observation and intensive treatment. Tri-City Medical Center's Inpatient Behavioral Unit has 29 beds and is adjacent to the main hospital building. It provides a safe and therapeutic environment to adults with acute symptoms and/or substance abuse problems. Services offered: - Fully non-smoking facility - Psychiatric Liaison onsite 24/7 in emergency department and on medical floors - Group and Individual therapy - Recreational Therapy - Substance Abuse Interventions and Education - Medication Management - Interpersonal Skills Development

**Intake Procedure** Call for more information  
 Please call for hours.  
 Call for information.

**Last Update Date**

## Category Medical Services

### United Cerebral Palsy Association of San Diego County

205 W MISSION AVE STE G  
 ESCONDIDO, CA 92025  
 (760) 743-1050  
[www.ucpsdtechcenter.org](http://www.ucpsdtechcenter.org)

**Serves** San Diego County

**Eligibility** Not limited

### Assistive Technology Center, North County Center

Offers lab times to allow individuals to explore augmentative communication devices, Internet access equipment, and computer access equipment (no appointment necessary, call for open lab schedule or list of complete services).

**Intake Procedure** Call; Walk-in for services

8:00 am-4:00 pm, Monday-Friday

Fees vary based on service. Many services are free. Have extensive equipment loan program.

**Last Update Date** 7/26/2019

### United States Department of Veterans Affairs

815 E PENNSYLVANIA AVE  
 ESCONDIDO, CA 92025  
 (858) 552-7475  
<https://www.sandiego.va.gov/locations/escondido.asp>

**Serves** Escondido

**Eligibility** Must be a Veteran

### Veterans Affairs Clinic, Escondido Clinic

Provides medical services to eligible military veterans including primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care and individual counseling. Clinic operates just like a doctor's office where patients are seen by scheduled appointment.

**Intake Procedure** Call for appointment

7:30 am-4:00 pm, Monday-Friday

Fees range depending on service

**Last Update Date** 2/6/2019

### United States Department of Veterans Affairs

1300 RANCHO DEL ORO RD  
 OCEANSIDE, CA 92056  
 (858) 552-7475  
<https://www.sandiego.va.gov/locations/oceanside.asp>

**Serves** Oceanside

**Eligibility** Must be a Veteran

### Veterans Affairs Clinic, Oceanside Clinic

Clinic operates just like a doctor's office where patients are seen by scheduled appointment. Services include primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care, behavioral health individual counseling.

**Intake Procedure** Call for appointment

Primary Care: 7:30 am-4:00 pm Monday, Wednesday, Friday; 7:00 am-5:30 pm, Tuesday;  
 Mental Health: 8:00 am-4:00 pm, Monday, Wednesday, Friday; 7:00 am-6:00 pm, Tuesday

Fees range depending on service

**Last Update Date** 2/6/2019

### University of California San Diego Health

1505 ENCINITAS BLVD  
 ENCINITAS, CA 92024  
 (800) 926-8273  
<https://health.ucsd.edu/specialties/primary-care/Pages/default.aspx>

**Serves** San Diego County

**Eligibility** Healthcare services for individuals and families of all ages.

### Primary Care Services, Encinitas

Offers general medical services to individuals and families of all ages. Services include acute care, sick visits, general healthcare screenings, physical exams, immunizations, and chronic condition care and management.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Fees vary depending on type of service. Please call for details and call insurance company for more information.

**Last Update Date** 10/3/2019

## Category Medical Services

### University of California San Diego Health

16950 VIA TAZON  
 SAN DIEGO, CA 92127  
 (800) 926-8273  
<https://health.ucsd.edu/specialties/primary-care/Pages/default.aspx>

**Serves** San Diego County

**Eligibility** Healthcare services for individuals and families of all ages.

### Primary Care Services, Rancho Bernardo

Offers general medical services to individuals and families of all ages. Services include acute care, sick visits, general healthcare screenings, physical exams, immunizations, and chronic condition care and management.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Fees vary depending on type of service. Please call for details and call insurance company for more information.

**Last Update Date** 10/3/2019

### University of California San Diego Health

910 SYCAMORE AVE  
 VISTA, CA 92081  
 (760) 598-1776  
<https://health.ucsd.edu/specialties/primary-care/Pages/default.aspx>

**Serves** San Diego County

**Eligibility** Healthcare services for individuals and families of all ages.

### Primary Care Services, Vista

Offers general medical services to individuals and families of all ages. Services include acute care, sick visits, general healthcare screenings, physical exams, immunizations, and chronic condition care and management.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday

Fees vary depending on type of service. Please call for details and call insurance company for more information.

**Last Update Date** 10/3/2019

### Unyeway, Inc

2330 MAIN ST  
 RAMONA, CA 92065  
 (760) 789-5910  
<http://www.unyeway.org/programs/>

**Serves** San Diego County

**Eligibility** Adults ages 18 years and older with a developmental disability

### Activities Center for Adults with Developmental Disabilities, North Inland

Provides a day training program for adults with developmental disabilities that focuses on increasing independence in self-care skills, functional living skills, self-direction skills, communication skills, and community integration skills.

**Intake Procedure** Call for appointment

8:00 am-4:00 pm, Monday-Friday

Variable fees, funded by the San Diego Regional Center.

**Last Update Date** 4/22/2019

### Vista Community Clinic

4700 N RIVER RD  
 OCEANSIDE, CA 92057  
 (844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Provides dental services to adults and children of all ages

### Dental Services, North River

Provides dental care services including dental cleanings, dental exams, x-rays, emergency care, extractions, fillings, protective sealants, restorative care, stainless steel crowns for children and referrals to dental specialists.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday, 9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 9/23/2019



## Category Medical Services

### Vista Community Clinic

1000 VALE TERRACE DR  
VISTA, CA 92084  
(844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Provides dental services to adults and children of all ages

### Dental Services, Vale Terrace

Provides dental care services including dental cleanings, dental exams, x-rays, emergency care, extractions, fillings, protective sealants, restorative care, stainless steel crowns for children and referrals to dental specialists.

**Intake Procedure** Call for appointment

8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday; 9:00 am-4:00 pm, Saturday  
Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 9/23/2019

### Vista Community Clinic

134 GRAPEVINE RD  
VISTA, CA 92083  
(844) 308-5003  
[www.vistacommunityclinic.org/](http://www.vistacommunityclinic.org/)

**Serves** North County Regions of San Diego County

**Eligibility** Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

### General Medical Services, Grapevine

Offers medical care for adults, children and families in the community. Services include regular checkups, physical exams, health and cancer screenings, HIV testing, treatment for illness and preventive care. Also assists with managing chronic conditions such as diabetes and hypertension, and coordinates care with specialists. Provides pediatric services including immunizations, teen health and well child care.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday  
Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 2/5/2019

### Vista Community Clinic

517 N HORNE ST  
OCEANSIDE, CA 92054  
(844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

### General Medical Services, Horne

Offers medical care for adults, children and families in the community. Services include regular checkups, physical exams, health and cancer screenings, HIV testing, treatment for illness and preventive care. Also assists with managing chronic conditions such as diabetes and hypertension, and coordinates care with specialists. Provides pediatric services including immunizations, teen health and well child care.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday  
Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 2/5/2019

### Vista Community Clinic

4700 N RIVER RD  
OCEANSIDE, CA 92057  
(844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

### General Medical Services, North River

Offers medical care for adults, children and families in the community. Services include regular checkups, physical exams, health and cancer screenings, HIV testing, treatment for illness and preventive care. Also assists with managing chronic conditions such as diabetes and hypertension, and coordinates care with specialists. Provides pediatric services including immunizations, teen health and well child care.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday  
Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 2/5/2019

## Category Medical Services

### Vista Community Clinic

818 Pier View Way  
 Oceanside, CA 92054  
 (844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

### General Medical Services, Pier View

Offers medical care for adults, children and families in the community. Services include regular checkups, physical exams, health and cancer screenings, HIV testing, treatment for illness and preventive care. Also assists with managing chronic conditions such as diabetes and hypertension, and coordinates care with specialists. Provides pediatric services including immunizations, teen health and well child care.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 8:00 am-7:00 pm, Wednesday; 9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 2/5/2019

### Vista Community Clinic

1000 VALE TERRACE DR  
 VISTA, CA 92084  
 (844) 308-5003  
<http://www.vistacommunityclinic.org/health-services/adults-and-families/>

**Serves** North County Regions of San Diego County

**Eligibility** Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

### General Medical Services, Vale Terrace

Offers medical care for adults, children and families in the community. Services include regular checkups, physical exams, health and cancer screenings, HIV testing, treatment for illness and preventive care. Also assists with managing chronic conditions such as diabetes and hypertension, and coordinates care with specialists. Provides pediatric services including immunizations, teen health and well child care.

**Intake Procedure** Call for appointment

8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:30 pm, Friday; 9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 2/5/2019

### Vista Community Clinic

134 GRAPEVINE RD  
 VISTA, CA 92083  
 (844) 308-5003  
<http://www.vistacommunityclinic.org/health-services/hiv/>

**Serves** North County Regions of San Diego County

**Eligibility** Adults ages 18 years and older.

### HIV Clinic

Provides primary healthcare and supportive services to adults with HIV/AIDS or those at risk. Also offers counseling and testing, Pre-Exposure Prophylaxis (PrEP) medication, case management, and health education.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday

Insurance accepted. There is assistance for HIV-positive clients in accessing funds for medical services. Sliding fee scale for clients who are uninsured and do not qualify for these programs.

**Last Update Date** 2/5/2019

### Vista Community Clinic

134 GRAPEVINE RD  
 VISTA, CA 92083  
 (844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

### Insurance and Benefits Enrollment Services, Grapevine

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday

No fees

**Last Update Date** 2/4/2019

## Category Medical Services

### Vista Community Clinic

517 N HORNE ST  
OCEANSIDE, CA 92054  
(844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

### Insurance and Benefits Enrollment Services, Horne

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-5:00 pm, Monday-Friday  
No fees

**Last Update Date** 2/4/2019

### Vista Community Clinic

4700 N RIVER RD  
OCEANSIDE, CA 92057  
(844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

### Insurance and Benefits Enrollment Services, North River

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday  
No fees

**Last Update Date** 2/4/2019

### Vista Community Clinic

818 Pier View Way  
Oceanside, CA 92054  
(844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

### Insurance and Benefits Enrollment Services, Pier View

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 8:00 am-7:00 pm, Wednesday;  
9:00 am-4:00 pm, Saturday  
No fees

**Last Update Date** 2/4/2019

### Vista Community Clinic

1000 VALE TERRACE DR  
VISTA, CA 92084  
(844) 308-5003  
<http://www.vistacommunityclinic.org/insurance-assistance/>

**Serves** North County Regions of San Diego County

**Eligibility** Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

### Insurance and Benefits Enrollment Services, Vale Terrace

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:30 pm, Friday; 9:00 am-4:00 pm, Saturday  
No fees

**Last Update Date** 2/4/2019

## Category Medical Services

### Vista Community Clinic

1000 VALE TERRACE DR  
VISTA, CA 92084  
(844) 308-5003  
<http://www.vistacommunityclinic.org/health-services/teen-clinic/>

**Serves** North County Regions of San Diego County

**Eligibility** Youth ages 12 to 19 years old.

### Teen Clinic

Provides reproductive health care services, including health visits, birth control, pregnancy tests, emergency contraception and STD (sexually transmitted disease) testing. Provides counseling and health education for teens. Also offers free and confidential services staffed by medical professionals and teen peers.

**Intake Procedure** Call for appointment; Text (SMS)

8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:30 pm, Friday; 9:00 am-4:00 pm, Saturday  
No fees charged for most services.

**Last Update Date** 2/5/2019

### Vista Community Clinic

134 GRAPEVINE RD  
VISTA, CA 92083  
(844) 308-5003  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, Grapevine

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday  
Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019

### Vista Community Clinic

517 N HORNE ST  
OCEANSIDE, CA 92054  
(760) 631-5000  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, Horne

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday  
Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019

### Vista Community Clinic

4700 N RIVER RD  
OCEANSIDE, CA 92057  
(760) 631-5000  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, North River

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday  
Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019



# 2-1-1 San Diego North County Resource Guide

## Category Medical Services

### Vista Community Clinic

818 Pier View Way  
Oceanside, CA 92054  
(760) 631-5000  
www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, Pier View

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 8:00 am-7:00 pm, Wednesday; 9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019

### Vista Community Clinic

1000 VALE TERRACE DR  
VISTA, CA 92084  
(760) 631-5000  
www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, Vale Terrace

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment

8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:30 pm, Friday; 9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019

### Vista Unified School District

1575 Bonair rd  
VISTA, CA 92084  
(760) 941-4993  
www.vistausd.org

**Serves** Vista

**Eligibility** Limited to pregnant and/or parenting students enrolled in the Vista Unified School District.

### Teen Parent Program

Offers flexible High School education programs designated to increase the availability of support services for pregnant and parenting students. A Child Development Center is available for children of pregnant and parenting teens attending classes to gain a high school diploma. The program also offers prenatal education, nutrition education, and referrals to community services.

**Intake Procedure** Call for appointment;Walk-in for more information;Walk-in for appointment;Walk-in for services

6:30 am-3:00 pm, Monday-Friday

No fees

**Last Update Date** 4/30/2018

### Warner Springs Community Resource Center

30950 Hwy 79  
Warner Springs, CA 92086  
(760) 782-0670  
WSCRCenter.org

**Serves** Oak Grove, Sunshine Summit, Warner Springs, Ranchita, Lake Henshaw, Santa Ysabel, Julian, and Borrego Springs

**Eligibility** Single households and families living in Oak Grove, Sunshine Summit, Warner Springs, Ranchita, Lake Henshaw, Santa Ysabel, Julian, and Borrego Springs. There are income guidelines for the food distribution, please call for details.

### Warner Springs Community Resource Center

Offers community resources for the rural communities in San Diego County including a food distribution, clothing, health services (flu shots), Internet access, and a community center for meeting and social activities.

**Intake Procedure** Call for more information;Walk-in for services

9:00 am-12:00 pm, Tuesday; 9:00 am-2:00 pm, Wednesday-Saturday

No fees

**Last Update Date** 5/23/2019

## Category Mental Health Services

### Aurora Behavioral Health Care

11878 Avenue of Industry  
 San Diego, CA 92128  
 (858) 487-3200  
[www.aurorabehavioral.com](http://www.aurorabehavioral.com)

**Serves** San Diego County

**Eligibility** Ages 5 years and older

### Adult Services Program

Provides an inpatient treatment program and a partial hospitalization day treatment program for adults with mental health issues; including those who have substance abuse problems (dual diagnosis). Offers an intensive treatment unit that provides close supervision to patients who are detoxing or who need more structure because of their mental/emotional state. Offers an open unit that provides group activities in a structured environment. Also offers a partial hospitalization chemical dependency program for adults.

**Intake Procedure** Call for appointment

Psychiatric Program and Intake for Substance Abuse Program: 24 hours a day, 7 days a week

Fixed fee. Please call for information.

**Last Update Date** 5/12/2017

### Aurora Behavioral Health Care

11878 Avenue of Industry  
 San Diego, CA 92128  
 (858) 487-3200  
[www.aurorabehavioral.com](http://www.aurorabehavioral.com)

**Serves** San Diego County

**Eligibility** Ages 5 to 17 years for psychiatric, including dual diagnosis programs Ages 13 to 17 years for chemical dependency program

### Youth Services Program

Provides inpatient; partial hospitalization; and intensive outpatient psychiatric services to children and youth with emotional problems; including those who have substance abuse problems (dual diagnosis). Services are provided in a structured environment and include daily living skills training; educational and vocational development; interpersonal skills development; and the restoration of family relationships. Also offers a partial hospitalization chemical dependency program for youth. Substance abuse programs include random drug screening and aftercare support groups.

**Intake Procedure** Call for more information; Call for appointment

Substance Abuse Program and Intake for Psychiatric Program: 24 hours a day, 7 days a week

Fixed fee. Please call for information.

**Last Update Date** 5/12/2017

### Behavioral Health Services, Health and Human Services Agency, County of San Diego

1520 S ESCONDIDO BLVD  
 ESCONDIDO, CA 92025  
 (760) 871-2020  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_adult\\_older\\_adult/adult\\_emergency\\_and\\_crisis.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html)

**Serves** 92003, 92004, 92025, 92026, 92027, 92028, 92029, 92036, 92059, 92060, 92061, 92064, 92065, 92066, 92069, 92070, 92082, 92086, 92127, 92128, 92129, 92259, 92390, 92536, 92592

**Eligibility** Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of San Diego County 3. Must have a serious and persistent mental illness 4. Uninsured, under-insured, medi-cal recipients

### Adult Urgent Walk-In Services, Exodus Recovery, North Inland

Provides recovery and rehabilitation services for adults with severe and persistent mental illness. Also provides walk-in non-emergency outpatient psychiatric services including medication and other urgent mental health needs. Culturally competent services include crisis intervention, mental health assessment, outpatient services, group therapy, medication management, short-term individual counseling, and psychiatric case management. Vocational and educational services are also available. Clients who are not eligible for services at the clinics are referred to community resources appropriate to their needs.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-4:00 pm, Monday-Friday

Sliding scale fees. Fees vary depending on service and based on ability to pay using the State of California Uniform Method to Determine Ability to Pay (UMDAP) criteria.

**Last Update Date** 11/5/2019

**Category**      **Mental Health Services**

**Behavioral Health Services, Health and Human Services Agency, County of San Diego**

550 W VISTA WAY  
 VISTA, CA 92083  
 (760) 758-1092  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_adult\\_older\\_adult/adult\\_emergency\\_and\\_crisis.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html)

**Serves** 92068, 92069, 92078, 92081, 92083, 92084, 92091, 92672

**Eligibility** Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of San Diego County 3. Must have a serious and persistent mental illness 4. Uninsured, under-insured, medical recipients

**Adult Urgent Walk-In Services, MHS Vista Wellness Recovery Center**

Provides recovery and rehabilitation services for adults with severe and persistent mental illness. Also provides walk-in non-emergency outpatient psychiatric services including medication and other urgent mental health needs. Culturally competent services include crisis intervention, mental health assessment, outpatient services, group therapy, medication management, short-term individual counseling, and psychiatric case management. Vocational and educational services are also available. Clients who are not eligible for services at the clinics are referred to community resources appropriate to their needs.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:30 am-4:00 pm, Monday-Friday

Sliding scale fees. Fees vary depending on service and based on ability to pay using the State of California Uniform Method to Determine Ability to Pay (UMDAP) criteria.

**Last Update Date** 11/5/2019

**Behavioral Health Services, Health and Human Services Agency, County of San Diego**

125 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (760) 747-3424  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_adult\\_older\\_adult/adult\\_emergency\\_and\\_crisis.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html)

**Serves** 92061, 92026, 92060, 92029, 92066, 92070, 92064, 92069, 92390, 92025, 92027

**Eligibility** Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of San Diego County 3. Must have a serious and persistent mental illness 4. Uninsured, under-insured, medical recipients

**Adult Urgent Walk-In Services, MHS, Escondido North Inland Clinic**

Provides recovery and rehabilitation services for adults with severe and persistent mental illness. Also provides walk-in non-emergency outpatient psychiatric services including medication and other urgent mental health needs. Culturally competent services include crisis intervention, mental health assessment, outpatient services, group therapy, medication management, short-term individual counseling, and psychiatric case management. Vocational and educational services are also available. Clients who are not eligible for services at the clinics are referred to community resources appropriate to their needs.

**Intake Procedure** Call for appointment; Walk-in for appointment  
 8:30 am-4:00 pm, Monday-Friday

Sliding scale fees. Fees vary depending on service and based on ability to pay using the State of California Uniform Method to Determine Ability to Pay (UMDAP) criteria.

**Last Update Date** 8/27/2019

## Category Mental Health Services

### Behavioral Health Services, Health and Human Services Agency, County of San Diego

474 W VERMONT AVE  
 ESCONDIDO, CA 92025  
 (760) 480-2255  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_adult\\_older\\_adult/adult\\_emergency\\_and\\_crisis.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html)

**Serves** North Inland San Diego County

**Eligibility** Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of San Diego County 3. Must have a serious and persistent mental illness 4. Uninsured, under-insured, medical recipients

### Adult Urgent Walk-In Services, MHS, Kinesis North WRC, North Inland

Provides recovery and rehabilitation services for severely and persistently mentally ill adults. Also provides non-emergency outpatient psychiatric services including medication and other urgent mental health needs. All clients are screened to determine appropriate level of care. If appropriate culturally competent services provided will include crisis intervention, mental health assessment, group therapy, medication management, short-term individual counseling, case management, and linkage to supportive community services. Clients who are not eligible for services at the clinics are referred to community resources appropriate to their needs.

**Intake Procedure** Call for appointment;Walk-in for appointment  
 8:00 am-5:00 pm, Monday-Friday

Sliding scale fees. Fees vary depending on service and based on ability to pay using the State of California Uniform Method to Determine Ability to Pay (UMDAP) criteria.

**Last Update Date** 11/5/2019

### Behavioral Health Services, Health and Human Services Agency, County of San Diego

1707 MISSION AVE STE 210  
 OCEANSIDE, CA 92058  
 (760) 712-3535  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_adult\\_older\\_adult/adult\\_emergency\\_and\\_crisis.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html)

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

**Eligibility** Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of San Diego County 3. Must have a serious and persistent mental illness 4. Uninsured, under-insured, medical recipients

### Adult Urgent Walk-In Services, North Coastal Mental Health Clinic, Oceanside

Provides recovery and rehabilitation services for adults with severe and persistent mental illness. Also provides walk-in non-emergency outpatient psychiatric services including medication and other urgent mental health needs. Culturally competent services include crisis intervention, mental health assessment, outpatient services, group therapy, medication management, short-term individual counseling, and psychiatric case management. Vocational and educational services are also available. Clients who are not eligible for services at the clinics are referred to community resources appropriate to their needs.

**Intake Procedure** Call for appointment;Walk-in for appointment  
 9:00 am-4:00 pm, Monday-Friday

Sliding scale fees. Fees vary depending on service and based on ability to pay using the State of California Uniform Method to Determine Ability to Pay (UMDAP) criteria.

**Last Update Date** 8/27/2019

### Behavioral Health Services, Health and Human Services Agency, County of San Diego

524 W VISTA WAY  
 VISTA, CA 92083  
 (760) 758-1150  
<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>

**Serves** 92007, 92008, 92009, 92014, 92024, 92052,92054, 92055,92056, 92057, 92067, 92068, 92075, 92083, 92084, 92672

**Eligibility** 1. Medi-Cal beneficiaries, medicare recipients and uninsured adults, age 18 and over with severe and persistent mental illness. 2. Individuals with private insurance will be referred to their own providers.

### Adult Walk-In Outpatient Services, Exodus Recovery, North Coastal

Provides recovery and rehabilitation services for adults with severe and persistent mental illness. Also provides walk-in non-emergency outpatient psychiatric services including medication and other urgent mental health needs. Culturally competent services include crisis intervention, mental health assessment, outpatient services, group therapy, medication management, short-term individual counseling, and psychiatric case management. Vocational and educational services are also available.

**Intake Procedure** Call for appointment;Walk-in for appointment  
 9:00 am-4:30 pm, Monday-Friday

Sliding scale fees. Fees vary depending on service and based on ability to pay using the State of California Uniform Method to Determine Ability to Pay (UMDAP) criteria.

**Last Update Date** 11/5/2019



**Category**      **Mental Health Services**

**Borrego Community Health Foundation**

4343 Yaqui Pass Road  
 Borrego Springs, CA 92004  
 (760) 767-5051  
[www.borregomedical.org](http://www.borregomedical.org)

**Serves**    Borrego Springs

**Eligibility**    Adults and children

**Community Clinic, Borrego Medical Center**

Provides primary health care to children and adults. Services include CDHP exams, diabetes clinic, family planning, general medicine, HIV testing, immunizations, pediatrics, pregnancy testing, STD testing and treatment, weight control, dermatology, flu shots, hearing testing, hypertension, internal medicine, podiatry, prenatal care, TB testing, and vision testing. Also offers Project Access and Surgery Day events. Also provides application assistance to the following programs: Medi-Cal for children and pregnant women, Family PACT, cancer detection programs and treatment for women, Covered CA and CHDP. Call for Hepatitis A vaccines and information.

**Intake Procedure**    Call for appointment;Walk-in for services

8:00 am-5:00 pm, Monday-Friday

Sliding scale based on income and family size.

Accepts some insurance plans.

**Last Update Date**    11/12/2019

**Borrego Community Health Foundation**

2721 Washington Street  
 Julian, CA 92036  
 (760) 765-1223  
<http://www.borregohealth.org/julian-medical-clinic>

**Serves**    Julian, Santa Ysabel, Cuyamaca, Wynola

**Eligibility**    Adults and children

**Community Clinic, Julian Medical Clinic**

Provides family practice, general medicine medical care, pain management to all age groups including: minor surgical services by appointment. Also provides other enabling services including: women's health services, health education, nutrition counseling, referral services to specialties, basic laboratory, digital radiology, X-ray, pharmacy services, and EKG. EKG paramedic and ambulance services close to the clinic. Also provides application assistance to the following programs: Medi-Cal, Healthy Families, Presumptive Eligibility for Pregnancy, Family PACT,Every Woman Counts (EWC), and CHDP. Call for Hepatitis A vaccines and information.

**Intake Procedure**    Call for appointment;Walk-in for services

8:00 am-11:00 pm, 1:00 pm-5:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

**Last Update Date**    11/12/2019

**Borrego Community Health Foundation**

1121 E WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 871-0606  
[www.borregomedical.org](http://www.borregomedical.org)

**Serves**    Escondido

**Eligibility**    Adults and children

**Community Healthcare, Centro Medico Escondido**

Offers primary healthcare and urgent care services and medical appointments to all ages. Primary healthcare services include sick visits, well-child visits, physicals, immunizations, management of chronic diseases, physical therapy, pediatric development services such as healthy development screenings, assessments and interventions, occupational, speech and physical therapy, audiology, behavior health, dermatology, and chiropractic care. Women's services include birth control, pregnancy tests, family planning, prenatal care, gynecology, and breast and cervical cancer screenings. Offers HIV testing and case management, PrEP and PEP, STD screening and treatment, mental health services such as individual and group counseling sessions for all ages, medication management. Health education sessions on diabetes, high blood pressure, nutrition, cholesterol, weight management, asthma, breastfeeding, infant basic care/safety, tobacco cessation and other chronic diseases.

**Intake Procedure**    Call for appointment;Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

**Last Update Date**    11/12/2019

## Category Mental Health Services

### City of Carlsbad

799 PINE AVE  
CARLSBAD, CA 92008  
(760) 602-4650  
<http://www.carlsbadca.gov/services/depts/parks/programs/seniors/>

**Serves** Carlsbad

**Eligibility** Seniors adults 50 years and older

### Recreation Services, Senior Center

Provides continuum of services for adults at all stages of life. Whether learning how to care of an aging parent or finding ways to stay active as an older adult. Offers Information, resources and free low cost services are available, including legal assistance and medical screenings. Transportation services available.

**Intake Procedure** Online;Call for more information;Walk-in for more information

8:00 am-5:00 pm, Monday-Friday; 9:00 am-1:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only

Fixed fee depending on service

**Last Update Date** 8/21/2019

### City of Encinitas

1140 OAKCREST PARK DR  
ENCINITAS, CA 92024  
(760) 943-2250  
<https://www.encinitasca.gov/Resident/Senior-Citizens/Community-Senior-Center>

**Serves** Encinitas

**Eligibility** Seniors ages 50 years and older. Some programs are for 60 years and older. Must be an Encinitas resident to participate in Out and About transportation program.

### Senior Center

Provides nutrition lunch program, billiards game room, living room/activity room, computer stations with free tutoring, drop in use instruction, offices for screenings, counseling, tax assistance, transportation and other services.

**Intake Procedure** Online;Call for more information;Walk-in for more information

8:00 am-4:00 pm, Monday-Friday

Fixed fee depending on service

**Last Update Date** 8/22/2019

### Community Health Systems, Inc, Fallbrook Family Health Center

1328 S MISSION RD  
FALLBROOK, CA 92028  
(760) 451-4720  
<http://www.chsica.org/fallbrook.htm>

**Serves** San Diego County

**Eligibility** Healthcare services to women in need, including the uninsured, under-insured, working poor, those with limited ability to pay, homeless or indigent.

### Women's Health Services

Provides healthcare services to women of all ages including routine exams, including breast exams, pap smears, and basic physical exams, screening and treatment of sexually transmitted infections, pregnancy testing, family planning services including birth control counseling, menopausal care, treatment and advice for common gynecological concerns, confidential HIV risk assessment, testing, and counseling, and comprehensive health education.

**Intake Procedure** Call for appointment;Walk-in for appointment

8:00 am-6:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday

Sliding scale fees based on family size and income.

**Last Update Date** 5/20/2019

### Community Research Foundation

1310 UNION PLAZA CT  
OCEANSIDE, CA 92054  
(760) 439-4577  
<http://www.comresearch.org/services.php>

**Serves** North Coastal

**Eligibility** Must be a current CalWORKs recipient

### CalWORKs Behavioral Health Center, Step Forward North Coastal

Provides behavioral health services, prevention, mental health education and outreach to CalWORKs recipients. Addresses mental health issues that may affect an individual's ability to move from welfare to work. Services provided are psychiatric care including individual therapy, case management, medication management, couples, and group counseling as well as support groups. Addresses topics such as depression, anxiety, self-esteem, anger and stress management, life skills, domestic violence, and parenting skills. Also offers services to deal with substance abuse problems that occur in combination with mental health issues. Works in collaboration with outside resources to provide coordinated care and employment rehabilitation.

**Intake Procedure** Call for more information

8:30 am-4:30 pm, Monday-Friday

No fees

**Last Update Date** 6/18/2019

## Community Research Foundation

337 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (760) 745-0281  
<http://www.comresearch.org/services.php>

**Serves** North Inland

**Eligibility** Must be a current CalWORKs recipient

## CalWORKs Behavioral Health Center, Step Forward North Inland

Provides behavioral health services, prevention, mental health education and outreach to CalWORKs recipients. Addresses mental health issues that may affect an individual's ability to move from welfare to work. Services provided are psychiatric care including individual therapy, case management, medication management, couples, and group counseling as well as support groups. Addresses topics such as depression, anxiety, self-esteem, anger and stress management, life skills, domestic violence, and parenting skills. Also offers services to deal with substance abuse problems that occur in combination with mental health issues. Works in collaboration with outside resources to provide coordinated care and employment rehabilitation.

**Intake Procedure** Call for more information

8:30 am-4:30 pm, Monday-Friday

No fees

**Last Update Date** 6/18/2019

## Exodus Recovery, Inc

1520 S ESCONDIDO BLVD  
 ESCONDIDO, CA 92025  
 (760) 871-2020  
[www.exodusrecoveryinc.com](http://www.exodusrecoveryinc.com)

**Serves** North Inland Region of San Diego County

**Eligibility** Adults 18 years and older who are experiencing a mental health crisis or urgent need for mental health services. Services are targeted to individuals with Medi-Cal and those medically indigent.

## Walk In Assessment Center, Escondido

Provides same day, short term mental health services to individuals in crisis or urgent need. Services include: crisis intervention, same day medication evaluations, short term case management and linkage to community resources. Mental health services will be provided by a multidisciplinary treatment team and clients will be involved in their service planning and treatment.

**Intake Procedure** Call;Walk-in for services

8:00 am-4:30 pm, Monday-Friday

Insurance accepted. Sliding scale fee based on family size and income. Please call for details.

**Last Update Date** 6/20/2018

## Exodus Recovery, Inc

524 W VISTA WAY  
 VISTA, CA 92083  
 (760) 758-1150  
[www.exodusrecoveryinc.com](http://www.exodusrecoveryinc.com)

**Serves** North Coastal Region of San Diego County

**Eligibility** Adults 18 years and older who are experiencing a mental health crisis or urgent need for mental health services. Services are targeted to individuals with Medi-Cal and those medically indigent.

## Walk In Assessment Center, Vista

Provides same day, short term mental health services to individuals in crisis or urgent need. Services include: crisis intervention, same day medication evaluations, short term case management and linkage to community resources. Mental health services will be provided by a multidisciplinary treatment team and clients will be involved in their service planning and treatment.

**Intake Procedure** Call;Walk-in for services

9:00 am-4:30 pm, Monday-Friday

Insurance accepted. Sliding scale fee based on family size and income. Please call for details.

**Last Update Date** 6/20/2018

## Legal Aid Society of San Diego, Inc.

216 S TREMONT ST  
 OCEANSIDE, CA 92054  
 (877) 734-3258  
 www.lassd.org

**Serves** San Diego County

**Eligibility** Call for information

## Consumer Center For Health Education and Advocacy (CCEA), North County Office

Offers free help to individuals seeking information about how they can get health benefits. Provides consumers with information about their health plans and educates them about their rights, including information on the Affordable Care Act (health care reform) and how it affects them. Advocates for those who have had their health services denied, reduced, or terminated, or who are unhappy with their health services. Provides investigation of mental health patient's complaints (is designated by the County of San Diego as a patients' rights advocate for outpatient mental health services). Free help with Medi-Cal eligibility, share of cost, termination or any type of health related questions.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
 9:00 am-5:00 pm, Monday-Friday  
 Free

**Last Update Date** 6/3/2019

## Light for Life Foundation

7700 EL CAMINO REAL  
 CARLSBAD, CA 92009  
 (760) 635-5904  
 www.yellowribbonsd.org

**Serves** Mostly San Diego County

**Eligibility** Not limited.

## Yellow Ribbon Suicide Prevention Program

Provides young people with knowledge to increase help seeking behavior for themselves or on behalf of others. To help identify and respond to a young person at risk or in crisis and help connect them to resources to ensure that they receive the help they need.

**Intake Procedure** Email  
 9:00 am-4:00 pm Monday-Friday  
 No fees

**Last Update Date**

## Mental Health Systems, Inc

940 E VALLEY PKWY  
 ESCONDIDO, CA 92025  
 (760) 747-0205  
 www.mhsinc.org/

**Serves** Escondido; Fallbrook; Poway; Ramona; San Marcos; Valley Center; VistaFallbrook; Poway; Ramona; Valley Center; 92003, 92028, 92059, 92060, 92061

**Eligibility** Youth ages 7-17 years old and their families

## Community Assessment Team, North County

This is an early intervention and prevention program for at risk youth and their families in the North County Inland area. All staff provide strength based, family-centered services in-home, on site. Utilizing a wraparound philosophy of service provision, clients and their families are offered case management, group counseling, individual and/or family counseling, in this voluntary program. Additionally, clients may be linked to numerous community resources and provided funding opportunities to participate in recreational activities or purchase basic needs that enhance attainment of their service plan. A variety of psycho-educational and pro-social groups are offered, tutoring services, juvenile law classes, intensive gang prevention program and Donovan Prison Tours. Clients may also be linked to local resource providers in order to complete assigned community service hours, obtain outpatient drug or alcohol treatment, and access other required stipulations by their referral sources or services that may enhance family functioning.

**Intake Procedure** Call for appointment  
 8:00 am-7:00 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday

No fees

**Last Update Date** 11/6/2018

## Category Mental Health Services

### Mental Health Systems, Inc

365 S RANCHO SANTA FE RD  
 SAN MARCOS, CA 92078  
 (760) 591-0100  
<https://www.mhsinc.org/listing/ihot-north-2/>

**Serves** County of San Diego: North Central; North Inland; and North Coastal

**Eligibility** Adults at least 18 years of age or older including Transition Age Youth and Older Adults who are not currently engaged in mental health services. Must have been incarcerated, psychiatric, or PERT involvement within the last year.

**Last Update Date** 11/9/2018

### Mental Health Systems, Inc

125 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (760) 747-3424  
[www.mhsinc.org/](http://www.mhsinc.org/)

**Serves** North Inland and Coastal Regions of San Diego County

**Eligibility** Adults 18 years and older with severe mental illness

### In-Home Outreach Team North

Provides outreach and engagement for person not yet engaged in mental health services. The mobile team provides needs assessments, outreach and engagement, transitional case management, support and education and crisis management to participants in the program.

**Intake Procedure** Call for more information;Referral  
 8:00 am-5:00 pm, Monday-Friday

No fees

### North Inland Mental Health Center

Provides adults with persistent psychiatric disabilities with individual counseling, group therapy, homeless outreach, and case management.

**Intake Procedure** Call for more information;Walk-in for more information  
 8:00 am-5:00 pm, Monday-Friday

Sliding scale based on family size and income

**Last Update Date** 10/23/2018

### Neighborhood Healthcare

425 N DATE ST  
 ESCONDIDO, CA 92025  
 (760) 520-8340  
[www.nhcare.org](http://www.nhcare.org)

**Serves** Escondido, Pauma Valley, Poway, San Marcos, Valley Center, Vista, El Cajon, Lakeside, Santee, 92003, 92028, 92059, 92060, 92061, 92020, 92040, 92590, 92586, 92543

**Eligibility** No age or income limitations

### Behavioral Health Services, Ray M Dickinson Wellness Center

Offers behavioral health services to couples and families. Provides assessment, consultation services to children, teens, and adults. Medication assisted treatment for opioid and alcohol use disorders is offered.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/20/2018

## Category Mental Health Services

### Neighborhood Healthcare

460 N ELM ST  
 ESCONDIDO, CA 92025  
 (760) 520-8100  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** No age or income limitations

### Community Health Center, Escondido Elm Street

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

### Neighborhood Healthcare

1001 E GRAND AVE  
 ESCONDIDO, CA 92025  
 (760) 520-8200  
[www.nhcare.org/](http://www.nhcare.org/)

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** Adults only with a focus on healthcare needs of adults 50 years and over. No income limitations.

### Community Health Center, Escondido Grand Avenue

Provides a comprehensive range of health services to all adults with a focus on adults ages 50 and older, including primary care, routine preventive screenings, prenatal, family planning, counseling and health education. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management, senior peer groups and HIV testing.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday, Closed for lunch: 12:00 pm-1:00 pm; 8:00 am-5:00 pm, Wednesday, Closed for lunch: 12:00 pm-1:30 pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

### Neighborhood Healthcare

13010 POWAY RD  
 POWAY, CA 92064  
 (858) 218-3000  
[www.nhcare.org](http://www.nhcare.org/)

**Serves** Poway

**Eligibility** No age or income limitations

### Community Health Center, Gold Family Health Center in Poway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment  
 1:00 pm-5:00 pm, Monday, Tuesday, Friday; 8:00 am-12:00 pm, Wednesday; 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Thursday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

## Neighborhood Healthcare

16650 Highway 76  
Pauma Valley, CA 92061  
(760) 742-9919  
www.nhcare.org

**Serves** Escondido, Fallbrook, Pauma Valley, Poway, San Marcos, Valley Center, Vista

**Eligibility** No age or income limitations

## North County Health Services

619 CROUCH ST STE 100  
OCEANSIDE, CA 92054  
(760) 736-6767  
<https://www.nchs-health.org/health-services/behavioral-health/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Behavioral health services for individuals and families of all ages

## North County Health Services

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6767  
<https://www.nchs-health.org/health-services/behavioral-health/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Behavioral health services for individuals and families of all ages

## North County Health Services

150 VALPRED A RD  
SAN MARCOS, CA 92069  
(760) 736-6700  
<https://www.nchs-health.org/location/nchs-san-marcos-health-center/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Women of all ages

## Community Health Center, Pauma Valley

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes obstetrics and gynecology, prenatal/postpartum care including psychosocial support and nutrition services, pregnancy testing, family planning services, breast and cervical cancer screenings, and breastfeeding classes. Older adult services provide diabetes management, specialty medical care, prescription management and senior peer groups.

**Intake Procedure** Call for appointment  
8:00 am-12:00 pm and 1:00 pm-4:30 pm, Monday-Friday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

**Last Update Date** 6/18/2018

## Behavioral Health Services, Oceanside

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including anxiety, depression, bipolar disorder, chemical dependency, and more.

**Intake Procedure** Call for appointment  
7:30 am-6:30 pm, Monday-Thursday; Closed Daily: 12:00 pm-1:00 pm

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 4/23/2019

## Behavioral Health Services, San Marcos

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including anxiety, depression, bipolar disorder, chemical dependency, and more.

**Intake Procedure** Call for appointment  
8:00 am-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 4/23/2019

## Women's Health Center, San Marcos

Offers complete pregnancy and delivery care, including childbirth education classes, family planning and birth control, well-women annual exams, cervical and breast cancer screenings, and behavioral health services. Services are provided at low to no cost to qualifying patients.

**Intake Procedure** Call for appointment; Walk-in for appointment  
8:00 am-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

## Category Mental Health Services

### North County Health Services

161 THUNDER DR  
VISTA, CA 92083  
(760) 736-6767

<https://www.nchs-health.org/location/nchs-mission-mesa-womens-health-satellite/>

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Women of all ages

### Women's Health Center, Vista

Offers complete pregnancy and delivery care, including childbirth education classes, family planning and birth control, well-women annual exams, cervical and breast cancer screenings, and behavioral health services. Services are provided at low to no cost to qualifying patients.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

**Last Update Date** 3/21/2019

### North County Lifeline

200 MICHIGAN AVE  
VISTA, CA 92084  
(760) 726-4900  
[www.nclifeline.org](http://www.nclifeline.org)

**Serves** Oceanside; Vista

**Eligibility** Ages 8 - 17 years old. Must be receiving Medi-Cal or uninsured.

### Children's Mental Health Services

Offers mental health services and prevention programs to children. Provides clinic and school-based mental health counseling to students receiving Medi-Cal and to uninsured children and adolescents. Services include assessment medication support, individual, family, and group counseling, case management and rehabilitation.

**Intake Procedure** Call for more information; Call for appointment; Referral

Services: 8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday

Sliding Scale for uninsured children and adolescents

**Last Update Date** 10/12/2018

### Palomar Health

125 VALLECITOS DE ORO STE A  
SAN MARCOS, CA 92069  
(760) 739-2971  
<https://www.palomarhealth.org/center-for-behavioral-health/palomar-outpatient-services>

**Serves** North Inland Region of San Diego County

**Eligibility** Adults and older adults with psychiatric and mental health needs, ages 18 years and older

### Outpatient Behavioral Health Services, San Marcos

Offers a community-based adult psychiatric treatment program where patients can live independently in the community while participating daily in a highly individualized treatment program. Services at the day program include comprehensive assessment and treatment for adults and older adults, group and individual therapy, and medication management.

**Intake Procedure** Call; Walk-in for services

8:00 am-4:30 pm, Monday-Friday

Fees vary depending on type of service. Please call for details and call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

**Last Update Date** 10/3/2019

### Rogers Behavioral Health

17140 BERNARDO CENTER DR STE 300  
SAN DIEGO, CA 92128  
(800) 767-4411  
<https://rogersbh.org/locations/san-diego-ca>

**Serves** San Diego County

**Eligibility** Adults and children living with OCD or anxiety disorder.

### Outpatient Behavioral Health Services

Provides evidence-based outpatient mental health care for children, adolescents, and adults with obsessive-compulsive disorder, anxiety disorders, depression recovery, and other mood disorders. Services include cognitive behavioral therapy with a multidisciplinary team consisting of a behavioral specialist, therapist, psychologist and psychiatrist. Patients do participate in group and family counseling. If partial hospitalization is needed patients are in treatment 6 hours a day, 5 days a week for an average of 4-6 weeks. Does not offer walk in crisis services.

**Intake Procedure** Walk-in for more information; Complete Application Online; Call

8:00 am-5:00 pm, Monday-Friday

Accepts private insurance and offers sliding scale fees for low income clients.

**Last Update Date** 4/25/2019



## Category Mental Health Services

### Union of Pan Asian Communities

200 N ASH ST  
 ESCONDIDO, CA 92027  
 (760) 233-1984  
 www.upacsd.com

**Serves** San Diego County

**Eligibility** Services adults 60 years and older in the African Americans, Filipinos, Somalis, Chaldeans, and Latinos communities.

### Elder Multicultural Access and Support Services

Services are designed to address mental health issues, provide prevention activities and increase access to mental health care. The goal is to strengthen seniors' capacity to remain independent and improve the quality of their lives. Bi-weekly social and recreational activities are available.

**Intake Procedure** Call for more information; Walk-in for more information  
 8:30 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date**

### Vista Community Clinic

134 GRAPEVINE RD  
 VISTA, CA 92083  
 (844) 308-5003  
 www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, Grapevine

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday  
 Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019

### Vista Community Clinic

517 N HORNE ST  
 OCEANSIDE, CA 92054  
 (760) 631-5000  
 www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, Horne

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday  
 Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019

### Vista Community Clinic

4700 N RIVER RD  
 OCEANSIDE, CA 92057  
 (760) 631-5000  
 www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, North River

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment  
 8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday  
 Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019



# 2-1-1 San Diego North County Resource Guide

## Category Mental Health Services

### Vista Community Clinic

818 Pier View Way  
Oceanside, CA 92054  
(760) 631-5000  
www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, Pier View

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 8:00 am-7:00 pm, Wednesday; 9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019

### Vista Community Clinic

1000 VALE TERRACE DR  
VISTA, CA 92084  
(760) 631-5000  
www.vistacommunityclinic.org

**Serves** North County Regions of San Diego County

**Eligibility** Women seeking healthcare services. Some services may have additional requirements.

### Women's Health Services, Vale Terrace

Provides comprehensive Obstetrics and Gynecological services including prenatal and postpartum care, medical services for pregnant women, a variety of prenatal and birthing education services, pregnancy testing, STD testing, family planning, emergency contraception and breast health and cancer screenings.

**Intake Procedure** Call for appointment

8:00 am-8:00 pm, Monday-Thursday; 8:00 am-5:30 pm, Friday; 9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay. No charge for breast cancer screening if eligible.

**Last Update Date** 2/4/2019

## Category Military/Veteran Services

### Aging & Independence Services (AIS), Health and Human Services Agency, County of San Diego

649 W MISSION AVE  
ESCONDIDO, CA 92025  
(760) 740-5604  
www.sandiegocountyveterans.com

**Serves** San Diego County.

**Eligibility** Limited to veterans, dependents of veterans, or survivors of veterans.

### Office of Military and Veterans Affairs, Escondido Veteran Services

Provides comprehensive veteran benefits counseling, claims and forms preparation assistance, information and referral to public assistance programs and medical care services, and assistance with state educational benefits (fee waiver program). Advocates for veterans by initiating and developing appeals when appropriate. Offers assistance filing for the following benefits programs: compensation for service-related injuries or diseases, reopening compensation claims, dependency or indemnity compensation pensions for war era veterans, requests for military records and decorations, discharge upgrade, correction of military records, vocational rehabilitation and education benefits, Cal-Vet loans and home loan guarantee eligibility, life insurance and premium waivers, payment of proceeds of life insurance, burial benefits, and hospitalizations and VA facilities.

**Intake Procedure** Call for more information

9:00 am-3:00 pm, Wednesday

No fees.

**Last Update Date** 7/28/2017

## Category Military/Veteran Services

### Aging & Independence Services (AIS), Health and Human Services Agency, County of San Diego

1300 RANCHO DEL ORO RD  
 OCEANSIDE, CA 92056  
 (760) 643-2049  
[www.sandiegocountyveterans.com](http://www.sandiegocountyveterans.com)

**Serves** San Diego County.

**Eligibility** Limited to veterans, dependents of veterans, or survivors of veterans.

### Office of Military and Veterans Affairs, Oceanside Office

Provides comprehensive veteran benefits counseling, claims and forms preparation assistance, information and referral to public assistance programs and medical care services, and assistance with state educational benefits (fee waiver program). Advocates for veterans by initiating and developing appeals when appropriate. Offers assistance filing for the following benefits programs: compensation for service-related injuries or diseases, reopening compensation claims, dependency or indemnity compensation pensions for war era veterans, requests for military records and decorations, discharge upgrade, correction of military records, vocational rehabilitation and education benefits, Cal-Vet loans and home loan guarantee eligibility, life insurance and premium waivers, payment of proceeds of life insurance, burial benefits, and hospitalizations and VA facilities.

**Intake Procedure** Call for more information

8:00 am-12:00 pm and 1:00 pm-4:00 pm, Monday-Friday

No fees.

**Last Update Date** 7/28/2017

### American Combat Veterans of War

62330 7th Street  
 Camp Pendleton - 62 area (San Mateo), CA 92055  
 (760) 889-1515  
[www.acvow.org](http://www.acvow.org)

**Serves** San Diego County

**Eligibility** Open to Veterans, spouses and their families

### Veterans Benefits Assistance, Camp Pendleton

Provides information, referral, and counseling regarding VA benefits and assistance with benefit applications. Will process, changes of address and some educational applications over the phone to expedite payment of overdue benefits. Benefits covered include compensation for service-connected disability, pension, home loan, death and burial, government life insurance, health care, and survivor's benefits.

**Intake Procedure** Call for appointment; Send Letter

10:00 am-2:00 pm, Monday-Friday

No fees

**Last Update Date**

### American Combat Veterans of War

3508 Seagate Way  
 Oceanside, CA 92056  
 (760) 696-0460  
[www.acvow.org](http://www.acvow.org)

**Serves** San Diego County

**Eligibility** Open to Veterans, spouses and their families

### Veterans Benefits Assistance, Oceanside

Provides information, referral, and counseling regarding VA benefits and assistance with benefit applications. Will process, changes of address and some educational applications over the phone to expedite payment of overdue benefits. Benefits covered include compensation for service-connected disability, pension, home loan, death and burial, government life insurance, health care, and survivor's benefits.

**Intake Procedure** Call for appointment

10:00 am-2:00 pm, Monday, Wednesday and Friday; 8:00 am-9:00 pm, Tuesday; 8:00 am-5:00 pm, Thursday

No fees

**Last Update Date**

### California State University San Marcos

Craven Hall 5115  
 San Marcos, CA 92069  
 (760) 750-4827  
<https://www.csusm.edu/veterans/index.html>

**Serves** San Diego County

**Eligibility** Ages 18 years and older or a high school graduate. Must be a veteran, veteran's dependent, or reservist intending to apply for VA educational benefits.

### Veterans Services

Veteran Services provides opportunities for mentorship and professional development, networking and portfolio building, and to meet with VA claims representatives and university deans.

**Intake Procedure** Online; Call for more information; Walk-in for more information

8:00 am-5:00 pm, Monday-Thursday; 8:00 am -12:00 pm, Friday

No fees

**Last Update Date** 5/17/2019



# 2-1-1 San Diego North County Resource Guide

Category

Military/Veteran Services

## Disabled American Veterans National Service Office

1624 S COAST HWY  
OCEANSIDE, CA 92054  
(858) 642-6454  
www.dav.org

**Serves** San Diego County

**Eligibility** Services are limited to veterans, survivors, and dependents in filing claims with the Veterans Administration.

## Counseling, Claims, and Form Preparation, Oceanside

Trained counselors assist veterans, survivors, and dependents in filing claims with the Veterans Administration for all benefits for which they may be eligible. Also provides information and referral to community agencies.

**Intake Procedure** Call for more information

Days and times varies

No fees

**Last Update Date** 11/7/2019

## Employment Development Department, State of California

1949 AVENIDA DEL ORO  
OCEANSIDE, CA 92056  
(760) 631-6150  
[https://www.edd.ca.gov/Jobs\\_and\\_Training/Services\\_for\\_Veterans.htm](https://www.edd.ca.gov/Jobs_and_Training/Services_for_Veterans.htm)

**Serves** San Diego County

**Eligibility** The applicant must meet one of the following criteria: Veteran: A veteran is a man or woman who: 1. Served on active duty in the United States armed forces (not Reserve or National Guard Training) for a period of more than 180 days and was discharged or

## Services for Veterans, North Coastal Career Center

Assists veterans and their eligible spouses to maximize their employment and training opportunities. Veterans are entitled to many resources designed to help in their search for employment. Services provided include a veteran 24-hour priority hold on all job listings, customized job search assistance, job fairs, employer recruitment, and other events and resources.

**Intake Procedure** Online;Call for more information

8:00 am-5:00 pm, Monday-Friday; 8:00 am-7:00 pm, Wednesday; 9:00 am-1:00 pm, Saturday

No fees

**Last Update Date** 8/12/2019

## Goodwill Industries of San Diego County

649 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (760) 740-5575  
[www.sdgoodwill.org](http://www.sdgoodwill.org)

**Serves** San Diego County

**Eligibility** Program participants must be a veteran of the United States Military or a spouse, and provide proof of service or relationship. Participants must also be able to meet the essential functions of the program/job with or without reasonable accommodations. Wi

## Military Veterans Resource Center, Escondido

Provides free job search assistance and guidance to San Diego veterans and their families with the development of a job search plan, creating or updating a resume, help with paper and online job applications, navigating job market, interviewing and vocational skills. Career Advisors work with one-on-one with clients to discover what they need to do to convert their military skills for today's job market. They will help build a plan that meets the client's needs and will allow them to obtain work that suits their interests. Other services include: assistance with basic needs (nutrition and shelter), family support and job placement assistance, free internet and phone use for job searching, access to educational and training resources and employment advocacy. Free daily workshops and a Job Readiness Certificate Program.

**Intake Procedure** Call for more information; Walk-in for more information

9:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 11/21/2019

## Goodwill Industries of San Diego County

649 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (760) 740-5575  
[www.sdgoodwill.org](http://www.sdgoodwill.org)

**Serves** San Diego County

**Eligibility** Program participants must be a veteran of the United States Military or a spouse, and provide proof of service or relationship. Participants must also be able to meet the essential functions of the program/job with or without reasonable accommodations. Wi

## Military Veterans Resource Center, Escondido

Provides free job search assistance and guidance to San Diego veterans and their families with the development of a job search plan, creating or updating a resume, help with paper and online job applications, navigating job market, interviewing and vocational skills. Career Advisors work with one-on-one with clients to discover what they need to do to convert their military skills for today's job market. They will help build a plan that meets the client's needs and will allow them to obtain work that suits their interests. Other services include: assistance with basic needs (nutrition and shelter), family support and job placement assistance, free internet and phone use for job searching, access to educational and training resources and employment advocacy. Free daily workshops and a Job Readiness Certificate Program.

**Intake Procedure** Call for more information; Walk-in for more information

9:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 11/21/2019

## Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380  
<http://www.interfaithservices.org/program/employment/>

**Serves** San Diego County

**Eligibility** Homeless female or homeless veteran with families who have been honorably discharged.

## Homeless Female Veterans and Veterans with Families

Helping veterans find sustainable employment opportunities. Network with local employers and vocational training programs, as well as providing coaching to help veterans become job ready. Services include: work readiness training, resume preparation, job search assistance, and access to the computer resource labs in both Escondido and Oceanside. Specialized employment assistance is also available for veterans and their families.

**Intake Procedure** Call for more information

9:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 4/4/2018

## Category Military/Veteran Services

### Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380

[www.interfaithservices.org](http://www.interfaithservices.org)

**Serves** San Diego County

**Eligibility** Homeless or disabled male or female Veterans ages 18 years and older

### Veterans Employment Services, Escondido

Provides job training; and job placement assistance. Employment services targeting veterans include job assessment; evaluation; counseling; retraining; on-the-job training; and classroom training. Offers Workforce Investment Act program for veterans.

**Intake Procedure** Call for more information;Walk-in for appointment  
 9:00 am-5:00 pm Monday-Friday/Intake  
 No fees

**Last Update Date**

### Interfaith Community Services

1617 MISSION AVE  
 OCEANSIDE, CA 92058  
 (760) 529-9979

<http://www.interfaithservices.org/program/employment-economic-development/>

**Serves** San Diego County

**Eligibility** Homeless or disabled male or female veterans ages 18 years and older

### Veterans Employment Services, Oceanside

Provides job training and job placement assistance to homeless or disabled male or female adult veterans. Employment services include job assessment, evaluation, counseling, retraining, on-the-job training, and classroom training. Also offers a Workforce Investment Act program.

**Intake Procedure** Walk-in for appointment;Call  
 9:00 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date** 3/21/2019

### Palomar Community College

1140 W MISSION RD  
 SAN MARCOS, CA 92069  
 (760) 744-1150 Ext 2173 or 2174

<https://www2.palomar.edu/pages/veterans/>

**Serves** Camp Pendleton, Cardiff by the Sea, Carlsbad, Del Mar, Encinitas, Escondido, Fallbrook, Julian, Oceanside, Pala, Poway, Ramona, Rancho Santa Fe, San Marcos, Solana Beach, Valley Center, Vista, Rancho Penasquitos, San Dieguito, San Luis Rey

**Eligibility** Ages 18 years and older or a high school graduate. Must be a veteran, veteran's dependent, or reservist intending to apply for VA educational benefits.

### Veterans Resource Center

Provides VA benefits information, general information, referral to services designed to assist veterans in pursuing an education, tutoring, student leadership program, outreach services, behavioral health counseling, and veteran employment opportunities.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
 7:30 am-6:00 pm, Monday-Thursday; 7:30 am-2:00 pm, Friday

No fees

**Last Update Date** 5/3/2019

### United States Department of Veterans Affairs

815 E PENNSYLVANIA AVE  
 ESCONDIDO, CA 92025  
 (858) 552-7475

<https://www.sandiego.va.gov/locations/escondido.asp>

**Serves** Escondido

**Eligibility** Must be a Veteran

### Veterans Affairs Clinic, Escondido Clinic

Provides medical services to eligible military veterans including primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care and individual counseling. Clinic operates just like a doctor's office where patients are seen by scheduled appointment.

**Intake Procedure** Call for appointment  
 7:30 am-4:00 pm, Monday-Friday  
 Fees range depending on service

**Last Update Date** 2/6/2019



# 2-1-1 San Diego North County Resource Guide

## Category Military/Veteran Services

### United States Department of Veterans Affairs

1300 RANCHO DEL ORO RD  
OCEANSIDE, CA 92056  
(858) 552-7475  
<https://www.sandiego.va.gov/locations/oceanside.asp>

**Serves** Oceanside

**Eligibility** Must be a Veteran

### Veterans Affairs Clinic, Oceanside Clinic

Clinic operates just like a doctor's office where patients are seen by scheduled appointment. Services include primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care, behavioral health individual counseling.

**Intake Procedure** Call for appointment

Primary Care: 7:30 am-4:00 pm Monday, Wednesday, Friday; 7:00 am-5:30 pm, Tuesday;  
Mental Health: 8:00 am-4:00 pm, Monday, Wednesday, Friday; 7:00 am-6:00 pm, Tuesday  
Fees range depending on service

**Last Update Date** 2/6/2019

### Veterans Association of North County

1617 MISSION AVE  
OCEANSIDE, CA 92058  
(760) 722-1277  
[www.vancnorthcounty.org](http://www.vancnorthcounty.org)

**Serves** North County (North of Solana Beach and Poway)

**Eligibility** All branches of retired, active, and reserve military personnel and their families to meet and receive needed support

### Veterans Association of North County

The center provides information about social services, hosts classes, and delivers other support for those who serve the country.

**Intake Procedure** Online;Call for more information

9:00 am-5:00 pm, Monday-Friday

No fees

**Last Update Date** 5/15/2019

### Veterans Village of San Diego

1701 MISSION AVE  
OCEANSIDE, CA 92058  
(442) 262-2702  
[www.vvvd.net](http://www.vvvd.net)

**Serves** North Inland San Diego County

**Eligibility** Unemployed military veterans seeking full-time employment. Eligible for either Homeless Veterans Reintegration Program (HVRP) or Workforce Innovation and Opportunity Act (WIOA) Veterans Employment-related Assistance Program (VEAP). Veterans do not have to

### Employment and Training Services, North County Coastal

Providing reemployment assistance to eligible veterans in the North County coastal areas.

**Intake Procedure** Call for more information;Call for appointment

8:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 3/11/2019

### Veterans Village of San Diego

649 W MISSION AVE  
ESCONDIDO, CA 92025  
(760) 740-5558  
[www.vvvd.net](http://www.vvvd.net)

**Serves** North Inland San Diego County

**Eligibility** Unemployed military veterans seeking full-time employment. Eligible for either Homeless Veterans Reintegration Program (HVRP) or Workforce Innovation and Opportunity Act (WIOA) Veterans Employment-related Assistance Program (VEAP). Veterans do not have to

### Employment and Training Services, North Inland

Providing reemployment assistance to eligible veterans in the North Inland areas.

**Intake Procedure** Call for more information;Call for appointment

8:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 3/11/2019

## Category Miscellaneous Services

## Category Miscellaneous Services

### Alternatives Medical Clinic

257 E 2ND AVE  
 ESCONDIDO, CA 92025  
 (760) 741-9796  
[www.awc-ca.com](http://www.awc-ca.com)

**Serves** San Diego and Imperial Counties

**Eligibility** Must enroll in the Earn While You Learn program

### Parenting Series

Provides evidence-based parenting classes focusing on caring for babies and children 2-12 years old. Topics include over 30 prenatal, postpartum and parenting education classes. Course material imparted through Earn While You Learn Video Classes with lesson worksheets and homework for many classes. Classes are court approved. Also provides basic emergency provisions for children ages 0-5 years old, including baby clothes, diapers, and formulas.

**Intake Procedure** Call for appointment

9:00 am-5:00 pm, Monday-Thursday, 12:00 pm-1:00 pm Closed for Lunch; Class times vary, call for current information.

No fees

**Last Update Date** 12/2/2019

### Brother Benno Foundation

3260 PRODUCTION AVE  
 OCEANSIDE, CA 92058  
 (760) 439-1244  
<https://www.brotherbenno.org/the-brother-benno-center/>

**Serves** Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista

**Eligibility** For emergency food, no age limitations however, shirt and shoes are required to receive meal. Individual must be sober.

### Brother Benno's Center

A drop-in center that provides services to homeless and low-income people. Offers meals including breakfast and sack lunches during the week and a Saturday brunch. Distributes food boxes, clothing and basic toiletries, provides shower, laundry facilities (must do 2 hours worth of volunteer work per load of laundry) and haircuts.

**Intake Procedure** Call for more information; Walk-in for appointment

Breakfast, sack lunch, and laundry: 6:30 am-12:00 pm, Monday-Friday; Showers and laundry room: 6:30 am-9:00 am, Monday-Friday; Brunch and children's reading room: 10:00 am-11:30 am, Saturday; Closed: 1:00 pm, Monday-Friday

No fees

**Last Update Date** 11/13/2018

### Gleaning Field Foundation

2222 Watson Way  
 Vista, CA 92083  
 (760) 945-1003  
[www.gleaningfield.com](http://www.gleaningfield.com)

**Serves** North Coastal and North Inland Regions of San Diego County

**Eligibility** Must be low income or homeless.

### Food Pantry

Supplies emergency food boxes to low income individuals as well as holiday food boxes, and clothing (limited supply for anyone in need). Distributions for the homeless include: hygiene products, new underwear, socks, food pack, limited sleeping bags, blankets, and back packs. Full monthly outreach is done with a church service and a meal on the 2nd Saturday of each month. Everyone is welcome to have a meal. School supplies are distributed during outreach on the 3rd weekend in August, by registration only. Clients can register during the first three weeks in August.

**Intake Procedure** Call for more information

9:00 am-3:00 pm, Monday-Friday

No fees

**Last Update Date** 7/31/2019

### Interfaith Community Services

5731 PALMER WAY  
 CARLSBAD, CA 92010  
 (760) 448-5696  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Coastal Region of San Diego County

**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Carlsbad

Provides social services such as emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, clothing voucher to thrift store, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services

1:00 pm-3:00 pm, Tuesday-Thursday

No fees

**Last Update Date** 9/12/2019



## Category Miscellaneous Services

### Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Inland Region of San Diego County

**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Escondido

Provides social services such as shower and laundry facilities, mailing address/PO Box services, phone use, emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, clothing voucher to thrift store, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services

8:00 am-11:00 am and 1:00 pm-3:00 pm, Monday-Friday; Closed: 1st Friday of the Month  
 No fees

**Last Update Date** 9/12/2019

### Interfaith Community Services

4700 N RIVER RD STE A  
 OCEANSIDE, CA 92057  
 (760) 721-2117  
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

**Serves** North Coastal Region of San Diego County

**Eligibility** No age limitations, however, minors must be accompanied by an adult relative or counselor

### Basic Needs Walk-in Services, Oceanside

For individuals that have a future job interview or medical appointment, provides social services such as emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, partial financial assistance for applicable prescriptions, assistance to pay for driver's license, ID and birth certificates (some limits and criteria do apply, provided based on availability), access to benefits, crisis intervention, diapers and formula (when available), and additional community referrals as needed.

**Intake Procedure** Walk-in for services

8:00 am-11:00 am, Monday-Friday; Closed: 1st Friday of the Month  
 No fees

**Last Update Date** 11/20/2019

### Jacobs and Cushman San Diego Food Bank

3260 PRODUCTION AVE  
 OCEANSIDE, CA 92058  
 760-439-1244  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

**Serves** North Coastal Region of San Diego County

**Eligibility** Families with infants and toddlers who need support for diapers.

### Diaper Distribution Site, Brother Benno's Center

Distributes diapers to families with infants and toddlers in need.

**Intake Procedure** Walk-in for services

7:00 am-10:45 am and 11:30 am-12:30 pm, Monday-Friday  
 No Fees

**Last Update Date** 4/29/2019

### Jacobs and Cushman San Diego Food Bank

819 W 9TH AVE  
 ESCONDIDO, CA 92025  
 760-839-9361  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

**Serves** North Inland Region of San Diego County

**Eligibility** Families with infants and toddlers who are enrolled in Child Development Centers.

### Diaper Distribution Site, Escondido Child Development Center

Distributes diapers to families with infants and toddlers in need.

**Intake Procedure** Call for appointment

8:30 am-4:30 pm, Monday-Friday  
 No Fees

**Last Update Date** 4/29/2019

## Category Miscellaneous Services

### Jacobs and Cushman San Diego Food Bank

1140 W MISSION RD  
 SAN MARCOS, CA 92069  
 760-744-1150 Ext 7540  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>  
**Serves** North Regions of San Diego County  
**Eligibility** Palomar College students only.

### Diaper Distribution Site, Food and Nutrition Center

Distributes diapers to families with infants and toddlers in need.  
  
**Intake Procedure** Call for appointment  
 9:30 am-4:30 pm, Monday-Friday  
 No fees  
  
**Last Update Date** 4/29/2019

### Jacobs and Cushman San Diego Food Bank

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 760-489-6380  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>  
**Serves** North Inland Region of San Diego County  
**Eligibility** Families with infants and toddlers who need support for diapers.

### Diaper Distribution Site, Interfaith Community Services

Distributes diapers to families with infants and toddlers in need.  
  
**Intake Procedure** Walk-in for services  
 8:00 am-11:00 am and 1:00 pm-3:00 pm, Monday-Friday; Closed 1st Friday of the Month  
 No Fees  
  
**Last Update Date** 4/29/2019

### Jacobs and Cushman San Diego Food Bank

1445 ENGINEER ST STE 110  
 VISTA, CA 92081  
 (858) 863-5177  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>  
**Serves** North Regions of San Diego County  
**Eligibility** Families with infants and toddlers who need support for diapers

### Diaper Distribution Site, North County Food Bank

Distributes diapers to families with infants and toddlers in need.  
  
**Intake Procedure** Call for appointment  
 By Appointment: 9:00 am-12:00 pm and 1:00 pm-6:00 pm, Monday-Friday  
 No fees  
  
**Last Update Date** 11/15/2019

### Jacobs and Cushman San Diego Food Bank

773 MAIN ST  
 RAMONA, CA 92065  
 760-789-4458  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>  
**Serves** North Regions of San Diego County  
**Eligibility** Families with infants and toddlers who need support for diapers.

### Diaper Distribution Site, Ramona Food and Clothes Closet

Distributes diapers to families with infants and toddlers in need.  
  
**Intake Procedure** Walk-in for services  
 9:30 am-12:30 pm and 2:30 pm-4:00 pm, Monday-Friday  
 No Fees  
  
**Last Update Date** 4/29/2019

**Category**      **Miscellaneous Services**

**Jacobs and Cushman San Diego Food Bank**

1361 ROCKY POINT DR  
 OCEANSIDE, CA 92056  
 760-726-8100  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

**Serves** North Coastal Region of San Diego County  
**Eligibility** Families with infants and toddlers who need support for diapers. Open to all active-duty military and veterans.

**Diaper Distribution Site, Spirit of Sharing**

Distributes diapers to families with infants and toddlers in need.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday  
 No Fees

**Last Update Date** 4/29/2019

**Jacobs and Cushman San Diego Food Bank**

810 BALOUR DR  
 ENCINITAS, CA 92024  
 760-214-7550  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

**Serves** North Coastal Region of San Diego County  
**Eligibility** Families with infants and toddlers who need support for diapers.

**Diaper Distribution Site, St. Andrews Episcopal Church**

Distributes diapers to families with infants and toddlers in need.

**Intake Procedure** Walk-in for services

3:00 pm-4:00 pm, Thursday  
 No Fees

**Last Update Date** 4/29/2019

**Jacobs and Cushman San Diego Food Bank**

292 E BARHAM DR STE 202  
 SAN MARCOS, CA 92078  
 760-471-6267  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

**Serves** North Regions of San Diego County  
**Eligibility** Families with infants and toddlers who need support for diapers.

**Diaper Distribution Site, Summit Christian Church**

Distributes diapers to families with infants and toddlers in need.

**Intake Procedure** Call;Walk-in for services

Office Hours: 12:00 pm-4:00 pm, Tuesday-Friday; Distribution: 12:00 pm-1:30 pm, 2nd and 4th Tuesday of the Month  
 No Fees

**Last Update Date** 4/29/2019

**Jacobs and Cushman San Diego Food Bank**

1000 VALE TERRACE DR  
 VISTA, CA 92084  
 760-631-5000  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

**Serves** North Regions of San Diego County  
**Eligibility** VCC prenatal and pediatric patients only.

**Diaper Distribution Site, Vista Community Clinic**

Distributes diapers to families with infants and toddlers in need.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday  
 No Fees

**Last Update Date** 4/29/2019

## Category Miscellaneous Services

### Jacobs and Cushman San Diego Food Bank

105 DURIAN ST STE A  
 VISTA, CA 92083  
 760-631-5000  
<https://sandiegofoodbank.org/programs/diaper-bank-program/>  
**Serves** North Regions of San Diego County  
**Eligibility** VCC pediatric patients only.

### Diaper Distribution Site, Vista Community Clinic Durian

Distributes diapers to families with infants and toddlers in need.

**Intake Procedure** Call for appointment

8:00 am-5:00 pm, Monday-Friday  
 No Fees

**Last Update Date** 4/29/2019

### Jewish Family Service (JFS) of San Diego

Religious and Development Center  
 Camp Pendleton, CA 92058  
 (858) 637-3210  
[http://www.jfssd.org/site/PageServer?pagename=programs\\_food\\_assistance\\_food\\_pantry](http://www.jfssd.org/site/PageServer?pagename=programs_food_assistance_food_pantry)  
**Serves** San Diego County  
**Eligibility** For active-duty military families

### Hand Up Food Pantry - Camp Pendleton

Market style food distribution for military families, providing fresh produce, non-perishables, and diapers.

**Intake Procedure** Walk-in for appointment

2:00 pm-3:00 pm, one Sunday a month (visit [www.jfssd.org/handup](http://www.jfssd.org/handup) for specific dates)  
 No fees

**Last Update Date** 1/11/2019

### Meals on Wheels San Diego County

930 BOARDWALK  
 SAN MARCOS, CA 92078  
 (760) 736-9900  
[www.meals-on-wheels.org](http://www.meals-on-wheels.org)

**Serves** Cardiff, Carlsbad, Del Mar, Encinitas, Escondido, Oceanside, Poway, Rancho Santa Fe, San Marcos, Solana Beach, Vista, Carmel Valley, Rancho Bernardo, Rancho Penasquitos, San Dieguito, Sorrento Hills, Mira Mesa, Valley Center, Fallbrook

**Eligibility** Must reside in Cardiff, Carlsbad, Del Mar, Encinitas, Escondido, Oceanside, Poway, Rancho Santa Fe, San Marcos, Solana Beach, Vista, Carmel Valley, Rancho Bernardo, Rancho Penasquitos, San Dieguito, Sorrento Hills, Mira Mesa, Valley Center, Fallbrook.  
 Ad

### Home Delivered Meals, North County Service Center

Delivers 2 meals a day (1 hot and 1 cold), 7 days a week to seniors that like their meals delivered to their home. Also provides pet food once a week through the Ani-Meals Program (supplies to households with cats or dogs). All meal offerings are healthy and tasty with controlled sodium, fat, carbohydrates and calories. The menus are prepared by a registered dietitian to ensure balanced meals throughout the week. Offers Healthy Choice, Healthy Latino Cuisine and easy-to-chew menu options. The menu changes monthly.

**Intake Procedure** Call for more information

8:00 am-4:30 pm, Monday-Friday

One time non-refundable fee of \$35 to begin meal delivery services. Fee reduction possible for meals following financial assessment, also for veterans.

**Last Update Date** 6/5/2019

**Category**      **Miscellaneous Services**

**North County Health Services**

1130 2ND ST  
 ENCINITAS, CA 92024  
 (888) 477-6333  
<https://www.nchs-health.org/location/encinitas-wic-office/>

**Serves**    Carlsbad, Encinitas, Solana Beach, Del Mar

**Eligibility**    WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications:    Monthly Gross Income by Ho

**Women, Infants, and Children (WIC), Encinitas**

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure**    Call for appointment;Walk-in for appointment;Complete Application Online

7:30 am-11:45 am and 12:45 pm-4:30 pm, Monday-Wednesday and Friday

No fees

**Last Update Date**    3/21/2019

**North County Health Services**

649 W MISSION AVE  
 ESCONDIDO, CA 92025  
 (888) 477-6333  
<https://www.nchs-health.org/location/escondido-wic-office/>

**Serves**    Escondido, San Marcos, Valley Center, Vista

**Eligibility**    WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications:    Monthly Gross Income by Ho

**Women, Infants, and Children (WIC), Escondido**

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure**    Call for appointment;Walk-in for appointment;Complete Application Online

8:30 am-5:30 pm, Monday; 7:30 am-4:30 pm, Tuesday-Friday; Closed: 11:45 am-2:15 pm; Call for Saturday appointments

No fees

**Last Update Date**    3/21/2019

**North County Health Services**

2210 MESA DR STE 100  
 OCEANSIDE, CA 92054  
 (888) 477-6333  
<https://www.nchs-health.org/location/oceanside-wic-office/>

**Serves**    Encinitas, Carlsbad, Oceanside, Vista, San Dieguito

**Eligibility**    WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications:    Monthly Gross Income by Ho

**Women, Infants, and Children (WIC), Oceanside**

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure**    Call for appointment;Walk-in for appointment;Complete Application Online

7:30 am-11:45 am and 12:45 pm-4:30 pm, Monday-Friday; 8:30 am-11:45 am and 12:45 pm-4:30 pm, Thursday; Call for Saturday appointments

No fees

**Last Update Date**    3/21/2019

Category **Miscellaneous Services**

**North County Health Services**

1039 D ST  
 RAMONA, CA 92065  
 (888) 477-6333  
<https://www.nchs-health.org/location/ramona-wic-office/>

**Serves** Ramona

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

**Women, Infants, and Children (WIC), Ramona**

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment;Walk-in for appointment;Complete Application Online

7:30 am-12:00 pm and 12:45 pm-4:15 pm, Tuesday-Thursday

No fees

**Last Update Date** 3/21/2019

**North County Health Services**

150 VALPRED RD STE 102  
 SAN MARCOS, CA 92069  
 (888) 477-6333  
<https://www.nchs-health.org/location/san-marcos-wic-office/>

**Serves** Escondido, San Marcos, Valley Center, Vista

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

**Women, Infants, and Children (WIC), San Marcos**

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment;Walk-in for appointment;Complete Application Online

7:30 am-11:45 am and 12:45 pm-4:30 pm, Monday-Saturday; Some lunch time, evening and Saturday appointments available

No fees

**Last Update Date** 3/21/2019

**North County Health Services**

28246 LILAC RD  
 VALLEY CENTER, CA 92082  
 (888) 477-6333  
<https://www.nchs-health.org/location/valley-center-wic-office/>

**Serves** Valley Center

**Eligibility** WIC serves the following groups: pregnant women, post-partum women (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications: Monthly Gross Income by Ho

**Women, Infants, and Children (WIC), Valley Center**

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

**Intake Procedure** Call for appointment;Walk-in for appointment;Complete Application Online

8:45 am-11:45 am and 12:45 pm-3:15 pm; Open twice a month, days may vary

No fees

**Last Update Date** 3/21/2019



# 2-1-1 San Diego North County Resource Guide

## Category Miscellaneous Services

### Office of Social Outreach, Mission San Luis Rey Parish

4070 MISSION AVE  
OCEANSIDE, CA 92057  
(760) 54-70708  
<https://sanluisreyparish.org/>

**Serves** Camp Pendleton, Oceanside

**Eligibility** Low-income or homeless families, homeless individuals, migrants. Demonstrated need.

### Office of Social Outreach, Mission San Luis Rey Parish

Provides emergency food and shelter referrals. Diapers and formula are provided when available. Rent and utility assistance provided as funds are available.

**Intake Procedure** Call for more information;Call for appointment;Walk-in for services  
9:00 am-4:00 pm Tuesday-Saturday

No fees

**Last Update Date** 5/13/2019

### Pathway Health Clinic

1830 HACIENDA DR  
VISTA, CA 92081  
(760) 945-4673  
<https://pathway-healthclinic.com/>

**Serves** San Diego County

**Eligibility** Anyone experiencing pregnancy and their network (significant other, parents, etc.)

### Pregnancy Services

Provides counseling, limited medical care, information, and resources for pregnant women and their families. Services include free pregnancy tests, ultrasounds, parenting class, post-abortive support, options counseling, prenatal and baby care education, life skills class, and abstinence education. Also offers material goods including formula, diapers, baby clothes and baby furniture. Referrals for adoption, housing, legal assistance, and social services are also provided.

**Intake Procedure** Call for appointment;Walk-in for appointment  
9:00am-4:00pm, Monday and Wednesday; 9:00am-8:00pm, Tuesday; 1:00pm-8:00pm, Thursday; 9:00 am-4:00 pm, Saturday

No fees.

**Last Update Date** 2/7/2019

### San Diego Humane Society (SDHS) and SPCA

3500 BURNET DR  
ESCONDIDO, CA 92027  
  
<https://www.sdhumane.org/programs/paws-san-diego/pantry-service.html>

**Serves** San Diego County

**Eligibility** San Diego residents who are receiving government assistance such as CalFresh, Medi-Cal, or Unemployment

### Pet Food Pantry Service, Escondido Campus

Provides free supplemental dog or cat food for San Diego residents who are receiving government assistance such as CalFresh, Medi-Cal, or Unemployment. Eligible individuals may pick up dry dog or cat food once every 30 days at this site.

**Intake Procedure** Walk-in for more information

10:00 am-6:00 pm, Monday-Sunday

No fees.

**Last Update Date** 3/15/2019

### San Diego State University Research Foundation

1131 E WASHINGTON AVE  
ESCONDIDO, CA 92025  
(888) 999-6897  
[sdsuwic.org](http://sdsuwic.org)

**Serves** San Diego County

**Eligibility** Serves the following groups: pregnant women, post-partum (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications. Monthly Gross Income by Household Size

### SDSU Research Foundation WIC Office, Escondido

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

**Intake Procedure** Online;Call for appointment

8:00 am-5:00 pm, Monday-Friday; 8:00 am-4:30 pm, 2nd Saturday of the Month; Closed 2nd Friday of the Month.

No fees

**Last Update Date** 5/2/2019

## Category Miscellaneous Services

### San Diego State University Research Foundation

504 East Alvarado Street  
FALLBROOK, CA 92028  
(888) 999-6897  
sdsuwic.org

**Serves** San Diego County

**Eligibility** Serves the following groups: pregnant women, post-partum (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications. Monthly Gross Income by Household Size

### SDSU Research Foundation WIC Office, Fallbrook

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

**Intake Procedure** Online;Call for more information

8:00 am-5:00 pm, Monday-Friday; Closed: 12:00 pm-1:00 pm

No fees

**Last Update Date** 5/2/2019

### San Diego State University Research Foundation

1031 S. Santa Fe Avenue  
VISTA, CA 92083  
(888) 999-6897  
sdsuwic.org

**Serves** San Diego County

**Eligibility** Serves the following groups: pregnant women, post-partum (up to 6 months for non-breastfeeding mothers and up to 1 year for breastfeeding mothers), infants and children (up to age 5). Must meet income qualifications. Monthly Gross Income by Household Size

### SDSU Research Foundation WIC Office, Vista

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

**Intake Procedure** Online;Call for appointment;Walk-in for more information;Walk-in for appointment

8:00 am-5:00 pm, Monday-Friday; 8:00 am-4:30 pm, 3rd Saturday of the Month; Closed 3rd Friday of the Month

No fees

**Last Update Date** 5/2/2019

### The Salvation Army San Diego Regional Office

1301 Las Villas Way  
Escondido, CA 92026  
(760) 745-8685  
www.sandiego.salvationarmy.org

**Serves** Escondido; Poway; Ramona; San Marcos; Valley Center; Rancho Penasquitos; 92127, 92128

**Eligibility** Not limited

### Family Services, Escondido Corps

Provides emergency assistance to persons in need. Services include an emergency food program that is offered once month (priority given to seniors, disabled, and homeless individuals). Food and produce is also offered at this site to anyone in need (recipients are encouraged to bring their own grocery bags). Also provides baby blankets, formula, and diapers when these items are available. Offers referrals to other agencies for case management services.

**Intake Procedure** Call for more information;Walk-in for services

7:30 am-2:30 pm, Monday-Friday; Food Distribution: 8:00 am-2:30 pm, Monday-Friday

No fees

**Last Update Date** 6/21/2019

## Category Substance Abuse/Recovery Programs and Counseling

### Alcoholics Anonymous

604 E VISTA WAY  
VISTA, CA 92084  
(760) 758-2514 24-Hour Hotline  
<https://ncsandiegoaa.org/>

**Serves** San Diego County

**Eligibility** Open to anyone with a desire to stop drinking.

### Alcoholics Anonymous, North County

Offers a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership.

**Intake Procedure** Online;Call for more information;Walk-in for services

9:00 am-5:00 pm, Monday-Friday; 9:00 am-1:00 pm, Saturday

No fees

**Last Update Date** 5/17/2019



## Category Substance Abuse/Recovery Programs and Counseling

### Alcoholics Anonymous

830 E VISTA WAY STE 116  
VISTA, CA 92084  
(760) 758-6905  
www.aasandiego.org

**Serves** San Diego County

**Eligibility** Open to anyone with a desire to stop drinking

### Alcoholics Anonymous, Oficina Central Hispana Vista

Offers a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership.

**Intake Procedure** Online;Call for more information;Walk-in for services

9:30 am-12:30 pm and 1:30 pm-5:00 pm, Monday-Friday

No fees

**Last Update Date** 5/17/2019

### Alpha Project for the Homeless

993 Postal Way  
Vista, CA 92083  
(760) 630-9922  
<http://www.alphaproject.org/programs/residential-treatment>

**Serves** San Diego County

**Eligibility** Accepts single men ages 18 years and older, must meet medical necessity through the ASAM criteria for level 3.1 residential services. This is verified through a substance use disorder intake and assessment and LHPA diagnosis. Also no sex or arson offenders

### Casa Raphael

Casa Raphael is Alpha Project's state-licensed residential drug and alcohol treatment program. Residents enter into Casa Raphael, where the experience is an intensive 12 week environment in which the new resident is in training to learn the basic fundamentals necessary to return to life as an honest, sober, law abiding citizen. Residents will attend classes in journaling and be required to write a full-page journal entry each evening. Residents will also participate in evidence based curriculum which includes "My Personal Journal", "Hazelton Living in Balance", relapse prevention, process groups, 12 step activities, individual counseling, employment preparation, discharge planning and therapy services (if needed), and any other activities that is noted on an individual treatment plan, including curriculum for the criminal justice population. A client will be expected to attend at least 20 hours of activity per week, within that 20 hours, 5 hours of clinical activity is mandatory. Weekend treatment services will be determined and will be mandatory for all clients in treatment. Treatment levels will be re-evaluated every 30 days by a counselor and LPHA (Medical Director if needed). At that time, if medical necessity cannot be met then a necessary referral will be made to a lower level of care, which could include outpatient treatment with another provider. This will be discussed with the resident and treatment staff.

**Intake Procedure** Call

8:00 am-4:00 pm, Monday-Friday

Must qualify for Medi-Cal, and Medi-Cal will cover up to 90 days of services as long as level of care is met.

**Last Update Date** 8/12/2019

### Alternative Recovery Solutions

721 BUENA TIERRA WAY UNIT 188  
OCEANSIDE, CA 92057  
760-859-7789  
www.alternativerecoveryresolution.com

**Serves** San Diego County

**Eligibility** Individuals 18 years of age and older. Self referred and court referrals accepted.

### Alternative Recovery Solutions

Offers affordable, individualized, and court approved outpatient substance abuse use education/prevention services. Services include individual counseling, addiction evaluations, drug testing, treatment planning, and referrals to outpatient treatment centers and other methods of treatment. Also, offers visitation monitoring, court ordered parenting classes, and anger management classes. This service is not an outpatient substance abuse use facility.

**Intake Procedure** Email;Call for more information;Voice Message;Text (SMS)

8:00 am-5:00 pm, Monday-Friday

Fixed fees. Accepts most insurances, see Insurance Type Accepted.

\$25/ hour

**Last Update Date** 9/10/2018

## Category Substance Abuse/Recovery Programs and Counseling

### Aurora Behavioral Health Care

11878 Avenue of Industry  
San Diego, CA 92128  
(858) 487-3200  
www.aurorabehavioral.com

**Serves** San Diego County

**Eligibility** Ages 5 years and older

### Adult Services Program

Provides an inpatient treatment program and a partial hospitalization day treatment program for adults with mental health issues; including those who have substance abuse problems (dual diagnosis). Offers an intensive treatment unit that provides close supervision to patients who are detoxing or who need more structure because of their mental/emotional state. Offers an open unit that provides group activities in a structured environment. Also offers a partial hospitalization chemical dependency program for adults.

**Intake Procedure** Call for appointment

Psychiatric Program and Intake for Substance Abuse Program: 24 hours a day, 7 days a week

Fixed fee. Please call for information.

**Last Update Date** 5/12/2017

### Aurora Behavioral Health Care

11878 Avenue of Industry  
San Diego, CA 92128  
(858) 487-3200  
www.aurorabehavioral.com

**Serves** San Diego County

**Eligibility** Ages 5 to 17 years for psychiatric, including dual diagnosis programs Ages 13 to 17 years for chemical dependency program

### Youth Services Program

Provides inpatient; partial hospitalization; and intensive outpatient psychiatric services to children and youth with emotional problems; including those who have substance abuse problems (dual diagnosis). Services are provided in a structured environment and include daily living skills training; educational and vocational development; interpersonal skills development; and the restoration of family relationships. Also offers a partial hospitalization chemical dependency program for youth. Substance abuse programs include random drug screening and aftercare support groups.

**Intake Procedure** Call for more information; Call for appointment

Substance Abuse Program and Intake for Psychiatric Program: 24 hours a day, 7 days a week

Fixed fee. Please call for information.

**Last Update Date** 5/12/2017

### Boys and Girls Club of Vista

410 W CALIFORNIA AVE  
VISTA, CA 92083  
(760) 724-6606  
www.bgcvista.org

**Serves** Vista; Oceanside; Carlsbad; San Marcos

**Eligibility** Ages 5-18 years old

### Youth Development

Prepares kids for high school graduation, college and careers by building skills needed to succeed in the workforce. Club programs help kids build healthy habits for life and how to become resilient leaders through mentorship, accountability and modeling good behavior. Provides kids and teens an opportunity to complete their homework in a quiet place, guided reading and language intervention, leadership development, drug and alcohol prevention and education, physical fitness activities and nutrition education. Sports include co-ed soccer, basketball, volleyball, flag football and cross country.

**Intake Procedure** Call for more information

Office Hours: 8:00 am-6:30 pm, Monday-Friday

Annual membership. Additional cost for day camps, sports and am/pm off site locations. \$50 yearly

**Last Update Date** 9/10/2019

### Boys and Girls Clubs of San Marcos

650 W MISSION RD  
SAN MARCOS, CA 92069  
(760) 290-2500  
www.boysgirlsclubsm.org

**Serves** San Marcos

**Eligibility** Ages 6, enrolled in first grade to 18 years old

### Youth Services, San Marcos Middle School

Offers activities for boys and girls, including physical education, arts and crafts, social recreation, group clubs, and an outdoor educational program. Provides tutoring, cultural enrichment, youth guidance, leadership development, and drug prevention programs.

**Intake Procedure** Online; Call for more information

2:20 pm-6:00 pm, Monday, Tuesday, Thursday, Friday; 1:19 pm-6:00 pm, Wednesday

Membership fee \$40 annually

**Last Update Date** 9/18/2019

## Brother Benno Foundation

3260 PRODUCTION AVE  
 OCEANSIDE, CA 92058  
 (760) 439-1244 Ext 101  
<http://www.brotherbenno.org/recovery-program/>

**Serves** Carlsbad; Escondido; Fallbrook; Oceanside; San Marcos; Valley Center; Vista

**Eligibility** Must be 18 years and older, interviewed by a certified counselor, physically capable to work, free from pain or psychiatric medications

## Alcohol and Drug Rehabilitation Program

Program is structured in a 26 weeks, 2 phases, 12-step program of Alcoholics Anonymous. Provides a clean and sober living environment, offers basic needs (housing, food and clothing) while recovering through the program. Participants attending are required to work with an alcohol and/or drug counselor and a case manager. As part of the recovery process, participants are required to work and save a set percentage of their money. Does not offer detox services, although works with agencies to provide referrals.

**Intake Procedure** Call for more information; Walk-in for more information  
 6:30 am-12:00 pm, Monday-Friday

No fees

**Last Update Date** 11/13/2018

## Choices in Recovery

733 S SANTA FE AVE  
 VISTA, CA 92083  
 (760) 945-5290

**Serves** Escondido, Fallbrook, San Marcos, Valley Center

**Eligibility** Ages 18 years and older.

## Alcohol and Drug Treatment

Provides a 4-12 month adult outpatient drug and alcohol residential treatment program through 7 different homes. Follows a 12-step social model program. No doctors on site or medications prescribed, does offer medication management.

**Intake Procedure** Call for appointment; Walk-in for more information  
 8:00 am-4:00 pm, Monday-Friday  
 Fixed fees.

\$1900.00/ month

**Last Update Date** 6/12/2019

## Fellowship Center

737 E GRAND AVE  
 ESCONDIDO, CA 92025  
 (888) 533-9555  
<https://thefellowshipcenter.org/our-program/>

**Serves** San Diego County

**Eligibility** Men ages 18 years and older. Accepts men who have abused prescription drugs. Does not accept men with a physical disability requiring custodial care.

## Alcohol and Drug Recovery Services, Fellowship Center

Provides short-term 30,60,90 day residential care for men with alcohol and other drug problems. Also offers a day treatment program. Screening identifies individuals who should be placed elsewhere for medical or psychiatric treatment. Refers clients to different federal, state, and local agencies that provide vocational training, employment, and educational programs for the residents.

**Intake Procedure** Call for more information; Walk-in for more information  
 6:30 am-9:30 pm Monday-Friday; 12:00 pm-9:30 pm Saturday  
 Sliding scale fees based on family size and income.  
 No one is refused services due to inability to pay.  
 Call for details.

**Last Update Date** 3/15/2019

## Green Oak Ranch

1237 GREEN OAK RD  
 VISTA, CA 92081  
 (760) 727-0251  
<https://www.greenoakranchrecovery.org/>

**Serves** Carlsbad, Escondido, Fallbrook, Oceanside, San Marcos, Valley Center, Vista. Communities: San Dieguito.

**Eligibility** Men 18 to 50 years of with alcohol and drug use disorder issues. Residents must be 100% clean upon admission. Residents must also agree to drug/alcohol testing at any time during their stay, and upon returning to the Ranch from any offsite visit.

## Green Oak Ranch Healing Community

Provides a long term, Christian-based social model, residential substance abuse treatment program for men with drug or alcohol use disorder issues. Offers social and spiritual counseling.

**Intake Procedure** Email; Call; Mail  
 8:00 am-5:00 pm, Monday-Friday

Fixed fee schedule.

\$400/ month

**Last Update Date** 12/10/2018

## Category Substance Abuse/Recovery Programs and Counseling

### HealthRIGHT 360

130 S FIG ST  
 ESCONDIDO, CA 92025  
 (442) 888-5812  
<https://www.healthright360.org/program/outpatient-program>

**Serves** San Diego County

**Eligibility** Women and parenting teenagers with alcohol or substance abuse use disorder.

### Outpatient Program

Offers a non-residential day treatment program and intensive outpatient substance use treatment to women and parenting teenagers. Services include individual therapy, parenting coaching groups, vocational readiness support, healthy relationships skill building, emotional development groups, psycho education classes, counseling groups, advocacy, onsite daycare, homeless supportive services and exit planning groups.

**Intake Procedure** Call for appointment; Walk-in for appointment

8:00 am-4:30 pm, Monday-Friday

Sliding fee scale based on income. Accepts Medi-Cal.

**Last Update Date** 12/7/2018

### HealthRIGHT 360

1341 N ESCONDIDO BLVD  
 ESCONDIDO, CA 92026  
 (760) 317-9117  
<https://www.healthright360.org/program/residential-treatment-services>

**Serves** San Diego

**Eligibility** Women ages 18 years and older, with or without children who have alcohol and drug dependencies and are looking for treatment.

### Serenity Residential Substance Abuse Treatment Services

Provides residential treatment facilities for women, with or without children, who have alcohol and drug dependencies. Minimum stay is 90 days. Offers individual and group counseling as well as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) 12-step group meetings. Offers clinical dual-recovery services, services for children, transitional services, health services, and aftercare services to residents.

**Intake Procedure** Call for more information; Walk-in for services

8:00 am-5:00 pm, Monday-Friday

No fees. Accepts Medi-Cal

**Last Update Date** 12/21/2018

### Interfaith Community Services

550 W WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 489-6380 Ext 246  
<http://www.interfaithservices.org/program/clinical-behavioral-health/>

**Serves** North County

**Eligibility** Adults ages 18 years and older with substance use disorder causing quality of life problems. Focuses on serving individuals in the Escondido or North County areas.

### Recovery and Wellness Residential Treatment Program

Provides a residential treatment program for 90-120 days to individuals with substance use disorder causing quality of life problems. Offers individual and group counseling, co-occurring treatment, mental health counseling and support, relapse prevention, case management, self help and recovery services.

**Intake Procedure** Call for appointment

24 hours a day; 7 days a week

County sliding fee scale, self pay

**Last Update Date** 12/13/2018

## McAlister Institute for Treatment and Education

3921 WARING RD  
 OCEANSIDE, CA 92056  
 (760) 726-4452  
<https://www.mcalisterinc.org/programs/>

**Serves** North Coastal Region of San Diego County  
**Eligibility** Substance using teens ages 12 to 17 and  
 Transitional Age Youth ages 18 to 21 upon approval

## Adolescent Outpatient Treatment, North Coastal Teen Recovery Center

Age specific treatment program adapted to provide individualized outpatient substance use treatment and recovery services for adolescents. Services include intake and assessment, individualized treatment planning, alcohol and drug abuse / substance use counseling, education, drug testing, referrals and case management, family and individual counseling, prevention and early intervention services for mental health, structured recovery activities, and educational and vocational support. Program accommodates issues unique to teens and transitional age youth including school schedules, transportation challenges, and juvenile justice involvement and/or parent referral. Offers free initial, one-time, drug test for teens under the age of 18 in San Diego County, to parents that suspect teens of substance use. Instant urinalysis and immediate intake for adolescents in need of treatment. Programs are also available at local High School Satellite offices. Please call for information.

**Intake Procedure** Call;Walk-in for services  
 9:00 am-7:00 pm, Monday-Friday  
 Fees are assessed based on San Diego County sliding fee scale, where applicable. Assessment is determined based on family size and income. No one is refused service for the inability to pay. Please call for details.

**Last Update Date** 7/29/2019

## McAlister Institute for Treatment and Education

1701 MISSION AVE STE 310  
 OCEANSIDE, CA 92058  
 (760) 721-2781  
<https://www.mcalisterinc.org/programs/>

**Serves** North Coastal Region of San Diego County  
**Eligibility** Substance using adults, ages 18 and older

## Adult Outpatient Treatment, North Coastal Regional Recovery Center, Oceanside

Adult specific treatment program offering non-residential alcohol and other drug / substance use disorder treatment and recovery services. Services include addiction education, vocational counseling, life skills education, case management, screening and assessment, individual and group counseling, co-occurring mental health treatment and services, family therapy, primary care coordination, linkages/referrals to community resources, prevention and homeless outreach services.

**Intake Procedure** Call;Walk-in for services  
 9:00 am-9:30 pm, Monday-Thursday; 9:00 am-5:30 pm, Friday  
 Fees are assessed based on San Diego County sliding fee scale, where applicable. Assessment is determined based on family size and income. No one is refused service for the inability to pay. Please call for details.

**Last Update Date** 7/30/2019

## McAlister Institute for Treatment and Education

1211 W VISTA WAY STE C  
 VISTA, CA 92083  
 (760) 721-2781  
<https://www.mcalisterinc.org/programs/>

**Serves** North Coastal Region of San Diego County  
**Eligibility** Substance using adults, ages 18 and older

## Adult Outpatient Treatment, North Coastal Regional Recovery Center, Vista

Adult specific treatment program offering non-residential alcohol and other drug / substance use disorder treatment and recovery services. Services include addiction education, vocational counseling, life skills education, case management, screening and assessment, individual and group counseling, co-occurring mental health treatment and services, family therapy, primary care coordination, linkages/referrals to community resources, prevention and homeless outreach services.

**Intake Procedure** Call;Walk-in for services  
 9:00 am-9:30 pm, Monday-Thursday; 9:00 am-5:30 pm, Friday  
 Fees are assessed based on San Diego County sliding fee scale, where applicable. Assessment is determined based on family size and income. No one is refused service for the inability to pay. Please call for details.

**Last Update Date** 7/30/2019

## McAlister Institute for Treatment and Education

200 E WASHINGTON AVE  
 ESCONDIDO, CA 92025  
 (760) 741-7708  
<https://www.mcalisterinc.org/programs/>

**Serves** North Inland Region of San Diego County

**Eligibility** Substance using adults, ages 18 and older

## Adult Outpatient Treatment, North Inland Regional Recovery Center

Adult specific treatment program offering non-residential alcohol and other drug / substance use disorder treatment and recovery services. Services include addiction education, vocational counseling, life skills education, case management, screening and assessment, individual and group counseling, co-occurring mental health treatment and services, family therapy, primary care coordination, linkages/referrals to community resources, prevention and homeless outreach services.

**Intake Procedure** Call;Walk-in for services

9:00 am-7:30 pm, Monday-Thursday; 9:00 am-5:30 pm, Friday

Fees are assessed based on San Diego County sliding fee scale, where applicable. Assessment is determined based on family size and income. No one is refused service for the inability to pay. Please call for details.

**Last Update Date** 7/30/2019

## McAlister Institute for Treatment and Education

751 RANCHEROS DR  
 SAN MARCOS, CA 92069  
 (760) 761-0515  
<https://www.mcalisterinc.org/programs/>

**Serves** North Inland Region of San Diego County

**Eligibility** Substance using female adults and pregnant and/or parenting adolescent females (age 15 and older) and their dependent minor children (from birth through age 17).

## Adult Outpatient Treatment, North Inland Women/Adolescent Recovery Center

Gender-specific treatment program offering non-residential alcohol and other drug / substance use disorder treatment and recovery services for pregnant and parenting women. Transitional age youth girls (ages 15 and over) and their dependent minor children (from birth through age 17). Services include on-site day care, addiction education, vocational counseling, life skills education, case management, screening and assessment, individual and group counseling, co-occurring services for mental health issues, family therapy, primary care coordination, parenting classes, linkages/referrals to community resources and homeless outreach services.

**Intake Procedure** Call;Walk-in for services

9:00 am-7:00 pm, Monday-Wednesday, 9:00 am-5:30 pm, Thursday and Friday

Fees are assessed based on San Diego County sliding fee scale, where applicable. Assessment is determined based on family size and income. No one is refused service for the inability to pay. Please call for details.

**Last Update Date** 7/30/2019

## Mental Health Systems, Inc

1100 SPORTFISHER DR  
 OCEANSIDE, CA 92054  
 (760) 439-6702  
<https://www.mhsinc.org/listing/family-recovery-center-2/>

**Serves** San Diego County

**Eligibility** Pregnant mothers with a history of drug or alcohol use, mothers of newly delivered children who have tested positive for drugs, and mothers with a drug/alcohol use problem. Must be 18 years old or older and must be pregnant or a parenting mother with a ch

## Family Recovery Center

A residential and outpatient treatment program dedicated to assisting women recovering from substance use while promoting healthy family reunification. There are four components: residential treatment, day treatment, outpatient treatment and the child development center. Provides a 6 to 9 month day treatment program serving pregnant mothers with a history of drug or alcohol use, mothers of newly delivered children who have tested positive for drugs, and mothers with a drug/alcohol use problem. Curriculum offers parenting classes, drug and alcohol education and relapse prevention, life skills, vocational assessment, HIV education, and twelve-step meetings. Clients are urine-tested twice weekly. Individual, group, and family counseling are also provided within the program. Child care, two daily meals are provided and some transportation is available. A sober living environment is also available to women in the program at reduced rent.

**Intake Procedure** Call for more information;Referral

8:00 am-8:00 pm, Monday-Friday

No fees

**Last Update Date** 2/7/2019

## Mental Health Systems, Inc

504 W VISTA WAY  
 VISTA, CA 92083  
 (619) 691-1662  
<https://www.mhsinc.org/listing/north-county-center-for-change-2/>

**Serves** San Diego County

**Eligibility** Ages 18 to 60 years old. The program only serves convicted felons and misdemeanants who have been screened and referred through the drug court system.

## North County Center For Change

Is the case management and treatment provider for San Diego's East County Division Adult Drug Court. The program serves individuals who have a substance abuse issue in conjunction with criminal charges. Provides a minimum of 12-months of intensive drug abuse treatment and testing service followed by six months of aftercare supportive service. Clients will participate in group and individual counseling, drug education, 12-step meetings, and random drug testing. Throughout the 18-month program, the individual will make regularly scheduled appearances before the drug court judge.

**Intake Procedure** Call for more information;Referral

8:00 am-7:30 pm, Monday-Thursday, 8:00 am-5:00 pm, Friday

Sliding Scale

**Last Update Date** 2/12/2019

## Mental Health Systems, Inc

12344 OAK KNOLL RD  
 POWAY, CA 92064  
 (858) 391-9303  
<https://www.mhsinc.org/listing/north-inland-community-prevention-program-2/>

**Serves** Bonsall; Escondido; Fallbrook; Julian; Ramona; San Marcos; Valley Center; Warner Springs Carmel Mountain Ranch; Rancho Bernardo East; Rancho Bernardo West; Rancho Penasquitos; Sabre Springs  
 Bonsall; Fallbrook; Ramona; Valley Center

**Eligibility** Residents that live in the North Inland Region of San Diego County

## North Inland Community Prevention Program

A program that address problems associated with alcohol, tobacco, and other drug use. Utilizes an environmental prevention strategy that can affect powerful long-term change in the community.

**Intake Procedure** Call for more information

9:00 am-5:00 pm, Monday-Friday

Call for information

**Last Update Date** 11/8/2018

## North County LGBTQ Resource Center

3220 MISSION AVE  
 OCEANSIDE, CA 92058  
 (760) 994-1690  
[www.ncresourcecenter.org](http://www.ncresourcecenter.org)

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

**Eligibility** Ages 15 years old and up interested in becoming clean and sober from the use of narcotics

## Narcotics Anonymous Open Meeting

A twelve-step program to assist former users of narcotics to remain clean and sober.

**Intake Procedure** Call for more information

LGBTQ Center Hours: 12:00 pm-8:00 pm, Monday-Friday; 12:00 pm-6:00 pm, Saturday

No fees. Donations accepted.

**Last Update Date** 11/21/2018

## North County Lifeline

707 OCEANSIDE BLVD  
 OCEANSIDE, CA 92054  
 (760) 842-6214  
[www.nclifeline.org](http://www.nclifeline.org)

**Serves** Carlsbad; Oceanside; San Marcos; Vista; San Dieguito

**Eligibility** Youth ages 18 years and under

## Counseling Services, Oceanside

Provides individual, family, and group counseling to youth. Services include anger management and decision-making skills development, alcohol, tobacco, and other drug dependency groups, and parenting groups. Offers juvenile delinquency and school dropout prevention programs and ACT (Alternative Court Treatment Services). Specialized treatment services include early periodic screening diagnosis and treatment for youth meeting certain medical needs.

**Intake Procedure** Call for more information;Call for appointment

Office Hours: 8:30 am-2:00 pm, Friday

Sliding scale fee based on income and family size

**Last Update Date** 10/5/2018

## Category Substance Abuse/Recovery Programs and Counseling

### North County Lifeline

707 OCEANSIDE BLVD  
OCEANSIDE, CA 92054  
(760) 726-4900  
www.nclifeline.org

**Serves** Oceanside

**Eligibility** Youth ages 6 to 17 who reside in the area surrounding Crown Heights in Oceanside

### Youth Development Club

Offers after school programs at the Crown Heights Resource Center and La Casita Center in Oceanside. Program incorporates homework assistance, life skills education (including alcohol, tobacco, and drug prevention as well as gang prevention and healthy habits classes), recreation, art & enrichment activities for youth.

**Intake Procedure** Call for more information

8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Friday; Appointments after 5:00 pm; Closed on holidays

No fees

**Last Update Date** 10/11/2018

### North County Lifeline

200 MICHIGAN AVE  
VISTA, CA 92084  
(760) 726-4900  
www.nclifeline.org

**Serves** North County Coastal; North County Inland

**Eligibility** Teenagers 12-17 years old

### Youth Groups, Vista

Offers a variety of youth-focused groups including alcohol, tobacco, other drug diversion (ATOD), anger management, decision making, anti-theft, and gang awareness.

**Intake Procedure** Call for more information;Call for appointment;Walk-in for more information;Walk-in for appointment

Days and times vary

No fees

**Last Update Date** 10/12/2018

### Occupational Health Services

1050 LOS VALLECITOS BLVD  
SAN MARCOS, CA 92069  
(855) 384-8055  
https://ohs.mhn.com/

**Serves** San Diego County

**Eligibility** Individuals who have a DUI arrest or conviction.

### Driving Under the Influence Program

Offers State Licensed DUI programs and classes to help people navigate the DUI system and successfully satisfy the court and DMV requirements. Classes offered are 12-hour Education, 3-month first offender, 6-month first offender, 9-month first offender, 12-month multiple offender, 18-month multiple offender.

**Intake Procedure** Email;Online;Call for appointment;Referral

9:00 am-6:00 pm, Monday-Friday

Fixed fees.

**Last Update Date** 5/14/2019

### Restoration Ranch

940 Montecito Way  
Ramona, CA 92065  
(760) 787-9432  
www.restorationranch.com

**Serves** San Diego County

**Eligibility** Men with drug and alcohol drug abuse use issues.

### Men Drug and Alcohol Rehabilitation Program

Offers a christian based 12 step program for men with an alcohol or drug abuse use issues.

**Intake Procedure** Call for appointment;Walk-in for appointment

10:00 am-3:00 pm, Monday-Friday

Fixed fee schedule.

\$700.00/ monthly

**Last Update Date** 5/20/2019

### San Diego Crystal Meth Anonymous

1341 N ESCONDIDO BLVD  
ESCONDIDO, CA 92026  
(619) 342-1656  
http://sandiegocma.org/

**Serves** San Diego County

**Eligibility** Anyone having a problem with crystal meth or with crystal meth and other drugs including inhalants and other drugs. Friends or family may accompany the client for support.

### Crystal Meth Meetings, Escondido

Offers 12-step meetings and sponsorship to help members live a life free of addiction to crystal methamphetamine and other drugs. Recovering addicts share their experience, strength, and hope with those who wish to stop their use of crystal meth.

**Intake Procedure** Online;Call for more information;Walk-in for services

6:15 pm-7:15 pm, Thursday

No fees

**Last Update Date** 7/24/2019



**Category** Transitional Housing

**California Department of Veterans Affairs**

**VI-SPDAT Assessment Site, VA Oceanside Clinic, Homeless Outreach Clinic**

1300 RANCHO DEL ORO RD  
 OCEANSIDE, CA 92056  
 (760) 643-4698

Assessment site for the Coordinated Entry System (CES) administering the Vulnerability Index and Service Prioritization Decision Assistance Tool (VI-SPDAT). The VI-SPDAT is an evidence based assessment tool that is used to determine the most appropriate housing intervention and enables providers to fairly and uniformly provide resources to those in need based on: 1. Level of need 2. Score on the assessment 3. Available housing resources What happens after the assessment? After completing a VI-SPDAT, you may be assigned to a Housing Navigator, based on need, scores, priorities, and staff caseload.

**Serves** San Diego County

**Intake Procedure** Call for more information;Walk-in for appointment  
 8:00 am-12:00 pm, Thursday  
 No fees

**Eligibility** Must be a veteran experiencing homelessness in San Diego County.

**Last Update Date** 1/25/2018

**Casa de Amparo**

**New Directions**

4055 OCEANSIDE BLVD  
 OCEANSIDE, CA 92056  
 (760) 295-4600  
<https://www.casadeamparo.org/2017/10/03/new-directions/>

Casa Kids, ages 18 to 25, who are foster and former foster youth, can participate in New Directions, a transitional housing program that equips youth with the necessary skills and resources to make a successful transition from foster care to independent living. The program services include stable housing, rental assistance, furnishings, basic necessities, support for medical and mental health care, employment assistance, education and career planning, money management, life skills training, relationship mediation, emancipation funds available upon graduation, optional matched savings program, and parenting skill building for participants with children.

**Serves** San Diego County

**Intake Procedure** Call for more information  
 9:00 am-5:00 pm, Monday-Friday  
 No fees

**Eligibility** Foster and former foster youth ages 18-25 years old. Clients are referred by San Diego County Child Welfare Services or self-referral.

**Last Update Date** 6/11/2019

**Children of the Immaculate Heart**

**Adult Human Trafficking Survivor Program**

Confidential  
  
 (619) 431-5537  
[www.childrenoftheimmaculateheart.org](http://www.childrenoftheimmaculateheart.org)

Assists survivors of human trafficking by providing a housing and rehabilitation program for adult women and their children. Service include a safe place to stay, case management, therapy, job training, and education.

**Serves** San Diego County

**Intake Procedure** Call for more information  
 9:00 am-6:00 pm, Monday-Friday  
 No fees

**Eligibility** Adult Women and their children who have been identified as a victim of human trafficking/commercial sexual exploitation. Must have willingness to abide by program rules and complete requirements of the program.

**Last Update Date** 9/24/2019

Category **Transitional Housing**

## Community HousingWorks

Confidential

(619) 282-6647  
www.chworks.org

**Serves** San Diego County

**Eligibility** Must meet all of the following criteria: 1. Be chronically homeless by HUD standards. 2. Have full custody of at least one child under the age of 18 or have 51% of joint custody or are in the process of reunification. 3. Other qualifications may apply.

## Las Casitas Permanent Supportive Housing Program

Offers permanent supportive housing to chronically homeless and disabled parents who are involved with Child Protective Services (CPS) or exiting the Drug Dependency Court's program that results in the opportunity to reunite with their children after a court enforced separation or drug or alcohol treatment. Provides families independent living arrangements.

**Intake Procedure** Call for more information;Referral required  
8:00 am-5:00 pm, Monday-Friday; Closed every other Friday  
Fixed fees

**Last Update Date** 4/16/2019

## Fraternity House, Inc.

Confidential

(760) 736-0292  
www.fraternityhouse-inc.org

**Serves** San Diego County

**Eligibility** Limited to adult men with HIV/AIDS. are HIV symptomatic or who have AIDS. Residents may be referred from hospitals, clinics, shelters, case managers, The V.A., churches and a variety of organizations. Sometimes individuals call on their own or on behalf o

## Fraternity House, Escondido

Offers a residential care facility for men who are chronically ill with AIDS. Provides low-cost permanent or transitional housing in a homelike atmosphere for people with HIV/AIDS. Provides 3 meals daily, laundry, housekeeping, personal care services, transportation services, rehabilitation activities, and referrals to medical, psychological support, and social services. Also offers hospice-like care. Does not provide direct medical, nursing or mental health care.

**Intake Procedure** Call for more information;Referral  
8:00 am-5:00 pm, Monday-Friday  
Variable fees depending on service. Based on income. Please call for details

**Last Update Date** 9/26/2019

## Fraternity House, Inc.

Confidential

(760) 758-9165  
www.fraternityhouse-inc.org

**Serves** San Diego County

**Eligibility** Limited to adults who have HIV/AIDS. Residents may be referred from hospitals, clinics, shelters, case managers, The V.A., churches and a variety of organizations. Sometimes individuals call on their own or on behalf of a family member.

## Michaelle House, Vista

Offers a residential care facility for men and women with HIV/AIDS. Provides low-cost permanent or transitional housing in a homelike atmosphere for people who have HIV/AIDS. Provides 3 meals daily, laundry, housekeeping, personal care services, transportation services, rehabilitation activities, and referrals to medical, psychological support, and social services. Also offers hospice-like care. Does not provide direct medical, nursing, or mental health care.

**Intake Procedure** Call for more information;Referral  
8:00 am-5:00 pm, Monday-Friday  
Sliding scale fee based on income. Please call for details.

**Last Update Date** 9/26/2019

## Category Transitional Housing

### Interfaith Community Services

1617 MISSION AVE  
 OCEANSIDE, CA 92058  
 (760) 529-9979  
<http://www.interfaithservices.org/program/housing-shelter/>

**Serves** North Coastal Region of San Diego County

**Eligibility** All gender veterans who are homeless or at risk of homelessness, ages 18 years and older. Cannot have a dishonorable discharge, or was discharged or dismissed from the Armed Forces by reason of the sentence of a general court-martial.

### Housing Stability Case Management

Assists homeless veterans or veterans at imminent risk of losing housing, that are not already enrolled in a housing program, connect to safe, stable, long-term housing or programs. The program focuses on helping homeless veterans, veterans at risk of homelessness, those who may not qualify for GPD (grant per diem) services (either because they need a higher level of care or treatment, need financial assistance for housing stability, have a family they do not want to separate from or if the VA liaison has concerns) or are currently on the GPD waitlist or another housing waitlist but still have not been connected with a case manager to assist with their needs and housing.

**Intake Procedure** Walk-in for appointment; Call  
 8:00 am-5:00 pm, Monday-Friday; Closed for lunch: 12:00 pm-1:00 pm  
 No fees

**Last Update Date** 1/8/2019

### Interfaith Community Services

1617 MISSION AVE  
 OCEANSIDE, CA 92058  
 (760) 529-9979  
<http://www.interfaithservices.org/program/housing-shelter/>

**Serves** North County Coastal

**Eligibility** Male or female veterans who are homeless, ages 18 years and older

### Veteran's Transitional Housing Program

Provides transitional housing for single male or female veterans. Transitional housing services include case management, vocational rehabilitation, and psychological counseling.

**Intake Procedure** Walk-in for appointment; Call  
 8:00 am-5:00 pm, Monday-Friday; Closed for lunch: 12:00 pm-1:00 pm  
 Sliding scale. Cashier checks also acceptable. \$200 per month

**Last Update Date** 12/18/2018

### Interfaith Shelter Network of San Diego

Confidential  
 (619) 563-9878  
[www.interfaithshelter.org](http://www.interfaithshelter.org)

**Serves** San Diego County

**Eligibility** Homeless women with children experiencing domestic violence. Male children must be age 17 years or younger. Must be sober for six months, have a history of case management, a source of income and a referral from a shelter or social service agency.

### El Nido Transitional Living Program

Provides transitional housing up to 12 months to homeless single parent families headed by mothers and single women experiencing domestic violence. Provides an 11 unit apartment complex located in the central region of San Diego County. Secondary services include: housing, education, transportation, child care, counseling, case management, and legal assistance.

**Intake Procedure** Call  
 8:30 am-5:00 pm, Monday-Friday  
 Fixed fees Rent: 30% of income

**Last Update Date** 9/12/2019

## Category Transitional Housing

### Protestant Episcopal Church in the United States

500 LA TERRAZA BLVD STE 150  
 ESCONDIDO, CA 92025  
 (877) 767-0759  
<http://www.nlchcp.com/services.html>

**Serves** City of San Diego, Carlsbad, Oceanside, Chula Vista, Escondido, Poway, San Marcos, El Cajon, Encinitas, La Mesa, 92120

**Eligibility** Must meet the following guidelines: 1. Must be an individual experiencing homelessness 2. Must be single living without children 3. Must be seeking permanent housing 4. Must have a form of income from either employment, SSI or SSDI and must be able to pa

### Shared Room Rentals, Good Samaritan Apartment Housing Coalition

Provides luxury shared apartment living to homeless individuals with verified monthly income seeking a permanent residence. Housing provided are shared rooms (two persons per bedroom) and up to six people per apartment living.

**Intake Procedure** Email;Call for more information;Voice Message;Text (SMS)  
 8:00 am-5:00 pm, Monday-Friday

\$75 application fee. \$650 monthly rent.

**Last Update Date** 6/24/2019

### Regional Task Force on the Homeless

550 W WASHINGTON AVE  
 Escondido, CA 92025  
 (760) 489-6380  
<https://www.interfaithservices.org/>

**Serves** North Regions of San Diego County

**Eligibility** People who are homeless or at risk of homelessness

### Coordinated Entry Access Site, Interfaith Community Services

Place where persons experiencing, or at risk of, homelessness gain initial access to a variety of resources that might be available to address their housing crisis. Access point staff may complete screenings, make emergency service referrals, and have conversations around housing options. It is important that clients remain in contact with the staff at access points and other homeless dedicated providers to ensure their needs and goals are appropriately identified and addressed.

**Intake Procedure** Call  
 8:00 am-5:00 pm, Monday-Friday  
 No fees

**Last Update Date** 9/25/2019

### Regional Task Force on the Homeless

1300 RANCHO DEL ORO RD  
 OCEANSIDE, CA 92056  
 (619) 497-8989  
<https://www.sandiego.va.gov/services/homeless/>

**Serves** North Regions of San Diego County

**Eligibility** Veterans who are homeless or at risk of homelessness

### Coordinated Entry Access Site, VA Healthcare Systems, Oceanside

Place where persons experiencing, or at risk of, homelessness gain initial access to a variety of resources that might be available to address their housing crisis. Access point staff may complete screenings, make emergency service referrals, and have conversations around housing options. It is important that clients remain in contact with the staff at access points and other homeless dedicated providers to ensure their needs and goals are appropriately identified and addressed.

**Intake Procedure** Call;Walk-in for services  
 9:00 am-12:00 pm, Thursday  
 No fees

**Last Update Date** 9/25/2019

## Category Transitional Housing

### Regional Task Force on the Homeless

1050 N BROADWAY  
 ESCONDIDO, CA 92026  
 (760) 908-9373  
<https://www.ymca.org/community-support/ymca-youth-and-family-services/transitional-housing>

**Serves** North Regions of San Diego County

**Eligibility** Youth and young adults who are homeless or at risk of homelessness: 1. Ages 18-24 years old 2. Foster youth 2. Youth who have aged out of foster care placement 3. Youth formerly in probation 4. Non-minor dependents age 18-21 years old currently involved

### Coordinated Entry Access Site, YMCA

Place where persons experiencing, or at risk of homelessness, gain initial access to a variety of resources that might be available to address their housing crisis. Access point staff may complete screenings, make emergency service referrals, and have conversations around housing options. It is important that clients remain in contact with the staff at access points and other homeless dedicated providers to ensure their needs and goals are appropriately identified and addressed.

**Intake Procedure** Call;Walk-in for services

2:00 pm-6:00 pm, Monday-Friday

No fees

**Last Update Date** 9/25/2019

### Solutions for Change, Inc

722 W CALIFORNIA AVE  
 VISTA, CA 92083  
 (760) 941-6545  
[www.solutionsforchange.org](http://www.solutionsforchange.org)

**Serves** North Coastal and North Inland areas: Vista; Oceanside; Carlsbad; Encinitas; Escondido; San Marcos and Fallbrook

**Eligibility** 1. Parent(s) with minor dependent children or pregnant 2. Homeless according to HUD guidelines 3. Willing to work full time and possesses legal documents to work in the US 4. Actively participate in support services 5. Pass a drug test 6. No recent domest

### Long Term Transitional Housing

Provides long-term (2 years) enhanced transitional housing for homeless families with children, homeless pregnant women and single fathers.

**Intake Procedure** Call for appointment

8:30 am-5:00 pm, Monday-Friday

Fees are 30% of gross income; but persons without income are accepted.

Call for information

**Last Update Date** 4/10/2017

### South Bay Community Services

Confidential  
 (619) 420-3620  
<https://southbaycommunityservices.org/>

**Serves** San Diego County

**Eligibility** Shelter accepts both male and female victims of domestic violence with children who are experiencing domestic violence within the past 60 days. Also accepts victims with physical impairments including those who are in wheelchairs, diagnosed with HIV/AIDS

### Casas Seguras

Provides a short-term, confidential shelter and transitional housing to victims of domestic violence (male or female) and their children who are homeless. Services include case management, counseling, support groups, assistance obtaining temporary restraining orders, building independent living skills, emergency food and clothing and assistance finding stable housing.

**Intake Procedure** Call for more information;Referral

24 hours a day, 7 days a week

No fees for shelter. Residents in transitional housing program must pay 30% of their gross income for rent and put 20% of their income in savings.

**Last Update Date** 2/7/2019



# 2-1-1 San Diego North County Resource Guide

## Category Transitional Housing

### Wounded Warrior Homes

1145 LINDA VISTA DR  
SAN MARCOS, CA 92078  
(760) 483-3553  
<http://woundedwarriorhomes.org/>

**Serves** San Diego County

**Eligibility** Single Post 9/11 Combat Veterans diagnosed with Traumatic Brain Injury to Post Traumatic Stress

### Transitional Housing

Provides transitional housing for single post 9/11 combat veterans who suffer from Traumatic Brain Injury (TBI) and/or Post Traumatic Stress (PTS). Not affiliated with any other wounded warrior organizations and do not build or donate homes.

**Intake Procedure** Call for more information; Complete Application Online  
Voicemail: 24 hours a day, 7 days a week  
No fees

**Last Update Date** 4/25/2019

## Category Transportation Services

### AALL Care In Home Services

1030 LA BONITA DR STE 338  
SAN MARCOS, CA 92078  
(760) 471-7033  
[www.aallcare.com](http://www.aallcare.com)

**Serves** San Diego County

**Eligibility** Not limited. However services are targeted for the elderly, Alzheimer's patients, Parkinson's patients, and veterans.

### Aall Care Services, North County Office

Offers hourly and live-in care in the home. Services include bathing and personal care, safety supervision, toileting/incontinence care, assistance with ambulation, laundry/linen change, light housekeeping, shopping and errands, escort to appointments, medication reminders, after surgery care, respite for family care givers, and companionship. Care management services are also available.

**Intake Procedure** Online; Call for more information  
24 hours a day, 7 days a week; On call after 5:00 pm  
Sliding scale depending on service Fees start at \$20.00

**Last Update Date** 6/26/2019

### AirCare Ambulance

2105 CAMINO VIDA ROBLE STE A  
CARLSBAD, CA 92011  
(877) 439-1445  
<http://www.aircareground.com/>

**Serves** San Diego County

**Eligibility** Not limited

### AirCare Ambulance

Provides basic life support, critical care transport, bariatric transports and long distance transports. Transports to and from a hospital of choice, ER/ED, doctor visits, surgical centers, dialysis, and airport transports to support senior communities, hospice, healthcare providers and the general public.

**Intake Procedure** Call  
Ambulance Dispatch: 24 hours a day, 7 days a week; Administrative Hours: 8:00 am-5:00 pm, Monday-Friday  
Call for information. Most insurances billed, private pay accepted for uninsured.

**Last Update Date** 7/25/2019

### City of Carlsbad

799 PINE AVE  
CARLSBAD, CA 92008  
(760) 602-4655  
<http://www.carlsbadca.gov/services/depts/parks/programs/seniors/nutrition.asp>

**Serves** Carlsbad

**Eligibility** Seniors ages 60 years and older

### Nutrition Program

Enjoy delicious and nutritious, privately catered meals with friends. Transportation is provided for Carlsbad senior residents.

**Intake Procedure** Online; Call for appointment  
Office Hours: 8:00 am-5:00 pm, Monday-Friday; Closed: Holidays  
Donation \$4 per meal

**Last Update Date** 8/21/2019

## Category Transportation Services

### City of Carlsbad

799 PINE AVE  
 CARLSBAD, CA 92008  
 (760) 602-4650  
<http://www.carlsbadca.gov/services/depts/parks/programs/seniors/>  
**Serves** Carlsbad  
**Eligibility** Seniors adults 50 years and older

### Recreation Services, Senior Center

Provides continuum of services for adults at all stages of life. Whether learning how to care of an aging parent or finding ways to stay active as an older adult. Offers Information, resources and free low cost services are available, including legal assistance and medical screenings. Transportation services available.  
**Intake Procedure** Online;Call for more information;Walk-in for more information  
 8:00 am-5:00 pm, Monday-Friday; 9:00 am-1:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only  
 Fixed fee depending on service  
**Last Update Date** 8/21/2019

### City of Carlsbad

1200 CARLSBAD VILLAGE DR  
 CARLSBAD, CA 92008  
 (760) 602-4650  
<http://www.carlsbadca.gov/services/depts/parks/programs/seniors/transportation.asp>  
**Serves** Carlsbad  
**Eligibility** Seniors 60 years and older who can no longer drive

### Transportation

Transportation services include daily lunch program at the Carlsbad Senior Center, medical appointments, excluding ongoing therapy (service area limited), Wednesday shopping, alternating between Walmart and Stater Brothers or Trader Joe's.  
**Intake Procedure** Call for more information;Call for appointment  
 8:00 am-5:00 pm, Monday-Friday  
 Donations \$2 each way  
**Last Update Date** 8/21/2019

### City of Encinitas

1140 OAKCREST PARK DR  
 ENCINITAS, CA 92024  
 (760) 943-2256  
<http://www.encinitasca.gov/Resident/Senior-Citizens>  
**Serves** Encinitas  
**Eligibility** Encinitas resident 50 years of age or older

### Out and About Transportation Program

Volunteer drivers take Encinitas senior citizen residents to the grocery store, doctor appointments, pharmacy, senior center, and many other locations throughout the city of Encinitas.  
**Intake Procedure** Call for more information;Complete Application Online  
 8:00 am-4:00 pm, Monday-Friday  
 No fees  
**Last Update Date** 8/22/2019

### City of Encinitas

1140 OAKCREST PARK DR  
 ENCINITAS, CA 92024  
 (760) 943-2250  
<https://www.encinitasca.gov/Resident/Senior-Citizens/Community-Senior-Center>  
**Serves** Encinitas  
**Eligibility** Seniors ages 50 years and older. Some programs are for 60 years and older. Must be an Encinitas resident to participate in Out and About transportation program.

### Senior Center

Provides nutrition lunch program, billiards game room, living room/activity room, computer stations with free tutoring, drop in use instruction, offices for screenings, counseling, tax assistance, transportation and other services.  
**Intake Procedure** Online;Call for more information;Walk-in for more information  
 8:00 am-4:00 pm, Monday-Friday  
 Fixed fee depending on service  
**Last Update Date** 8/22/2019

## Category Transportation Services

### City of Escondido

210 E PARK AVE  
 ESCONDIDO, CA 92025  
 (760) 839-4688  
<https://www.escondido.org/escondido-senior-center.aspx>

**Serves** North Inland Region

**Eligibility** Ages 50 years and older. Escondido residency not required. Lunch is for ages 60 years and older.

### Escondido Senior Center

Provides a variety of programs and services including activities, exercise, dances, meetings, coffee lounge, shuffleboard, a library, billiards room, thrift shop, cafe, nutrition program, van service, volunteer opportunities, and hot meals deliver to homebound elderly seniors.

**Intake Procedure** Online;Call for more information;Walk-in for more information  
 Office Hours: 8:00 am-3:00 pm, Monday-Friday; Bingo: 10:45 am-4:00 pm, Sunday  
 No fees

**Last Update Date** 9/3/2019

### City of Escondido

210 E PARK AVE  
 ESCONDIDO, CA 92025  
 (760) 839-4803  
<https://www.escondido.org/escondido-senior-center.aspx>

**Serves** Escondido, Fallbrook, San Marcos, Valley Center, Vista Fallbrook, Valley Center

**Eligibility** Seniors ages 50 years and older

### Senior Nutrition with Transportation Program

Offers seniors a balance lunch and transportation to and from the senior center for meals.

**Intake Procedure** Call for more information  
 11:30 am-12:15 pm, Monday-Friday

Fixed fee for 59 years and younger

\$5

**Last Update Date** 9/3/2019

### City of Oceanside

455 COUNTRY CLUB LN  
 OCEANSIDE, CA 92054  
 (760) 435-5250  
<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/country.asp>

**Serves** Oceanside

**Eligibility** Seniors ages 55 years and older for most programs. Seniors ages 60 and older are issued an ID card and are admitted to the nutrition program. However, other organizations using the center may have 50 years as their minimum age. Must be a resident of Ocean

### Senior Center, Country Club

Provides to seniors computer access, workshops, lunch, LIFE program (Learning is for Everyone) and adult dance classes. Offers information for support groups, transportation, volunteer opportunities, case management home care, and other community services.

**Intake Procedure** Call for more information;Walk-in for more information;Walk-in for services

Office Hours: 8:00 am-4:00 pm, Monday-Thursday; 8:00 am-12:30 pm, Friday

Fixed fee depending on service. Senior scholarship program available

**Last Update Date** 8/29/2019

### City of Oceanside

455 COUNTRY CLUB LN  
 OCEANSIDE, CA 92054  
 (760) 435-5155  
<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/transit.asp>

**Serves** 92054, 92056, 92057, 92058

**Eligibility** Oceanside residents 65 years of age and older

### Solutions for Seniors on the Go

Provides transportation for Oceanside residents age 65 and older to with three transportation options to easily get to and from doctor's appointments, pharmacies, grocery stores, and other daily outings. Transportation offered is volunteer driver services, taxi scrip purchase, and ride service.

**Intake Procedure** Online;Call for more information

Office Hours: 8:00 am-4:00 pm, Monday-Friday; Shuttle Service: 6:00 am-6:00 pm, Monday-Sunday

Fixed fee depending on service

**Last Update Date** 8/29/2019



## Category Transportation Services

### City of San Marcos

111 RICHMAR AVE  
 SAN MARCOS, CA 92069  
 (760) 744-5535  
<http://www.san-marcos.net/departments/community-services/adults-50>

**Serves** San Marcos

**Eligibility** Adults 50 years of age and older that reside in the City of San Marcos

### Senior Activity Center

Offers programs and services for Adults 50 years of age and older including: access to community resources, services, nutrition and leisure activities. SAC also provides resources, information and referrals such as AARP safe driving classes, food and housing resources, veterans assistance and AARP free tax preparation during tax season. Free services also include legal consultations, auditory, dietary, dental and blood pressure screenings.

**Intake Procedure** Online;Call for more information;Call for appointment  
 7:30 am-4:00 pm, Monday and Friday; 7:30 am- 8:00 pm, Tuesday, Wednesday,Thursday;  
 9:00 am-12:00 pm, Saturday  
 No fees to low fees for some services.

**Last Update Date**

### City of Vista

1400 VALE TERRACE DR  
 VISTA, CA 92084  
 (760) 643-5288  
<https://www.cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services/nutrition-program>

**Serves** Vista

**Eligibility** Vista senior residents ages 60 years and older

### Lunch Program

Vista senior citizens residents a nutritious lunch weekdays. Play bingo on Tuesday for prizes and is free with a lunch reservation. Provides transportation to the center for lunch.

**Intake Procedure** Call for appointment

8:00 am-4:30 pm, Monday-Friday  
 Donations

\$4 and \$8

**Last Update Date** 8/30/2019

### City of Vista

1400 VALE TERRACE DR  
 VISTA, CA 92084  
 (760) 643-5284  
<https://www.cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services/out-about>

**Serves** 92081, 92083, 92084

**Eligibility** Must be 60 years or older and a Vista resident

### Out and About Vista

To promoted independence and self-sufficiency among senior citizens by providing affordable and accessible transportation throughout the community. Transportation is provided to various special events, shopping, banking, and other point of interests. Program offers mileage reimbursement for volunteer drivers. Transportation is via private vehicle and travel may exceed city limits.

**Intake Procedure** Call for more information;Call for appointment

Office Hours: 8:00 am-3:30 pm, Monday-Friday  
 Fixed fee depending on service

**Last Update Date** 8/29/2019

### City of Vista

1400 VALE TERRACE DR  
 VISTA, CA 92084  
 (760) 643-5288  
<https://www.cityofvista.com/services/city-departments/recreation-comm-services/programs-services/senior-services>

**Serves** Vista

**Eligibility** Ages 60 years and older for most programs. Must live in Vista for home-delivered meal and senior center transportation services.

### Senior Center, Gloria E. McClellan Senior Center

Provides recreational activities, educational, physical activities, and trips for senior citizens. Offers a congregate meal lunch program (must call for reservations), transportation to and from lunch for seniors, home-delivered meals to home-bound elderly, exercise programs, health screenings including blood pressure checks, legal consultation with an attorney (appointment required), a variety of educational and recreational classes, including computer classes with internet access.

**Intake Procedure** Call for more information;Call for appointment;Walk-in for more information

Office Hours:8:00 am-3:30 pm, Monday-Friday  
 Fixed fee depending on service

**Last Update Date** 8/30/2019



# 2-1-1 San Diego North County Resource Guide

## Category Transportation Services

### Del Mar Community Connections

225 9TH ST  
DEL MAR, CA 92014  
(858) 792-7565  
www.dmcc.cc

**Serves** Del Mar

**Eligibility** Must be a resident of the City of Del Mar, 60 years and older or has a special need and is permanently or temporarily unable to drive. Dial-A-Ride taxi voucher program available only to residents who are age 62 years or older and who have a temporary or p

### Del Mar Transportation Services

Offers a variety of transportation services for seniors and others who have limited mobility. Provides a van shuttle for local grocery shopping and Dial-A-Ride taxi voucher program, automobile rides for medical services and necessary errands. In addition, provides personalized transportation for those who use wheelchairs in the Foxy Flyer program.

**Intake Procedure** Call for more information

8:30 am-4:30 pm, Monday-Thursday; 8:30 am-4:00 pm, Friday

No fees

**Last Update Date** 11/14/2019

### Foundation for Senior Care

135 S MISSION RD  
FALLBROOK, CA 92028  
(760) 723-7570  
www.foundationforseniorcare.org

**Serves** Bonsall, Fallbrook, DeLuz, Rainbow

**Eligibility** Seniors 55 years and older and adults with disabilities

### Care Van and Expanded Rides Transportation Services

Transportation and Paratransit (wheelchairs accessibility) for the elderly and disabled adults in the greater Fallbrook, Bonsall, Rainbow and DeLuz areas for medical and dental appointments, ancillary health providers (physical therapy, pharmacies, podiatrist, etc), access to food (grocery stores, Fallbrook Food Pantry), and Fallbrook Adult Day Care Center. Expanded Rides supports rides to out of area medical appointments (up to a 55 mile radius).

**Intake Procedure** Call for more information;Walk-in for more information

Office Hours: 8:00 am-5:00 pm, Monday-Friday

Fixed fee. Requests for local round trip and for expanded rides. Donations accepted. \$7 and \$30

**Last Update Date** 11/20/2019

### PeerCares

450 S MELROSE DR  
VISTA, CA 92081  
(858) 263-0833  
www.peercares.com

**Serves** City of San Diego, Chula Vista, La Jolla, Poway, Escondido, San Marcos, El Centro

**Eligibility** Individuals requiring non medical services for activities of daily living

### PeerCares

Home care aide provider for individuals needing support in non medical activities of daily living. Services provided are for activities and incidentals of daily living, companionship, personal care, home services, meal preparation, Alzheimer's Dementia care, Veteran care and transportation.

**Intake Procedure** Email;Online;Call for more information;Call for appointment;Voice Message;Complete Application Online;Text (SMS);Fax;Mail

Office Hours: 9:00 am-5:00 pm, Monday-Friday; Service Hours: 24 hours a day, 7 days a week

Fixed fee

\$25 Hourly

**Last Update Date** 6/18/2019

## Category Utility Assistance



# 2-1-1 San Diego North County Resource Guide

## Category Utility Assistance

### Campeños Unidos, Inc. of San Diego

885 GATEWAY CENTER WAY STE 103  
SAN DIEGO, CA 92102  
(619) 391-9790  
<http://www.campeñosunidos.org/energy-department/>

**Serves** Parts of San Diego County, specifically 9### in North County

**Eligibility** Must meet the following guidelines: 1. Ages 18 years and older. 2. Must be a legal US resident and have a valid Social Security Number. 3. May only receive assistance once every 12 months (payment must be cleared before client is eligible to re-apply), r

### Home Energy Bill Assistance Program, San Diego Office

Provides non-emergency financial assistance with past due utility bills to low-income individuals and families through the Home Energy Assistance Program (HEAP). The amount of assistance ranges from \$217 to \$361. The average waiting period for a check is 10 to 12 weeks. Client must continue to pay their energy bills since HEAP only covers current energy bills. Assistance with propane bills when funds are available on a limited basis. Call for details on availability.

**Intake Procedure** Call for more information;Call for appointment;Mail  
8:00 am-11:30 am,1:00 pm-3:30 pm, Monday and Wednesday

No fees. Client may be required to pay for a portion of the bill in order to receive assistance.

**Last Update Date** 9/25/2019

### Navy-Marine Corps Relief Society, San Diego

School of Infantry  
Camp Pendleton, CA 92055  
(760) 725-7497  
<https://www.nmcrs.org/pages/financial-assistance-and-counseling>

**Serves** San Diego County

**Eligibility** Active and Retired Navy and Marine Corps personnel and their eligible family members. Must have a valid military ID card. Cross-service assistance available for members of the Army and Air Force.

### Financial Assistance Counseling, Maine Corps Base Camp Pendleton North

Provides financial assistance as interest-free loans and/or grants to help with emergency needs such as funeral expenses, medical/dental bills, emergency transportation, childcare expenses, essential vehicle repairs, and basic living expenses (food, rent, utilities). Quick Assistance Loans of up to \$500 available for eligible Active Duty Navy and Marine Corps service members. Offers budget and financial management information and/or counseling. Also offers a "Budget for Baby" class that includes a free layette package upon course completion.

**Intake Procedure** Call for more information;Call for appointment  
8:00 am-4:00 pm, Monday-Friday

No fees

**Last Update Date** 3/18/2019

### Navy-Marine Corps Relief Society, San Diego

Building 1121  
Camp Pendleton, CA 92055  
(760) 725-5337  
<https://www.nmcrs.org/pages/financial-assistance-and-counseling>

**Serves** San Diego County

**Eligibility** Active and Retired Navy and Marine Corps personnel and their eligible family members. Must have a valid military ID card. Cross-service assistance available for members of the Army and Air Force.

### Financial Assistance Counseling, Marine Corps Base Camp Pendleton South

Provides financial assistance as interest-free loans and/or grants to help with emergency needs such as funeral expenses, medical/dental bills, emergency transportation, childcare expenses, essential vehicle repairs, and basic living expenses (food, rent, utilities). Quick Assistance Loans of up to \$500 available for eligible active duty Navy and Marine Corps service members. Offers budget and financial management information and/or counseling. Also offers a "Budget for Baby" class that includes a free layette package upon course completion.

**Intake Procedure** Call for more information;Call for appointment  
8:30 am-4:00 pm, Monday-Wednesday and Friday; 8:30 am-2:30 pm, Thursday

No fees

**Last Update Date** 3/18/2019