



North County Resource Guide

Printed July 2022

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 or call (858) 300-1200 for assistance. As a reminder, all resource profiles must be reviewed at least once per year.

TABLE OF CONTENTS

CHILD CARE	1
CHILDREN AND FAMILY SERVICES	17
COMMUNITY SHELTERS	22
DOMESTIC VIOLENCE/SEXUAL ABUSE	23
EDUCATION AND TRAINING	25
EMPLOYMENT ASSISTANCE AND TRAINING	25
FINANICIAL GUIDANCE	29
FOOD STAMPS/SNAP APPLICATIONS	31
GENERAL COUNSELING	38
HUMAN TRAFFICKING SERVICE PROVIDER	44
IMMIGRATION SERVICES	45
LEGAL ASSISTANCE	46
LOW RENT PERMANENT HOUSING	51
MEAL CENTERS, FOOD BANKS AND SENIOR FOOD PROGRAMS	52
MEDICAL SERVICES	97
MENTAL HEALTH SERVICES	150
MILITARY/VETERANS SERVICES	163
MISCELLANEOUS SERVICES	169
RAPID RE-HOUSING PROGRAMS	184
SUBSTANCE ABUSE/RECOVERY PROGRAMS AND COUNSELING	184
TRANSITIONAL HOUSING	193
TRANSPORTATION SERVICES	196
UTILITY ASSISTANCE	200



2-1-1 San Diego North County Resource Guide

Category

Child Care

AALL Care In Home Services

1030 La Bonita Dr Suite 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 11/11/2020

Boys and Girls Clubs of Oceanside

401 Country Club Ln
Oceanside, CA 92054
(760) 433-8920
www.bgcoceanside.org

Serves Camp Pendleton, Oceanside

Eligibility Ages 5 to 18 years old

Afterschool and Camp Programs

A youth development organization whose mission is to inspire, develop and enrich young people to reach their fullest potential as confident, responsible, caring members of society. BGCO has been providing after school programming to the community's youth for almost 70 years. In addition, BGCO also provides camps during out-of-school time, offering engaging activities and field trips. We have three priority outcomes for youth: •Academic Success - Graduation from high school with a plan for the future •Good Character & Citizenship - Be engaged and involved in the community and demonstrate good character •Healthy Lifestyles - Adopt healthy diet and lifestyle choices and develop a lifelong commitment to fitness BGCO has been on the frontier of youth development and has extensive experience with implementing research-based, outcome-driven programs to youth, ages 5-18, in the areas of education, health and life skills, character and leadership, art, sports and recreation and career development.

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 6/24/2021

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



2-1-1 San Diego North County Resource Guide

Category

Child Care

Children's Paradise Preschool & Infant Centers

990 Vale Terrace Dr
Vista, CA 92084
(760) 941-7578
<http://childrensparadise.com/>

Serves San Diego County

Eligibility Infants and preschool age children up to 5 years old and school age children 6-12

Preschool & Infant Centers, East Vista

During the COVID-19 crisis, Children's Paradise Preschool & Infant Centers remain open to care for infants and preschool age children up to five years old and school age children six to twelve in its aftercare setting. The schools are currently accepting new children so that families can continue to work. Children's Paradise has many financial assistance programs to cover child care costs. The Centers have implemented stringent health and safety standard based on guidance from the Centers for Disease Control and Prevention (CDC), Occupational Health and Safety Administration (OSHA) and Community Care Licensing. The centers are also providing families with resource connections to food, supplies, diapers and housing.

Intake Procedure Call

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

Fixed fee

Last Update Date 3/24/2020

Children's Paradise Preschool & Infant Centers

986 W El Norte Pkwy
Escondido, CA 92026
(760) 480-1300
<http://childrensparadise.com/>

Serves San Diego County

Eligibility Infants and preschool age children up to 5 years old and school age children 6-12

Preschool & Infant Centers, Escondido

During the COVID-19 crisis, Children's Paradise Preschool & Infant Centers remain open to care for infants and preschool age children up to five years old and school age children six to twelve in its aftercare setting. The schools are currently accepting new children so that families can continue to work. Children's Paradise has many financial assistance programs to cover child care costs. The Centers have implemented stringent health and safety standard based on guidance from the Centers for Disease Control and Prevention (CDC), Occupational Health and Safety Administration (OSHA) and Community Care Licensing. The centers are also providing families with resource connections to food, supplies, diapers and housing.

Intake Procedure Call

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

Fixed fee

Last Update Date 3/24/2020

Children's Paradise Preschool & Infant Centers

700 E Bobier Dr
Vista, CA 92084
(760) 842-5810
<http://childrensparadise.com/>

Serves San Diego

Eligibility Infants and preschool age children up to 5 years old and school age children 6-12

Preschool & Infant Centers, North Vista

During the COVID-19 crisis, Children's Paradise Preschool & Infant Centers remain open to care for infants and preschool age children up to five years old and school age children six to twelve in its aftercare setting. The schools are currently accepting new children so that families can continue to work. Children's Paradise has many financial assistance programs to cover child care costs. The Centers have implemented stringent health and safety standard based on guidance from the Centers for Disease Control and Prevention (CDC), Occupational Health and Safety Administration (OSHA) and Community Care Licensing. The centers are also providing families with resource connections to food, supplies, diapers and housing.

Intake Procedure Call

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

Fixed fee

Last Update Date 3/24/2020

Children's Paradise Preschool & Infant Centers

2017 Mission Ave
Oceanside, CA 92058
(760) 433-3800
<http://childrensparadise.com/>

Serves San Diego County

Eligibility Infants and preschool age children up to 5 years old and school age children 6-12

Preschool & Infant Centers, Oceanside

During the COVID-19 crisis, Children's Paradise Preschool & Infant Centers remain open to care for infants and preschool age children up to five years old and school age children six to twelve in its aftercare setting. The schools are currently accepting new children so that families can continue to work. Children's Paradise has many financial assistance programs to cover child care costs. The Centers have implemented stringent health and safety standard based on guidance from the Centers for Disease Control and Prevention (CDC), Occupational Health and Safety Administration (OSHA) and Community Care Licensing. The centers are also providing families with resource connections to food, supplies, diapers and housing.

Intake Procedure Call

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

Fixed fee

Last Update Date 3/24/2020

Children's Paradise Preschool & Infant Centers

145 N Melrose Dr Ste 100
Vista, CA 92083
(760) 724-5600
<http://childrensparadise.com/>

Serves San Diego County

Eligibility Infants and preschool age children up to 5 years old and school age children 6-12

Preschool & Infant Centers, South Vista

During the COVID-19 crisis, Children's Paradise Preschool & Infant Centers remain open to care for infants and preschool age children up to five years old and school age children six to twelve in its aftercare setting. The schools are currently accepting new children so that families can continue to work. Children's Paradise has many financial assistance programs to cover child care costs. The Centers have implemented stringent health and safety standard based on guidance from the Centers for Disease Control and Prevention (CDC), Occupational Health and Safety Administration (OSHA) and Community Care Licensing. The centers are also providing families with resource connections to food, supplies, diapers and housing.

Intake Procedure Call

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

Fixed fee

Last Update Date 3/24/2020

City of Escondido

201 N Broadway First Floor
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; Hours vary depending on program

Fixed fee depending on service

Last Update Date 10/22/2021

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 12/15/2021

Easterseals Southern California

2240 Encinitas Blvd
Encinitas, CA 92024
(760) 635-2600
<http://easterseals.com/southerncal>

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 5/12/2021

Easterseals Southern California

616 N Coast Highway 101
Encinitas, CA 92024
(760) 436-4800
easterseals.com/southerncal

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 5/12/2021

Easterseals Southern California

936 Genevieve St
Solana Beach, CA 92075
(858) 509-2600
easterseals.com/southerncal

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 5/12/2021

Category Child Care

Educational Enrichment Systems, Inc.

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, Inc.

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, Inc.

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

Category Child Care

Educational Enrichment Systems, Inc.

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, Inc.

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, Inc.

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, Inc.

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, Inc.

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, Inc.

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

Educational Enrichment Systems, Inc.

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, Inc.

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, Inc.

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, Inc.

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, Inc.

910 Borden Rd

San Marcos, CA 92069

(760) 290-2413

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, Inc.

1 Tiger Way

San Marcos, CA 92069

(760) 643-2412

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, Inc.

1550 Temple Heights Dr

Oceanside, CA 92056

(760) 643-2416

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, Inc.

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

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

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 # A
Escondido, CA 92025
(442) 277-4458
<https://www.sdnccs.org/preschool>

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

Eligibility •Must meet state preschool program guidelines
Family Size & Maximum Monthly Income 1-2 | \$5,540 3 | \$6,157 4 | \$7,069 5 | \$8,199 6 | \$9,330
•Children ages 3-5 years •Families must be working, in training, or must have referral from Child Protective S

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 6/21/2021

Growing Minds Early Education Programs

1805 S Escondido Blvd

Escondido, CA 92025

(760) 745-1302

<https://www.sdnccs.org/preschool>

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

Eligibility •Must meet state preschool program guidelines
Family Size & Maximum Monthly Income 1-2 | \$5,540 3 | \$6,157 4 | \$7,069 5 | \$8,199 6 | \$9,330
•Children ages 3-5 years •Families must be working, in training, or must have referral from Child Protective S

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 6/21/2021

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 •Must meet state preschool program guidelines
Family Size & Maximum Monthly Income 1-2 | \$5,540 3 | \$6,157 4 | \$7,069 5 | \$8,199 6 | \$9,330
•Children ages 3-5 years •Families must be working, in training, or must have referral from Child Protective S

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 6/21/2021

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

Metropolitan Area Advisory Committee (MAAC)

1410 Foothill Dr
Vista, CA 92084
(760) 639-4465
www.maacproject.org/headstart

Serves Oceanside, Vista

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

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; Walk-in for appointment; Call
8:00 am-3:00 pm, Monday-Friday
No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

835 W 15th Ave
Escondido, CA 92025
(760) 747-7027
www.maacproject.org/headstart

Serves Escondido

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

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 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

405 W Fallbrook St
Fallbrook, CA 92028
(760) 723-4189
www.maacproject.org/headstart

Serves Fallbrook

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

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; Walk-in for appointment; Call
7:00 am-5:00 pm, Monday-Friday
No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

139 Gosnell Way
San Marcos, CA 92069
(760) 736-3066
www.maacproject.org/headstart

Serves San Marcos

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

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;Walk-in for appointment;Call

7:00 am-4:30 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

635 N Hickory St
Escondido, CA 92025
(760) 741-0541
www.maacproject.org/headstart

Serves Escondido

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

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

6:50 am-4:30 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

221 W 7th Ave
Escondido, CA 92025
(760) 738-4876
www.maacproject.org/headstart

Serves Escondido

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

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;Walk-in for appointment;Call

7:00 am-4:30 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

739 Olive Ave
Vista, CA 92083
(760) 726-4272
www.maacproject.org/headstart

Serves Vista

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

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-4:00 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

33509 Valley Center Rd
Valley Center, CA 92082
(760) 749-5190
www.maacproject.org/headstart

Serves Valley Center

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

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;Walk-in for appointment;Call

7:30 am-2:30 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

1587 Linda Vista Dr
San Marcos, CA 92078
(760) 744-7995
www.maacproject.org/headstart

Serves San Marcos

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

Early Head Start, Linda Vista

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;Walk-in for appointment;Call

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

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

235 Via Pelicano
Oceanside, CA 92057
(760) 433-7589
www.maacproject.org/headstart

Serves Oceanside

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

Early Head Start, Old Grove

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;Walk-in for appointment;Call

6:30 am-5:00, pm Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

415 Autumn Dr
San Marcos, CA 92069
(760) 631-2695
www.maacproject.org/headstart

Serves San Marcos

Eligibility Is based on family size and income. Serve children 0-5 and their families, children with disabilities and pregnant women. No cost to eligible families.

Early Head Start, Westlake

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;Walk-in for appointment;Call

7:00 am-4:00 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

901 Alturas Rd # A
Fallbrook, CA 92028
(760) 731-2062
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;Walk-in for appointment;Call

7:00 am-4:45 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

33158 Cole Grade Rd
Pauma Valley, CA 92061
(760) 615-2000
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;Walk-in for appointment;Call

7:00 am-4:30 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

3368 Eureka Pl
Carlsbad, CA 92008
(760) 720-4378
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-4:30 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

1501 Kelly St
Oceanside, CA 92054
(760) 966-7135
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;Walk-in for appointment;Call

7:00 am-4:00 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

Metropolitan Area Advisory Committee (MAAC)

956 Vale Terrace Dr

Vista, CA 92084

(760) 471-4210

<https://maacproject.org/main/impact/child-development/headstart/>

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

Eligibility Based on family size and income. Serves children (0-5) and their families, children with disabilities and pregnant women that reside in North San Diego County in the communities of Carlsbad, Escondido, Fallbrook, Oceanside, San Marcos, Valley Center, Vist

Head Start, Early Head Start, and State Preschool Programs

Head Start and State Preschool programs deliver national school readiness programs at no cost to eligible families. Several program options are available, including full-time, part-time, home-based, and home-based prenatal programs.

Intake Procedure Online;Call

Online Registration: 24 hours a day, 7 days a week

No fees

Last Update Date 3/2/2021

Metropolitan Area Advisory Committee (MAAC)

2322 Catalina Cir

Oceanside, CA 92056

(760) 941-7616

www.maacproject.org/headstart

Serves Camp Pendleton, Oceanside, Vista

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, Island Club Oceanside

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;Walk-in for appointment;Call

7:00 am-4:00 pm Monday-Friday

No fees

Last Update Date 10/23/2020

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;Walk-in for appointment;Call

7:00 am-4:30 pm, Monday-Friday

No fees

Last Update Date 10/23/2020

North County Lifeline

707 Oceanside Blvd

Oceanside, CA 92054

(760) 726-4900

www.nclifeline.org

Serves Oceanside

Eligibility Youth ages 6-17 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 activities, art & enrichment activities for youth.

Intake Procedure Call for more information

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

No fees

Last Update Date 5/10/2022

Category Child Care

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-5:30 pm Monday-Friday

Sliding fee scale by income and family size

Last Update Date 4/20/2022

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 not qualify for funding program.

Last Update Date 11/5/2020

Category Children and Family Services

Bilateral Safety Corridor Coalition

121 E 31st St Ste A Suite A
National City, CA 91950
(619) 336-0770
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

Birth Choice of San Marcos

215 North Freeman
Oceanside, CA 92056
(760) 744-1313
www.birthchoice.net

Serves San Diego County

Eligibility Men and women facing an unplanned pregnancy

Birth Choice Mobile Clinic, Oceanside

Offers free support services related to pregnancy and sexual health for men and women in a confidential and compassionate environment. Medical Services include pregnancy tests and ultrasounds performed by a licensed RN, under the supervision of our Medical Director, on our Mobile Clinic that is licensed by the state of California. Education includes fetal development, abortion procedures & risk, and pregnancy options provided by trained staff. Also provided are pre-natal and parenting classes, material 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. A holistic approach to healthcare is used and is dedicated to caring for the physical, emotional and spiritual welfare of clients.

Intake Procedure Email; Online; Call for more information; Walk-in for services

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

No fees

Last Update Date 3/7/2022

Category Children and Family Services

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

1320 Union Plaza Ct
Oceanside, CA 92054
(877) 423-6788
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/foster_and_adoptive_resource_family_services/

Serves North Coastal of 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 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 information.

Last Update Date 12/17/2021

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

463 N Midway Dr Suite 200
Escondido, CA 92027
(877) 423-6788
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 information.

Last Update Date 12/17/2021

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

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 12/17/2021

Category Children and Family Services

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

463 N Midway Dr Suite 200
Escondido, CA 92027
(858) 560-2191
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
Office hours: 8:00 am-5:00 pm, Monday-Friday; Hotline hours: 24 hours a day, 7 days a week

No fees

Last Update Date 2/8/2022

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

COVID-19 Update: If have a fever, cough, or shortness of breath do NOT come to the health centers. Please consult primary care physician and then call to see if we can help with reproductive health needs. If have traveled outside of the United States (with the exception of ground travel to Mexico), been on a cruise ship, or have been in close contact with anyone who has tested positive for COVID-19, do NOT come to the health centers. For all others, please make an online appointment or call us at 1-888-743-7526. For your safety, only patients are allowed in the health centers. 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. Tele-health services available.

Intake Procedure Call for appointment; Walk-in for appointment
8:00 am-5:00 pm, Monday, Wednesday, Friday; 9:00 am-6:00 pm, Tuesday, Thursday; 7:30 am-4:00 pm, every other Saturday; Closed Holidays
Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

Last Update Date 10/4/2021

Planned Parenthood of the Pacific Southwest

1820 Marron Rd Suite 110
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

COVID-19 Update: If have a fever, cough, or shortness of breath do NOT come to the health centers. Please consult primary care physician and then call to see if we can help with reproductive health needs. If have traveled outside of the United States (with the exception of ground travel to Mexico), been on a cruise ship, or have been in close contact with anyone who has tested positive for COVID-19, do NOT come to the health centers. For all others, please make an online appointment or call us at 1-888-743-7526. For your safety, only patients are allowed in the health centers. 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. Tele-health services 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
Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

Last Update Date 4/28/2020

Category Children and Family Services

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

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 2/18/2020

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

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 4/16/2021

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

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 a short term safe housing for children 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 screened approved volunteers who are not monetarily compensated, but are supported by teams with volunteer leaders, trained volunteer coaches, family friends, and resource support to meet practical needs. Length of time children are hosted is case-by-case and dependent upon parents need, parents desire for help, host family availability, and matching the families together in a relationship that is supportive and sustainable.

Intake Procedure Voice Message;Call
Office Hours: 8:30 am-4:30 pm, Monday-Friday; Hotline: 24 hours a day, 7 days a week
No fees

Last Update Date 2/20/2020

TERI, Inc.

251 Airport Rd
Oceanside, CA 92058
(760) 721-1706
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; Call
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 1/28/2022

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 11/5/2020

United States Department of Veterans Affairs

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

National Call Center for Homeless Veterans

COVID-19 Update: Regional offices will remain open, but will no longer accept walk-ins for claims assistance, scheduled appointments, counseling and other in-person services. Veterans can continue to get information about benefits or file a claim for benefits by visiting the website at www.va.gov. Veterans with claims specific or other questions may request information via Inquiry Routing & Information System (IRIS) or telephone at 1-800-827-1000. VBA benefits and services provided to Veterans, families, and survivors will continue to be delivered throughout the duration of COVID-19 impacts. Veterans who are homeless or at risk of homelessness and their family members, friends and supporters can make the call 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 11/8/2021



2-1-1 San Diego North County Resource Guide

Category Children and Family Services

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 Community Shelters

Catholic Charities Diocese of San Diego

2478 Impala Dr
Carlsbad, CA 92010
(760) 929-2322
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.

La Posada de Guadalupe

Provides short-term housing and case management for homeless men and long-term housing for employed farm workers in North County. Offers public health services to residents during COVID-19 outbreak.

Intake Procedure Call for appointment

Screening and Information: 10:00 am-2:00 pm, Monday, Wednesday

No fees

Last Update Date 11/12/2021

Interfaith Community Services

550 W Washington Ave
Escondido, CA 92025
(760) 489-6380 Ext 276
<https://www.interfaithservices.org>

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, (snack meal), lunch and dinner. Showers and laundry facilities are available. Case Management is available on a weekly basis. Offers public health services to residents during COVID-19 outbreak.

Intake Procedure Call;Walk-in for services

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

No fees

Last Update Date 8/14/2020

Operation HOPE North County

859 E Vista Way
Vista, CA 92084
(760) 536-3880 Ext 302
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 4/13/2021

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 1/31/2022

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 2/11/2022

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; Evening appointments available

No fees

Last Update Date 1/11/2019

Category Domestic Violence/Sexual Abuse

SBCS

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 10/19/2021

Shaback Altruistic Inc.

272 E Via Rancho Pkwy

Escondido, CA 92025

(442) 899-8123

SHABACKINC.COM

Serves San Diego County

Eligibility Those who are in need

All Major Resources

To provide food (groceries), clothes, emergency shelter and assistance with finding further resources available to people who are in need and/or abused. Free Christmas support available. Walk-ins are welcome but please try to schedule an appointment first.

Intake Procedure Email;Walk-in for more information;Walk-in for appointment;Voice Message;Call;Walk-in for services

11:00 am-7:00 pm, Monday-Friday 11:00 am-6:00 pm, Saturday-Sunday

No fees

Last Update Date 5/25/2021

Your Safe Place

1122 Broadway Suite 200

San Diego, CA 92101

(619) 533-6000

<https://www.sandiego.gov/yoursafeplace>

Serves San Diego County

Eligibility Not limited

Domestic Violence and Victim Advocacy

Provides confidential, coordinated safety planning, legal, social, and mental health services to (adults, children, teens, elders, and families) who have experienced domestic violence, family abuse, elder violence, sexual assault or sex trafficking. Services include:

- Helping keep clients safe
- Domestic and gun violence restraining order assistance
- Immigration and family court legal help
- Counseling
- Advocacy for housing, pet relocation, confidential address, and emergency services
- Professional clothing services
- Assistance with CalFresh, CalWorks, and WIC applications
- Programs for caring for children
- Public transportation help
- Wellness and self-care assistance
- Military advocate
- When requested, law enforcement and criminal case assistance (copies of San Diego Police Department domestic violence police reports, criminal case status, obtaining copies of Criminal Protective Orders, assistance with relocation and restitution/financial losses related to crime)
- Financial independence assistance
- Literacy and cultural services

Family violence, sexual assault and sex trafficking professionals, medical professionals, and representatives from local nonprofit and government agencies are available to provide for our clients' needs. Provides services in a judgement-free manner to help clients begin healing, move forward with and reclaim their lives.

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

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

No fees

Last Update Date 4/21/2022



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

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

Category Employment Assistance and Training

Deaf Community Services of San Diego

1949 Avenida Del Oro Suite 106
Oceanside, CA 92056
(760) 230-5440
<https://deafcommunityservices.org/employment-services/>

Serves San Diego County

Eligibility 16 years and older. Must be deaf or hard of hearing.

Employment Services, North County Coastal

Assist Deaf and Hard of Hearing people in acquiring the tools needed to obtain employment; educates employers about the advantage of hiring Deaf and hard of hearing employees, the reasonable accommodations that make jobs accessible for Deaf and Hard of Hearing employees, and cultural norms of the Deaf and hard of hearing community.

Intake Procedure Call for appointment

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

No fees

Last Update Date 1/8/2020

Employment Development Department, State of California

3708 Ocean Ranch Blvd
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, North County Inland Career Center

COVID-19 Update: Contact office for available hours and services. 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

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

No fees

Last Update Date 4/9/2021

Category Employment Assistance and Training

Goodwill Industries of San Diego County

315 W Washington 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 appointments, job readiness workshops to job seekers in the community. Partners with local employers and community agencies, job seekers may participate in the job readiness certificate program. Workshop topics include Resume, Ace the Interview, Find a Job, Conflict Resolution, and Workplace Communication.

Intake Procedure Online;Call;Walk-in for services

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

No fees

Last Update Date 9/21/2021

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 appointments, job readiness workshops to job seekers in the community. Partners with local employers and community agencies, job seekers may participate in the job readiness certificate program. Workshop topics include Resume, Ace the Interview, Find a Job, Conflict Resolution, and Workplace Communication.

Intake Procedure Online;Walk-in for services

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

No fees

Last Update Date 9/16/2021

Goodwill Industries of San Diego County

Confidential

(619) 225-2200
<https://sdgoodwill.org/programs/veterans/>

Serves San Diego County

Eligibility Program participants must be a veteran of the United States Military, spouse or dependent, and provide proof of service or relationship. Veteran must not have been dishonorably discharged. Participants must also be able to meet the essential functions of

Veterans Program

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. Job developers 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 Email;Call;CIE Direct Referral

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

No fees

Last Update Date 9/21/2021

Category Employment Assistance and Training

Interfaith Community Services

5731 Palmer Way Suite A
Carlsbad, CA 92010
(760) 448-5696
www.interfaithservices.org

Serves North Coastal San Diego County

Eligibility No age limitations, however, minors must be accompanied by an adult relative or counselor. Intake paperwork must be completed.

Computer Lab, Carlsbad

Provides multimedia resource rooms with use of computers with internet access, fax machines, telephones and photocopiers for education, employment, stabilization, housing, or benefit related items. Computers available on a first-come, first serve basis. Offers career assessment and counseling as well as information and referral to education/training programs. Offers virtual workshops and in-person supports in such areas as financial literacy, resume writing, salary negotiation, and job search skills. Computer classes and computer program training available (call for scheduled offerings). On-site computer usage, resume, job search, and job application completion assistance available (most Tuesday mornings).

Intake Procedure Call for appointment; Walk-in for services

Walk-in Hours: 7:00 am-12:00 pm, Monday-Saturday; 1:00 pm-3:00 pm, Tuesday-Thursday; Closed the 1st Friday of the month; First come, first serve basis

No fees

Last Update Date 8/11/2021

Interfaith Community Services

5731 Palmer Way Suite A
Carlsbad, CA 92010
(760) 448-5696
www.interfaithservices.org

Serves North Coastal San Diego County

Eligibility Right to work documents required to begin working. Interfaith will assist with obtaining documents. Intake paperwork and orientation must be completed.

Day Labor Program, Carlsbad

The Carlsbad Service Center (CSC, formerly known as Carlsbad Hiring Hall or North County Labor Connections) provides laborers a safe place to negotiate a fair wage and give individuals a one-stop shop for the employment development support they need for daily, temporary, or permanent jobs. Day Labor Center provides a safe and dignified place where day laborers can register for and sign-up for daily job opportunities. The CSC team helps workers to build a better life for themselves and their families. Whether that means emergency care such as food, health care and clothing or assistance to improve employability. Employment supports available for individuals experiencing or at-risk of homelessness. The CSC also offers career assessment and counseling as well as information and referral to education/training programs. Offers virtual workshops and in-person supports in such areas as financial literacy, resume writing, salary negotiation, and job search skills. Case management available for employment, housing, and stabilization.

Intake Procedure Walk-in for services

7:00 am-12:00 pm, Monday-Saturday; Arrive promptly at 7:00 am for lottery; Closed the 1st Friday of the month.

No fees

Last Update Date 8/11/2021

Interfaith Community Services

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

Category Employment Assistance and Training

Kitchens for Good

2799 Health Center Dr
San Diego, CA 92123
(619) 450-4040
www.kitchensforgood.org

Serves Areas of Southeast San Diego

Eligibility 1. Must be at least 18 years old 2. Must be eligible for employment in the U.S. 3. Must be open to a background check 4. Must have no current outstanding arrest warrants 5. Must be available for class from 8:30 am to 4:15 pm on Monday/Friday for the 10-week

Project Launch

Job training program that 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 those in need. Graduates will receive technical culinary education, industry certification, and internship and job placement services. This 10-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 3/8/2022

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

COVID-19 Update: For employment services, call (442) 288-5843 or email FMEAPCampen@gmail.com. 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
<https://www.miracosta.edu/academics/community-education-and-workforce-development/>

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 6/17/2021

SER/Jobs for Progress National

1949 Avenida Del Oro 106
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 low-income older Americans to build/enhance/update job skills to be able to look for and find a job.

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

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

No fees

Last Update Date 3/29/2022

Category Employment Assistance and Training

Spirit444 Ministries Inc.

16767 Bernardo Center Dr
San Diego, CA 92128
(858) 309-2552
spirit444.org
Serves San Diego County
Eligibility Adults 18 years and older

Spirit444 Ministries Inc

Members and volunteers provides crisis Intervention, substance abuse counseling, screening, brief intervention, referral to treatment, education support, college enrollment assistance, FAFSA application assistance, public welfare benefits, application assistance, resume writing assistance and job search assistance.

Intake Procedure Email;Online;Voice Message;Call;Text (SMS);Mail

10:00 am-1:00 pm, Sunday; 10:00 am-3:00 pm, Monday-Wednesday; 10:00 am-6:00 pm, Saturday

Sliding Scale, Insurance accepted

Last Update Date 5/28/2020

Category Financial Guidance

Christian Credit Counselors

5838 Edison Pl Suite 130
Carlsbad, CA 92008
(800) 557-1985
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

Marc Sigmon Insurance Agency

1051 Emelita St
Fallbrook, CA 92028
(760) 645-3585
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 Online;Call for appointment;Walk-in for appointment

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

No fees for education and consultation

Last Update Date 3/29/2022

Navy-Marine Corps Relief Society, San Diego

520512 Camp Pendleton
CAmp Pendleton, CA 92055
(760) 725-7497
https://www.nmcrrs.org

Serves San Diego County

Eligibility Active duty personnel, military retirees, military dependents, and widows

Financial Assistance Counseling, Maine Corps Base Camp Pendleton North

Provides need based financial assistance to active duty and retired military personnel and their qualified dependents in the form of interest-free loans and grants. Also provides scholarships and interest-free loans for education. Also offers financial counseling, and a thrift shop.

Intake Procedure Call

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

No fees

Last Update Date 7/8/2021

Category Financial Guidance

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 7/8/2021

North County Lifeline

200 Michigan Ave
Vista, CA 92084
(760) 726-4900
<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
Camp 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: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; Workshop times: 8:30 am-5:00pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; Evening workshops are available

No fees

Last Update Date 5/10/2022

Operation HOPE North County

300 W Grand Ave Ste 100a
Escondido, CA 92025
(888) 388-4673
<https://operationhope.org/>

Serves San Diego County

Eligibility Ages 18 years and older for Credit and Homeownership Services

Non-Profit Financial Literacy Program

Serve adults, youth, disaster survivors, and employees with financial dignity programming and coaching to equip them with the financial knowledge and tools to create a secure future. Provides Credit and Money Management Services and Homeownership.

Intake Procedure Email; Online; Call

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

No fees

Last Update Date 5/6/2021

Category Food Stamps/SNAP Applications

Category Food Stamps/SNAP Applications

Neighborhood Healthcare

425 N Date St Suite 154
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 getting

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, Tuesday, Thursday, Friday; 9:00 am-5:00 pm, Wednesday;
Closed for lunch: 12:00 pm-1:00 pm
No fees

Last Update Date 6/21/2018

Category Food Stamps/SNAP Applications

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 getting

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 getting

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

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/food_stamps.html

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, 2021 to September 30, 2022 Household Size / Gross Monthly Income 1 / \$2,148

CalFresh (SNAP), Fallbrook Community Resource Center

For in-person business, a customer service desk will be set up outside FRC lobbies to assist with paper applications, accommodating homeless customs and customers with no phones. 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; Closed on Holidays
No fees

Last Update Date 5/24/2022

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

3708 Ocean Ranch Blvd
Oceanside, CA 92056
(866) 262-9881
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html

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, 2021 to September 30, 2022 Household Size / Gross Monthly Income 1 / \$2,148

CalFresh (SNAP), North Coastal Family Resource Center

For in-person business, a customer service desk will be set up outside FRC lobbies to assist with paper applications, accommodating homeless customs and customers with no phones. 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; Closed on Holidays

No fees

Last Update Date 5/24/2022

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
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html

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, 2021 to September 30, 2022 Household Size / Gross Monthly Income 1 / \$2,148

CalFresh (SNAP), North Inland Family Resource Center

For in-person business, a customer service desk will be set up outside FRC lobbies to assist with paper applications, accommodating homeless customs and customers with no phones. 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 Benefits 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; Closed on Holidays

No fees

Last Update Date 5/23/2022

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/food_stamps.html

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, 2021 to September 30, 2022 Household Size / Gross Monthly Income 1 / \$2,148

CalFresh (SNAP), Ramona Community Resource Center

For in-person business, a customer service desk will be set up outside FRC lobbies to assist with paper applications, accommodating homeless customs and customers with no phones. 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 Benefits 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; Closed on Holidays

No fees

Last Update Date 5/23/2022

Category Food Stamps/SNAP Applications

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

1701 Oceanside Blvd
Oceanside, CA 92054
(760) 757-8821
https://www.sandiegocounty.gov/hhsa/programs/ssp/restaurant_meals_program/index.html

Serves San Diego County

Eligibility Pre-authorized CalFresh recipients that are elderly, disabled, or homeless and do not have access to a kitchen or the ability to physically be able to prepare their own meals.

Restaurant Meals Program, McDonald's, Oceanside Boulevard

Allows pre-authorized elderly (60 and older), disabled (receiving Social Security Disability Benefits) and homeless individuals and their spouses receiving benefits to use their Golden State Advantage (EBT) cards to purchase meals from participating restaurants. For all other CalFresh recipients, the federal rules preventing the purchase of prepared food still apply.

Intake Procedure Call;Walk-in for services

5:00 am-11:00 pm, Monday-Sunday; Call for Holiday hours

Funds for purchase of food are deducted from CalFresh EBT Card

Last Update Date 3/5/2021

TrueCare

1130 2nd St
Encinitas, CA 92024
(760) 736-6734
<https://truecare.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, 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 6/7/2021

TrueCare

605 Crouch St
Oceanside, CA 92054
(760) 736-6734
<https://truecare.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, 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 6/7/2021

Category Food Stamps/SNAP Applications

TrueCare

220 Rotanzi St
Ramona, CA 92065
(760) 736-6734
<https://truecare.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, 2021 to September 30, 2022 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 6/7/2021

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6734
<https://truecare.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 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-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 6/7/2021

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
8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday
No fees

Last Update Date 3/26/2021

Category Food Stamps/SNAP Applications

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
8:00 am-5:00 pm, Monday-Friday
No fees

Last Update Date 3/26/2021

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
8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday
No fees

Last Update Date 3/26/2021

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
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 3/26/2021

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-5:00 pm, Friday; 9:00 am-4:00 pm, Saturday
No fees

Last Update Date 3/26/2021

Category General Counseling

AmeriCare Adult Day Health Care Center

340 Rancheros Dr Ste 196
San Marcos, CA 92069
(760) 682-2424
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
<https://locations.borregohealth.org/centro-medico-escondido-60cf268b4d25>

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 9/28/2020

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

COVID-19 Update: Telephone visits are now offered for Medical and Behavioral Health services. Provides psychiatric and counseling services for individuals and families of all ages.

Intake Procedure Call for appointment

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

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

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

Category General Counseling

Grow Through Life Counseling

2181 S El Camino Real Ste 204
Oceanside, CA 92054
(619) 549-0329
www.growthroughlifecounseling.com

Serves Del Mar, Eastlake, Scripps Ranch, Oceanside

Eligibility Anyone who is seeking more support and professional counseling services

Grow Through Life Counseling

COVID-19 Update: Offer virtual Telehealth (phone or video conference via HIPAA Compliant software) for any patient in California. Offer outpatient counseling at discounted and sliding scale rates with pre-licensed staff via Telehealth and in person once it is safe to do so for children, teens and families. Also work with military families and veterans within their insurance plans.

Intake Procedure Email;Call

Intake Hours: 9:00 am-5:00 pm, Monday-Friday; Office hours: 8:00 am-8:00 pm Monday-Friday; 9:00 am-6:00 pm, Saturday and Sunday; Hours vary by therapist

Fees range from "whatever you can pay" per session to \$100 per session with pre licensed staff

Last Update Date 6/11/2020

Marine and Family Programs, Camp Pendleton

Building 1122
CAmp Pendleton, CA 92055
(760) 763-3222
www.mccscp.com/cc

Serves San Diego County

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

Counseling Services

COVID-19 Update: Counseling is available by Telehealth. Community Counseling Mainside – (760) 763-3222 Community Counseling North – (760) 763-6940 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

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

Serves North San Diego County

Eligibility Adults and children in North 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 4/19/2022

Neighborhood Healthcare

425 N Date St # 219
Escondido, CA 92025
(760) 520-8340
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 opioids and alcohol use disorders is offered. For emergencies, please call 9-1-1.

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 12/1/2021

Neighborhood Healthcare

460 N Elm St
Escondido, CA 92025
(760) 520-8100
www.nhcare.org/

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

Eligibility No age or income limitations

Neighborhood Healthcare

1001 E Grand Ave
Escondido, CA 92025
(760) 520-8200
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.

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, Escondido Elm Street

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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; 8:00 am-12:00 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 4/29/2020

Community Health Center, Escondido Grand Avenue

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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 4/29/2020

Community Health Center, Gold Family Health Center in Poway

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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 4/29/2020

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 Lifeline

707 Oceanside Blvd
Oceanside, CA 92054
(760) 726-4900
www.nclifeline.org

Serves Carlsbad; Oceanside; San Marcos; Vista; San Dieguito

Eligibility Youth ages 18 years and under

North County Lifeline

200 Michigan Ave
Vista, CA 92084
(760) 726-4900
www.nclifeline.org

Serves Carlsbad; Oceanside; San Marcos; Vista; San Dieguito; Fallbrook

Eligibility Youth ages 12-17 years old

Palomar Family Counseling Service, Inc.

1002 E Grand Ave
Escondido, CA 92025
(760) 741-2660
<https://www.palomarfamilycounseling.com>

Serves North County Region of San Diego County

Eligibility Not limited

Community Health Center, Pauma Valley

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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-5:00 pm, Thursday and 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 4/29/2020

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-2:30 pm, Friday; Counseling Hours: 8:30 am-5:00 pm Monday-Thursday; After hour appointments available

Sliding scale fee based on income and family size

Last Update Date 5/10/2022

Counseling Services, Vista

Offers counseling services including individual, family, and couple 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 more information; Call for appointment

Office Hours: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; Counseling Hours: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; After hour appointment available

Sliding scale fee based on income and family size

Last Update Date 5/10/2022

Counseling Services, Escondido

Offers counseling services including individual, family, and couple counseling. 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. Call for information.

Last Update Date 10/21/2021

Category General Counseling

Palomar Family Counseling Service, Inc.

120 W Hawthorne St

Fallbrook, CA 92028

(760) 741-2660

<https://www.palomarfamilycounseling.com>

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. Call for information.

Last Update Date 10/21/2021

Palomar Family Counseling Service, Inc.

13943 Poway Rd Ste A

Poway, CA 92064

(760) 741-2660

<https://www.palomarfamilycounseling.com>

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

By appointment only: 8:30 am-5:00 pm, Monday-Friday

Sliding scale fees

Last Update Date 10/21/2021

Palomar Family Counseling Service, Inc.

945 Vale Terrace Dr

Vista, CA 92084

(760) 741-2660

<https://www.palomarfamilycounseling.com>

Serves North Coastal Region of San Diego County

Eligibility Not limited

Counseling Services, Vista

Offers counseling services including individual, family, and couple 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-7:00 pm, Monday-Friday

Sliding scale fees. Call for information.

Last Update Date 10/21/2021

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 insurance company for more information.

Financial assistance based on family size and income for those with no insurance.

Last Update Date 10/3/2019

TrueCare

619 Crouch St Ste 100

Oceanside, CA 92054

(760) 736-6767

<https://truecare.org/>

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 6/7/2021

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

United States Department of Veterans Affairs

1300 Rancho Del Oro Rd
Oceanside, CA 92056
(760) 643-2000
<https://www.sandiego.va.gov/locations/oceanside.asp>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Oceanside Clinic

COVID-19 Update: for non-urgent frequently asked questions regarding healthcare, appointments, benefit payments, claims, claim exams, or status of VA national cemeteries and burials please visit the website: https://www.va.gov/coronavirus-veteran-frequently-asked-questions/?utm_source=VA%20Alert&utm_medium=Banner&utm_campaign=CORONAVIRUS&utm_content=FAQ 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 12/10/2021

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

Vista Hill

1012 Main St Suite 101
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

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

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 9/29/2020

District Attorney, County of San Diego

Confidential

(888) 373-7888
<https://www.sdcda.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 1/21/2022

North County Lifeline

200 Michigan Ave
Vista, CA 92084
(760) 726-4900
<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, trauma specific treatment, peer-led support, 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; Available for after-hours by appointment only

No fees

Last Update Date 5/10/2022

Category Human Trafficking Service Provider

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

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 2/18/2020

Category Immigration Services

Interfaith Community Services

5731 Palmer Way Suite A

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

Legal Aid Society of San Diego, Inc.

Confidential

(877) 534-2524

www.lassd.org/

Serves San Diego County

Eligibility Call for information.

Legal Services, North County Office

Provides FREE help including counsel and advice, and representation in court to low-income people in such areas as eligibility, reduction, or termination of government health benefits, family and custody issues, consumer protection issues, landlord-tenant issues, Section 8 and public housing (including denials), special education issues, owed back Federal Tax issues, and immigration. Provides FREE 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 7/6/2022

Category Immigration Services

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

Unitarian Universalist Refugee and Immigrant Services and Education, Inc.

1600 Buena Vista Dr
Vista, CA 92081
(760) 477-7537
uurise.org

Serves San Diego County

Eligibility Immigrants and refugees

Immigration Services

Provides low-cost and free immigration services in group or individual settings. Assistance with applications for citizenship & naturalization, adjustment of status, green card renewal, DACA renewal, family based immigration, and specialized services for victims of domestic violence, human trafficking, and other crimes.

Intake Procedure Email;Call for appointment

9:00 am-3:00 pm, Monday-Friday

Nominal fees

Last Update Date 1/26/2021

Category Legal Assistance

California Western Community Law Project

936 Genevieve St
Solana Beach, CA 92075
www.cwclp.org

Serves North Coastal San Diego County

Eligibility Adults living in North Coastal San Diego County seeking legal assistance, including those who are homeless, disabled, immigrants, or individuals otherwise without access to legal services

Legal Assistance, Solana Beach

COVID-19 update: Clients should arrive early as capacity will be limited. Masking will be enforced, and all services will only be provided outdoors. Potential clients will be verbally screened for COVID symptoms and may be turned away if we feel it is necessary to protect the safety of our students and staff. 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

5:30 pm-7:30 pm, One Wednesday of each month; Dates listed on website

No fees

Last Update Date 1/7/2022

City of Carlsbad

799 Pine Ave
Carlsbad, CA 92008
(760) 602-4650
<http://www.carlsbadca.gov/departments/parks-recreation/adults-50>

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 7/6/2021

City of San Marcos

111 Richmar Ave
San Marcos, CA 92069
(760) 744-5535
<https://www.san-marcos.net/departments/parks-recreation/parks-recreation-facilities/facility-reservations/senior-activity-center>

Serves San Marcos

Eligibility Adults 50 years of age and older that live in the City of San Marcos

San Marcos Senior Activity Center

COVID-19 Update: Mask recommended for indoors activities. Offers programs and services for seniors including access to community resources, services, nutrition and leisure activities. 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 Call for more information; Walk-in for services

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

Fixed fees depending on service

Last Update Date 3/8/2022

City of Vista

1400 Vale Terrace Dr
Vista, CA 92084
(760) 643-5288
<https://www.cityofvista.com/residents/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

Office Hours: 8:00 am-3:30 pm, Monday-Friday

Fixed fee depending on service

Last Update Date 3/10/2022

Ed Brown Senior Center for Active Adults

18402 W Bernardo Dr
San Diego, CA 92127
(858) 487-9324
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 3/11/2022

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

Category Legal Assistance

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 734-3258
<https://www.lassd.org/area/access-health-care>

Serves San Diego County

Eligibility Call for information

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 534-2524
www.lassd.org

Serves San Diego County

Eligibility Call for information

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(844) 449-3500
www.lassd.org

Serves San Diego County

Eligibility Call for information

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 534-2524
www.lassd.org/

Serves San Diego County

Eligibility Call for information

Consumer Center For Health Education and Advocacy (CCHEA), 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 and Covered California eligibility, Medi-Cal share of cost, benefits termination or any type of health related questions.

Intake Procedure Call for more information

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

Free

Last Update Date 11/1/2021

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 problems such as identity theft, medical debts, student loans, auto repair problems, auto loans, lawsuits for cars, and lawsuits for debts.

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

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

Free

Last Update Date 7/6/2022

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 Call for more information;Walk-in for more information

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

Free

Last Update Date 7/6/2022

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;Walk-in for more information

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

Free

Last Update Date 7/6/2022

Category Legal Assistance

Legal Aid Society of San Diego, Inc.

Confidential

(877) 534-2524
www.lassd.org/

Serves San Diego County

Eligibility Call for information.

Legal Services, North County Office

Provides FREE help including counsel and advice, and representation in court to low-income people in such areas as eligibility, reduction, or termination of government health benefits, family and custody issues, consumer protection issues, landlord-tenant issues, Section 8 and public housing (including denials), special education issues, owed back Federal Tax issues, and immigration. Provides FREE 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 7/6/2022

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 534-2524
www.lassd.org

Serves San Diego County

Eligibility Call for information.

Public Benefit Help, North County Office

Due to COVID-19, the Legal Aid Society of San Diego, Inc. will not be open for face-to-face appointments or walk-ins for any services. Provides FREE help including counseling, advice, and/or representation in hearings to eligible people in helping with denials, questions, terminations, overpayment, over issuance, reduction and notices of actions of CalWORKs, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, and Adoptive Assistance.

Intake Procedure Call for more information

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

Free

Last Update Date 11/2/2021

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 534-2524
www.lassd.org

Serves San Diego County

Eligibility Call for information

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 Call for more information; Walk-in for more information

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

Free

Last Update Date 7/7/2022

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(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

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 at 844-774-5463 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 more information

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

FREE service for those that qualify. LASSD does not take retro payments. Call for information.

Last Update Date 7/7/2022

Category Legal Assistance

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 534-2524
www.lassd.org

Serves San Diego County

Eligibility Call for more information

Tenant Help

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 Call for more information; Walk-in for more information

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

Free

Last Update Date 7/7/2022

Public Defender, County of San Diego

495 La Tortuga Dr Suite 100
Vista, CA 92081
(760) 945-4000
www.sdcountry.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 1/21/2022

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

COVID-19 update: The Ramona Senior Center will be open for indoor congregate meals starting June 15, 2021. 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 on 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 3/22/2022

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

9:00 am-3:00 pm, Monday-Thursday; 9:00 am-12:00 pm, Friday

Fixed fee depending on service

Last Update Date 3/21/2022

Category Legal Assistance

The North County Family Justice Center

1050 Los Vallecitos Blvd
San Marcos, CA 92069
(760) 290-3690
<https://onesafeplacenorth.org/>

Serves North County

Eligibility Individuals and families impacted by domestic violence

One Safe Place

Uniquely prepared to serve children and adults who have experienced trauma and abuse. Provides free support services all under one roof to anyone who has experienced; family violence, child abuse, sexual assault, domestic violence, hate crimes, elder abuse, human trafficking, violent loss, or other crimes. Offers comprehensive help in a safe and judgment-free environment that empowers individuals to move forward with their lives. Services include: • Safe Housing Assistance • Medical Exams • Trauma Treatment • Child Advocacy Center • Restraining Orders • Legal Assistance • Police, Sheriff, and the DA • Public Assistance Guidance • Pet Assistance • Children Activity Area • Thriver Services

Intake Procedure Email;Online;Call for more information

7:00 am-9:00 pm Monday-Friday; 8:00 am-12:00pm Saturday

No fees

Last Update Date 7/1/2022

Your Safe Place

1122 Broadway Suite 200
San Diego, CA 92101
(619) 533-6000
<https://www.sandiego.gov/yoursafeplace>

Serves San Diego County

Eligibility Not limited

Domestic Violence and Victim Advocacy

Provides confidential, coordinated safety planning, legal, social, and mental health services to (adults, children, teens, elders, and families) who have experienced domestic violence, family abuse, elder violence, sexual assault or sex trafficking. Services include: • Helping keep clients safe • Domestic and gun violence restraining order assistance • Immigration and family court legal help • Counseling • Advocacy for housing, pet relocation, confidential address, and emergency services • Professional clothing services • Assistance with CalFresh, CalWorks, and WIC applications • Programs for caring for children • Public transportation help • Wellness and self-care assistance • Military advocate • When requested, law enforcement and criminal case assistance (copies of San Diego Police Department domestic violence police reports, criminal case status, obtaining copies of Criminal Protective Orders, assistance with relocation and restitution/financial losses related to crime) • Financial independence assistance • Literacy and cultural services Family violence, sexual assault and sex trafficking professionals, medical professionals, and representatives from local nonprofit and government agencies are available to provide for our clients' needs. Provides services in a judgement-free manner to help clients begin healing, move forward with and reclaim their lives.

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

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

No fees

Last Update Date 4/21/2022

Category Low Rent Permanent Housing

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

Category Meal Centers, Food Banks and Senior Food Programs

AALL Care In Home Services

1030 La Bonita Dr Suite 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 11/11/2020

American Red Cross of San Diego and Imperial Counties

Vandegrift & 14th Street Building #130132
CAmp Pendleton, CA 92055
(800) 500-6411
www.sandiegowic.org

Serves 92054, 92056, 92057, 92058

Eligibility WIC serves the following groups: pregnant women, postpartum 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 Hous

American Red Cross WIC, Camp Pendleton

Supplemental nutrition assistance program that helps 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 healthy foods, nutrition education for parents and caregivers, breastfeeding support from trained professionals, and referrals to community resources. American Red Cross WIC clinics are located throughout San Diego County. Military base access is required for this office.

Intake Procedure Call
Clinic Hours Vary
No fees

Last Update Date 4/19/2021

American Red Cross of San Diego and Imperial Counties

1906 Oceanside Blvd
Oceanside, CA 92054
(800) 500-6411
www.sandiegowic.org

Serves North County, North Coastal, Oceanside,

Eligibility WIC serves the following groups: Pregnant women, postpartum women (up to 6 months for non-breastfeeding and up to 1 year for breastfeeding), and children (up to age 5). All families must meet the following income qualifications: Monthly Gross Income by H

American Red Cross WIC, Oceanside

Supplemental nutrition assistance program that helps 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 healthy foods, nutrition education for parents and caregivers, breastfeeding support from trained professionals, and referrals to community resources. American Red Cross WIC clinics are located throughout San Diego County. COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross – (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation – (888) 999-6897 North County Health Services – (888) 477-6333 - <http://www.nchs-health.org/nchs-wic-registration/> San Ysidro Health Center – (888) 942-7942 Scripps – (619) 260-3400 Clinica de Salud – (877) 686-5468

Intake Procedure Online;Call for appointment
Clinic Hours Vary
No fees

Last Update Date 4/19/2021

Category Meal Centers, Food Banks and Senior Food Programs

Beyond Square Learning

10175 Rancho Carmel Dr Ste 124
San Diego, CA 92128
(858) 324-5545
<https://www.brainbalancecenters.com>

Serves San Diego County

Eligibility Children and adults ages 4-24 years old

Brain Balance of San Diego

Offers a personalized, drug-free program designed to improve attention and focus, behavior, social skills, anxiety, executive functioning, and academic performance (i.e. ADHD, Autism, learning disorders like dyslexia and reading and math skills, defiance, sensory processing and environmental sensitivities, etc.). The program takes a comprehensive, whole child, integrative approach to strengthening brain connectivity through physical and sensory-motor exercises, academic skills training, healthy nutrition, and confidence building activities to get to the root cause of each person's behavioral, social, and academic challenges. Work with families, schools, and community organizations to provide services for students in need, training for organizations/adults/parents working with special needs, and provide free community workshops.

Intake Procedure Email;Online;Call;Walk-in for services

Office Hours: 10:30 am-6:30 pm, Monday-Friday

Fixed fees dependent on assessment results and recommendations

Last Update Date 3/26/2021

Borrego Community Health Foundation

1121 E Washington Ave
Escondido, CA 92025
(760) 871-0606
<https://locations.borregohealth.org/centro-medico-escondido-60cf268b4d25>

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 9/28/2020

Borrego Springs Unified School District

1315 Palm Canyon Dr
Borrego Spgs, CA 92004
(760) 767-5333
https://www.bsusd.net/news/what_s_new/district_meal_program

Serves San Diego County

Eligibility Children ages 18 and under

Grab and Go Meals, Borrego Springs Elementary

Provides free meals for pick up to children during distance learning.

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

8:00 am-11:00 am, Tuesday-Friday

No fees

Last Update Date 11/3/2021

Category Meal Centers, Food Banks and Senior Food Programs

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

COVID-19 Update: Brother Benno Center will be available for the following: - Sack Lunch Distribution from 6:30 am-11:00 am, Monday-Saturday - Mail Service from 6:30 am-11:00 am, Monday-Saturday - Food Box/Food Bag Distribution to guests from 6:30 am-11:00 am, Monday-Friday - Thursday only drive thru food bag distribution (in partnership with Feeding San Diego) from 10:00 am-11:30 am - Showers are available from 6:30 am-9:00 am, Tuesday morning in the parking lot - Thrift Store is open from 10:00 am-5:00 pm, Wednesday-Saturday; Donations accepted at the store 10:00 am-2:00 pm, Tuesday and Thursday and 10:00 am-12:00 pm, Saturday - Clothing Room is open from 6:30 am-9:00 am, Monday-Friday The following services will be unavailable until further notice: • Hot breakfast/brunch in dining room • Laundry 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;Drive-thru Sack Lunch Distribution: 6:30 am-11:00 am, Monday-Saturday; Mail Service: 6:30 am-11:00 am, Monday-Saturday; Food Box/Food Bag Distribution to guests: 6:30 am-11:00 am, Monday-Saturday; Drive Thru Food Distribution: 10:00 am until food runs out, Saturday
No fees

Last Update Date 9/13/2021

Calvary Chapel Ramona

114 14th St Suite D
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

City of Carlsbad

799 Pine Ave
Carlsbad, CA 92008
(760) 602-4655
<https://www.carlsbadca.gov/departments/parks-recreation/adults-50/senior-meal-program>

Serves Carlsbad

Eligibility Seniors ages 60 years and older

Nutrition Program

COVID-19 Update: Pick up service for packaged cold meals that will need to be reheated will be available Monday-Friday from 12:00 am-1:00 pm. Reservations must be made no later than noon the day before, Monday-Friday. Monday order will need to be placed on Friday by noon by calling 760-602-4650. If a customer is unable to pick up meal, Carlsbad Senior Center will provide home delivery if requested. All established home meal deliveries will continue for registered customers. Meal pick up location is outside the Carlsbad Senior Center at 799 Pine Avenue. Please call 760-602-4655 to leave a message for a reservation and/or to request meal delivered to home. Enjoy delicious and nutritious, privately catered meals with friends. Transportation is provided for Carlsbad senior residents.

Intake Procedure Online;Call for appointment
Normal Office Hours: 8:00 am-5:00 pm, Monday-Friday; Closed: Holidays
Donation \$4 per meal

Last Update Date 10/21/2021

Category Meal Centers, Food Banks and Senior Food Programs

City of Encinitas

1140 Oakcrest Park Dr

Encinitas, CA 92024

(760) 943-2250

[https://www.encinitasca.gov/Resident/Senior-](https://www.encinitasca.gov/Resident/Senior-Citizens/Community-Senior-Center)

[Citizens/Community-Senior-Center](https://www.encinitasca.gov/Resident/Senior-Citizens/Community-Senior-Center)

Serves Encinitas

Eligibility Seniors ages 50 years and older residing in the City of Encinitas.

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 3/11/2022

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

9:00 am-3:00 pm, Monday-Friday

No fees

Last Update Date 3/14/2022

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 60 years and older

Senior Nutrition with Transportation Program

COVID-19 update: The Park Avenue Community Center is CLOSED until further notice, however Senior Nutrition Program will remain in place with the following adjustments: - Senior Nutrition has transitioned to delivery and pick-up of meals. -At this time, accepting participants 60 and over to be added to a waitlist. -To be added to the waitlist, call 760-839-4803. Leave your name, phone number and address. -For those currently approved to receive meals, call on Fridays to leave your meal schedule for the following week. 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 10/22/2021

City of San Marcos

111 Richmar Ave

San Marcos, CA 92069

(760) 744-5535

<https://www.san-marcos.net/departments/parks-recreation/parks-recreation-facilities/facility-reservations/senior-activity-center>

Serves San Marcos

Eligibility Adults 50 years of age and older that live in the City of San Marcos

San Marcos Senior Activity Center

COVID-19 Update: Mask recommended for indoors activities. Offers programs and services for seniors including access to community resources, services, nutrition and leisure activities. 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 Call for more information;Walk-in for services

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

Fixed fees depending on service

Last Update Date 3/8/2022

Category Meal Centers, Food Banks and Senior Food Programs

City of Vista

1400 Vale Terrace Dr Vista Senior Center
Vista, CA 92084
(760) 643-5288
<https://www.cityofvista.com/city-services/city-departments/recreation-comm-services/senior-services/nutrition-program>

Serves Vista

Eligibility Vista senior residents ages 60 years and older

Lunch Program

COVID-19 Update: The Center is offering lunch service via curbside pick-up or delivery Monday and Wednesday. Reservations are recommended by calling (760) 643-5288. Delivery is available to Vista residents upon request. Free to seniors age 60 and over. All senior activities are cancelled. 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 and Wednesday

No fees

Last Update Date 12/10/2020

City of Vista

1400 Vale Terrace Dr
Vista, CA 92084
(760) 643-5288
<https://www.cityofvista.com/residents/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

Office Hours: 8:00 am-3:30 pm, Monday-Friday

Fixed fee depending on service

Last Update Date 3/10/2022

Coastal Roots Farm

1000 Vale Terrace Dr
Vista, CA 92084
(760) 230-6705
<https://coastalrootsfarm.org/who-we-serve/>

Serves North County San Diego

Eligibility Not limited

Organic Food Distribution at Vista Community Clinic

During COVID-19: We will continue our Food Distribution partnership with Vista Community Clinic. To minimize contact, we drop off pre-bagged produce bags and VCC staff will manage the distribution of food by appointment only. To schedule an appointment with VCC, leave a message at 760-631-5000 x 7014. For general VCC information, click here. Offers certified-organic fresh, food, vegetables, herbs, fruit, and eggs to anyone in need, on a donation basis. For additional questions about Farm Stand, please contact Garth Denton-Borhaug at garth@coastalrootsfarm.org.

Intake Procedure Call for appointment

By appointment only

Donations are encouraged for farm produce, but no one is turned away for inability to pay.

Last Update Date 9/29/2020

Coastal Roots Farm

5306 N River Rd
Oceanside, CA 92057
(949) 230-7318
<https://www.thehelpinghandworldwide.org/>

Serves North County San Diego

Eligibility Limited to active-duty military families.

Organic Food Distribution for Active Duty Military Families

COVID-19 Update: During the pandemic, fresh vegetables will be distributed via a drive-through model implemented by Helping Hand Worldwide. To minimize contact, we drop off pre-bagged produce bags and HHW staff manage the distribution of food. CRF's monthly mobile Farm Stand offers free certified-organic vegetables for active-duty military families in partnership with Helping Hand Worldwide. For additional questions about this mobile distribution, please contact Garth Denton-Borhaug at garth@coastalrootsfarm.org or Helping Hand Worldwide directly at sitahhww@gmail.com

Intake Procedure Call for appointment; Walk-in for services

12:00 pm-1:00 pm, 1st Tuesday of the Month

No fees

Last Update Date 9/29/2020

Category Meal Centers, Food Banks and Senior Food Programs

Coastal Roots Farm

441 Saxony Rd
Encinitas, CA 92024
(760) 230-6705
<https://coastalrootsfarm.org/the-farm-eat/#farm-stand>

Serves North County

Eligibility Not limited

Organic Food Pay-What-You-Can Farm Stand

COVID-19 Update: During Farm Stand hours, will institute modified protocols to ensure social distancing and minimal contact. Customers will be given numbers upon arrival in order for staff to safely manage the line and serve two customers at a time in the order of arrival. A menu of harvested produce will be available, and Farm staff will be bagging food on behalf of the customer. Please be prepared for longer than usual wait times. Food is available on a first-come, first-served basis. Coastal Roots Farm's Pay-What-You-Can Farm Stand offers fresh and certified-organic vegetables free of cost (up to \$30 in value) to anyone in need. The Farm Stand is open to community members of all backgrounds and identities. For additional questions about Farm Stand, please contact Garth Denton-Borhaug at garth@coastalrootsfarm.org.

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

12:00 pm-3:00 pm, Thursday; 10:00 am-3:00 pm, Sundays

Donations are encouraged for farm produce, but no one is turned away for inability to pay.

Last Update Date 9/29/2020

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 6/19/2020

Community Resource Center

650 2nd St
Encinitas, CA 92024
(760) 753-8300
www.crcncc.org

Serves Encinitas

Eligibility No residency requirements for food programs.

Food Pantry

Items available for daily distribution: First Light- Light snack items and ready to eat meal-access daily Emergency Food- Box of fresh food and bag of non-perishables, access available 2 times a month USDA Commodities- Prepared bag of non-perishables, access available 1 time a month

Intake Procedure Call; Walk-in for services

8:30 am-12:30 am, Monday-Friday

No fees

Last Update Date 5/4/2021

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

8:30 am-12:30 pm, Monday-Friday

No fees

Last Update Date 5/4/2021

Category Meal Centers, Food Banks and Senior Food Programs

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

8:30 am-12:30 pm, Monday-Friday

No fees

Last Update Date 5/4/2021

Escondido Education COMPACT

220 S Broadway
Escondido, CA 92025
(760) 839-4515
<https://www.educationcompact.org/>

Serves Escondido

Eligibility Parent or Guardian of student in the Escondido area

Resident Leadership Academy

10-week comprehensive curriculum that empowers Escondido community residents to reduce childhood obesity and related health disparities and inequities by encouraging healthy eating, physical activity, and public safety.

Intake Procedure Online;Call for more information

8:00am-6:00pm, Monday–Thursday

No Fees

Last Update Date 3/23/2022

Escondido Unified School District

1400 W 9th Ave
Escondido, CA 92029
(760) 432-2439
<https://eusdhealthykids.org/>

Serves San Diego County

Eligibility Children ages 18 and under

Grab and Go Meals, Del Dios Middle

Provides free meals for pick up to children during distance learning.

Intake Procedure Walk-in for services

12:30 am-3:00 pm, Monday and Thursday

No fees

Last Update Date 11/3/2021

Faith Lutheran Church of Vista

700 E Bobier Dr
Vista, CA 92084
(760) 724-7700
www.faithvista.org

Serves North Inland Region of San Diego County

Eligibility No requirements. Show up with grocery bags at 3:00 pm.

Food Distribution

Provides church services and bible studies and a free food distribution for those who are in need.

Intake Procedure Walk-in for services

3:00 pm-4:30 pm, 2nd and 4th Friday of each Month; Some dates and times change due to holidays

No fees

Last Update Date 12/27/2019

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

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 11/9/2021

Fallbrook Senior Center

399 Heald Ln
Fallbrook, CA 92028
(760) 728-4498
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 to the Fallbrook Community Center.

Intake Procedure Call for more information

11:15 am-12:00 pm, Monday-Friday

Donations

Last Update Date 3/11/2022

Feeding San Diego

256 Smilax Rd
San Marcos, CA 92069
(760) 727-6353
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Apostolic Assembly of the Faith In Christ Jesus

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services

11:30 am-12:30 pm, Wednesday

No fees

Last Update Date 5/6/2021

Feeding San Diego

3260 Production Ave
Oceanside, CA 92058
(760) 439-1244
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Brother Benno Foundation

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services

6:30 am-10:45 pm, Monday-Saturday

No fees

Last Update Date 7/21/2022

Feeding San Diego

4507 Mission Ave
Oceanside, CA 92057
(760) 722-3337
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Community Lutheran Church

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call

9:00 am-10:00 am, 3rd Saturday of the month

No fees

Last Update Date 7/21/2022

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

650 2nd St
Encinitas, CA 92024
(760) 753-8300
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Community Resource Center

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services

11:00 am-2:30 pm, Monday-Thursday; 11:00 am-1:30 pm, Friday (Ticket distribution starts at 9:00 am)

No fees

Last Update Date 7/21/2022

Feeding San Diego

700 E Bobier Dr
Vista, CA 92084
(760) 724-7700
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Faith Lutheran

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call

3:00 pm - until food is gone, 2nd and 4th Friday of the month

No fees

Last Update Date 7/21/2022

Feeding San Diego

1042 S Mission Rd
Fallbrook, CA 92028
(760) 728-7608
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Fallbrook Food Pantry

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services

9:30 am-12:30 pm, Monday-Friday

No fees

Last Update Date 7/21/2022

Feeding San Diego

120 N Ash St
Escondido, CA 92027
(442) 777-2081
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Foundry Food Pantry

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services

11:00 am-1:00 pm, Tuesday, Thursday; 4:00-6:00 pm, Wednesday

No fees

Last Update Date 7/21/2022

Feeding San Diego

2220 Watson Way
Vista, CA 92083
(760) 945-1003
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Gleaning Field Foundation

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call for appointment

Seniors Only: 1:00 pm-4:00 pm, Wednesday; By appointment to set a time for pick-up: 1:00 pm-3:00 pm

No fees

Last Update Date 7/21/2022

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

1450 E Vista Way
Vista, CA 92084
(760) 724-0077
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Grace Presbyterian

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services

Pre-bagged meals to go: 5:00 pm, Tuesday; Distribution: 8:00 am-9:30 am, Wednesday; 8:00 am-11:00 am, Friday

No fees

Last Update Date 7/21/2022

Feeding San Diego

5731 Palmer Way Ste A
Carlsbad, CA 92010
(760) 448-5696
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, ICS Carlsbad

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call for appointment;Drive-thru

By appointment: 9:00 am-12:00 pm, Monday-Saturday; 1:00 pm-3:00 pm, Tuesday-Thursday

No fees

Last Update Date 5/12/2021

Feeding San Diego

605 San Diego St
Oceanside, CA 92058
(760) 489-6380
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, ICS Chavez Resource Center

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services

2:00 pm-4:00 pm, 2nd and 4th Tuesday of the month

No fees

Last Update Date 5/12/2021

Feeding San Diego

4700 N River Rd
Oceanside, CA 92057
(760) 489-6380
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, ICS Coastal Service Center

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services

11:00 am-1:00 pm, 2nd and 4th Wednesday of the month

No fees

Last Update Date 5/12/2021

Feeding San Diego

1210 Division St
Oceanside, CA 92054
(760) 489-6380
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, ICS Crown Heights Community Resource Center

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services

11:00 am-1:00 pm, 2nd and 4th Tuesday of the month

No fees

Last Update Date 5/12/2021

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

1191 Meadowlark Way
 Ramona, CA 92065
 (760) 789-0866
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Mountain View Community Church Ramona

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call
 10:00 am-12:00 pm, Monday, Wednesday, Friday
 No fees

Last Update Date 7/21/2022

Feeding San Diego

2898 Highway 78
 Julian, CA 92036
 (760) 765-0114
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Mt. Manna

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
 9:00 am-10:30 am, 4th Saturday of the month; By appointment: 9:00 am-1:00 pm, Monday, Wednesday, Friday
 No fees

Last Update Date 7/21/2022

Feeding San Diego

204 S Freeman St
 Oceanside, CA 92054
 (760) 722-8522
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Oceanside Sanctuary

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call for appointment
 By appointment: 12:00 pm-2:00 pm, Monday
 No fees

Last Update Date 5/13/2021

Feeding San Diego

13541 Stoney Creek Rd
 San Diego, CA 92129
 (858) 484-1070
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Our Lady of Mt. Carmel Church

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Drive-thru
 8:00 am, 3rd Saturday of the month
 No fees

Last Update Date 5/13/2021

Feeding San Diego

821 Douglas Dr
 Oceanside, CA 92058

<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Pro Kids Oceanside

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
 11:00 am - until food is gone, Monday-Friday
 No fees

Last Update Date 5/13/2021

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

773 Main St
 Ramona, CA 92065
 (619) 593-1077
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Ramona Food and Clothes Closet

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
 9:30 am-2:00 pm, Tuesday, Wednesday, Thursday
 No fees

Last Update Date 5/13/2021

Feeding San Diego

256 Smilax Rd
 San Marcos, CA 92069
 (760) 580-0835
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Ruth Anointed World Ministries

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
 11:00 am-12:00 pm, Wednesdays
 No fees

Last Update Date 5/13/2021

Feeding San Diego

1301 Las Villas Way
 Escondido, CA 92026
 (760) 745-8616
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Salvation Army Escondido

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
 10:30 am, until food is gone, Monday and Friday
 No fees

Last Update Date 5/13/2021

Feeding San Diego

3935 Lake Blvd
 Oceanside, CA 92056
 (760) 631-8212
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Salvation Army Oceanside (SAO)

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
 Distribution: 12:00 pm- 1:30 pm, Monday, Friday; Pantry: 8:30 am - 11:00 am, Tuesday and Wednesday
 No fees

Last Update Date 5/13/2021

Feeding San Diego

363 Woodland Pkwy
 San Marcos, CA 92069
 (760) 744-9777
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, San Marcos Seventh-day Adventist Church

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
 3:00 pm-6:00 pm, Tuesday; 2:00 pm-5:00 pm, Saturday-Sunday
 No fees

Last Update Date 5/13/2021

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

890 Balour Dr
Encinitas, CA 92024
(760) 753-3017
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, St. Andrew's

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services
3:00 pm-4:00 pm, Thursday; Emergencies Office Hours: 9:00 am-3:00 pm, Monday-Thursday; 10:00 am, Saturday
No fees

Last Update Date 5/13/2021

Feeding San Diego

525 W Vista Way
Vista, CA 92083
(760) 945-8000
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, St. Francis of Assisi Catholic Church

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services
Sack Lunch: 8:45 am-10:00 am, Monday-Saturday; 7:00 am-9:00 am, Sunday; Soup Kitchen: 5:00 pm-6:00 pm, Monday
No fees

Last Update Date 5/13/2021

Feeding San Diego

334 14th St
Del Mar, CA 92014
(858) 755-1616
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, St. Peter's Episcopal Church

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services
9:00 am-11:00 am, Monday, Wednesday, Thursday, Friday
No fees

Last Update Date 5/13/2021

Feeding San Diego

31020 Cole Grade Rd
Valley Center, CA 92082
(760) 749-3324
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, St. Stephen's

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services
8:30 am-9:30 am, Saturday; 12:30 pm-2:00 pm, every 4th Saturday of the month
No fees

Last Update Date 5/13/2021

Feeding San Diego

292 E Barham Dr
San Marcos, CA 92078
(760) 471-6267
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Summit Church

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call; Walk-in for services
11:00 am-2:00 pm, Tuesday; 3:00 pm-6:00 pm, Thursday; 10:00 am-1:00 pm, Sunday
No fees

Last Update Date 5/13/2021

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

14047 Twin Peaks Rd
Poway, CA 92064
(858) 751-4613
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, The Community Food Connection

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.
Intake Procedure Call; Walk-in for services
3:00 pm-6:00 pm, Monday, Wednesday, Friday
No fees
Last Update Date 5/13/2021

Feeding San Diego

422 Los Vallecitos Blvd
San Marcos, CA 92069
(858) 405-7068
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, The Hope Through Housing Foundation

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.
Intake Procedure Call for appointment
Times may vary, call for details
No fees
Last Update Date 5/13/2021

Feeding San Diego

1000 Vale Terrace Dr
Vista, CA 92084
(760) 631-5000 Ext 7206
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Diego County
Eligibility Not limited

Food Distribution, Vista Community Clinic Health Services

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.
Intake Procedure Call
9:00 am-10:30 am, 3rd Tuesday of the month; 3:30 pm-5:00 pm, 3rd Wednesday of the month
No fees
Last Update Date 5/13/2021

Feeding San Diego

4980 Sweetgrass Ln
Bonsall, CA 92003
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>
Serves Bonsall
Eligibility Not limited

Mobile Pantry, Bonsall

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.
Intake Procedure Call; Walk-in for services
10:00 am-11:00 am, 2nd and 4th Friday of the month
No fees
Last Update Date 5/13/2021

Feeding San Diego

611 Church Lane
Borrego Springs, CA 92004
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>
Serves Borrego Springs
Eligibility Not limited

Mobile Pantry, Borrego Springs

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.
Intake Procedure Call; Walk-in for services
10:00 am-11:00 am, 1st and 3rd Monday of the month
No fees
Last Update Date 5/13/2021

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

463 S Stage Coach Ln
Fallbrook, CA 92028
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>
Serves Fallbrook
Eligibility Not limited

Mobile Pantry, Fallbrook

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
9:00 am-10:00 am, 1st and 3rd Tuesday of the month
No fees

Last Update Date 5/13/2021

Feeding San Diego

1850 California 78
Julian, CA 92036
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>
Serves Julian
Eligibility Not limited

Mobile Pantry, Julian

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
9:30 am-10:30 am, 2nd and 4th Wednesday of the month
No fees

Last Update Date 5/13/2021

Feeding San Diego

5306 N River Rd
Oceanside, CA 92057
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>
Serves Oceanside
Eligibility Not limited

Mobile Pantry, Oceanside

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
11:00 am-12:00 pm, 2nd and 4th Tuesday of the month
No fees

Last Update Date 5/13/2021

Feeding San Diego

16650 Highway 76
Pauma Valley, CA 92061
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>
Serves Pauma Valley
Eligibility Not limited

Mobile Pantry, Pauma

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
12:00 pm-1:00 pm, 1st and 3rd Tuesday of the month
No fees

Last Update Date 5/13/2021

Feeding San Diego

150 Valpreda Rd
San Marcos, CA 92069
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>
Serves San Marcos
Eligibility Not limited

Mobile Pantry, San Marcos

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.

Intake Procedure Call;Walk-in for services
11:00 am-12:30 pm, 1st and 3rd Wednesday of the month
No fees

Last Update Date 5/13/2021

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

7217 Great Southern Overland Trail
Julian, CA 92036
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>
Serves Julian
Eligibility Not limited

Mobile Pantry, Shelter Valley

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.
Intake Procedure Call; Walk-in for services
12:00 pm-1:00 pm, 2nd and 4th Wednesday of the month
No fees
Last Update Date 5/13/2021

Feeding San Diego

305 W California Ave
Vista, CA 92083
760-631-5000 Ext 7014
<https://feedingsandiego.org/need-help/food-distributions/>
Serves Vista
Eligibility Not limited

Mobile Pantry, Vista

Offers a food distribution that includes food staples and produce items to individuals and families in need throughout San Diego County.
Intake Procedure Call for appointment
By appointment only, call for details
No fees
Last Update Date 5/13/2021

First Christian Church of Oceanside

204 S Freeman St
Oceanside, CA 92054
(760) 722-8522
<https://fcccoceanside.org/>

Serves San Diego County
Eligibility Individuals and families in need.

Sarah's Hope Food Pantry

COVID-19 Update: Sarah's Hope Pantry is only operating Monday from 12:00-2:00 pm via drive-thru / walk up for distribution. Providing pre-packaged bags - there is no self shopping at this time. If you need to make an appointment call the church (760) 722-8522, please leave a message. Provides groceries and hot meals to individuals and families in need. Also provides clothing during hot meals as available.
Intake Procedure Walk-in for more information
No fees
Last Update Date 3/23/2020

First Congregational Church of Ramona

404 8th St
Ramona, CA 92065
(760) 789-3348
www.fccramona.org

Serves Ramona
Eligibility Not limited

Free Farmers Market

A monthly food distribution of fresh fruits, vegetables, and non-perishables.
Intake Procedure Walk-in for more information
1:30 pm-3:30 pm, Friday before the 4th Saturday of the Month
No fees
Last Update Date 2/3/2020

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. Clients are able to receive food 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 11/12/2021

Category Meal Centers, Food Banks and Senior Food Programs

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 and diapers assistance through a drive-thru distribution held twice a week in Escondido.

Intake Procedure Walk-in for services; Drive-thru
10:00 am-11:30 am, Monday and Friday
No fees

Last Update Date 10/29/2021

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-invasive 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
10:00 am-3:00 pm, Monday-Friday
Donations \$10.00 donation

Last Update Date 1/5/2022

Interfaith Community Services

5731 Palmer Way Suite A
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. Eligibility documentation required for certain services/supports.

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, 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), utility assistance, access to benefits, crisis intervention, immigration and legal aid services referrals, diapers and formula (when available), and additional community referrals as needed. Rental assistance available for residents within the City of Carlsbad (some limits and criteria do apply, provided based on availability). Case management support available for employment, housing stabilization, and self-sufficiency.

Intake Procedure Walk-in for services
Walk-in Hours: 1:00 pm-3:00 pm, Tuesday-Thursday; First come, first serve basis
No fees

Last Update Date 8/11/2021

Category Meal Centers, Food Banks and Senior Food Programs

Interfaith Community Services

550 W Washington Ave Suite B
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

COVID-19 update: Currently only providing diaper services, hygiene (showers) services and Food services, To-Go only. 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 3/23/2020

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. Eligibility documentation required for certain services/supports.

Basic Needs Walk-in Services, Oceanside

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), utility assistance, access to benefits, immigration and legal aid services referrals, crisis intervention, diapers and formula (when available), and additional community referrals as needed. Rental assistance available for residents within the North County San Diego (some limits and criteria do apply, provided based on availability). Case management support available for employment, housing stabilization, and self-sufficiency.

Intake Procedure Call for appointment; Walk-in for services
Walk-in Hours: 8:00 am-11:00 am, Monday-Friday; Closed the 1st Friday of the month; First come, first serve basis
No fees

Last Update Date 8/11/2021

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

Category Meal Centers, Food Banks and Senior Food Programs

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Brother Benno's Foundation

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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-12:00 pm, Monday-Friday; Closed: 1/1, 5/30, 7/4, 9/5

No fees

Last Update Date 12/28/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Christian Credit Counselors

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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; Closed: 3/15, 3/18, 5/30, 7/4, 9/5, 11/24, 11/25, 12/23, 12/26, 12/30

No fees

Last Update Date 12/28/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Community Resource Center

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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

8:30 am-12:30 pm, Monday-Friday; Closed: 1/17, 2/21, 5/30, 7/4, 9/5, 11/24-26

No fees

Last Update Date 12/28/2021

Category Meal Centers, Food Banks and Senior Food Programs

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Fallbrook Food Pantry

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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; Closed: 1/3, 2/21, 3/31, 5/28, 5/30, 7/4, 9/5, 11/11, 11/24, 11/25, 12/23, 12/26, 12/30

No fees

Last Update Date 12/28/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), In His Steps Christian Recovery Home

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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; Reschedule Date: January 24

No fees

Last Update Date 12/28/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), MAAC Project, Laurel Tree Apartments

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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 Drive-thru

2:00 pm until food is gone, 3rd Tuesday of the Month

No fees

Last Update Date 12/28/2021

Category Meal Centers, Food Banks and Senior Food Programs

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Mesa View Baptist Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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. Closed: 1/1, 7/2, 11/26, 12/24, 12/31

No fees

Last Update Date 12/28/2021

Jacobs and Cushman San Diego Food Bank

4070 Mission Ave
Oceanside, CA 92057
(619) 323-2841
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92049, 92051, 92052, 92054, 92055, 92056, 92057, 92058, 92068

Eligibility Household Size / Monthly HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Mission San Luis Rey Parish

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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

Hours vary depending on appointment schedule

No fees

Last Update Date 5/27/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Pilgrim United Church of Christ

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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

Last Update Date 12/28/2021

Category Meal Centers, Food Banks and Senior Food Programs

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Ramona Food and Clothes Closet

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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-5:00 pm, Monday-Friday; 2022 Closed: 5/30, 7/4, 9/5, 11/24, 11/25, 12/26

No fees

Last Update Date 12/28/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Serving and Sharing Foundation

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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

10:00 am-12:00 pm, 4th Saturday of the Month; Reschedule Dates: April 16, May 21, November 19, December 17

No fees

Last Update Date 3/22/2022

Jacobs and Cushman San Diego Food Bank

7217 Great Southern Overland Stage Route
Julian, CA 92036
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92036

Eligibility Household Size / Monthly HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Shelter Valley Citizens Corporation

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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 12/28/2021

Category Meal Centers, Food Banks and Senior Food Programs

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), St Barnabas Episcopal Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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 Drive-thru

10:30 am-2:30 pm, Monday before 3rd Tuesday of the Month; Rescheduled Date: 1/24
No fees

Last Update Date 12/28/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), The Community Food Connection

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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 Drive-thru

3:00 pm-6:00 pm, Monday, Wednesday, Friday; 2021 Closed: 1/3, 5/30, 7/4, 9/5, 11/25, 12/26, 12/30
No fees

Last Update Date 12/28/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), The Foundry Community Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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; Closed: 11/24, 12/27, 12/29
No fees

Last Update Date 12/28/2021

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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), The Movement Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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; Rescheduled Date: January 24

No fees

Last Update Date 12/28/2021

Jacobs and Cushman San Diego Food Bank

292 E Barham Dr Ste 202
San Marcos, CA 92078
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves San Diego County

Eligibility Household Size / Monthly HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), The Summit Church

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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; Drive-thru

10:30 am-2:00 pm, Tuesday; 2:30 pm-6:00 pm, Thursday; 10:00 am-12:00 pm, 1st and 2nd Saturday of the month

No fees

Last Update Date 12/28/2021

Jacobs and Cushman San Diego Food Bank

30950 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 HH Income / Annual 1 / \$2,661.38 / \$31,936.00 2 / \$3,585.71 / \$43,028.50 3 / \$4,510.04 / \$54,120.50 4 / \$5,434.38 / \$65,212.50 5 / \$6,358.71 / \$76,304.50 6 / \$7,283.04 / \$87,396.50 7 / \$8,207.38 / \$98,488.50 8 / \$9,131.71 /

Emergency Food Assistance Program (EFAP), Warner Springs Community Center

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Households that make less than the income listed below, qualify to receive food. This is a self-certification program; that will verbally acknowledge the total household income is less than the chart, no income documentation is required to receive food. 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

8:00 am-10:00 am, 3rd Tuesday of the month; 10:00 am-12:00 pm, All other days by appointment only

No fees

Last Update Date 12/28/2021

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

5211 5th St
Fallbrook, CA 92028
(866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Inland San Diego County
Eligibility Not Limited

Neighborhood Distribution Program, Christ the King, Vallecitos Elementary School

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, 3rd Friday of the Month; Rescheduled: Friday, Jan 14, Friday, Apr 22, Friday, Sept 9, Friday, Nov 18, Friday, Dec 16
No fees

Last Update Date 12/28/2021

Jacobs and Cushman San Diego Food Bank

221 N Pico Avenue
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 12/28/2021

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 Friday of the Month
No fees

Last Update Date 12/28/2021

Jacobs and Cushman San Diego Food Bank

1 Barnard Dr
Oceanside, CA 92056
(866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Coastal San Diego
Eligibility Available to MiraCosta College students

Neighborhood Distribution Program, MiraCosta College Oceanside Campus

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
1:00 pm-2:00 pm, 2nd Tuesday of the Month; No food distribution in January, June or July
No fees

Last Update Date 12/28/2021

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

4070 Mission Ave
Oceanside, CA 92057
(866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Coastal San Diego County
Eligibility Not Limited

Neighborhood Distribution Program, Mission San Luis Rey Parish

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

8:00 am-10:00 am, 3rd Saturday of the Month
No fees

Last Update Date 3/1/2022

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 12/28/2021

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, North Coast Church/Pauma Valley

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 12/28/2021

Jacobs and Cushman San Diego Food Bank

933 Farr Ave
Escondido, CA 92026
(866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Inland San Diego County
Eligibility Not limited

Neighborhood Distribution Program, Smart Foods Found, Farr Elementary School

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 Thursday; Rescheduled Date: November 17
No fees

Last Update Date 12/28/2021

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

2:00 pm until food is gone, 1st Thursday of the Month
No fees

Last Update Date 12/28/2021

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

3235 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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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; Closed on Holidays; Reschedule Dates: January 10, February 14, March 14, April 11, May 9, June 13, July 11, August 8, September 12, October 17, November 14, December 12

No fees

Last Update Date 12/29/2021

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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

10:00 am-10:30 am, 2nd Friday of the Month; Closed on holidays; Rescheduled Dates: January 14, February 11, March 11, April 8, May 13, June 10, July 8, August 12, September 9, October 14, November 7, December 9

No fees

Last Update Date 12/29/2021

Jacobs and Cushman San Diego Food Bank

140 N Brandon Rd
Fallbrook, CA 92028
(858) 863-5127
<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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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

10:00 am-11:30 pm, 1st Tuesday of each month; Intake dates: June 7, July 5, August 2, September 6, October 4, November 1, December 6

No fees

Last Update Date 12/29/2021

Category Meal Centers, Food Banks and Senior Food Programs

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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; Reschedule Dates: January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, December 20

No fees

Last Update Date 12/29/2021

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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; Rescheduled Dates: January 11, February 8, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8, December 13

No fees

Last Update Date 12/29/2021

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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; Reschedule Dates: January 19, February 16, March 16, April 20, May 18, June 15, July 20, August 17, September 21, October 19, November 16, December 21

No fees

Last Update Date 12/29/2021

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

455 Country Club Ln
Oceanside, CA 92054
(760) 435-5285
<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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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. COVID-19 update: Congregate Dining Sites are temporarily closed. Providing home-delivered meals only.

Intake Procedure Call;Walk-in for services

9:00 am-11:30 pm, 2nd Monday of the Month; Closed on holidays; Rescheduled Dates: January 10, February 14, March 14, April 11, May 9, June 13, July 11, August 8, September 12, October 17, November 14, December 12

No fees

Last Update Date 12/29/2021

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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; Reschedule Dates: January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, December 20

No fees

Last Update Date 12/29/2021

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

Senior Food Program, Park Avenue 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. COVID-19 Update: Building is closed but food distribution is held at the backside of the building.

Intake Procedure Call;Walk-in for services

8:30 am-11:30 am, 4th Monday of the Month; Closed on holidays; Rescheduled Dates: January 24, February 28, March 28, April 25, May 23, June 27, July 25, August 22, September 26, October 24, November 28, December 19

No fees

Last Update Date 12/29/2021

Category Meal Centers, Food Banks and Senior Food Programs

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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

8:30 am-10:00 am, 1st Tuesday of the Month; Reschedule Dates: January 4, February 1, March 1, April 5, May 3, June 7, July 5, August 2, September 6, October 4, November 1, December 6

No fees

Last Update Date 12/29/2021

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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; Reschedule Dates: January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, December 20

No fees

Last Update Date 12/29/2021

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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

8:30 am-9:30 am, 2nd Friday of the Month; Closed on holidays; Rescheduled Dates: January 14, February 11, March 11, April 8, May 13, June 10, July 8, August 12, September 9, October 14, November 7, December 9

No fees

Last Update Date 12/29/2021

Category Meal Centers, Food Banks and Senior Food Programs

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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; Rescheduled Dates: January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, December 20

No fees

Last Update Date 12/29/2021

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 / \$1,473 / \$17,667 2 / \$1,984 / \$23,803 3 / \$2,495 / \$29,939 4 / \$3,007 / \$36,075 Add

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; Reschedule Dates: January 11, February 8, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8, December 13

No fees

Last Update Date 12/29/2021

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

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

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

COVID-19 Update: To maintain social distancing, we will bring the food to the car. Before arriving, make sure there trunk is cleared for food to be placed inside. Please follow the directions from the volunteers while arriving and wait in the car. 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. Its first come first served basis until food runs out.

Intake Procedure Walk-in for services
8:00 am-10:00 am, every 3rd Saturday of the Month

No fees

Last Update Date 10/22/2021

Neighborhood Healthcare

460 N Elm St
Escondido, CA 92025
(760) 520-8100
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

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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; 8:00 am-12:00 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 4/29/2020

Neighborhood Healthcare

1001 E Grand Ave
Escondido, CA 92025
(760) 520-8200
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

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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 4/29/2020

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

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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 4/29/2020

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

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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-5:00 pm, Thursday and 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 4/29/2020

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

Category Meal Centers, Food Banks and Senior Food Programs

North County Lifeline

707 Oceanside Blvd
Oceanside, CA 92054
(760) 726-4900
www.nclifeline.org

Serves Oceanside

Eligibility Youth ages 6-17 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 activities, art & enrichment activities for youth.

Intake Procedure Call for more information

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

No fees

Last Update Date 5/10/2022

Oceanside First Presbyterian Church

2001 S El Camino Real
Oceanside, CA 92054
(760) 757-3560
www.oceansidepres.org

Serves 92054

Eligibility Not limited

Food Distribution

Provide bags of food on a first come, first serve basis. Diapers and other personal care items available.

Intake Procedure Walk-in for services

9:30 am-10:30 am Third Saturday of the month until the food runs out

No fees

Last Update Date 5/11/2021

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

256 Smilax Rd
San Marcos, CA 92069
(760) 580-0835
<http://www.ruthwalkes.com>

Serves San Marcos

Eligibility Anyone in need of food.

Food Distribution, San Marcos

Provides a weekly food distribution to anyone in need of food. Also provides diaper distribution on 1st Wednesday of every month.

Intake Procedure Walk-in for services

Food distribution: 11:00 am, Wednesday-boxes are gone; Diaper Distribution: 10:00 am, 1st Wednesday of each month

No fees

Last Update Date 6/10/2021

Category Meal Centers, Food Banks and Senior Food Programs

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

COVID-19 update: Only food distribution program currently open; 9:30 am-2:00 pm, Tuesdays, Wednesdays and Thursdays. 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

COVID-19 update: The Ramona Senior Center will be open for indoor congregate meals starting June 15, 2021. 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 on 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 3/22/2022

Rock Church

1370 W San Marcos Blvd
San Marcos, CA 92078
(619) 226-7625
www.sdrock.com/provisions

Serves San Marcos

Eligibility Services are available for older adults and people with disabilities, severe illnesses and people who are homebound in the city of San Marcos. Delivery services are only available for persons located within 10 miles of the site address.

Home Delivered Food, San Marcos

Provides home delivery of a variety of fresh and non-perishable food items one day per month to homebound older adults and vulnerable individuals.

Intake Procedure Call; CIE Direct Referral

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

No fees

Last Update Date 6/16/2022

Rock Church

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 Ministry Food Distribution

COVID-19 update: Food distribution provided as drive-thru service. 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

Category Meal Centers, Food Banks and Senior Food Programs

Rock Church

1370 W San Marcos Blvd

San Marcos, CA 92078

(619) 226-7625

www.sdrock.com/provisions

Serves 92060, 92078, 92079, 92096, 92082, 92081, 92083, 92054, 92056, 92057, 92058

Eligibility No requirements

San Marcos Food Distribution

Drive-thru style food distribution open to anyone.

Intake Procedure Drive-thru

12:00 pm-until supplies last, 1st Thursday of each month

No fees

Last Update Date 6/2/2021

San Diego State University Research Foundation

1131 E Washington Ave Suite K

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. COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross – (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation – (888) 999-6897 North County Health Services – (888) 477-6333 - <http://www.nchs-health.org/nchs-wic-registration/> San Ysidro Health Center – (888) 942-7942 Scripps – (619) 260-3400 Clinica de Salud – (877) 686-5468

Intake Procedure Online;Call for appointment;Chat

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

No fees

Last Update Date 5/12/2020

San Diego State University Research Foundation

504 E Alvarado St Ste 108

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 Siz

SDSU Research Foundation WIC Office, Fallbrook

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross – (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation – (888) 999-6897 North County Health Services – (888) 477-6333 - <http://www.nchs-health.org/nchs-wic-registration/> San Ysidro Health Center – (888) 942-7942 Scripps – (619) 260-3400 Clinica de Salud – (877) 686-5468 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 electronic benefits for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

Intake Procedure Online;Call for appointment

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

No fees

Last Update Date 5/12/2020

Category Meal Centers, Food Banks and Senior Food Programs

San Diego State University Research Foundation

1031 S Santa Fe Ave Ste F
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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross – (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation – (888) 999-6897 North County Health Services – (888) 477-6333 - <http://www.nchs-health.org/nchs-wic-registration/> San Ysidro Health Center – (888) 942-7942 Scripps – (619) 260-3400 Clinica de Salud – (877) 686-5468 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 electronic benefits for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

Intake Procedure Online;Call for appointment

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

No fees

Last Update Date 5/2/2019

San Marcos Seventh-day Adventist Church

363 Woodland Pkwy
San Marcos, CA 92069
(760) 690-7780
<http://sanmarcosda.com>

Serves San Diego County

Eligibility Anyone in need

Food Distribution

Provides the community with fresh food products from local markets such as Albertsons, WinCo, Sprouts and Smart and Final as well as deliveries from the North County Food Bank.

Intake Procedure Walk-in for services

4:00 pm-6:00 pm, Tuesday

No fees

Last Update Date 5/28/2020

Shaback Altruistic Inc.

272 E Via Rancho Pkwy
Escondido, CA 92025
(442) 899-8123
SHABACKINC.COM

Serves San Diego County

Eligibility Those who are in need

All Major Resources

To provide food (groceries), clothes, emergency shelter and assistance with finding further resources available to people who are in need and/or abused. Free Christmas support available. Walk-ins are welcome but please try to schedule an appointment first.

Intake Procedure Email;Walk-in for more information;Walk-in for appointment;Voice Message;Call;Walk-in for services

11:00 am-7:00 pm, Monday-Friday 11:00 am-6:00 pm, Saturday-Sunday

No fees

Last Update Date 5/25/2021

Society of St Vincent De Paul, San Diego Council

31020 Cole Grade Rd
Valley Center, CA 92082
(760) 749-3324
<http://www.svd-p-sandiego.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, Saturday

No fees

Last Update Date 4/7/2022

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

Serves San Diego County

Eligibility Anyone in need

Community Meal & Showers of Blessings

Provides a 'to go' bag lunch with a fresh sandwich, fresh fruit, and other non-perishable sides and snacks. Showers of Blessings also provides a hot shower, clothes and shoes (as available).

Intake Procedure Walk-in for services

Meal distribution: 10:00 am, Saturday; Showers of Blessings: 8:30am-11:00am, Saturday

No fees

Last Update Date 10/11/2021

St Andrew's Episcopal Church

890 Balour Dr
Encinitas, CA 92024
(760) 753-3017
www.standrewsepiscopal.org

Serves San Diego County

Eligibility Individuals and families in need

Food Pantry

Drive thru food pantry; provides both perishable and non-perishable food items once a week to individuals and families in need.

Intake Procedure Walk-in for services

2:00 pm-4:00 pm, Thursday

No fees

Last Update Date 10/11/2021

St. John the Evangelist Catholic Parish Food Pantry

1001 Encinitas Blvd
Encinitas, CA 92024
(760) 753-6254
<https://saintjohnencinitas.org/ministries/food-pantry/>

Serves Coastal North County

Eligibility Not limited

Food Pantry

Food distribution, currently mainly a drive-through pick-up, but those without cars may walk up.

Intake Procedure Walk-in for services

9:00 am-12:00 pm, Monday

No fees

Last Update Date 6/29/2021

Summit Christian Church

292 E Barham Dr
San Marcos, CA 92078
(760) 471-6267
www.summitsanmarcos.com

Serves San Marcos

Eligibility Not limited

Food Distribution

COVID-19 update: Food distribution available drive-thru style only, 1st & 3rd Saturday, 10:30 am-12:00 pm. Offers a farmers market-style food distribution to City of San Marcos residents.

Intake Procedure Walk-in for services

10:30 am-2:00 pm, Every Tuesday; 2:30 pm-6:00 pm, Every Thursday

No fees

Last Update Date 3/24/2020

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

COVID-19 Update: Offering SAM Salvation Army Meals to students in need this is a pre-packed 5 days of breakfast & lunch items. Also have some food & for homeless & hygiene items. Provides emergency assistance to persons in need. Services include emergency food program that is offered three times a week. Wednesday is for Silvercrest residents first then for the community. Priority given to seniors, disabled, and homeless individuals. Referrals to other agencies for case management services is available. Also provides baby blankets, formula, and diapers when items are available.

Intake Procedure Walk-in for more information; Voice Message; Call

9:00 am-2:00 pm, Monday, Wednesday, Friday

No fees

Last Update Date 3/2/2020

Category Meal Centers, Food Banks and Senior Food Programs

The Salvation Army San Diego Regional Office

3935 Lake Blvd
Oceanside, CA 92056

www.sandiego.salvationarmy.org

Serves North Coastal Region of San Diego County

Eligibility Not limited

Fresh Choice Program, Oceanside Corps

COVID-19 update: Service providing limited fresh choices and is on a first come, first serve basis. Emergency food includes non perishable items. Provides emergency food including fresh fruit and vegetables to anyone in need.

Intake Procedure Walk-in for more information

Line up starting at 12:00 pm, Monday, Tuesday, Thursday, Friday

No fees

Last Update Date 3/24/2020

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

Senior Nutrition Sites, Oceanside Corps

COVID-19 Update: Congregate dining sites have opened. Seniors may also be able to work with an organization providing home delivered meals through the County of San Diego Aging and Independent Services Department. The County will be developing new home delivered meal options in the days to come. Please be patient as call volume may be high right now. Please inquire about availability of transportation. 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; Reservation Line: 24 hours a day, 7 days a week

Donation based

\$4.00

Last Update Date 7/22/2021

The Sikh Foundation San Diego

12269 Oak Knoll Rd
Poway, CA 92064

www.sdsikhs.org

Serves San Diego County

Eligibility Not limited

Nanaki Food Pantry

Distributing free food to all in need without any verification.

Intake Procedure Walk-in for services

1:00 pm-3:00 pm, 2nd & 4th Saturday of the Month

No fees

Last Update Date 9/22/2020

theMovement

1609 Capalina Rd
San Marcos, CA 92069
(760) 510-1160
<https://www.themovement.org/freefood>

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

Check in: 1pm, Food distributed: 2-3:30pm. 3rd Monday of each Month

No fees

Last Update Date 11/5/2020

TrueCare

5306 N River Rd
Oceanside, CA 92057
(760) 736-6767
<https://truecare.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 6/7/2021

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

332 E Olive St
San Marcos, CA 92069
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

TrueCare

1130 2nd St
Encinitas, CA 92024
(888) 477-6333
<https://truecare.org/>

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. COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross ? (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation ? (888) 999-6897 TrueCare ? (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center ? (888) 942-7942 Scripps ? (619) 260-3400 Clinica de Salud ? (877) 686-5468

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 6/7/2021

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

649 W Mission Ave Suite 7
Escondido, CA 92025
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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 6/7/2021

TrueCare

2210 Mesa Dr Ste 100
Oceanside, CA 92054
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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 6/7/2021

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

220 Rotanzi St
Ramona, CA 92065
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud ? (877) 686-5468 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

8:00 am-4:45 pm, Monday-Friday; Closed: 12:00 pm-1:00 pm

No fees

Last Update Date 6/7/2021

TrueCare

150 Valpreda Rd Ste 102
San Marcos, CA 92069
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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 6/7/2021

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

28246 Lilac Rd
Valley Center, CA 92082
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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 6/7/2021

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6700
<https://truecare.org/>

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-Saturday

Low to no-cost services. Sliding scale fees based on income and family size.

Last Update Date 6/7/2021

Vallecitos School District

5211 5th St
Fallbrook, CA 92028
(760) 728-7092
<http://www.vallecitosd.net/home>

Serves San Diego County

Eligibility Children ages 18 and under

Vallecitos School

Provides free meals for pick up to children during distance learning.

Intake Procedure Walk-in for services

6:45 am-8:00 am, Monday and Wednesday

No fees

Last Update Date 10/12/2020

Category Meal Centers, Food Banks and Senior Food Programs

Venture Church

Confidential

(858) 245-7217

www.venturechurch.tv

Serves 92024, 92075, 92007

Eligibility Food distribution for people living within the 92024, 92075, and 92007 zip codes

Food Distribution

Weekly distribution of groceries for the communities living in Encinitas.

Intake Procedure Drive-thru

8:30 am-10:00 am, Wednesday

None

Last Update Date 10/27/2021

Veterans Association of North County

1617 Mission Ave

Oceanside, CA 92058

<https://www.facebook.com/post760/>

Serves San Diego County

Eligibility For active duty, retirees, veterans and their dependents

Post 760 Food Distribution Program for Military Families

Food and diaper distribution is open to all military personnel, active-duty, retired, veterans and their dependents. All ranks are welcome. Must submit registration form online by the end of the month in order to receive food for the following month.

Intake Procedure Complete Application Online

1:00 pm-4:00 pm, 2nd Friday of the Month

No fees

Last Update Date 8/19/2020

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

8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday

No fees

Last Update Date 3/26/2021

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

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

No fees

Last Update Date 3/26/2021

Category Meal Centers, Food Banks and Senior Food Programs

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

8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday

No fees

Last Update Date 3/26/2021

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

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 3/26/2021

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-5:00 pm, Friday; 9:00 am-4:00 pm, Saturday

No fees

Last Update Date 3/26/2021

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 Meal Centers, Food Banks and Senior Food Programs

Women of Promise Resource Center

1605 Grand Ave Ste 1
San Marcos, CA 92078
(760) 539-7350
www.womenofpromise.us

Serves North County, San Diego County

Eligibility Women

Women of Promise Resource Center

COVID-19 Update: Must have an appointment to receive services. Must wear a face covering and practice 6 feet distancing from others. Personalized assistance (case management), food pantry, clothing, personal hygiene packs, financial and parenting educational classes, career resources such as; assisting with resumes, job search and available business attire.

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

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

No fees

Last Update Date 6/17/2021

Category Medical Services

Access to Independence of San Diego

1440 S Escondido Blvd Suite D
Escondido, CA 92025
(619) 293-3500
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

Category Medical Services

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 9/22/2021

Advanced Care Nursing Corporation

739 E Pennsylvania Ave Ste C
Escondido, CA 92025
(866) 835-2546
www.acteleclinic.com

Serves California

Eligibility Not limited

Advanced Care TeleClinic

Healthcare virtual services for family, geriatric, pediatric, women's care, COVID-19 screening and testing, weight loss and chronic care management. Also offer healthcare management membership for clients.

Intake Procedure Email; Online; Voice Message; Complete Application Online; Call; Chat; Fax; Mail

8:00 am-5:00 pm Monday-Friday; 8:00 am-12:00 pm, Saturday-Sunday

Fixed fees depending on type of service

Last Update Date 3/1/2022

Alternatives Medical Clinic

257 E 2nd Ave
Escondido, CA 92025
(760) 741-9796
www.awc-ca.com

Serves San Diego and Imperial Counties

Eligibility Must enroll in the Earn While You Learn program

Parenting Series

COVID-19 update: Open by Appointment Only – No Walk-ins at this time. Use our appointment form online, or call 760-741-9796, or email info@amc-ca.com. 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 limited quantities of baby 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

COVID-19 update: Open by Appointment Only – No Walk-ins at this time. Use our appointment form online, or call 760-741-9796, or email info@amc-ca.com. 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; 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 7/15/2022

Category Medical Services

AmeriCare Adult Day Health Care Center

340 Rancheros Dr Ste 196
San Marcos, CA 92069
(760) 682-2424
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

Arc of San Diego

1336 Rancheros Dr Suite 100
San Marcos, CA 92069
760-740-6800
<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 2/17/2022

Arc of San Diego

1336 Rancheros Dr Suite 100
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 2/22/2022

Beyond Square Learning

10175 Rancho Carmel Dr Ste 124
San Diego, CA 92128
(858) 324-5545
<https://www.brainbalancecenters.com>

Serves San Diego County

Eligibility Children and adults ages 4-24 years old

Brain Balance of San Diego

Offers a personalized, drug-free program designed to improve attention and focus, behavior, social skills, anxiety, executive functioning, and academic performance (i.e. ADHD, Autism, learning disorders like dyslexia and reading and math skills, defiance, sensory processing and environmental sensitivities, etc.). The program takes a comprehensive, whole child, integrative approach to strengthening brain connectivity through physical and sensory-motor exercises, academic skills training, healthy nutrition, and confidence building activities to get to the root cause of each person's behavioral, social, and academic challenges. Work with families, schools, and community organizations to provide services for students in need, training for organizations/adults/parents working with special needs, and provide free community workshops.

Intake Procedure Email;Online;Call;Walk-in for services

Office Hours: 10:30 am-6:30 pm, Monday-Friday

Fixed fees dependent on assessment results and recommendations

Last Update Date 3/26/2021

Birth Choice of San Marcos

215 North Freeman
Oceanside, CA 92056
(760) 744-1313
www.birthchoice.net

Serves San Diego County

Eligibility Men and women facing an unplanned pregnancy

Birth Choice Mobile Clinic, Oceanside

Offers free support services related to pregnancy and sexual health for men and women in a confidential and compassionate environment. Medical Services include pregnancy tests and ultrasounds performed by a licensed RN, under the supervision of our Medical Director, on our Mobile Clinic that is licensed by the state of California. Education includes fetal development, abortion procedures & risk, and pregnancy options provided by trained staff. Also provided are pre-natal and parenting classes, material 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. A holistic approach to healthcare is used and is dedicated to caring for the physical, emotional and spiritual welfare of clients.

Intake Procedure Email;Online;Call for more information;Walk-in for services

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

No fees

Last Update Date 3/7/2022

Birth Choice of San Marcos

365 S Rancho Santa Fe Rd Ste 201
San Marcos, CA 92078
(760) 744-1313
<http://birthchoice.net/>

Serves San Diego County

Eligibility Men and women facing an unplanned pregnancy

Birth Choice of San Marcos

Offers free support services related to pregnancy and sexual health for men and women in a confidential and compassionate environment. Medical Services include pregnancy tests and ultrasounds performed by a licensed RN, under the supervision of our Medical Director, on our Mobile Clinic that is licensed by the state of California. Education includes fetal development, abortion procedures & risk, and pregnancy options provided by trained staff. Also provided are pre-natal and parenting classes, material 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. A holistic approach to healthcare is used and is dedicated to caring for the physical, emotional and spiritual welfare of clients.

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

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

No fees

Last Update Date 3/7/2022

Category Medical Services

Borrego Community Health Foundation

4343 Yaqui Pass Road
Borrego Springs, CA 92004
(760) 767-5051
<https://locations.borregohealth.org/borrego-medical-clinic-c37034d85584>

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.

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 most insurance plans.

Last Update Date 12/21/2021

Borrego Community Health Foundation

2721 Washington Street
Julian, CA 92036
(760) 765-1223
<https://locations.borregohealth.org/julian-medical-clinic-042aa1fd08ba>

Serves Julian, Santa Ysabel, Cuyamaca, WYNOLA

Eligibility Adults and children

Community Clinic, Julian Medical Clinic

Provides family practice, general medicine medical care 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.

Intake Procedure Call for appointment; Walk-in for services

8:00 am-12:00 pm and 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 9/28/2020

Borrego Community Health Foundation

1121 E Washington Ave
Escondido, CA 92025
(760) 871-0606
<https://locations.borregohealth.org/centro-medico-escondido-60cf268b4d25>

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 9/28/2020

Category Medical Services

Borrego Community Health Foundation

590 Palm Canyon Dr Suite 212
Borrego Spgs, CA 92004
(760) 767-5112
<https://locations.borregohealth.org/woolcott-dental-clinic-6560fafae139>
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-Friday
Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

Last Update Date 9/28/2020

City of San Marcos

184 Santar Pl
San Marcos, CA 92069
(760) 744-1050 Ext 3410
<https://www.san-marcos.net/departments/public-safety/fire-department/public-education/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
Office Hours: 7:30 am-5:30 pm, Monday-Friday; Closed: Every other Friday
Fixed fee \$45/month

Last Update Date 2/19/2020

City of Vista

1400 Vale Terrace Dr
Vista, CA 92084
(760) 643-5288
<https://www.cityofvista.com/residents/senior-services>

Senior Center, Gloria E. McClellan Senior Center

Serves Vista
Eligibility Ages 60 years and older for most programs. Must live in Vista for home-delivered meal and senior center transportation services.

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
Office Hours:8:00 am-3:30 pm, Monday-Friday
Fixed fee depending on service

Last Update Date 3/10/2022

Community Health Systems, Inc, Fallbrook Family Health Center

1328 S Mission Rd
Fallbrook, CA 92028
(760) 451-4730
<http://www.chsica.org/services.htm>

Dental Care

Serves San Diego County
Eligibility Provides dental services to adults and children of all ages

COVID-19 Update: Telephone visits are now offered for Medical and Behavioral Health services. Patients with illnesses, injuries, or dental emergencies that require being seen in-person by a provider may call ahead so we may prepare to care for them. Provides preventative dental care to adults and children including: general dentistry, cleanings, fillings, extractions, dentures, and crowns.
Intake Procedure Call for appointment
8:00 am-5:00 pm, Monday-Friday
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

COVID-19 Update: Fallbrook Family Health Center is not testing patients for COVID-19. The Center is committed to meeting the health care needs of the community. During this public health crisis, we ask that if you are experiencing cold or flu-like symptoms to call ahead and speak with a nurse, prior to traveling to the health center. Telephone visits are now offered for Medical and Behavioral Health services. Patients with illnesses, injuries, or dental emergencies that require being seen in-person by a provider may call ahead so we may prepare to care for them. 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
8:00 am-5:00 pm, Monday-Friday

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

COVID-19 Update: Fallbrook Family Health Center is not testing patients for COVID-19. The Center is committed to meeting the health care needs of the community. During this public health crisis, we ask that if you are experiencing cold or flu-like symptoms to call ahead and speak with a nurse, prior to traveling to the health center. Telephone visits are now offered for Medical and Behavioral Health services. Patients with illnesses, injuries, or dental emergencies that require being seen in-person by a provider may call ahead so we may prepare to care for them. 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
8:00 am-5:00 pm, Monday-Friday

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

COVID-19 Update: Fallbrook Family Health Center is not testing patients for COVID-19. The Center is committed to meeting the health care needs of the community. During this public health crisis, we ask that if you are experiencing cold or flu-like symptoms to call ahead and speak with a nurse, prior to traveling to the health center. Telephone visits are now offered for Medical and Behavioral Health services. Patients with illnesses, injuries, or dental emergencies that require being seen in-person by a provider may call ahead so we may prepare to care for them. 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

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

Sliding scale fees based on family size and income

Last Update Date 5/20/2019

Deaf Community Services of San Diego

410 S Melrose Dr
Vista, CA 92081
(760) 208-2971
<https://deafcommunityservices.org/css/>

Serves San Diego County

Eligibility Serves people that are deaf, hard of hearing, deaf blind, late-deafened or family member who is deaf, hard of hearing, deaf blind, and/or late-deafened

Client Support Services, North County

Offers advocacy and centralized information and referral including individual peer counseling, HIV/AIDS counseling, and a monthly newsletter to individuals that are hard of hearing in San Diego County. Services also include independent living skills training, workshops (immigration, SSI/SSDI, ADA, medical support services, IEP/Education), and a free library.

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

8:30 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday

No fees for most services

Last Update Date 12/1/2021

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

Category Medical Services

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 5/12/2021

Elizabeth Hospice

500 La Terraza Blvd Suite 130
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

Medical care, pain relief 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
24 hours a day, 7 days a week
Fees range depending on service. Patients are admitted regardless of their ability to pay. Fees usually covered by some form of insurance or community donations.
Last Update Date 3/5/2020

Elizabeth Hospice

500 La Terraza Blvd Suite 130
Escondido, CA 92025
(800) 797-2050
<https://elizabethhospice.org/services/palliative-care>
Serves San Diego County
Eligibility People with a serious of life-limiting illness

Palliative Care

Specialized medical care for people living with serious illness or life-limiting condition who may continue to receive curative treatment. Focus is on pain and symptom
Intake Procedure Call
24 hours a day, 7 days a week
Fees range depending on service
Last Update Date 3/5/2020

Elizabeth Hospice

500 La Terraza Blvd Suite 130
Escondido, CA 92025
(800) 797-2050
<https://elizabethhospice.org/services/hospice/pediatric-perinatal>
Serves San Diego County
Eligibility For Infants, children and teens

Pediatric and Perinatal Hospice Care

Hospice care for children diagnosed with a life-limiting illness. Care team works in concert with the child's primary care physician and specialists to relieve symptoms and manage pain. Through education and support programs, parents are giving the tools to confidently care for their child at home. Perinatal hospice care is for patients who choose to continue their pregnancies after receiving a prenatal diagnosis that their baby has a life-limiting condition and may die before or shortly after death.
Intake Procedure Call for more information
24 hours a day, 7 days a week
Fees range depending on service. No one is refused services due to inability to pay.
Last Update Date 3/5/2020

Category Medical Services

Elizabeth Hospice

500 La Terraza Blvd Suite 130
Escondido, CA 92025
(800) 797-2050
<https://elizabethhospice.org/services/veterans>

Serves San Diego County

Eligibility Veterans ages 18 years and older

Veterans Program

Provides hospice care, palliative care and grief support services for veterans. Hospice care teams help ensure that those are aware of their healthcare options, feel appreciated, and receive the medical support and attention needed. Caregivers have specialized training that enables them to address PTSD, depression, anxiety, survivor's guilt, and soul injury.

Intake Procedure Call

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

No fees

Last Update Date 3/5/2020

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 Children under the age of 6 years old

Oral Health Initiative, Escondido, North Inland Region

COVID-19 Update: Some details for each location (Hours/Day of Operation, Capacity Limitations, etc.) may have temporarily changed. Please contact each location through the main phone provided for more information. Provides oral health services, care coordination, and preventative education to children ages birth through five with the goal of improving oral health and promoting positive oral health practices.

Intake Procedure Call for appointment

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

Sliding fee scale based on family size and income

Last Update Date 4/29/2021

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 Children under the age of 6 years old

Oral Health Initiative, Fallbrook, North Inland Region

COVID-19 Update: Some details for each location (Hours/Day of Operation, Capacity Limitations, etc.) may have temporarily changed. Please contact each location through the main phone provided for more information. Provides oral health services, care coordination, and preventative education to children ages birth through five with the goal of improving oral health and promoting positive oral health practices.

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 4/29/2021

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 Children under the age of 6 years old

Oral Health Initiative, Oceanside, North Coastal Region, River Road

COVID-19 Update: Some details for each location (Hours/Day of Operation, Capacity Limitations, etc.) may have temporarily changed. Please contact each location through the main phone provided for more information. Provides oral health services, care coordination, and preventative education to children ages birth through five with the goal of improving oral health and promoting positive oral health practices.

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 4/29/2021

Category Medical Services

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 Children under the age of 6 years old

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 Children under the age of 6 years old

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

Oral Health Initiative, Pauma Valley, North Inland Region

COVID-19 Update: Some details for each location (Hours/Day of Operation, Capacity Limitations, etc.) may have temporarily changed. Please contact each location through the main phone provided for more information. Provides oral health services, care coordination, and preventative education to children ages birth through five with the goal of improving oral health and promoting positive oral health practices.

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 4/29/2021

Oral Health Initiative, Vista, North Coastal Region

COVID-19 Update: Some details for each location (Hours/Day of Operation, Capacity Limitations, etc.) may have temporarily changed. Please contact each location through the main phone provided for more information. Provides oral health services, care coordination, and preventative education to children ages birth through five with the goal of improving oral health and promoting positive oral health practices.

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 4/29/2021

Care Advocate Program

COVID-19 Update: All advocacy services are phone-based at this time. Additionally, offering grocery delivery service to seniors 65 and older as well as disabled adults. There will not be a fee for this service, although donations will be accepted. 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 of

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 information

Last Update Date 4/19/2022

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 information.

Last Update Date 4/19/2022

George G Glenner Alzheimer's Family Centers, Inc.

335 Saxony Rd

Encinitas, CA 92024

(760) 635-1895

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

Is to provide affordable and accessible adult day care and support services to families affected by Alzheimer's and other forms of memory impairment diseases. By providing innovative adult day care programs, family support, case management, crisis intervention, family and community education, advocacy, information and referrals.

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

8:45 am-5:15 pm, Monday-Friday

Fixed fee schedule. Private Pay Rates: Full day and \$95 full, \$65 half day, Long Term Care Insurance, VA

Last Update Date 11/16/2020

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

Category Medical Services

Hospice of the North Coast

2525 Pio Pico Dr
Carlsbad, CA 92008
(760) 431-4100
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

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-4:00 pm, Monday-Friday; Closed: 12:00 pm-1:00 pm

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 9/9/2021

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.

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.

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.

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

9:00 am-3:30 pm, Wednesday; Closed: 12:00 pm-1:00 pm

No fees to Native Americans living in service area.
Sliding scale fee schedule for all other Native Americans based on income.

Last Update Date 9/16/2021

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-4:00 pm, Monday-Friday; Closed: 12:00 pm-1:00 pm

Sliding scale fee schedule based on income. No fees for breast cancer screening if eligible.

Last Update Date 9/16/2021

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

9:00 am-3:30 pm, Monday and Wednesday; 9:00 am-12:00 pm, Friday; Closed: 12:00 pm-1:00 pm

Sliding scale fee schedule based on income. No fees for breast cancer screening if eligible.

Last Update Date 9/16/2021

Interfaith Community Services

5731 Palmer Way Suite A
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. Eligibility documentation required for certain services/supports.

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, 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), utility assistance, access to benefits, crisis intervention, immigration and legal aid services referrals, diapers and formula (when available), and additional community referrals as needed. Rental assistance available for residents within the City of Carlsbad (some limits and criteria do apply, provided based on availability). Case management support available for employment, housing stabilization, and self-sufficiency.

Intake Procedure Walk-in for services

Walk-in Hours: 1:00 pm-3:00 pm, Tuesday-Thursday; First come, first serve basis

No fees

Last Update Date 8/11/2021

Interfaith Community Services

550 W Washington Ave Suite B
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

COVID-19 update: Currently only providing diaper services, hygiene (showers) services and Food services, To-Go only. 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 3/23/2020

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. Eligibility documentation required for certain services/supports.

Basic Needs Walk-in Services, Oceanside

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), utility assistance, access to benefits, immigration and legal aid services referrals, crisis intervention, diapers and formula (when available), and additional community referrals as needed. Rental assistance available for residents within the North County San Diego (some limits and criteria do apply, provided based on availability). Case management support available for employment, housing stabilization, and self-sufficiency.

Intake Procedure Call for appointment; Walk-in for services

Walk-in Hours: 8:00 am-11:00 am, Monday-Friday; Closed the 1st Friday of the month; First come, first serve basis

No fees

Last Update Date 8/11/2021

International Dyslexia Association, San Diego Branch

12285 Oak Knoll Rd
Poway, CA 92064
(800) 657-0381
<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 10/22/2020

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 734-3258
<https://www.lasdsd.org/area/access-health-care>

Serves San Diego County

Eligibility Call for information

Consumer Center For Health Education and Advocacy (CCHEA), 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 and Covered California eligibility, Medi-Cal share of cost, benefits termination or any type of health related questions.

Intake Procedure Call for more information

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

Free

Last Update Date 11/1/2021

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 Suite 102
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

Category Medical Services

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

Mountain Health and Community Services

255 N Ash St Suite 101
Escondido, CA 92027
(619) 445-6200
<http://www.syhc.org/services/adult-medicine/>

Serves San Diego County

Eligibility Healthcare services for individuals and families of all ages.

Medical Services, Escondido Family Medicine

Offers general medical services to individuals and families of all ages. Services include acute care, sick visits, general healthcare screenings, STD testing, physical exams, immunizations, and chronic condition care and management. Additional services for pediatrics includes well child visits. Additional services for women's health include prenatal care, postpartum care, breast and cervical cancer screenings and family planning. COVID-19 Update: all chronic disease management services will be conducted over the phone. Non-urgent physicals and visits will be rescheduled.

Intake Procedure Call for appointment;Walk-in for appointment
8:00 am-5:30 pm, Monday-Friday
Sliding scale fees based on income and family size

Last Update Date 4/7/2020

Neighborhood Healthcare

460 N Elm St
Escondido, CA 92025
(760) 520-8100
www.nhcare.org/

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

Eligibility No age or income limitations

Neighborhood Healthcare

1001 E Grand Ave
Escondido, CA 92025
(760) 520-8200
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.

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, Escondido Elm Street

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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; 8:00 am-12:00 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 4/29/2020

Community Health Center, Escondido Grand Avenue

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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 4/29/2020

Community Health Center, Gold Family Health Center in Poway

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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 4/29/2020

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

Neighborhood Healthcare

425 N Date St Suite 129
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

Neighborhood Healthcare

488 E Valley Pkwy Ste 404
Escondido, CA 92025
(760) 737-6900
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

Community Health Center, Pauma Valley

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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-5:00 pm, Thursday and 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 4/29/2020

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

Sliding scale fees based on income and family size

Last Update Date 4/29/2020

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-5:00 pm, Monday, Wednesday, Thursday, Friday; Closed for lunch: 12:00 pm-1:00 pm
Fee for breast exam at community clinic. No fee for eligible women referred by the community clinic for diagnostic services.

Last Update Date 4/29/2020

Category Medical Services

Neighborhood Healthcare

425 N Date St Suite 154
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 getting

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, Tuesday, Thursday, Friday; 9:00 am-5:00 pm, Wednesday;
Closed for lunch: 12:00 pm-1:00 pm
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 getting

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 getting

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

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 LGBTQ Resource Center

3220 Mission Ave Suite 2
Oceanside, CA 92058
(760) 994-1690
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 1/28/2022

North County Lifeline

3142 Vista Way Ste 400
Oceanside, CA 92056
(760) 726-4900
www.nclifeline.org

Serves San Diego County

Eligibility Determined by the Medi-Cal HealthCare plans (Community Health Group, Health Net & Aetna)

Community Supports

The CalAIM Community Supports program is designed to be a whole-person approach to care. In conjunction with Health plans, this service is designed to assist and support those that are experiencing housing instability and needing peer support. To participate must meet eligibility and have Medi-Cal insurance through one of the following health care plans: Health Net, Aetna, or Community Health Group.

Intake Procedure Call
8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday
No fees

Last Update Date 5/13/2022

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 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

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 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 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
(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

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

First 5 San Diego, Healthy Development Services, 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 Walk-in for appointment;Referral;Call

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

No fees

Last Update Date 10/19/2020

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 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 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 Suite 8
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 limited supply of 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

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

COVID-19 Update: If have a fever, cough, or shortness of breath do NOT come to the health centers. Please consult primary care physician and then call to see if we can help with reproductive health needs. If have traveled outside of the United States (with the exception of ground travel to Mexico), been on a cruise ship, or have been in close contact with anyone who has tested positive for COVID-19, do NOT come to the health centers. For all others, please make an online appointment or call us at 1-888-743-7526. For your safety, only patients are allowed in the health centers. 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. Tele-health services available.

Intake Procedure Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday, Wednesday, Friday; 9:00 am-6:00 pm, Tuesday, Thursday; 7:30 am-4:00 pm, every other Saturday; Closed Holidays

Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

Last Update Date 10/4/2021

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

COVID-19 Update: If have a fever, cough, or shortness of breath do NOT come to the health centers. Please consult primary care physician and then call to see if we can help with reproductive health needs. If have traveled outside of the United States (with the exception of ground travel to Mexico), been on a cruise ship, or have been in close contact with anyone who has tested positive for COVID-19, do NOT come to the health centers. For all others, please make an online appointment or call us at 1-888-743-7526. For your safety, only patients are allowed in the health centers. 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. Tele-health services available.

Intake Procedure Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday, Wednesday & Friday; 9:00 am-6:00 pm, Tuesday & Thursday; 7:30 am-4:00 pm, every other Saturday; Closed Holidays

Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

Last Update Date 10/4/2021

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

COVID-19 Update: If have a fever, cough, or shortness of breath do NOT come to the health centers. Please consult primary care physician and then call to see if we can help with reproductive health needs. If have traveled outside of the United States (with the exception of ground travel to Mexico), been on a cruise ship, or have been in close contact with anyone who has tested positive for COVID-19, do NOT come to the health centers. For all others, please make an online appointment or call us at 1-888-743-7526. For your safety, only patients are allowed in the health centers. 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. Tele-health services available.

Intake Procedure Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday, Wednesday, Friday; 9:00 am-6:00 pm, Tuesday, Thursday; 7:30 am-4:00 pm, every other Saturday; Closed Holidays

Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

Last Update Date 10/4/2021

Planned Parenthood of the Pacific Southwest

1820 Marron Rd Suite 110
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

COVID-19 Update: If have a fever, cough, or shortness of breath do NOT come to the health centers. Please consult primary care physician and then call to see if we can help with reproductive health needs. If have traveled outside of the United States (with the exception of ground travel to Mexico), been on a cruise ship, or have been in close contact with anyone who has tested positive for COVID-19, do NOT come to the health centers. For all others, please make an online appointment or call us at 1-888-743-7526. For your safety, only patients are allowed in the health centers. 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. Tele-health services 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

Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

Last Update Date 4/28/2020

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

COVID-19 Update: If have a fever, cough, or shortness of breath do NOT come to the health centers. Please consult primary care physician and then call to see if we can help with reproductive health needs. If have traveled outside of the United States (with the exception of ground travel to Mexico), been on a cruise ship, or have been in close contact with anyone who has tested positive for COVID-19, do NOT come to the health centers. For all others, please make an online appointment or call us at 1-888-743-7526. For your safety, only patients are allowed in the health centers. 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. Tele-health services available.

Intake Procedure Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday, Wednesday, Friday; 9:00 am-6:00 pm, Tuesday, Thursday; 7:30 am-4:00 pm, every other Saturday; Closed Holidays

Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

Last Update Date 10/5/2021

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

COVID-19 Update: If have a fever, cough, or shortness of breath do NOT come to the health centers. Please consult primary care physician and then call to see if we can help with reproductive health needs. If have traveled outside of the United States (with the exception of ground travel to Mexico), been on a cruise ship, or have been in close contact with anyone who has tested positive for COVID-19, do NOT come to the health centers. For all others, please make an online appointment or call us at 1-888-743-7526. For your safety, only patients are allowed in the health centers. 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. Provides Hormone Replacement Therapy (HRT) for Transgender and Gender non-conforming adults. Tele-health services available.

Intake Procedure Call for appointment; Walk-in for appointment

8:00 am-5:00 pm, Monday, Wednesday, Friday; 9:00 am-6:00 pm, Tuesday, Thursday; 7:30 am-4:00 pm, every other Saturday; Closed Holidays

Sliding scale based on income and family size. No charge for most services if qualified for Family PACT.

Last Update Date 10/5/2021

Poway Adult Day Health Care, LLC

12250 Crosthwaite Cir
Poway, CA 92064
(858) 748-5044
<http://powayadhc.org/>

Serves 92131, 92126, 92127, 92128, 92129, 92064

Eligibility Must meet certain medical criteria to be enrolled in the program

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 2/24/2022

Category Medical Services

Pro-Life Pregnancy Counseling and Education League of San Diego

13412 Pomerado Rd Suite C
Poway, CA 92064
(858) 486-1738
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 11/16/2020

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

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; Closed: Holidays

No fees

Last Update Date 3/26/2020

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, pertussis 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 3/26/2020

Category Medical Services

Public Health Services, Health and Human Services Agency, County of San Diego

3609 Ocean Ranch Blvd Suite 104
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

COVID-19 Update: Please note flu vaccine cannot be given if the person has COVID-19 symptoms. 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. Naloxone distribution available during walk-in hours. For emergencies, please call 9-1-1.

Intake Procedure Call for appointment

8:00 am-12:00 am and 1:00 pm-5:00 pm, Monday, Tuesday, Thursday and Friday; 10:00 am-6:30 pm, Wednesday; Closed on Holidays

No fees

Last Update Date 10/28/2021

Public Health Services, Health and Human Services Agency, County of San Diego

649 W Mission Ave Suite 2
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

COVID-19 Update: Please note flu vaccine cannot be given if the person has COVID-19 symptoms. 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. Naloxone distribution available during walk-in hours. For emergencies, please call 9-1-1.

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed on Holidays; Hours vary depending on services offered

No fees

Last Update Date 10/28/2021

Category Medical Services

Public Health Services, Health and Human Services Agency, County of San Diego

1521 Main St
Ramona, CA 92065
(760) 740-3000
www.sdz.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 3/26/2020

Public Health Services, Health and Human Services Agency, County of San Diego

120 Stevens Ave
Solana Beach, CA 92075
(760) 967-4401
www.sdz.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, pertusis 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; Closed: Holidays

No fees

Last Update Date 3/26/2020

Category Medical Services

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

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

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

134 Grapevine Rd
Vista, CA 92083
(619) 685-2500
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/CommunitySectors/Healthcare_Providers_Community_Clinics_Hospitals_and_Pharmacies/MARC.html

Serves San Diego County

Eligibility • Medically eligible, symptomatic COVID-19 positive patients whose COVID-19 symptoms have developed within the last 10 days • Treatment will be provided at no cost to all medically eligible individuals regardless of health insurance or immigration status

Monoclonal Antibody Regional Centers (MARC), Vista Community Clinic

The monoclonal antibody combination treatment from Regeneron has been authorized for emergency use by the FDA to treat mild to moderate COVID-19 in adults and pediatric patients (12 years of age and older weighing at least 40 kg / 88 lbs.) with positive results of direct SARS-CoV-2 (the virus that causes COVID-19) viral testing, and who are at high risk for progressing to severe COVID-19 and/or hospitalization. Have been shown in clinical trials to reduce COVID-19-related hospitalization and emergency room visits. Monoclonal antibodies are proteins made in a lab that help boost the immune system to fight viruses. High risk includes having at least one of the following: • Are age 65 or older • Are obese or overweight, with a body mass index (BMI) of 25 or greater • Pregnancy • Have diabetes, chronic kidney disease, or a condition that weakens the immune system • Have heart disease, high blood pressure, or lung disease (like asthma) • Are age 12-17 AND have obesity OR other long-term conditions • Other medical conditions or factors (for example, race or ethnicity) that may place the patient at high risk for progression to severe COVID-19

Intake Procedure Email;Online;Call for appointment

Treatment Hours: 8:00 am-5:00 pm, Tuesday-Friday; Online: 24 hours a day, 7 days a week
No fees

Last Update Date 12/8/2021

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.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. TB services are provided for high risk individuals and prioritized to those unable to access services elsewhere.

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. Naloxone distribution available during walk-in hours.

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

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/

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. TB services are provided for high risk individuals and prioritized to those unable to access services elsewhere.

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. Naloxone distribution available during walk-in hours.

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

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

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

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

3605 Vista Way Suite 201
Oceanside, CA 92056
(858) 966-8235
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

First 5 San Diego, Healthy Development Services, 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 10/20/2020

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

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

COVID-19 update: The Ramona Senior Center will be open for indoor congregate meals starting June 15, 2021. 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 on 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 3/22/2022

Rancho Bernardo Senior Services

16769 Bernardo Center Dr Suite K-14
San Diego, CA 92128
(858) 487-2640
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 Suite D
Rancho Santa Fe, CA 92067
(858) 759-8922
www.rsfaudiology.com

Serves 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 11/16/2020

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

Category Medical Services

San Diego Center for the Blind and Vision Impaired

1385 Bonair Rd
Vista, CA 92084
(760) 758-5956
<https://www.sdcv.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

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

COVID-19 Update: Set up a phone line to address COVID-19 concerns and connect patients to a team of nurses dedicated to screening people with symptoms associated with the new coronavirus. The line is staffed 7:00 am-9:00 pm, Monday-Friday and 8:00 am-5:00 pm, Saturday and Sunday. 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 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 insurance company for more information.

Last Update Date 9/30/2019

Category Medical Services

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

COVID-19 Update: Set up a phone line to address COVID-19 concerns and connect patients to a team of nurses dedicated to screening people with symptoms associated with the new coronavirus. The line is staffed 7:00 am-9:00 pm, Monday-Friday and 8:00 am-5:00 pm, Saturday and Sunday. 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 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

COVID-19 Update: Set up a phone line to address COVID-19 concerns and connect patients to a team of nurses dedicated to screening people with symptoms associated with the new coronavirus. The line is staffed 7:00 am-9:00 pm, Monday-Friday and 8:00 am-5:00 pm, Saturday and Sunday. 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 insurance company for more information.
Financial assistance based on family size and income for those with no insurance.

Last Update Date 9/30/2019

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 Fallbrook

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 Call for more information; Mail
8:00 am-5:00 pm, Monday-Friday; Closed on Holidays
No fees

Last Update Date 6/16/2021

Category Medical Services

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

3708 Ocean Ranch Blvd
Oceanside, CA 92056
(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 Call for more information;Mail

8:00 am-5:00 pm, Monday-Friday; Closed on Holidays

No fees

Last Update Date 6/16/2021

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

649 W Mission Ave Suite 1000
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 Call for more information;Mail

8:00 am-5:00 pm, Monday-Friday; Closed on Holidays

No fees

Last Update Date 6/16/2021

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 for more information;Mail

8:00 am-5:00 pm, Monday-Friday; Closed on Holidays

No fees

Last Update Date 6/16/2021

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

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 Complete Application Online;Call;Walk-in for services;Mail

7:00 am-5:00 pm, Monday-Friday; Closed on Holidays

Free or low cost. Share of cost or low monthly premium determined during application process.

Last Update Date 6/16/2021

Category Medical Services

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

3708 Ocean Ranch Blvd
Oceanside, CA 92056
(866) 262-9881
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;Mail
7:00 am-5:00 pm, Monday-Friday; Closed on Holidays

Free or low cost. Share of cost or low monthly premium determined during application process.

Last Update Date 6/16/2021

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

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

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; Closed on Holidays

Free or low cost. Share of cost or low monthly premium determined during application process.

Last Update Date 6/16/2021

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

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 to 19 years old, with hous

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; Closed on Holidays

Free or low cost. Share of cost or low monthly premium determined during application process.

Last Update Date 6/16/2021

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

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

Southern California Care Community

3256 Madison St
Carlsbad, CA 92008
(760) 385-3739
socalcc.org

Serves San Diego County

Eligibility Low income uninsured or under-insured residents of Southern California

Carlsbad Clinic

Offers primary care and urgent care, adult and pediatric medical services, chronic disease management, prescription assistance, laboratory services, wellness education and disease prevention, help accessing healthcare resources, social services and case management.

Intake Procedure Email;Online;Call for appointment;Walk-in for more information
Clinic Hours: 8:00 am-12:00 pm, Tuesday; Closed: 5th Tuesday of the month
Free for uninsured and under-insured low-income individuals in Southern California

Last Update Date 8/10/2021

Southern California Care Community

120 N Ash St
Escondido, CA 92027
(760) 385-3739
socalcc.org

Serves San Diego County

Eligibility Low income uninsured or under-insured residents of Southern California

Foundry Clinic

Offers primary care and urgent care, adult and pediatric medical services, chronic disease management, prescription assistance, laboratory services, wellness education and disease prevention, help accessing healthcare resources, social services and case management.

Intake Procedure Email;Online;Walk-in for more information;Call
1:00 pm-6:00 pm, Tuesday; 8:00 am-1:00 pm, Thursday
Free for uninsured and under-insured low-income individuals in Southern California

Last Update Date 4/7/2022

TERI, Inc.

305 Airport Rd
Oceanside, CA 92058
(760) 721-1706
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

Last Update Date 1/28/2022

Tri-City Medical Center

4002 Vista Way
Oceanside, CA 92056
(760) 724-8411
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

Tri-City Medical Center

510 W Vista Way
Vista, CA 92083
(760) 940-5050
<https://www.tricitymed.org/medical-services/behavioral-health/>

Serves San Diego County

Eligibility Adults ages 18 years old and up that are experiencing emotional issues.

Outpatient Behavioral Health Services

Provides services to individuals with mood disorders, anxiety disorders, PTSD, and psychosis. Offer various programs, including dual recovery (Mental health and substance use), Dialectical Behavior Therapy, an older adult program, and CBT. Services include, medication management, group and individual therapy and focused on holistic recovery.

Intake Procedure Online;Voice Message;Call

7:30 am-4:00 pm, Monday-Friday

Accepts most insurance

Last Update Date 7/22/2020

Category Medical Services

TrueCare 150 Valpreda Rd San Marcos, CA 92069 (760) 736-6777 https://truecare.org/ Serves North Coastal and North Inland Regions of San Diego County Eligibility Please call for eligibility	Agricultural Health Program Provides information medical, dental and women's health services for agricultural workers and their families throughout North County including presentation on nutrition, cholesterol, 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 6/7/2021
TrueCare 619 Crouch St Ste 100 Oceanside, CA 92054 (760) 736-6767 https://truecare.org/ 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 6/7/2021
TrueCare 150 Valpreda Rd San Marcos, CA 92069 (760) 736-6767 https://truecare.org/ 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 6/7/2021
TrueCare 1130 2nd St Encinitas, CA 92024 (760) 736-6734 https://truecare.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, 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 6/7/2021

TrueCare

605 Crouch St
Oceanside, CA 92054
(760) 736-6734
<https://truecare.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, 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 6/7/2021

TrueCare

220 Rotanzi St
Ramona, CA 92065
(760) 736-6734
<https://truecare.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, 2021 to September 30, 2022
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 6/7/2021

Category

Medical Services

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6734
<https://truecare.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 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-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 6/7/2021

TrueCare

2216 S El Camino Real Suites 121-122
Oceanside, CA 92054
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

TrueCare

619 Crouch St Suite 100
Oceanside, CA 92054
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

TrueCare

220 Rotanzi St
Ramona, CA 92065
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

Category Medical Services

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

TrueCare

1130 2nd St
Encinitas, CA 92024
(760) 736-6767
<https://truecare.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 6/7/2021

TrueCare

3220 Mission Ave Ste 1
Oceanside, CA 92058
(760) 736-6767
<https://truecare.org/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Healthcare services for individuals and families of all ages

Family Medicine, La Mision Family 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-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 6/7/2021

TrueCare

220 Rotanzi St
Ramona, CA 92065
(760) 736-6767
<https://truecare.org/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Healthcare services for individuals and families of all ages

Family Medicine, Ramona 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-1:00 pm and 2:00 pm-5:00 pm, Monday-Friday

Low to no-cost services. Sliding scale fees based on income and family size.

Last Update Date 6/7/2021

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6767
<https://truecare.org/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Healthcare services for individuals and families of all ages

Family Medicine, San Marcos 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-Saturday

Low to no-cost services. Sliding scale fees based on income and family size.

Last Update Date 6/7/2021

TrueCare

605 Crouch St
Oceanside, CA 92054
(760) 736-6767
<https://truecare.org/>

Serves North County of San Diego County

Eligibility Please call for eligibility

Loma Alta Quick Care

Medical appointments for acute care available same day.

Intake Procedure Call for appointment
8:00 am-8:00 pm; Monday-Friday; 8:00 am-5:00 pm Saturday
Low to no-cost services. Cash patients may qualify for a discount and offer flexible payment options.
Call for information.

Last Update Date 6/21/2021

TrueCare

2210 Mesa Dr Suite 300
Oceanside, CA 92054
(760) 736-6767
<https://truecare.org/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Pediatric patients only. Children from birth to 18 years old.

Mission Mesa Pediatrics Center

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.

Intake Procedure Call for appointment
Office Hours: 8:00 am-7:00 pm, Monday-Friday; 8:00 am-4:30 pm, Saturday

Low to no-cost services. Sliding scale fees based on income and family size.

Last Update Date 6/7/2021

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

TrueCare

605 Crouch St
Oceanside, CA 92054
(760) 736-6767
<https://truecare.org/>

Serves North Inland and Coastal Region of San Diego County

Eligibility Not limited

Women Health Clinics, Oceanside Loma Alta Health Center

Offers a Complete medical, dental, women's health care, and behavioral health services throughout the North County.

Intake Procedure Call for appointment; Walk-in for appointment
8:00 am-7:00 pm, Monday-Wednesday; 8:00 am-5:00 pm, Thursday-Friday; 8:00 am-5:00 pm, Saturday; Closed: 12:00 pm-1:00 pm
Low cost services; cash patients may qualify for a discount. Call for information.

Last Update Date 6/21/2021

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6700
<https://truecare.org/>

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-Saturday

Low to no-cost services. Sliding scale fees based on income and family size.

Last Update Date 6/7/2021

United Cerebral Palsy Association of San Diego County

205 W Mission Ave Ste G
Escondido, CA 92025
(760) 743-1050
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 San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Escondido Clinic

COVID-19 Update: for non-urgent frequently asked questions regarding healthcare, appointments, benefit payments, claims, claim exams, or status of VA national cemeteries and burials please visit the website: https://www.va.gov/coronavirus-veteran-frequently-asked-questions/?utm_source=VA%20Alert&utm_medium=Banner&utm_campaign=CORONAVIRUS&utm_content=FAQ 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
Office Hours: 7:30 am-4:00 pm, Monday-Friday; Lab hours: 7:30 am-3:15 pm, Monday-Friday
Fees range depending on service

Last Update Date 11/8/2021

United States Department of Veterans Affairs

1300 Rancho Del Oro Rd
Oceanside, CA 92056
(760) 643-2000
<https://www.sandiego.va.gov/locations/oceanside.asp>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Oceanside Clinic

COVID-19 Update: for non-urgent frequently asked questions regarding healthcare, appointments, benefit payments, claims, claim exams, or status of VA national cemeteries and burials please visit the website: https://www.va.gov/coronavirus-veteran-frequently-asked-questions/?utm_source=VA%20Alert&utm_medium=Banner&utm_campaign=CORONAVIRUS&utm_content=FAQ 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 12/10/2021

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 insurance company for more information.

Last Update Date 11/24/2021

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 insurance company for more information.

Last Update Date 11/24/2021

University of California San Diego Health

910 Sycamore Ave Suite 270
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 insurance company for more information.

Last Update Date 10/1/2020

Category Medical Services

Unyeway, Inc.

2330 Main St Suite D
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 11/4/2020

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 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 3/26/2021

Vista Community Clinic

1000 Vale Terrace Dr
Vista, CA 92084
(844) 308-5003
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 3/26/2021

Vista Community Clinic

134 Grapevine Rd
Vista, CA 92083
(844) 308-5003
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 3/26/2021

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 Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

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 Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

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 Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

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, 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 3/26/2021

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 3/26/2021

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 3/26/2021

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-5:00 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 3/26/2021

Category Medical Services

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 3/26/2021

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

8:00 am-5:00 pm, Monday, Wednesday, Thursday, Friday; 8:00 am-7:30 pm, Tuesday
No fees

Last Update Date 3/26/2021

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

8:00 am-5:00 pm, Monday-Friday
No fees

Last Update Date 3/26/2021

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

8:00 am-5:00 pm, Monday-Friday; 9:00 am-4:00 pm, Saturday
No fees

Last Update Date 3/26/2021

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

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 3/26/2021

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-5:00 pm, Friday; 9:00 am-4:00 pm, Saturday

No fees

Last Update Date 3/26/2021

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-5:00 pm, Friday; 9:00 am-4:00 pm, Saturday

No fees charged for most services

Last Update Date 3/26/2021

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 3/26/2021

Category Medical Services

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 3/26/2021

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 3/26/2021

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 3/26/2021

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-5:00 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. No charge for breast cancer screening if eligible.

Last Update Date 3/26/2021

Category Medical Services

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) 675-4228
www.aurorabehavioral.com

Serves San Diego County

Eligibility Ages 13 years and older

Adult Services Program

Provides acute inpatient treatment program and 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 5/5/2021

Aurora Behavioral Health Care

11878 Avenue Of Industry
San Diego, CA 92128
(858) 675-4228
www.aurorabehavioral.com

Serves San Diego County

Eligibility Ages 13 to 17 years for chemical dependency program, psychiatric, including dual diagnosis programs

Youth Services Program

Provides inpatient; partial hospitalization; and intensive outpatient psychiatric services to 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 5/5/2021

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

Serves North Inland of 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, 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 8/26/2020

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

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 8/20/2020

Category Mental Health Services

Behavioral Health Services, Health and Human Services Agency, County of San Diego

125 W Mission Ave Suite 103
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

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
Office Hours: 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 8/25/2020

Behavioral Health Services, Health and Human Services Agency, County of San Diego

474 W Vermont Ave Suite 101
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

Serves 92003, 92065, 92128, 92004, 92082, 92129, 92028, 92086, 92259, 92036, 92096, 92536, 92059, 92127, 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, 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
Office Hours: 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 8/25/2020

Category Mental Health Services

Behavioral Health Services, Health and Human Services Agency, County of San Diego

1707 Mission Ave # 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

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 8/20/2020

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

Borrego Community Health Foundation

4343 Yaqui Pass Road
Borrego Springs, CA 92004
(760) 767-5051
<https://locations.borregohealth.org/borrego-medical-clinic-c37034d85584>

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.

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 most insurance plans.

Last Update Date 12/21/2021

Category Mental Health Services

Borrego Community Health Foundation

2721 Washington Street
Julian, CA 92036
(760) 765-1223
<https://locations.borregohealth.org/julian-medical-clinic-042aa1fd08ba>

Serves Julian, Santa Ysabel, Cuyamaca, WYNOLA

Eligibility Adults and children

Community Clinic, Julian Medical Clinic

Provides family practice, general medicine medical care 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.

Intake Procedure Call for appointment;Walk-in for services

8:00 am-12:00 pm and 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 9/28/2020

Borrego Community Health Foundation

1121 E Washington Ave
Escondido, CA 92025
(760) 871-0606
<https://locations.borregohealth.org/centro-medico-escondido-60cf268b4d25>

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 9/28/2020

City of Carlsbad

799 Pine Ave
Carlsbad, CA 92008
(760) 602-4650
<http://www.carlsbadca.gov/departments/parks-recreation/adults-50>

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 7/6/2021

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 residing in the City of Encinitas.

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 3/11/2022



2-1-1 San Diego North County Resource Guide

Category

Mental Health Services

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

COVID-19 Update: Fallbrook Family Health Center is not testing patients for COVID-19. The Center is committed to meeting the health care needs of the community. During this public health crisis, we ask that if you are experiencing cold or flu-like symptoms to call ahead and speak with a nurse, prior to traveling to the health center. Telephone visits are now offered for Medical and Behavioral Health services. Patients with illnesses, injuries, or dental emergencies that require being seen in-person by a provider may call ahead so we may prepare to care for them. 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

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

Sliding scale fees based on family size and income

Last Update Date 5/20/2019

Community Research Foundation

408 Cassidy St # 103
Oceanside, CA 92054
(760) 439-4577
<http://www.comresearch.org/services.php>

Serves North Coastal

Eligibility Must be a current CalWORKs recipient; 18 years old and up.

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 9/14/2021

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; 18 years old and up. Must be parent/guardian of minors in the home.

CalWORKs Behavioral Health Center, Step Forward North Inland

Addresses mental health issues that may affect an individual's ability to move from welfare to work. Provides psychiatric care including individual therapy, case management, and medication management. Offers individual, 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. Provides prevention and mental health education and outreach to CalWORKs recipients. 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 9/14/2021

Exodus Recovery, Inc.

Confidential

(760) 758-1650

www.exodusrecovery.com/san-diego-mcrt/

Serves San Diego County

Eligibility San Diego County residents experiencing a behavioral health crisis, a deterioration in level of functioning and/or unable to access traditional outpatient services.

Mobile Crisis Response Team

Provide non-law enforcement and Countywide crisis intervention to individuals experiencing a behavioral crisis in their home, workplace, or other locations in the community and facilitate access to immediate care. Offers the following: - Crisis assessment and intervention - Suicide and risk assessment and intervention - Coordination with law enforcement as appropriate - Coordination of care with existing treatment providers - Linkage and referrals to community-based organizations and primary care - Care coordination and follow-up with individuals post-intervention by the MCRT team

Intake Procedure Call

8:00 am- Midnight; Monday-Sunday

No fees

Last Update Date 2/14/2022

Exodus Recovery, Inc.

1520 S Escondido Blvd

Escondido, CA 92025

(760) 796-7760

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-4:00 pm, Monday-Friday

Insurance accepted. Sliding scale fee based on family size and income. Please call for information.

Last Update Date 11/10/2021

Legal Aid Society of San Diego, Inc.

100 E San Marcos Blvd Ste 308

San Marcos, CA 92069

(877) 734-3258

<https://www.lasdsd.org/area/access-health-care>

Serves San Diego County

Eligibility Call for information

Consumer Center For Health Education and Advocacy (CCHEA), 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 and Covered California eligibility, Medi-Cal share of cost, benefits termination or any type of health related questions.

Intake Procedure Call for more information

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

Free

Last Update Date 11/1/2021

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 Suite D
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

Mental Health Systems, Inc.

365 S Rancho Santa Fe Rd Suite 100
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.

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

Last Update Date 11/9/2018

Mental Health Systems, Inc.

125 W Mission Ave Suite 103
Escondido, CA 92025
(760) 747-3424
www.mhsinc.org/

Serves North Inland and Coastal Regions of San Diego County

Eligibility Adults 18 years and older with severe mental illness

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 11/10/2020

Category Mental Health Services

Mountain Health and Community Services

255 N Ash St Suite 101
Escondido, CA 92027
(619) 445-6200
<http://www.syhc.org/services/adult-medicine/>

Serves San Diego County

Eligibility Healthcare services for individuals and families of all ages.

Medical Services, Escondido Family Medicine

Offers general medical services to individuals and families of all ages. Services include acute care, sick visits, general healthcare screenings, STD testing, physical exams, immunizations, and chronic condition care and management. Additional services for pediatrics includes well child visits. Additional services for women's health include prenatal care, postpartum care, breast and cervical cancer screenings and family planning. COVID-19 Update: all chronic disease management services will be conducted over the phone. Non-urgent physicals and visits will be rescheduled.

Intake Procedure Call for appointment; Walk-in for appointment

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

Sliding scale fees based on income and family size

Last Update Date 4/7/2020

Neighborhood Healthcare

425 N Date St # 219
Escondido, CA 92025
(760) 520-8340
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 opioids and alcohol use disorders is offered. For emergencies, please call 9-1-1.

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 12/1/2021

Neighborhood Healthcare

460 N Elm St
Escondido, CA 92025
(760) 520-8100
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

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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; 8:00 am-12:00 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 4/29/2020

Category Mental Health Services

Neighborhood Healthcare

1001 E Grand Ave
Escondido, CA 92025
(760) 520-8200
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.

Neighborhood Healthcare

13010 Poway Rd
Poway, CA 92064
(858) 218-3000
www.nhcare.org

Serves Poway

Eligibility No age or income limitations

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, Escondido Grand Avenue

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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 4/29/2020

Community Health Center, Gold Family Health Center in Poway

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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 4/29/2020

Community Health Center, Pauma Valley

COVID-19 Update: Non-urgent visits, chronic disease management, well child care appointments may be rescheduled for over the phone. Sites are open to see urgent, non-respiratory illnesses and conditions. 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-5:00 pm, Thursday and 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 4/29/2020

Category Mental Health Services

North County Lifeline

200 Michigan Ave

Vista, CA 92084

(760) 726-4900

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: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; Intake: 8:00 am-5:00 pm, Monday-Thursday; 8:00 am-2:00 pm, Friday

Sliding Scale for uninsured children and adolescents

Last Update Date 5/10/2022

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 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

The North County Family Justice Center

1050 Los Vallecitos Blvd

San Marcos, CA 92069

(760) 290-3690

<https://onesafeplacenorth.org/>

Serves North County

Eligibility Individuals and families impacted by domestic violence

One Safe Place

Uniquely prepared to serve children and adults who have experienced trauma and abuse. Provides free support services all under one roof to anyone who has experienced; family violence, child abuse, sexual assault, domestic violence, hate crimes, elder abuse, human trafficking, violent loss, or other crimes. Offers comprehensive help in a safe and judgment-free environment that empowers individuals to move forward with their lives. Services include: • Safe Housing Assistance • Medical Exams • Trauma Treatment • Child Advocacy Center • Restraining Orders • Legal Assistance • Police, Sheriff, and the DA • Public Assistance Guidance • Pet Assistance • Children Activity Area • Thrive Services

Intake Procedure Email; Online; Call for more information

7:00 am-9:00 pm Monday-Friday; 8:00 am-12:00pm Saturday

No fees

Last Update Date 7/1/2022

Category Mental Health Services

TrueCare

619 Crouch St Ste 100
Oceanside, CA 92054
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6767
<https://truecare.org/>

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 6/7/2021

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6700
<https://truecare.org/>

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-Saturday

Low to no-cost services. Sliding scale fees based on income and family size.

Last Update Date 6/7/2021

Union of Pan Asian Communities

200 N Ash St Suite 100
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

Category Mental Health Services

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 3/26/2021

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 3/26/2021

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 3/26/2021

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 3/26/2021

Category Mental Health Services

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-5:00 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. No charge for breast cancer screening if eligible.

Last Update Date 3/26/2021

Your Safe Place

1122 Broadway Suite 200
San Diego, CA 92101
(619) 533-6000
<https://www.sandiego.gov/yoursafeplace>

Serves San Diego County

Eligibility Not limited

Domestic Violence and Victim Advocacy

Provides confidential, coordinated safety planning, legal, social, and mental health services to (adults, children, teens, elders, and families) who have experienced domestic violence, family abuse, elder violence, sexual assault or sex trafficking. Services include:

- Helping keep clients safe
- Domestic and gun violence restraining order assistance
- Immigration and family court legal help
- Counseling
- Advocacy for housing, pet relocation, confidential address, and emergency services
- Professional clothing services
- Assistance with CalFresh, CalWorks, and WIC applications
- Programs for caring for children
- Public transportation help
- Wellness and self-care assistance
- Military advocate
- When requested, law enforcement and criminal case assistance (copies of San Diego Police Department domestic violence police reports, criminal case status, obtaining copies of Criminal Protective Orders, assistance with relocation and restitution/financial losses related to crime)
- Financial independence assistance
- Literacy and cultural services

Family violence, sexual assault and sex trafficking professionals, medical professionals, and representatives from local nonprofit and government agencies are available to provide for our clients' needs. Provides services in a judgement-free manner to help clients begin healing, move forward with and reclaim their lives.

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

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

No fees

Last Update Date 4/21/2022

Category Military/Veteran Services

Aging and Independence Services (AIS), Health and Human Services Agency, County of San Diego

649 W Mission Ave
Escondido, CA 92025
(760) 740-5604
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/veterans_services.html

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 preparation and submission, claims follow-up to ensure final decisions, initiate and develop appeals when appropriate, networking and advocacy with federal, state and local agencies. Assists with filing benefits applications and offers information for public assistance, Veterans Affairs medical care, Military installations Retired Activities Office, Homeless issues, disability transition assistance counseling at the Naval Medical Hospital, San Diego, certification of discharge papers (DD-214) for filing claims with the VA.

Intake Procedure Call for appointment

Schedule Appointment: 9:00 am-3:00 pm, Monday-Friday

No fees

Last Update Date 7/19/2022

Category Military/Veteran Services

Aging and Independence Services (AIS), Health and Human Services Agency, County of San Diego

1701 Mission Ave Ste 110
Oceanside, CA 92058
(760) 643-2049
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

COVID-19 Update: Offices are currently NOT accepting any walk-ins. For assistance, call (858) 694-3222 or email sdcvso.hhsa@sdcounty.ca.gov. Assists veterans and their dependents and survivors to obtain benefits from the federal, state, and local agencies administering programs for veterans, and provides advocacy to the veterans community regarding entitlement rights to federal, state and local benefits programs. Services offered are comprehensive benefits counseling, claims preparation and submission, claims follow-up to ensure final decision, initiate and develop appeals when appropriate, networking and advocacy with federal, state and local agencies.

Intake Procedure Call

8:00 am-12:00 pm and 1:00 pm-4:00 pm, Monday-Friday

No fees

Last Update Date 4/27/2021

American Combat Veterans of War

62330 7th Street Room 109
CAmp Pendleton - 62 Area (San Mateo), CA 92055
(760) 889-1515
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 Suite 160
Oceanside, CA 92056
(760) 696-0460
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-4:00 pm, Monday-Friday

No fees

Last Update Date 3/8/2022

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

COVID-19 Update: All DAV offices are closed to the public until further notice to reduce transmission of COVID-19. For questions or need claims assistance, please contact your local DAV office. 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 Suite 106
Oceanside, CA 92056
(760) 631-6150
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 4/9/2021

Goodwill Industries of San Diego County

Confidential

(619) 225-2200
<https://sdgoodwill.org/programs/veterans/>

Serves San Diego County

Eligibility Program participants must be a veteran of the United States Military, spouse or dependent, and provide proof of service or relationship. Veteran must not have been dishonorably discharged. Participants must also be able to meet the essential functions of

Veterans Program

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. Job developers 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 Email;Call;CIE Direct Referral
9:00 am-4:00 pm, Monday-Friday
No fees

Last Update Date 9/21/2021

Category Military/Veteran Services

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

550 W Washington Ave Suite B
Escondido, CA 92025
(760) 489-6380
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
8:00 am-5:00 pm, Monday-Thursday; 7:30 am-2:00 pm, Friday

No fees

Last Update Date 8/17/2021

United States Department of Veterans Affairs

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

National Call Center for Homeless Veterans

COVID-19 Update: Regional offices will remain open, but will no longer accept walk-ins for claims assistance, scheduled appointments, counseling and other in-person services. Veterans can continue to get information about benefits or file a claim for benefits by visiting the website at www.va.gov. Veterans with claims specific or other questions may request information via Inquiry Routing & Information System (IRIS) or telephone at 1-800-827-1000. VBA benefits and services provided to Veterans, families, and survivors will continue to be delivered throughout the duration of COVID-19 impacts. Veterans who are homeless or at risk of homelessness and their family members, friends and supporters can make the call 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 11/8/2021

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 San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Escondido Clinic

COVID-19 Update: for non-urgent frequently asked questions regarding healthcare, appointments, benefit payments, claims, claim exams, or status of VA national cemeteries and burials please visit the website: https://www.va.gov/coronavirus-veteran-frequently-asked-questions/?utm_source=VA%20Alert&utm_medium=Banner&utm_campaign=CORONAVIRUS&utm_content=FAQ 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
Office Hours: 7:30 am-4:00 pm, Monday-Friday; Lab hours: 7:30 am-3:15 pm, Monday-Friday
Fees range depending on service

Last Update Date 11/8/2021

United States Department of Veterans Affairs

1300 Rancho Del Oro Rd
Oceanside, CA 92056
(760) 643-2000
<https://www.sandiego.va.gov/locations/oceanside.asp>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Oceanside Clinic

COVID-19 Update: for non-urgent frequently asked questions regarding healthcare, appointments, benefit payments, claims, claim exams, or status of VA national cemeteries and burials please visit the website: https://www.va.gov/coronavirus-veteran-frequently-asked-questions/?utm_source=VA%20Alert&utm_medium=Banner&utm_campaign=CORONAVIRUS&utm_content=FAQ 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 12/10/2021

Veterans Association of North County

1617 Mission Ave
Oceanside, CA 92058
(760) 722-1277
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

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



2-1-1 San Diego North County Resource Guide

Category Military/Veteran Services

Veterans Village of San Diego

649 W Mission Ave
Escondido, CA 92025
(760) 740-5558
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

Alternatives Medical Clinic

257 E 2nd Ave
Escondido, CA 92025
(760) 741-9796
www.awc-ca.com

Serves San Diego and Imperial Counties

Eligibility Must enroll in the Earn While You Learn program

Parenting Series

COVID-19 update: Open by Appointment Only – No Walk-ins at this time. Use our appointment form online, or call 760-741-9796, or email info@amc-ca.com. 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 limited quantities of baby 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

American Red Cross of San Diego and Imperial Counties

Vandegrift & 14th Street Building #130132
CAmp Pendleton, CA 92055
(800) 500-6411
www.sandiegowic.org

Serves 92054, 92056, 92057, 92058

Eligibility WIC serves the following groups: pregnant women, postpartum 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 Hous

American Red Cross WIC, Camp Pendleton

Supplemental nutrition assistance program that helps 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 healthy foods, nutrition education for parents and caregivers, breastfeeding support from trained professionals, and referrals to community resources. American Red Cross WIC clinics are located throughout San Diego County. Military base access is required for this office.

Intake Procedure Call
Clinic Hours Vary
No fees

Last Update Date 4/19/2021

American Red Cross of San Diego and Imperial Counties

1906 Oceanside Blvd
Oceanside, CA 92054
(800) 500-6411
www.sandiegowic.org

Serves North County, North Coastal, Oceanside,

Eligibility WIC serves the following groups: Pregnant women, postpartum women (up to 6 months for non-breastfeeding and up to 1 year for breastfeeding), and children (up to age 5). All families must meet the following income qualifications: Monthly Gross Income by H

American Red Cross WIC, Oceanside

Supplemental nutrition assistance program that helps 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 healthy foods, nutrition education for parents and caregivers, breastfeeding support from trained professionals, and referrals to community resources. American Red Cross WIC clinics are located throughout San Diego County. COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross – (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation – (888) 999-6897 North County Health Services – (888) 477-6333 - <http://www.nchs-health.org/nchs-wic-registration/> San Ysidro Health Center – (888) 942-7942 Scripps – (619) 260-3400 Clinica de Salud – (877) 686-5468

Intake Procedure Online;Call for appointment

Clinic Hours Vary

No fees

Last Update Date 4/19/2021

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

COVID-19 Update: Brother Benno Center will be available for the following: - Sack Lunch Distribution from 6:30 am-11:00 am, Monday-Saturday - Mail Service from 6:30 am-11:00 am, Monday-Saturday - Food Box/Food Bag Distribution to guests from 6:30 am-11:00 am, Monday-Friday - Thursday only drive thru food bag distribution (in partnership with Feeding San Diego) from 10:00 am-11:30 am - Showers are available from 6:30 am-9:00 am, Tuesday morning in the parking lot - Thrift Store is open from 10:00 am-5:00 pm, Wednesday-Saturday; Donations accepted at the store 10:00 am-2:00 pm, Tuesday and Thursday and 10:00 am-12:00 pm, Saturday - Clothing Room is open from 6:30 am-9:00 am, Monday-Friday The following services will be unavailable until further notice: • Hot breakfast/brunch in dining room • Laundry 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;Drive-thru

Sack Lunch Distribution: 6:30 am-11:00 am, Monday-Saturday; Mail Service: 6:30 am-11:00 am, Monday-Saturday; Food Box/Food Bag Distribution to guests: 6:30 am-11:00 am, Monday-Saturday; Drive Thru Food Distribution: 10:00 am until food runs out, Saturday

No fees

Last Update Date 9/13/2021

Category Miscellaneous Services

Episcopal Diocese of San Diego

890 Balour Dr
Encinitas, CA 92024
(760) 753-3017
<https://edsd.org/episcopal-church-center/showers-of-blessings/>

Serves San Diego County

Eligibility Homeless individuals and families

Showers of Blessings

Provides a safe place for homeless men, women, and children in San Diego which has access to a shower facility to maintain personal hygiene and reduce health problems, raise self-esteem and increase employment potential and social acceptance. The shower facility is a mobile unit and is offered weekly at select locations throughout the region year round. Depending on location, breakfast, hygiene kits, clothes and haircuts may be offered.

Intake Procedure Online;Call;Walk-in for services

8:30 am-12:00 pm, Saturday

No fees

Last Update Date 9/1/2020

Interfaith Community Services

5731 Palmer Way Suite A
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. Eligibility documentation required for certain services/supports.

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, 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), utility assistance, access to benefits, crisis intervention, immigration and legal aid services referrals, diapers and formula (when available), and additional community referrals as needed. Rental assistance available for residents within the City of Carlsbad (some limits and criteria do apply, provided based on availability). Case management support available for employment, housing stabilization, and self-sufficiency.

Intake Procedure Walk-in for services

Walk-in Hours: 1:00 pm-3:00 pm, Tuesday-Thursday; First come, first serve basis

No fees

Last Update Date 8/11/2021

Interfaith Community Services

550 W Washington Ave Suite B
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

COVID-19 update: Currently only providing diaper services, hygiene (showers) services and Food services, To-Go only. 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 3/23/2020

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. Eligibility documentation required for certain services/supports.

Basic Needs Walk-in Services, Oceanside

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), utility assistance, access to benefits, immigration and legal aid services referrals, crisis intervention, diapers and formula (when available), and additional community referrals as needed. Rental assistance available for residents within the North County San Diego (some limits and criteria do apply, provided based on availability). Case management support available for employment, housing stabilization, and self-sufficiency.

Intake Procedure Call for appointment; Walk-in for services

Walk-in Hours: 8:00 am-11:00 am, Monday-Friday; Closed the 1st Friday of the month; First come, first serve basis

No fees

Last Update Date 8/11/2021

Jacobs and Cushman San Diego Food Bank

439 Iowa St

Fallbrook, CA 92028

(760) 468-4783

<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North San Diego County

Eligibility Families with infants and toddlers who need support for diapers.

Diaper Distribution Site, Fallbrook Spanish Seventh-day Adventist Church

Distributes diapers to families with infants and toddlers in need.

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

6:00 pm-7:00 pm, First Wednesday of Every Month

No fees

Last Update Date 12/14/2021

Jacobs and Cushman San Diego Food Bank

1450 E Vista Way

Vista, CA 92084

(760) 724-0077

<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, Grace Presbyterian Church

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Walk-in for services

8:00 am-9:30 pm, Tuesday and Wednesday; 10:00 am-11:30 am, Saturday

No fees

Last Update Date 6/16/2021

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, Monday-Friday; Closed 1st Friday of the Month

No fees

Last Update Date 6/14/2021



2-1-1 San Diego North County Resource Guide

Category

Miscellaneous Services

Jacobs and Cushman San Diego Food Bank

1704 Cape Horn
Julian, CA 92036
(760) 765-0661 Ext 6
<https://sandiegofoodbank.org/programs/diaper-bank-program/>
Serves Julian and surrounding areas
Eligibility Families with infants and toddlers who need support for diapers.

Diaper Distribution Site, Julian Pathways, Inc.

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Call for more information

9:00 am-3:00 pm, Monday-Friday
No fees

Last Update Date 12/14/2021

Jacobs and Cushman San Diego Food Bank

1106 Whaley St
Oceanside, CA 92054
(619) 368-3790
<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, Lived Experiences Inc.

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Call for more information

Call for days and hours
No fees

Last Update Date 6/16/2021

Jacobs and Cushman San Diego Food Bank

956 Vale Terrace Dr
Vista, CA 92084
(760) 471-4210
Serves North County
Eligibility Pregnant mothers and families with infants and toddlers who need support for diapers, and meet County of San Diego low income requirements.

Diaper Distribution Site, MAAC Project Vista

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Call for more information; Walk-in for services
7:30 am-9:30 am, 1st Wednesday of the month; 4:00 pm-6:00 pm, 3rd Wednesday of the month
No fees

Last Update Date 12/14/2021

Jacobs and Cushman San Diego Food Bank

4070 Mission Ave
Oceanside, CA 92057
(760) 547-0708

Serves North Coastal San Diego County

Eligibility Families with infants and toddlers who need support for diapers.

Diaper Distribution Site, Mission San Luis Rey Parish, Loretto House Food Pantry

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Email; Call
8:00 am-4:00 pm, Tuesday-Saturday
No fees

Last Update Date 12/14/2021

Category Miscellaneous Services

Jacobs and Cushman San Diego Food Bank

32077 Community Church Drive
Pauma Valley, CA 92061
(760) 724-6700
<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, North Coast Church

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Walk-in for services

Last Tuesday of the month, call for hours
No fees

Last Update Date 6/16/2021

Jacobs and Cushman San Diego Food Bank

3030 Enterprise Ct Ste A
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; Drive-thru

Drive-thru: 11:00 am-2:00 pm, Monday-Friday, Closed Wednesday, 6/29 & Friday, 7/29
No fees

Last Update Date 12/8/2021

Jacobs and Cushman San Diego Food Bank

256 Smilax Rd
San Marcos, CA 92069
(760) 580-0835
<https://sandiegofoodbank.org/programs/diaper-ba...>
Serves North Inland Region of San Diego County
Eligibility Families with infants and toddlers who need support for diapers.

Diaper Distribution Site, R.A.W. Ministries

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Walk-in for services
11:00 am-12:00 pm, Wednesday
No fees

Last Update Date 6/14/2021

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 Inland Region of San Diego County
Eligibility Families with infants and toddlers who need support for diapers.

Diaper Distribution Site, Ramona Food & Clothes Closet

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Walk-in for services

9:30 am-12:30 pm & 2:30 pm-4:00 pm, Monday-Friday
No fees

Last Update Date 12/14/2021

Category Miscellaneous Services

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 12/8/2021

Jacobs and Cushman San Diego Food Bank

1370 W San Marcos Blvd
 San Marcos, CA 92078
 (619) 226-7625
<https://sandiegofoodbank.org/programs/diaper-ba...>
Serves North Inland San Diego County
Eligibility Families with infants and toddlers who need support for diapers.

Diaper Distribution Site, Rock Church San Marcos

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Walk-in for services

12:00 pm-2:00 pm, First Thursday of every month
 No fees

Last Update Date 12/14/2021

Jacobs and Cushman San Diego Food Bank

272 E Via Rancho Pkwy # 157
 Escondido, CA 92025
 (619) 519-9090
<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, Shaback Resource Center

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Walk-in for services

11:00 am-4:00 pm, Monday-Friday; 10:00 am-4:00 pm, Saturday & Sunday; Closed:
 February 18-21, March 31- April 4, May 29-30, June 19-20, July 01-05, September 03-05,
 September 09-13, September 23-26, November 11-15, and November 21-January 10
 No fees

Last Update Date 6/16/2021

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 Drive-thru

2:00 pm-4:00 pm, Thursday
 No fees

Last Update Date 8/3/2021

Category Miscellaneous Services

Jacobs and Cushman San Diego Food Bank

292 E Barham Dr
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 Church

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Call; Walk-in for services

10:00 am-1:00 pm, Sunday; 11:00 am-2:00 pm, Tuesday; 3:00 pm-6:00 pm, Thursday;
10:30 am-12:00 pm, 2nd & 4th Saturdays

No fees

Last Update Date 12/14/2021

Jacobs and Cushman San Diego Food Bank

1305 Deodar Rd
Escondido, CA 92026
(760) 707-6681
<https://sandiegofoodbank.org/programs/diaper-bank-program/>
Serves Escondido and surrounding areas
Eligibility Families with infants and toddlers who need support for diapers.

Diaper Distribution Site, The Center

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Call; Walk-in for services

11:30 am-12:30 pm, Sunday

No fees

Last Update Date 12/14/2021

Jacobs and Cushman San Diego Food Bank

1000 Vale Terrace Dr
Vista, CA 92084
(760) 631-5000 x7014
<https://sandiegofoodbank.org/programs/diaper-bank-program/>
Serves North Regions of San Diego County
Eligibility Open to the community

Diaper Distribution Site, Vista Community Clinic

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Call for appointment

Call 760-631-5000 x7014 and leave a message. Your call will be returned in the order it was received.

No fees

Last Update Date 12/14/2021

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 12/14/2021

Category

Miscellaneous Services

Jacobs and Cushman San Diego Food Bank

1605 Grand Ave Ste 1
San Marcos, CA 92078

(760) 539-7350

<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, Women of Promise Resource Center

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Call for appointment

Appointments Only: 9:00 am-4:00 pm, Monday-Thursday

No fees

Last Update Date 6/16/2021

Meals on Wheels San Diego County

930 Boardwalk Unit C
San Marcos, CA 92078
(760) 736-9900
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 10/18/2021

Oceanside First Presbyterian Church

2001 S El Camino Real
Oceanside, CA 92054
(760) 757-3560
www.oceansidepres.org

Serves 92054

Eligibility Not limited

Food Distribution

Provide bags of food on a first come, first serve basis. Diapers and other personal care items available.

Intake Procedure Walk-in for services

9:30 am-10:30 am Third Saturday of the month until the food runs out

No fees

Last Update Date 5/11/2021

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 Suite 8
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 limited supply of 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

R.A.W. Ruth Anointed World Ministries

256 Smilax Rd
San Marcos, CA 92069
(760) 580-0835
<http://www.ruthwalkes.com>

Serves San Marcos

Eligibility Anyone in need of food.

Food Distribution, San Marcos

Provides a weekly food distribution to anyone in need of food. Also provides diaper distribution on 1st Wednesday of every month.

Intake Procedure Walk-in for services

Food distribution: 11:00 am, Wednesday-boxes are gone; Diaper Distribution: 10:00 am, 1st Wednesday of each month

No fees

Last Update Date 6/10/2021

San Diego Humane Society

3500 Burnet Dr
Escondido, CA 92027

www.sdhumane.org

Serves San Diego County

Eligibility Not limited

Community Pet Pantry, Escondido Campus

San Diego Humane Society supports families and their pets who need a little extra help. Through the Community Pet Pantry, anyone can visit our campuses in El Cajon, Escondido, Oceanside or San Diego to pick up a bag of dog or cat food and other supplies, as available. No appointment is needed for this service.

Intake Procedure Walk-in for services

10:00 am-6:00 pm, Tuesday-Sunday

No fees

Last Update Date 4/27/2022

San Diego Humane Society

572 Airport Rd
Oceanside, CA 92058
(619) 299-7012
www.sdhumane.org

Serves San Diego County

Eligibility Not limited

Community Pet Pantry, Oceanside Campus

San Diego Humane Society supports families and their pets who need a little extra help. Through the Community Pet Pantry, anyone can visit our campuses in El Cajon, Escondido, Oceanside or San Diego to pick up a bag of dog or cat food and other supplies, as available. No appointment is needed for this service.

Intake Procedure Walk-in for services

10:00 am-6:00 pm, Tuesday-Sunday

No fees

Last Update Date 4/27/2022

San Diego State University Research Foundation

1131 E Washington Ave Suite K
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. COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross – (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation – (888) 999-6897 North County Health Services – (888) 477-6333 - <http://www.nchs-health.org/nchs-wic-registration/> San Ysidro Health Center – (888) 942-7942 Scripps – (619) 260-3400 Clinica de Salud – (877) 686-5468

Intake Procedure Online;Call for appointment;Chat

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

No fees

Last Update Date 5/12/2020

San Diego State University Research Foundation

504 E Alvarado St Ste 108
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 Siz

SDSU Research Foundation WIC Office, Fallbrook

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross – (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation – (888) 999-6897 North County Health Services – (888) 477-6333 - <http://www.nchs-health.org/nchs-wic-registration/> San Ysidro Health Center – (888) 942-7942 Scripps – (619) 260-3400 Clinica de Salud – (877) 686-5468 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 electronic benefits for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

Intake Procedure Online;Call for appointment

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

No fees

Last Update Date 5/12/2020

San Diego State University Research Foundation

1031 S Santa Fe Ave Ste F
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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross – (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation – (888) 999-6897 North County Health Services – (888) 477-6333 - <http://www.nchs-health.org/nchs-wic-registration/> San Ysidro Health Center – (888) 942-7942 Scripps – (619) 260-3400 Clinica de Salud – (877) 686-5468 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 electronic benefits for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

Intake Procedure Online;Call for appointment

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

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

COVID-19 Update: Offering SAM Salvation Army Meals to students in need this is a pre-packed 5 days of breakfast & lunch items. Also have some food & for homeless & hygiene items. Provides emergency assistance to persons in need. Services include emergency food program that is offered three times a week. Wednesday is for Silvercrest residents first then for the community. Priority given to seniors, disabled, and homeless individuals. Referrals to other agencies for case management services is available. Also provides baby blankets, formula, and diapers when items are available.

Intake Procedure Walk-in for more information;Voice Message;Call

9:00 am-2:00 pm, Monday, Wednesday, Friday

No fees

Last Update Date 3/2/2020

Category Miscellaneous Services

TrueCare

1130 2nd St
Encinitas, CA 92024
(888) 477-6333
<https://truecare.org/>

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. COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross ? (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation ? (888) 999-6897 TrueCare ? (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center ? (888) 942-7942 Scripps ? (619) 260-3400 Clinica de Salud ? (877) 686-5468

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 6/7/2021

TrueCare

649 W Mission Ave Suite 7
Escondido, CA 92025
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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 6/7/2021

TrueCare

2210 Mesa Dr Ste 100
Oceanside, CA 92054
(888) 477-6333
<https://truecare.org/>

Serves Encinitas, Carlsbad, Oceanside, Vista, San Diego

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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 6/7/2021

TrueCare

220 Rotanzi St
Ramona, CA 92065
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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

8:00 am-4:45 pm, Monday-Friday; Closed: 12:00 pm-1:00 pm

No fees

Last Update Date 6/7/2021

Category Miscellaneous Services

TrueCare

150 Valpreda Rd Ste 102
San Marcos, CA 92069
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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 6/7/2021

TrueCare

28246 Lilac Rd
Valley Center, CA 92082
(888) 477-6333
<https://truecare.org/>

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

COVID-19 Update: All San Diego WIC agencies will begin operating virtually. The majority of appointments and assistance will be provided over the telephone. Each of the WIC operating agencies across San Diego County have posted notices on their websites. Please see below for updated contact information and websites for all WIC operating agencies across San Diego County: American Red Cross (800) 500-6411- <http://sandiegowic.org/contact-us> SDSU Research Foundation (888) 999-6897 TrueCare (888) 477-6333 - <http://www.TrueCare-health.org/TrueCare-wic-registration/> San Ysidro Health Center (888) 942-7942 Scripps (619) 260-3400 Clinica de Salud (877) 686-5468 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 6/7/2021

Category Miscellaneous Services

Women of Promise Resource Center

1605 Grand Ave Ste 1
San Marcos, CA 92078
(760) 539-7350
www.womenofpromise.us

Serves North County, San Diego County

Eligibility Women

Women of Promise Resource Center

COVID-19 Update: Must have an appointment to receive services. Must wear a face covering and practice 6 feet distancing from others. Personalized assistance (case management), food pantry, clothing, personal hygiene packs, financial and parenting educational classes, career resources such as; assisting with resumes, job search and available business attire.

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

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

No fees

Last Update Date 6/17/2021

Category Rapid Re-Housing Programs

North County Lifeline

200 Michigan Ave
Vista, CA 92084
(760) 726-4900
<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, trauma specific treatment, peer-led support, 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; Available for after-hours by appointment only

No fees

Last Update Date 5/10/2022

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

COVID-19 Update: offices and meeting spaces are currently closed due to the coronavirus outbreak. Check out the online meeting formats available each day of the week: <http://www.aasandiego.org/> 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

9:00 am-5:00 pm, Monday-Friday; 9:00 am-1:00 pm, Saturday; Meeting times may vary by location

No fees

Last Update Date 12/1/2021

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

COVID-19 Update: offices and meeting spaces are currently closed due to the coronavirus outbreak. Check out the online meeting formats available each day of the week: <http://www.aasandiego.org/> 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

9:30 am-12:30 pm and 1:30 pm-5:00 pm, Monday-Friday

No fees

Last Update Date 12/1/2021

Category Substance Abuse/Recovery Programs and Counseling

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 though 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 10/14/2021

Alternative Recovery Solutions

721 Buena Tierra Way Unit 188
Oceanside, CA 92057
760-859-7789
www.alternativerecoverysolution.com

Serves San Diego County

Eligibility Individuals 18 years of age and older. Self referred and court referrals accepted.

Alternative Recovery Solutions

Offers individualized services, court approved, educational programs and outpatient treatment; will refer to the appropriate agency and services when appropriate. Provides out of state assessments and DMV work, assistance negotiating the system and provide consultation and referrals.

Intake Procedure Email;Call for more information;Voice Message;Text (SMS)

24 hours a day/7 days a week

Sliding scale. Fees determined by services required \$25-\$40

Last Update Date 9/21/2020

Aurora Behavioral Health Care

11878 Avenue Of Industry
San Diego, CA 92128
(858) 675-4228
www.aurorabehavioral.com

Serves San Diego County

Eligibility Ages 13 years and older

Adult Services Program

Provides acute inpatient treatment program and 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 5/5/2021

Category Substance Abuse/Recovery Programs and Counseling

Aurora Behavioral Health Care

11878 Avenue Of Industry
San Diego, CA 92128
(858) 675-4228
www.aurorabehavioral.com

Serves San Diego County

Eligibility Ages 13 to 17 years for chemical dependency program, psychiatric, including dual diagnosis programs

Youth Services Program

Provides inpatient; partial hospitalization; and intensive outpatient psychiatric services to 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 5/5/2021

Boys and Girls Club of Vista

410 W California Ave
Vista, CA 92083
(760) 724-6606
www.bgc vista.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

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. Call (760) 855-2528 to inquire about available Naloxone distribution.

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

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

Fixed fees \$1900.00/ month

Last Update Date 6/12/2019

Category Substance Abuse/Recovery Programs and Counseling

Escondido Education COMPACT

220 S Broadway
Escondido, CA 92025
(760) 839-4515
<https://www.educationcompact.org/>

Serves Escondido

Eligibility Juveniles with Marijuana use disorders in Escondido

Cannabis Abuse Workshop

A 6-week program for juveniles who are regular users of marijuana. The program includes group sessions, education, and individual case management focused on the dangers of marijuana, strategies for staying sober, and self-reflection on why the juvenile began using marijuana or other drugs in the first place.

Intake Procedure Email;Call for more information

8:00 am-6:00 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday (alternating)

No Fees

Last Update Date 4/8/2022

Escondido Education COMPACT

220 S Broadway
Escondido, CA 92025
(760) 839-4515
<https://www.educationcompact.org/>

Serves Escondido

Eligibility Parents of children ages 9-14 in the Escondido area

Guiding Good Choices

5-week Parenting Program that teaches research and evidence-based strategies to parents of children ages 9-14. The focus of the workshops is to help families prevent their children from becoming involved with drugs and alcohol.

Intake Procedure Email;Call for more information

8:00 am-6:00 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday (alternating)

No Fees

Last Update Date 4/12/2022

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

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 information.

Last Update Date 9/16/2021

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 ages 18 to 50 years 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

Office Hours: 8:00 am-5:00 pm, Monday-Friday, Residential Facility: 24 hours a day, 7 days a week

Fixed fee schedule

\$400/ month

Last Update Date 10/12/2021

Category Substance Abuse/Recovery Programs and Counseling

HealthRIGHT 360

3355 Mission Ave Ste 239
Oceanside, CA 92058
(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

Accepts Medi-Cal. Sliding fee scale based on income.

Last Update Date 1/22/2020

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 1/22/2020

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

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, and linkages/referrals to community resources. Naloxone distribution for patients only. Please call 9-1-1 for emergencies.

Intake Procedure Call for appointment; 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 information.

Last Update Date 12/28/2021

McAlister Institute for Treatment and Education

1211 W Vista Way # 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, and linkages/referrals to community resources, prevention. Naloxone distribution for patients only. Please call 9-1-1 for emergencies.

Intake Procedure Call for appointment; 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 information.

Last Update Date 10/1/2021

McAlister Institute for Treatment and Education

200 E Washington Ave Suite 100
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, and linkages/referrals to community resources and prevention. Naloxone distribution for patients only. Please call 9-1-1 for emergencies.

Intake Procedure Call for appointment; 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 information.

Last Update Date 12/28/2021

McAlister Institute for Treatment and Education

751 Rancheros Dr Suite 3-5
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, and linkages/referrals to community resources. Naloxone distribution for patients only. Please call 9-1-1 for emergencies.

Intake Procedure Call for appointment; 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 information.

Last Update Date 12/28/2021

Category Substance Abuse/Recovery Programs and Counseling

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 Suite C1
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 11/10/2020



2-1-1 San Diego North County Resource Guide

Category Substance Abuse/Recovery Programs and Counseling

North County LGBTQ Resource Center

3220 Mission Ave Suite 2

Oceanside, CA 92058

(760) 994-1690

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

COVID-19 Update: call for more information on times for 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) 726-4900

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-2:30 pm, Friday; Counseling Hours: 8:30 am-5:00 pm Monday-Thursday; After hour appointments available

Sliding scale fee based on income and family size

Last Update Date 5/10/2022

North County Lifeline

200 Michigan Ave

Vista, CA 92084

(760) 726-4900

www.nclifeline.org

Serves Carlsbad; Oceanside; San Marcos; Vista; San Dieguito; Fallbrook

Eligibility Youth ages 12-17 years old

Counseling Services, Vista

Offers counseling services including individual, family, and couple 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 more information; Call for appointment

Office Hours: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; Counseling Hours: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; After hour appointment available

Sliding scale fee based on income and family size

Last Update Date 5/10/2022

North County Lifeline

200 Michigan Ave

Vista, CA 92084

(760) 726-4900

www.nclifeline.org

Serves North Coastal Region of San Diego

Eligibility Youth ages 12-17 years old and enrolled in a school located in the North Coastal region

TrueLife Recovery

Is a trauma informed outpatient substance abuse and co-occurring treatment program. Services may include but limited to individual family or group therapy, counseling, and case management.

Intake Procedure Call for appointment

8:30am-5:00 pm, Monday-Friday; After hours appointment available

No fees

Last Update Date 5/10/2022

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 6-17 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 activities, art & enrichment activities for youth.

Intake Procedure Call for more information

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

No fees

Last Update Date 5/10/2022

North County Lifeline

200 Michigan Ave
Vista, CA 92084
(760) 726-4900
www.nclifeline.org

Serves North County Coastal; North County Inland

Eligibility Teenagers ages 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 Walk-in for more information; Walk-in for appointment; Call

Days and times vary

No fees

Last Update Date 5/10/2022

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

COVID-19 Update: offices and meeting spaces are currently closed due to the coronavirus outbreak. Check out the online meeting formats available each day of the week: <https://sandiegocma.org/calendar/> 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

See calendar for schedule

No fees

Last Update Date 12/20/2021

Spirit444 Ministries Inc.

16767 Bernardo Center Dr
San Diego, CA 92128
(858) 309-2552
spirit444.org

Serves San Diego County

Eligibility Adults 18 years and older

Spirit444 Ministries Inc

Members and volunteers provides crisis Intervention, substance abuse counseling, screening, brief intervention, referral to treatment, education support, college enrollment assistance, FAFSA application assistance, public welfare benefits, application assistance, resume writing assistance and job search assistance.

Intake Procedure Email; Online; Voice Message; Call; Text (SMS); Mail

10:00 am-1:00 pm, Sunday; 10:00 am-3:00 pm, Monday-Wednesday; 10:00 am-6:00 pm, Saturday

Sliding Scale, Insurance accepted

Last Update Date 5/28/2020

Category Transitional Housing

Category Transitional Housing

Casa de Amparo

103 Rancho Del Oro Dr Bldg A
Oceanside, CA 92057
(760) 295-4600
<https://www.casadeamparo.org/programs/new-directions/>

Serves San Diego County

Eligibility Current or emancipated youth in foster care ages 18-25 years old. Clients are referred by San Diego County Child Welfare Services or self-referral.

New Directions

Provides a transitional housing program that equips youth with the necessary skills and resources to make a successful transition from foster care to independent living. Young adults, ages 18 to 25, who are in or emancipated from foster care, can participate in New Directions. 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.

Intake Procedure Call for more information

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

No fees

Last Update Date 12/7/2021

Children of the Immaculate Heart

Confidential

(619) 431-5537
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 9/29/2020

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 information

Last Update Date 4/19/2022



2-1-1 San Diego North County Resource Guide

Category

Transitional Housing

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.

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 information.

Last Update Date 4/19/2022

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

Category Transitional Housing

Interfaith Shelter Network of San Diego

Confidential

(619) 563-9878

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 for more information

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

Fixed fees

Rent: 30% of income

Last Update Date 3/2/2022

Interfaith Shelter Network of San Diego

Confidential

(619) 563-9878

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 for more information

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

Fixed fees

Rent: 30% of income

Last Update Date 3/2/2022

SBCS

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 10/19/2021

Category Transitional Housing

Wounded Warrior Homes

1145 Linda Vista Dr
San Marcos, CA 92078
(760) 205-5050
<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

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 11/11/2020

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 center, and airport transports to support senior communities, hospice, healthcare providers and the general public.

Intake Procedure Call
Office Hours: 8:00 am-5:00 pm, Monday-Friday; Ambulance Dispatch: 24 hours a day, 7 days a week
Most insurances billed, private pay accepted for uninsured

Last Update Date 6/22/2021

Care Choice Home Care

338 Via Vera Cruz Ste 120
San Marcos, CA 92078
(760) 798-4508
www.carechoicehomecare.com

Serves San Diego County

Eligibility Any person in need of in-home personal care services, respite, and, companion services

Home Care

Provides non-medical in-home support services including personal care, meal preparation, transportation, shopping, respite and care management.

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

Last Update Date 7/10/2020

Category Transportation Services

City of Carlsbad

799 Pine Ave
Carlsbad, CA 92008
(760) 602-4655
<https://www.carlsbadca.gov/departments/parks-recreation/adults-50/senior-meal-program>

Serves Carlsbad

Eligibility Seniors ages 60 years and older

Nutrition Program

COVID-19 Update: Pick up service for packaged cold meals that will need to be reheated will be available Monday-Friday from 12:00 am-1:00 pm. Reservations must be made no later than noon the day before, Monday-Friday. Monday order will need to be placed on Friday by noon by calling 760-602-4650. If a customer is unable to pick up meal, Carlsbad Senior Center will provide home delivery if requested. All established home meal deliveries will continue for registered customers. Meal pick up location is outside the Carlsbad Senior Center at 799 Pine Avenue. Please call 760-602-4655 to leave a message for a reservation and/or to request meal delivered to home. Enjoy delicious and nutritious, privately catered meals with friends. Transportation is provided for Carlsbad senior residents.

Intake Procedure Online; Call for appointment

Normal Office Hours: 8:00 am-5:00 pm, Monday-Friday; Closed: Holidays

Donation \$4 per meal

Last Update Date 10/21/2021

City of Carlsbad

799 Pine Ave
Carlsbad, CA 92008
(760) 602-4650
<http://www.carlsbadca.gov/departments/parks-recreation/adults-50>

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 7/6/2021

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 residing in the City of Encinitas.

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 3/11/2022

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

9:00 am-3:00 pm, Monday-Friday

No fees

Last Update Date 3/14/2022

Category Transportation Services

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 60 years and older

Senior Nutrition with Transportation Program

COVID-19 update: The Park Avenue Community Center is CLOSED until further notice, however Senior Nutrition Program will remain in place with the following adjustments: - Senior Nutrition has transitioned to delivery and pick-up of meals. -At this time, accepting participants 60 and over to be added to a waitlist. -To be added to the waitlist, call 760-839-4803. Leave your name, phone number and address. -For those currently approved to receive meals, call on Fridays to leave your meal schedule for the following week. 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 10/22/2021

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 Oceanside

Eligibility Oceanside residents 65 years of age and older

Go Oceanside

Provides transportation for Oceanside senior residents. Transportation options to get to and from doctor's appointments, pharmacies, grocery stores, daily outings, and even a walk in the park.

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 12/15/2021

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

COVID-19 Update: Parks and Recreation is limiting public access but office is open for phone and email communication. Please call Country Club Senior Center at (760) 435-5250 or email recadmin@oceansideca.org. 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 3/18/2022

City of Vista

1400 Vale Terrace Dr Vista Senior Center
Vista, CA 92084
(760) 643-5288
<https://www.cityofvista.com/city-services/city-departments/recreation-comm-services/senior-services/nutrition-program>

Serves Vista

Eligibility Vista senior residents ages 60 years and older

Lunch Program

COVID-19 Update: The Center is offering lunch service via curbside pick-up or delivery Monday and Wednesday. Reservations are recommended by calling (760) 643-5288. Delivery is available to Vista residents upon request. Free to seniors age 60 and over. All senior activities are cancelled. 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 and Wednesday
No fees

Last Update Date 12/10/2020

Category Transportation Services

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

COVID-19 update: Rides for medical purposes and groceries only due to COVID-19. Phone line is only monitored 7:30 am-11:30 am, Tuesday, Thursday, and Friday. To promote 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

Office Hours: 8:00 am-3:30 pm, Monday-Friday

Fixed fee depending on service

Last Update Date 12/10/2020

City of Vista

1400 Vale Terrace Dr
Vista, CA 92084
(760) 643-5288
<https://www.cityofvista.com/residents/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

Office Hours: 8:00 am-3:30 pm, Monday-Friday

Fixed fee depending on service

Last Update Date 3/10/2022

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

COVID-19 update: Service available for grocery and supply delivery only. 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

COVID-19 update: Services available for food or grocery delivery only. 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

Category Transportation 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

Category Utility Assistance

Brother Benno Foundation

Confidential

(760) 439-1244 Ext 113

Serves San Diego County

Eligibility If in any situation below, then assistance with electricity will be considered an eligible program cost. - Payment is past due - Current bill in their name - All other resources have been exhausted (i.e., State's Low Income Home Energy Assistance Program/

EFSP Electricity Bill Payment Assistance

Is a federally funded program that offers limited emergency electricity bill payment assistance to individuals or families who are experiencing a temporary/emergency financial hardship. Client is required to provide a co-payment towards a portion of their electric bill.

Intake Procedure Call for appointment

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

No fees. However, a co-payment for client's portion of the bill is required. Amount of co-payment is determined by case management agency.

Last Update Date 6/30/2022

Brother Benno Foundation

Confidential

(760) 439-1244 Ext 113
www.brotherbenno.org/

Serves San Diego County

Eligibility If in any situation below, then assistance with water will be considered an eligible program cost. - Payment is past due - Current bill in their name - All other resources have been exhausted (i.e., State's Low Income Home Energy Assistance Program/Care)

EFSP Water Bill Payment Assistance

Is a federally funded program that offers limited emergency water bill payment assistance to individuals or families who are experiencing a temporary/emergency financial hardship. Client is required to provide a co-payment towards a portion of their water bill.

Intake Procedure Call for appointment;Voice Message

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

No fees. However, a co-payment for client's portion of the bill is required. Amount of co-payment is determined by case management agency.

Last Update Date 6/30/2022

Brother Benno Foundation

3260 Production Ave
Oceanside, CA 92058
(760) 439-1244 Ext 113
www.brotherbenno.org

Serves North Coastal Region

Eligibility Must be a resident of the North Coastal Region, is either a senior age 60 years and older or has a family with small children in the home or is a disabled individual. Will not provide assistance to individuals who receive section 8 Will not provide assis

Rent and Utility Payment Assistance

Offers emergency rent and utility (water/gas/electric) payment assistance (when funding is available) to seniors, families with small children or disabled individuals who reside in the geographic service area. Those seeking assistance must have a source of income and pay a portion of the rent. The amount of assistance is at the discretion of the agency.

Intake Procedure Call for appointment

8:30 am-12:00 pm, Monday-Friday; Leave a message for a callback

Call for information

Last Update Date 7/12/2022

Campesinos Unidos, Inc. of San Diego

885 Gateway Center Way Ste 103
San Diego, CA 92102
(619) 391-9790
<http://www.campesinosunidos.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

HEAP assists clients who need help in paying their electric or gas bills. Clients provide information that will be used to determine an established benefit amount that will appear as a credit on the clients' bills. If the bill is included in the clients' rent, the client receives a check in the benefit amount. The Home Energy Assistance Program may pay for a portion of the energy bill in the form of a dual or single party warrant or a direct payment to a utility company. The amount of assistance ranges from \$217 to \$361, and the average waiting period for a check is 10 to 12 weeks. The 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 appointment;Mail

8:00 am-11:30 am,1:00 pm-3:30 pm, Monday-Wednesday; Closed on Holidays

No fees. Client may be required to pay for a portion of the bill in order to receive assistance.

Last Update Date 4/14/2022

Home Start

Confidential

(619) 782-2494
<https://home-start.org/oceanside-ratepayer-relief-program/>

Serves Oceanside, Visa, Fallbrook

Eligibility 1. Must be a current account holder with the City of Oceanside (all rate classes are eligible). 2. The amount of the award is dependent upon the rate class 3. Applications must be completed online or submitted in person at the City of Oceanside's Water Ut

Oceanside Ratepayer Relief Program

Helps eligible households that are part of the City of Oceanside's utility service (water, sewer and/or solid waste) that have fallen behind on their utility bill. The program provides a one-time credit for approved customers that have been impacted financially due to the pandemic, as well as those that have been approved for other public assistance programs. Applications will be accepted until funds are no longer available.

Intake Procedure Call for more information;Complete Application Online

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

No fees

Last Update Date 7/11/2022

Interfaith Community Services

5731 Palmer Way Suite A
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. Eligibility documentation required for certain services/supports.

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, 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), utility assistance, access to benefits, crisis intervention, immigration and legal aid services referrals, diapers and formula (when available), and additional community referrals as needed. Rental assistance available for residents within the City of Carlsbad (some limits and criteria do apply, provided based on availability). Case management support available for employment, housing stabilization, and self-sufficiency.

Intake Procedure Walk-in for services

Walk-in Hours: 1:00 pm-3:00 pm, Tuesday-Thursday; First come, first serve basis

No fees

Last Update Date 8/11/2021

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. Eligibility documentation required for certain services/supports.

Basic Needs Walk-in Services, Oceanside

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), utility assistance, access to benefits, immigration and legal aid services referrals, crisis intervention, diapers and formula (when available), and additional community referrals as needed. Rental assistance available for residents within the North County San Diego (some limits and criteria do apply, provided based on availability). Case management support available for employment, housing stabilization, and self-sufficiency.

Intake Procedure Call for appointment; Walk-in for services

Walk-in Hours: 8:00 am-11:00 am, Monday-Friday; Closed the 1st Friday of the month; First come, first serve basis

No fees

Last Update Date 8/11/2021

Interfaith Community Services

550 W Washington Ave Ste B Ste
Escondido, CA 92025
(760) 489-6380
www.interfaithservices.org

Serves Carlsbad

Eligibility 1. Customers who do not qualify for the LIHEAP/HEAP program and are past due and in danger of being disconnected or have a disconnection notice. 2. Customers who have used LIHEAP/HEAP within the past year and are facing disconnection of service. 3. Cu

Neighbor to Neighbor, Carlsbad

Provides financial help to people who cannot pay their energy bills. Helps customers who do not qualify for any other assistance programs, such as LIHEAP/HEAP, but who cannot pay their SDG&E bill due to temporary financial hardship. Assistance ranges from \$50-\$150 and UP to \$300 for high energy use Medical Baseline/Life Support customers on a case by case basis.

Intake Procedure Call for appointment; Voice Message

10:00 am-5:00 pm, Monday-Friday

No fees. However, a payment for a the remainder balance of the utility bill is required to receive assistance.

Last Update Date 6/30/2021

Interfaith Community Services

550 W Washington Ave Ste B
Escondido, CA 92025
(760) 489-6380
www.interfaithservices.org

Serves Escondido; 92025; 92026; 92027; 92029; 92030; 92033; 92046

Eligibility 1. Customers who do not qualify for the LIHEAP/HEAP program and are past due and in danger of being disconnected or have a disconnection notice. 2. Customers who have used LIHEAP/HEAP within the past year and are facing disconnection of service. 3. Cu

Neighbor to Neighbor, Escondido

Provides financial help to people who cannot pay their energy bills. Helps customers who do not qualify for any other assistance programs, such as LIHEAP/HEAP, but who cannot pay their SDG&E bill due to temporary financial hardship. Assistance ranges from \$50-\$150 and UP to \$300 for high energy use Medical Baseline/Life Support customers on a case by case basis.

Intake Procedure Call for appointment;Voice Message
10:00 am-5:00 pm, Monday-Friday

No fees. However, a payment for a the remainder balance of the utility bill is required to receive assistance.

Last Update Date 6/30/2021

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 7/8/2021

The Salvation Army San Diego Regional Office

3935 Lake Blvd
Oceanside, CA 92056
(760) 631-8212 x205
www.sandiego.salvationarmy.org

Serves North Coastal Region

Eligibility 1. Customers who do not qualify for the LIHEAP/HEAP program and are past due and in danger of being disconnected or have a disconnection notice. 2. Customers who have used LIHEAP/HEAP within the past year and are facing disconnection of service. 3. Cu

Neighbor to Neighbor, Oceanside Corps

Provides financial help to people who cannot pay their energy bills. Helps customers who do not qualify for any other assistance programs, such as LIHEAP/HEAP, but who cannot pay their SDG&E bill due to temporary financial hardship. Assistance ranges from \$50-\$150 and UP to \$300 for high energy use Medical Baseline/Life Support customers on a case by case basis.

Intake Procedure Call for appointment;Voice Message
10:00 am-12:00 pm, Tuesday only

No fees. However, a payment for a portion of the utility bill is required.

Last Update Date 7/1/2021