



North County Resource Guide

Printed September 2024

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.

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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 and newborn 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 activities such as: • Playtime • Bathing • Dressing • Personal care • Nutritional guidance • Meal preparation • Assistance with potty training as needed

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

Sliding scale depending on service Start at \$33 per hr

Last Update Date 9/23/2022

Boys & Girls Clubs of Greater San Diego

835 W 15th Ave
 Escondido, CA 92025
 (760) 745-0515
 www.sdyouth.org

Serves San Diego County

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

Day Camp and After School Care, Baker Branch

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

Intake Procedure Online;Call for more information;Walk-in for more information
 During Vacation Periods: 7:00 am-2:00 pm, Monday-Friday; Day Camp June-August: 7:00 am-6:00 pm, Monday-Friday; After School Drop-in: 2:00 pm-6:00 pm, Monday-Friday;
 Closed: Memorial Day

Fixed fee \$60 yearly

Last Update Date 9/21/2024

Boys & Girls Clubs of Greater San Diego

115 Woodward Ave
 Escondido, CA 92025
 (760) 746-3315
 https://www.sdyouth.org/programs

Serves Escondido

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

Day Camp and After School Care, Conrad Prebys Escondido

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

Intake Procedure Online;Call for more information;Walk-in for more information
 During School Year: 2:30 pm-6:00 pm, Monday-Friday; Summer Day Camp: 7:00 am-6:00 pm, Monday-Friday, June-August

Yearly Membership 60

Last Update Date 9/21/2024

Boys & Girls Clubs of Greater San Diego

622 E St
 Ramona, CA 92065
 (858) 277-6752
 www.sdyouth.org

Serves Ramona

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

Day Camp and After School Care, Ramona Branch

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

Intake Procedure Online;Call for more information;Walk-in for more information
 During School Year: 2:00 pm-6:00 pm, Monday-Friday; Summer Day Camp: 7:00 am-2:00 pm, Monday-Friday, June-August

Yearly Membership 60

Last Update Date 9/21/2024

Category **Child Care**

Boys and Girls Club 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

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

Provides summer and school break camps. Services offered: • Academic Enrichment • STREAM (Science, Technology, Research, Engineering, Arts and Math) Programming • Character Development • Healthy Habits & Nutrition • Fitness and recreation • Performing Arts and music • Engaging and educational field trips

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

Office Hours: 10:00 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 5/23/2024

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

Offers care for infants and preschool-age children up to five years old and school-age children six to twelve in its aftercare setting.

Intake Procedure Call

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

Fixed fee

Last Update Date 8/30/2024

Children’s Paradise Preschool & Infant Centers

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

Serves San Diego County

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

Preschool & Infant Centers, North Escondido

Offers care for infants and preschool-age children up to five years old and school-age children six to twelve in its aftercare setting.

Intake Procedure Online;Call

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

Fixed fee

Last Update Date 8/30/2024

Children’s Paradise Preschool & Infant Centers

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

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

Offers care for infants and preschool-age children up to five years old and school-age children six to twelve in its aftercare setting.

Intake Procedure Online;Call

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

Fixed fee

Last Update Date 8/30/2024



2-1-1 San Diego North County Resource Guide

Category Child Care

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

Offers care for infants and preschool-age children up to five years old and school-age children six to twelve in its aftercare setting.

Intake Procedure Online;Call
6:00 am-6:00 pm, Monday-Friday
Fixed fee

Last Update Date 8/30/2024

Children’s Paradise Preschool & Infant Centers

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

Serves San Diego County

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

Preschool and Infant Centers, South Vista

Offers care for infants and preschool-age children up to five years old and school-age children six to twelve in its aftercare setting.

Intake Procedure Online;Call
6:00 am-6:00 pm, Monday-Friday
Fixed fee

Last Update Date 8/30/2024

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 12/14/2023

City of Oceanside

300 N Coast Hwy
Oceanside, CA 92054
(760) 435-5041
<https://www.ci.oceanside.ca.us/government/parks-recreation/recreation-centers>

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 2/16/2024

Category Child Care

Easterseals Southern California

511 Saxony Pl
Encinitas, CA 92024
(760) 426-4800
<http://easterseals.com/southernca>

Serves Encinitas; Solana Beach

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

Child Development Center

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 5/16/2024

Easterseals Southern California

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

Serves Encinitas; Solana Beach

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

Child Development Center, Solana Beach

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

Intake Procedure Call
7:00 am-5:00 pm, Monday-Friday
No fees

Last Update Date 6/29/2023

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 / \$5,889 3 / \$6,511 4 / \$7,441 5 /

Casita Center Preschool

Provides a subsidized preschool for children. Offers childcare and educational programs that are designed to meet the children's social, emotional, physical, and educational needs.

Intake Procedure Online; Call for more information
Morning session: 8:30 am-11:30 am, Monday-Friday; Afternoon session: 12:30 pm-3:30 pm, Monday-Friday
Variable fees

Last Update Date 8/30/2024

Category **Child Care**

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. Families may qualify for either free or reduced tuition fees based on their monthly gross in

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

Morning session: 8:15 am-11:15 am, Monday-Friday; Afternoon session: 12:15 pm-3:15 pm, Monday-Friday

Variable fees

Last Update Date 4/16/2024

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 may qualify for either free or reduced tuition fees based on their monthly gross income.

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

Morning session: 8:15 am-11:15 am, Monday-Friday; Afternoon session: 12:15 pm-3:15 pm, Monday-Friday

Variable fees

Last Update Date 4/16/2024

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 may qualify for either free or reduced tuition fees based on their monthly gross income

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

Morning session: 8:15 am-11:15 am, Monday-Friday; Afternoon session: 12:15 pm-3:15 pm, Monday-Friday

Variable fees

Last Update Date 4/16/2024

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 two to five years old. Families may qualify for either free or reduced tuition fees based on their monthly gross income

Early Care and Education Part Day Preschools, Monte Vista Elementary

Provides subsidized childcare and education for low-income families with children ages two to five years old. This preschool operates 12 months of the year.

Intake Procedure Online;Call for more information

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

Variable fees

Last Update Date 4/16/2024

Category Child Care

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 may qualify for either free or reduced tuition fees based on their monthly gross income.

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

Morning session: 8:15 am-11:15 am, Monday-Friday; Afternoon session: 12:15 pm-3:15 pm, Monday-Friday

Variable fees

Last Update Date 4/16/2024

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 may qualify for either free or reduced tuition fees based on their monthly gross income.

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

8:30 am-11:30 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 4/16/2024

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 / \$5,889 3 / \$6,511 4 / \$7,441 5

Foothill Oak Preschool

Provides a subsidized preschool for children. Offers childcare and educational programs that are designed to meet the children's social, emotional, physical, and educational needs.

Intake Procedure Online;Call for more information

Morning session: 8:15 am-11:15 am, Monday-Friday; Afternoon session: 12:15 pm-3:15 pm, Monday-Friday

Variable fees

Last Update Date 8/30/2024

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 / \$5,889 3 / \$6,511 4 / \$7,441 5 /

Grapevine Preschool

Provides a subsidized preschool for children. Offers childcare and educational programs that are designed to meet the children's social, emotional, physical, and educational needs.

Intake Procedure Online;Call for more information

Morning session: 8:15 am-11:15 am, Monday-Friday; Afternoon session: 12:15 pm-3:15 pm, Monday-Friday

Variable fees

Last Update Date 8/30/2024

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 / \$5,889 3 / \$6,511 4 / \$7,441 5 /

Part Day Preschool, Beaumont Elementary

Provides a subsidized preschool for children. Offers childcare and educational programs that are designed to meet the children's social, emotional, physical, and educational needs.

Intake Procedure Online;Call for more information

Morning session: 8:30 am-11:30 am, Monday-Friday; Afternoon session: 12:30 pm-3:30 pm, Monday-Friday

Variable fees

Last Update Date 8/30/2024

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 / \$5,889 3 / \$6,511 4 / \$7,441 5 /

Toddler and Preschool Center, David and Jillian Gilmour Early Education Campus

Provides a subsidized preschool for children. Offers childcare and educational programs that are designed to meet the children's social, emotional, physical, and educational needs.

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

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

No fees

Last Update Date 8/30/2024

Educational Enrichment Systems, Inc.

836 Olive Ave
Vista, CA 92083
(760) 726-2170 ext. 81104
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 / \$5,889 3 / \$6,511 4 / \$7,441 5 /

Toddler and Preschool Center, Vista Innovation Early Education Center

Provides a subsidized preschool for children. Offers childcare and educational programs that are designed to meet the children's social, emotional, physical, and educational needs.

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

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

Variable fees

Last Update Date 8/30/2024



2-1-1 San Diego North County Resource Guide

Category Child Care

Escondido Community Child Development Center

819 W 9th Ave
Escondido, CA 92025
(760) 745-9215
<https://eccdc.com/>

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

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

Escondido Community Child Development Center, 9th Avenue

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

Intake Procedure Walk-in for more information; Call
7:30 am-5:30 pm, Monday-Friday

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

Last Update Date 7/6/2023

Escondido Community Child Development Center

613 E Lincoln Ave
Escondido, CA 92026
(760) 839-9330
<https://eccdc.com/>

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

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

Escondido Community Child Development Center, Lincoln Avenue

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

Intake Procedure Walk-in for more information; Call
7:30 am-5:30 pm, Monday-Friday

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

Last Update Date 7/6/2023

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 12/4/2023

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 3/23/2023

Category Child Care

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 a referral from Child Protective

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 5/1/2023

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 5/1/2023

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 5/1/2023

Category **Child Care**

Growing Minds Early Education Programs

709 San Diego St
 Oceanside, CA 92058
 (760) 757-1931
<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 5/1/2023

Lifeline Community Services

1210 Division St
 Oceanside, CA 92054
 (760) 842-6214
<https://lifelinecs.org/>

Serves Oceanside

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

Club Crown Heights

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 and 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 9/25/2024

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

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

No fees

Last Update Date 2/22/2023

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 2/22/2023

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 2/22/2023

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 2/22/2023

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

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

No fees

Last Update Date 2/22/2023

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 2/22/2023

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 program 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 2/22/2023

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-4:00 pm, Monday-Friday

No fees

Last Update Date 2/22/2023

Metropolitan Area Advisory Committee (MAAC)

1587 Linda Vista Drive
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 2/22/2023

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 2/22/2023

Category **Child Care**

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 2/22/2023

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 2/22/2023

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 2/22/2023

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 2/22/2023

Category **Child Care**

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 2/22/2023

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 2/22/2023

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 2/22/2023

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 2/22/2023

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

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

Sliding fee scale by income and family size

Last Update Date 5/4/2023

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

7:00 am-5:30 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 9/28/2023

YMCA of San Diego County

1050 N Broadway
Escondido, CA 92026
(760) 745-7490
www.ymcasd.org

Serves Escondido; Ramona; San Marcos; Valley Center

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

Before and After School Program, Escondido

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

Intake Procedure Online; Call

8:00 am-6:30 pm, Monday-Friday

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

Last Update Date 4/9/2024

YMCA of San Diego County

200 Saxony Rd
Encinitas, CA 92024
(760) 942-9622
ymcasd.org/ecke

Serves Carlsbad; Encinitas; San Marcos

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

Before and After School Program, YMCA Magdalena Ecke Family Branch

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

Intake Procedure Online; Call

8:00 am-6:30 pm, Monday-Friday

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

Last Update Date 4/9/2024

Category Child Care

YMCA of San Diego County

4701 Mesa Dr
 Oceanside, CA 92056
 (760) 758-0808
www.ymcasd.org/mottino

Serves Bonsall; Fallbrook; Oceanside; Vista

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

Before and After School Program, YMCA Mottino Family Branch

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

Intake Procedure Online;Call

8:00 am-6:30 pm, Monday-Friday

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

Last Update Date 4/9/2024

Category Children and Family Services

Bilateral Safety Corridor Coalition

121 E 31st St Ste A
 National City, CA 91950
 (619) 336-0770
www.bsccoalition.org

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 6/5/2023

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

3708 Ocean Ranch Blvd
 Oceanside, CA 92056
 (877) 792-5437
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 4/25/2024

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
 (877) 792-5437
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. Willingness to partner with the Agency and the child/youth's family 2. Minimum age of 18 3. Background evaluation for all adults in

Adoption Services, North Inland

Any individual, couple, or family who wants to provide care to a related or unrelated child(ren) who is under the jurisdiction of the juvenile court, or otherwise in the care of a county child welfare agency or probation department.

Intake Procedure Online;Call for more information

Office Hours: 8:00 am-5:00 pm, Monday-Friday; Online: 24 hours a day, 7 days a week
 No fees to process. Fixed fee schedule on a case-by-case basis.

Last Update Date 3/15/2024

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

Provides a 24-hour hotline to report suspected child abuse and neglect. Services are available 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.

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

Office Hours: 8:00 am-5:00 pm, Monday-Friday; Hotline and Online Hours: 24 hours a day, 7 days week
 No fees

Last Update Date 3/15/2024

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
 No fees

Last Update Date 7/27/2023

Category Children and Family Services

Planned Parenthood of the Pacific Southwest

347 W Mission Ave
 Escondido, CA 92025
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-health-center-2331-90110/pregnancy-testing-options>

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Escondido Center

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

Intake Procedure Call for appointment;Walk-in for appointment

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/24/2024

Planned Parenthood of the Pacific Southwest

1964 Via Ctr
 Vista, CA 92081
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/vista/92081/vista-isabella-center-4186-90110/pregnancy-testing-options>

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Vista Center

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

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

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/24/2024

Polaris Project

Confidential

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

Serves Nationwide

Eligibility Available to assist anyone needing help regarding a human trafficking situation or seeking information about human trafficking.

National Human Trafficking Hotline

The program is a 24-hour day, seven days a week, toll-free hotline for calls, texts, and chats from anywhere in the country for human trafficking. The program is a non-profit, not a government law or immigration authority entity.

Intake Procedure Email;Online;Call for more information;Text (SMS);Chat

24 hour a day, 7 days a week

No fees

Last Update Date 9/27/2023

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 8/1/2024

Category Children and Family Services

TERI, Inc.

251 Airport Rd
Oceanside, CA 92058
(760) 721-1706
<https://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 5/22/2024

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
7:00 am-5:30 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 9/28/2023

United States Department of Veterans Affairs

(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

Veterans who are homeless or at risk of homelessness and their family members, friends, and supporters can call or chat online with the National Call Center for Homeless Veterans.

Intake Procedure Online;Call;Chat
24 hours a day, 7 days a week
No fees

Last Update Date 6/11/2024



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 12/4/2023

Category Community Shelters

Catholic Charities Diocese of San Diego

2478 Impala Dr
Carlsbad, CA 92010
(760) 929-2322
<https://ccdsd.org/homeless-mens-services/>

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. Provides assistance such as: • Daily hot meals • Clean Clothing • Clean bedding • Mailing address • Safe Environment • Case Management • Toiletries for personal hygiene • Health and nutrition education training • Bathroom, shower, and laundry facilities • Medical referrals to local health providers • Job referrals and assistance with employment leads

Intake Procedure Call for appointment

24 hours a day, 7 days a week

No fees

Last Update Date 4/17/2024

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 5/11/2023

Center for Community Solutions

Confidential

(619) 631-6442
<https://www.ccssd.org/shelter>

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 5/11/2023



2-1-1 San Diego North County Resource Guide

Category

Community Shelters

Jewish Family Service (JFS) of San Diego

1140 Oakcrest Park Dr
Encinitas, CA 92024
(858) 637-3373
<https://www.jfssd.org/our-services/adults-families/safe-parking-program/>

Serves North County of San Diego

Eligibility Must have a working vehicle, no tents, RV's, trailers, campers, or other oversized vehicles, cannot be a registered sex offender and must be currently experiencing homelessness. Cannot enroll prior to experiencing homelessness

Safe Parking Program, Encinitas

Provides a safe overnight parking environment for individuals and families living in their vehicles. Services may include resource navigation, food, applying for benefits, financial literacy classes, parenting classes, case management and community resource navigation. Clients have the option to meet with case managers to develop an action plan to overcome barriers with emphasis on ending homelessness.

Intake Procedure Call for more information

Monday-Sunday; Overnight: 6:00 pm-7:00 am, Monday-Sunday
No fees

Last Update Date 1/19/2023

Jewish Family Service (JFS) of San Diego

200 Civic Center Dr
Vista, CA 92084
(858) 637-3373
<https://www.jfssd.org/our-services/adults-families/safe-parking-program/>

Serves San Diego County

Eligibility Must have a working vehicle (no tents, campers, trailers or RVs), be experiencing homelessness and living in a vehicle. Cannot be a registered sex offender.

Safe Parking Program, Vista

Provides a safe overnight parking environment for individuals and families living in their vehicles. Services may include resource navigation, food, applying for benefits, financial literacy classes, parenting classes, case management and community resource navigation. Clients have the option to meet with case managers to develop an action plan to overcome barriers with emphasis on ending homelessness. Safe Parking Vista provides a stable, youth-friendly space where volunteers and staff can support the needs of children, allowing parents the time to work with case managers on their housing plans and other pressing needs. No RVs permitted.

Intake Procedure Call for more information

Office Hours: 9:00 am-8:00 pm, Monday-Friday
No fees

Last Update Date 2/15/2024

Operation HOPE North County

859 E Vista Way
Vista, CA 92084
(760) 536-3880
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 60 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 10/10/2023



2-1-1 San Diego North County Resource Guide

Category Community Shelters

San Diego Rescue Mission, Inc.

3131 Oceanside Blvd
Oceanside, CA 92056
(619) 687-3720
<https://www.sdrescue.org/>

Serves Oceanside

Eligibility Adults 18 years of age and older. Children must be 17 years old or younger. Each individual must be able to complete activities of daily living independently without assistance and must be a resident living in Oceanside. Registered sex offenders and arson

Oceanside Navigation Center

Provides a 30-day emergency overnight shelter for individuals and families experiencing homelessness. Connects individuals to employment, public benefits, health services, programs and housing. Referrals are based on a first come first served basis and may not result in a placement. Please call ahead for availability and intake. Secondary services include: breakfast and dinner served daily, morning sack lunches for children, daily showers, emergency clothing and hygiene supplies, computer lab, and referrals and weekly case management.

Intake Procedure Referral required; Walk-in for services

Office: 9:00 am-3:00 pm and then from 5:00 pm-7:00 pm, Monday-Sunday; Shelter hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/11/2024

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 5/11/2023

Center for Community Solutions

Confidential
(619) 631-6442
<https://www.ccssd.org/shelter>

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 5/11/2023

Category Domestic Violence/Sexual Abuse

Jewish Family Service (JFS) of San Diego

8788 Balboa Ave
 San Diego, CA 92123
 (858) 637-3210
<https://jfsd.org/our-services/adults-families/family-violence-support-services/>

Serves San Diego County

Eligibility Individual must be experiencing intimate partner violence within the 3 months for case management and within the last year to participate in groups offered. Services provided to anyone regardless of gender, religion, race, socioeconomic status, or sexual

Project SARAH

Project SARAH (Stop Abusive Relationships At Home) is a support system for individuals experiencing intimate partner violence. A case manager can discuss options to support safety and stability, navigate community resources, discuss housing options and assist with locating a shelter based on availability. The program offers confidential groups to help relate and grow with others going through similar experiences.

Intake Procedure Call for more information; Call for appointment
 8:30 am-5:00 pm, Monday-Thursday, 8:30 am-4:00 pm, Friday
 No fees

Last Update Date 3/1/2024

SBCS

Confidential
 (800) 640-2933

Serves San Diego County

Eligibility Shelter accepts both male and female victims of domestic violence with minor children who are experiencing and/of fleeing from domestic violence.

Casa Seguras

Confidential shelter for families fleeing domestic violence. Services include case management, counseling, support groups, assistance obtaining temporary restraining orders, building independent living skills, emergency food and clothing and assistance finding stable and safe housing.

Intake Procedure Call for more information; Referral
 24 hours a day, 7 days a week
 No fees

Last Update Date 4/7/2023

Women's Resource Center

Confidential
 (760) 757-3500

Serves San Diego County

Eligibility Accepts women and men age 18 years and older who are victims of domestic violence who are with or without children (boys and girls) up to age 18. The program also accepts emancipated girls, with or without children.

Domestic Violence Emergency Shelter

Provides and emergency shelter for victims of domestic violence. The maximum stay is 28 days at one time. Offers supportive service such as: • Individual and group counseling • Parenting skills development • Assistance in locating housing • Assistance in locating employment

Intake Procedure Call
 24 hours a day, 7 days a week
 No fees

Last Update Date 1/10/2024

YWCA of San Diego County

Confidential
 (619) 234-3164
www.ywcasandiego.org

Serves San Diego County

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

Becky's House Emergency Shelter

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

Intake Procedure Call for appointment
 Intake: 24 hours a day, 7 days a week
 No fees

Last Update Date 12/4/2023

Category Education and Training



2-1-1 San Diego North County Resource Guide

Category Education and Training

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 11/6/2023

Category Employment Assistance and Training

Basketful

5463 Rainbow Heights Rd
Fallbrook, CA 92028
(619) 760-7966
<https://www.basketfuls.net/>

Serves San Diego County

Eligibility Must be in need of food supplies and or job aid assistance.

Basketfuls Resources

Provides healthy food options such as fruits, vegetables, water, and other staples. Also offers essential hygiene supplies, and job aids to individuals and families in need.

Intake Procedure Email;Voice Message;Text (SMS)

8:00 am-6:00 pm, Monday-Sunday

No fees

Last Update Date 6/5/2024

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, available for young adults, ages 18 to 25, who are in or emancipated from foster care, who can participate in New Directions. Program offers services that 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 • 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 7/25/2024

Employment Development Department, State of California

649 W Mission Ave Unit 2400
Escondido, CA 92025
(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

Provides a comprehensive range of employment and training services in partnership with state and local agencies and organizations. Services only benefits: • Job seekers • Laid-off workers • Youth • Individuals currently working • Veterans • People with disabilities

Intake Procedure Call for more information

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

No fees

Last Update Date 3/12/2024

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 10/10/2023

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 Must be 16-18 years of age or older, legally able to work in the United States, and are serious about finding a job. Must meet the following in order to join the Paid Training Program: • At least 16 years of age for eCommerce, Retail and Donations • At

Goodwill Employment Center, Oceanside

Provides 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 Building • Interview Training • Job-seeking assistance • Conflict Resolution • Workplace Communication. Offers a 3-6 month paid training program designed to train and prepare youth 16-18 years old for the workforce. Individuals who successfully complete the training will be considered employment at good will or may receive free job search assistance.

Intake Procedure Online;Walk-in for services
9:00 am-4:00 pm, Monday-Friday; Closed: Holidays
No fees

Last Update Date 10/10/2023

Goodwill Industries of San Diego County

(619) 225-2200 General Inquiries
<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. Additional 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 5/23/2024

Category Employment Assistance and Training

Interfaith Community Services

5731 Palmer Way Suite A
 Carlsbad, CA 92010
 (760) 448-5696
<https://www.surveymonkey.com/r/ICSCbadRA>

Serves Carlsbad

Eligibility Rental assistance is only available for those who reside or plan to reside in the City of Carlsbad (as available). Must have a current lease or pre-lease agreement. Income guidelines vary depending on the funding source. Must actively participate in ongoing

Carlsbad Rental Assistance

Offers a financial grant that assists low-income households in severe emergencies who are actively enrolled in ongoing case management. Case management support is available by appointment for employment, housing stabilization, and self-sufficiency. Based on the needs of each household support could include: • Emergency rental assistance • Rental arrears • Late fees • Utility assistance • Landlord mediation/ advocacy • New move-in expense assistance • Employment assistance

Intake Procedure Call for more information;Walk-in for more information;Complete Application Online

7:00 am-12:00 pm, Monday-Friday; 1:00 pm-4:00 pm, Tuesday-Thursday; Closed for lunch 12:00 pm-1:00 pm, Closed 1st Friday of each month, Closed on Holidays.

No fees

No fee

Last Update Date 9/5/2024

Interfaith Community Services

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

Serves North Inland of San Diego County

Eligibility Serves individuals and families living in Escondido, San Marcos, Poway, Valley Center, Fallbrook, Poway, Ramona, Julian, and Borrego Springs who are at or below 200% federal poverty level (proof of income is required).

Communities in Action

Assists individuals and families living in North Inland of San Diego County who are looking for case management towards self-sufficiency. Can assist with benefit enrollments, emergency food, emergency hygiene, employment services, banking and budgeting.

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

8:00 am-10:00 am, Monday-Friday; Closed: First Friday of the Month

No fees

Last Update Date 4/24/2023

Interfaith Community Services

5731 Palmer Way Suite A
 Carlsbad, CA 92010
 (760) 448-5696

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

Participants may utilize computers on a first-come, first-serve basis for education, employment, stabilization, housing, or benefit related items. Center representatives offer career assessment and counseling as well as information and referral to education/training programs. Offers services such as: • Job search skills • Resume writing • Financial literacy • Salary negotiation • Virtual workshops • On-site computer usage • Computer classes and computer program training • Resume, job search, and job application completion assistance

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

7:00 am-12:00 pm, Monday-Friday; 1:00 pm-4:00 pm, Tuesday-Thursday; Closed for lunch, 12:00 pm-1:00 pm, Closed 1st Friday of each month, Closed on Holidays

No fees

No fees

Last Update Date 9/5/2024



2-1-1 San Diego North County Resource Guide

Category Employment Assistance and Training

Interfaith Community Services

5731 Palmer Way Suite A
Carlsbad, CA 92010
(760) 448-5696

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 Call for appointment; 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

No fees

Last Update Date 2/9/2024

Kitchens for Good

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

Serves Areas of Southeast San Diego

Eligibility Must meet the following: • Be at least 18 years old • Be eligible for employment in the U.S. • Be open to a background check • Have no current outstanding arrest warrants • Be available for class from 8:30 am-4:15 pm on Monday-Friday for the 10-week Trai

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)
<https://pendleton.usmc-mccs.org/marine-family-support/military-family-life/family-member-employment-assistance-program>

Serves San Diego County

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

Employment Services

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

Intake Procedure Call for more information

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

Call for information

Last Update Date 6/12/2023

Category Employment Assistance and Training

Mental Health Systems, Inc.

1701 Mission Ave Ste 230
 Oceanside, CA 92058
 (760) 712-3535
<https://turnbhs.org/location/north-coastal-mental-health-center/>

Serves North Inland and Coastal Regions of San Diego County

Eligibility Adults 18 years and older with severe mental illness

North Coastal Mental Health Center

Offers a range of services to adults living with severe and persistent mental illness, in order to assist recovery and encourage integration into the community. Individual treatment plans include medication assessment to improve symptoms and quality of life. Provides adults with persistent psychiatric disabilities with services such as: • Individual counseling • Group therapy • Homeless outreach • Case management • Employment services

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 3/27/2024

Mental Health Systems, Inc.

125 W Mission Ave Suite 103
 Escondido, CA 92025
 (760) 747-3424
<https://turnbhs.org/location/north-inland-mental-health-center/>

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

Offers a range of services to adults living with severe and persistent mental illness, in order to assist recovery and encourage integration into the community. Individual treatment plans include medication assessment to improve symptoms and quality of life. Provides adults with persistent psychiatric disabilities with services such as: • Individual counseling • Group therapy • Homeless outreach • Case management • Employment services

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 3/27/2024

Miracosta College

3333 Manchester Ave
 Cardiff, CA 92007
 (760) 944-4449
<https://www.miracosta.edu/>

Serves Cardiff by the Sea; Carlsbad; Del Mar; Encinitas; Fallbrook; Oceanside; San Marcos; Solana Beach; Vista; Carmel Valley

Eligibility Must meet the following guidelines: • An adult seeking high school diploma •A high school student, 17 years of age or older, who needs credits •A college student who needs to brush up on academic skills •A minor no longer enrolled in high school •A workin

Adult Community Education, San Elijo Campus

Provides tuition-free classes for adults who wish to obtain a high school diploma or increase their skill in preparation for college course work, employment or advancement in the workplace, or personal growth. Day and night classes available.

Intake Procedure Online;Call for more information;Walk-in for more information
 8:00 am-4:30 pm, Monday-Friday; Classes are held during the day and in the evening

No fees charged for noncredit continuing education courses (some classes have a materials fee) offered through Community Learning Center. Fees vary for noncredit enrichment workshops and classes.

Last Update Date 11/6/2023

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 11/6/2023



2-1-1 San Diego North County Resource Guide

Category Employment Assistance and Training

Rehabilitation Department, State of California

570 Rancheros Dr Suite 170
San Marcos, CA 92069
(760) 510-4705
<https://www.dor.ca.gov/Home/SupportedEmploymentProgram>

Serves North San Diego County

Eligibility All services are available for youth and Adults with a most significant disability in need of supported employment services

Supported Employment Program, North County Coastal Branch

Assists individuals with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Services are provided on an individual basis such as: • Counseling • Guidance • Referrals • Vocational testing • Training services • Job search • Job placement assistance • Diagnostic services • Transportation assistance

Intake Procedure Walk-in for more information; Complete Application Online; Call

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

No fees charged for most services. Financial participation may be required for some services.

Last Update Date 6/28/2024

Rehabilitation Department, State of California

570 Rancheros Dr Suite 170
San Marcos, CA 92069
(760) 510-4705
<https://www.dor.ca.gov/Home/SupportedEmploymentProgram>

Serves San Diego County Coastal, Inland and East Regions

Eligibility All services are available for youth and Adults with a most significant disability in need of supported employment services

Supported Employment Program, San Marcos

Assists individuals with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Services are provided on an individual basis such as: • Counseling • Guidance • Referrals • Vocational testing • Training services • Job search • Job placement assistance • Diagnostic services • Transportation assistance

Intake Procedure Call for more information; Walk-in for more information; Complete Application Online

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

Most services are provided without cost. Financial participation may be required for some services.

Last Update Date 6/28/2024

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 6/13/2023

Women's Resource Center

Confidential

(760) 757-3500

Serves San Diego County

Eligibility Accepts women and men age 18 years and older who are victims of domestic violence who are with or without children (boys and girls) up to age 18. The program also accepts emancipated girls, with or without children.

Domestic Violence Emergency Shelter

Provides and emergency shelter for victims of domestic violence. The maximum stay is 28 days at one time. Offers supportive service such as: • Individual and group counseling • Parenting skills development • Assistance in locating housing • Assistance in locating employment

Intake Procedure Call

24 hours a day, 7 days a week

No fees

Last Update Date 1/10/2024

Category Financial Guidance

Category Financial Guidance

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, available for young adults, ages 18 to 25, who are in or emancipated from foster care, who can participate in New Directions. Program offers services that 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 • 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 7/25/2024

Christian Credit Counselors

5838 Edison Pl Suite 130
 Carlsbad, CA 92008
 (800) 557-1985
<https://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;Complete Application Online;Call;Walk-in for services

6:00 am-4:30 pm Monday-Friday Pacific Standard Time

Set-up fee and Monthly fee

Varies by state

Last Update Date 5/21/2024

Community Resource Center

650 2nd St
 Encinitas, CA 92024
 (760) 300-3238
<https://crcncc.org/get-help/housing-supportive-services/>

Serves Encinitas; Carlsbad

Eligibility Assistance programs are for Carlsbad and Encinitas residents, and those experiencing homelessness in Encinitas and Carlsbad. Rental assistance applicants must meet an annual income of no more than 80% AMI. Household Size / Annual income 1 / \$72,900
 2 /

Housing and Supportive Services Program

Provides short and long-term integrated case management, homelessness intervention, and prevention resources to low-income families and individuals achieving and sustaining self-sufficiency. Service includes: • Case management and housing navigation support • New Move-in deposit assistance • Rental assistance • Assistance with rental arrears • Bridge shelter vouchers • Employment readiness programs • Financial education • Public benefits assistance • Assistance with transportation for work • Moving assistance for households previously experiencing homelessness

Intake Procedure Online;Call;Walk-in for services

8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Fridays

No fees

Last Update Date 4/9/2024



2-1-1 San Diego North County Resource Guide

Category

Financial Guidance

Interfaith Community Services

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

Serves North Inland of San Diego County

Eligibility Serves individuals and families living in Escondido, San Marcos, Poway, Valley Center, Fallbrook, Poway, Ramona, Julian, and Borrego Springs who are at or below 200% federal poverty level (proof of income is required).

Communities in Action

Assists individuals and families living in North Inland of San Diego County who are looking for case management towards self-sufficiency. Can assist with benefit enrollments, emergency food, emergency hygiene, employment services, banking and budgeting.

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

8:00 am-10:00 am, Monday-Friday; Closed: First Friday of the Month

No fees

Last Update Date 4/24/2023

Lifeline Community Services

200 Michigan Ave
Vista, CA 92084
(760) 726-4900
<https://lifelines.org/communities-in-action>

Serves 92007; 92008; 92009; 92010; 92011; 92014; 92024; 92054; 92055; 92056; 92057; 92058; 92067; 92075; 92081; 92083; 92084; 92091; 92672

Eligibility Must be low to moderate income and residing in a qualifying North County San Diego, coastal region zip code (listed below): 92007, 92008, 92009, 92010, 92011, 92014, 92024, 92054, 92055, 92056, 92057, 92058, 92067, 92075, 92081, 92083, 92084, 92091, 9267

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 5/31/2024

Marc Sigmon Insurance Agency LLC

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 1/12/2024

Navy-Marine Corps Relief Society, San Diego

Bdg 520512, Basilone Rd.
Camp Pendleton, CA 92055
(760) 725-7497
<https://www.nmcrcs.org>

Serves San Diego County

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

Financial Assistance Counseling, Marine 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 9/13/2022

Category Financial Guidance

Navy-Marine Corps Relief Society, San Diego

E St & 14th St, Building 1121
 Camp Pendleton, CA 92055
 (760) 725-5337
<https://www.nmcrcs.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 7/25/2023

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 9/14/2023

San Diego Financial Literacy Center

1835a S Centre City Pkwy # 508
 Escondido, CA 92025
 (858) 810-7007
<https://www.sdfllc.org/programs/boost-for-our-heroes/>

Serves San Diego County

Eligibility Military individuals, Veterans and their families

Boost For Our Heroes

Complimentary, comprehensive personal financial education services focused on assisting military members and their families on developing financial plans that include savings, budgeting, understanding credit, navigating debt and more. Services are available to any military member regardless of rank or status.

Intake Procedure Email; Call
 7:00 am-5:00 pm, Monday-Thursday 7:00 am-4:00 pm Friday
 No fees

Last Update Date 7/31/2023

San Diego Financial Literacy Center

1835a S Centre City Pkwy # 508
 Escondido, CA 92025
 (858) 810-7007
<http://www.sdfllc.org/programs/smart-with-your-money/>

Serves San Diego County

Eligibility Not limited, The one-on-one is done virtually or over the phone, and on a flexible schedule, there are some night and Saturday openings. Registration for this clinic is available on the website. Clinics are 40-60 minutes with a credentialed financial pro

Smart With Your Money

A financial education program that provides services across these critical areas: financial literacy, debt management, budgeting, and credit counseling. These core services are integrated with ancillary services provided by community partners in the areas of employment/workforce development and financial education/advising.

Intake Procedure Email; Call
 7:00 am-4:00 pm, Monday-Thursday 7:00 am-3:00 pm Friday
 No fees

Last Update Date 8/16/2023

Category Financial Guidance

San Diego Financial Literacy Center

1835a S Centre City Pkwy # 508
 Escondido, CA 92025
 (858) 810-7007
<http://www.sdfic.org/programs/wave-of-the-future/>

Serves San Diego County

Eligibility Youth up to 24 years old

Wave of the Future

Financial education program that is designed to further educate K–12 and college students about the nuances of credit, debt, budgeting, and how to become financially responsible adults. Preparing the youth population for their financial future via online tools, workbooks, and digital resources Offers to help shape the financial habits needed to succeed. The utilization of interactive workshops, games, and the introduction of real-life economic scenarios further prepares youth to become and stay financially fit. Program topics include Participant Credit and participation (consumer credit), Introduction to Credit and Lending, Creating a Spending Plan (budgeting), Introduction to insurance, and Introduction to Taxes.

Intake Procedure Email;Call

7:00 am-4:00 pm, Monday-Thursday 7:00 am-3:00 pm Friday

No fees

Last Update Date 8/14/2023

Category Food Stamps/SNAP Applications

Neighborhood Healthcare

728 E Valley Pkwy
 Escondido, CA 92025
 (760) 294-4174
www.nhcare.org

Serves North Inland San Diego County

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

Health Insurance and CalFresh Enrollment Services, Escondido Valley Parkway

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

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 9:00 am-5:00 pm, Wednesday; Closed for lunch: 12:00 pm-1:00 pm

No fees

Last Update Date 8/27/2024

Neighborhood Healthcare

426 N Date St
 Escondido, CA 92025
 (760) 294-4174
 www.nhcare.org

Serves North Inland San Diego County

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

Health Insurance and CalFresh Enrollment Services, Pediatrics Center

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

Intake Procedure Call for appointment
 8:00 am-5:00 pm, Monday-Friday
 No fees

Last Update Date 8/27/2024

Neighborhood Healthcare

28477 Lizard Rocks Rd
 Valley Center, CA 92082
 (760) 294-4174
 www.nhcare.org

Serves North Inland San Diego County

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

Health Insurance and CalFresh Enrollment Services, Valley 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 8/27/2024

Category Food Stamps/SNAP Applications

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

202 W College St
 Fallbrook, CA 92028
 (866) 262-9881
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 is California's food stamps (SNAP) program. Clients can apply over the phone through 2-1-1 San Diego's Enrollmen

CalFresh (SNAP), Fallbrook Community Resource Center

Provides benefits to low-income families and individuals meeting specific income guidelines. It supplements food budgets, enabling the purchase of healthy, nutritious food. Benefits are accessed via an Electronic Benefits Transfer (EBT) card, used like a debit card, and accepted at most grocery stores, markets, and farmers markets. An interview by phone or in person is required to certify eligibility. After the interview, the County sends a written notice of eligibility. Expedited benefits are available within three days of application. Applications are processed within 30 days. Due to the 2024 storms, affected families can use EBT or P-EBT cards to buy hot foods at participating stores through April 10, 2024.

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 3/11/2024

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; 92672

Eligibility Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh is California's food stamps (SNAP) program. Clients can apply over the phone through 2-1-1 San Diego's Enrollmen

CalFresh (SNAP), North Coastal Family Resource Center

Provides benefits to low-income families and individuals meeting specific income guidelines. It supplements food budgets, enabling the purchase of healthy, nutritious food. Benefits are accessed via an Electronic Benefits Transfer (EBT) card, used like a debit card and accepted at most grocery stores, and farmers markets. An interview by phone or in person is required to certify eligibility. After the interview, the County sends a written notice of eligibility. Expedited benefits are available within three days of application. Applications are processed within 30 days. Due to the 2024 storms, affected families can use EBT or P-EBT cards to buy hot foods at participating stores through April 10, 2024.

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 3/11/2024



2-1-1 San Diego North County Resource Guide

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; 92004; 92025; 92026; 92027; 92028; 92029; 92030; 92033; 92036; 92046; 92059; 92060; 92061; 92064; 92065; 92066; 92069; 92070; 92074; 92078; 92079; 92082; 92086; 92088; 92096; 92127; 92128; 92129; 92150; 92198; 92199

Eligibility Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh is California's food stamps (SNAP) program. Clients can apply over the phone through 2-1-1 San Diego's Enrollmen

CalFresh (SNAP), North Inland Family Resource Center

Provides benefits to low-income families and individuals meeting specific income guidelines. It supplements food budgets, enabling the purchase of healthy, nutritious food. Benefits are accessed via an Electronic Benefits Transfer (EBT) card, used like a debit card and accepted at most grocery stores, and farmers markets. An interview by phone or in person is required to certify eligibility. After the interview, the County sends a written notice of eligibility. Expedited benefits are available within three days of application. Applications are processed within 30 days. Due to the 2024 storms, affected families can use EBT or P-EBT cards to buy hot foods at participating stores through April 10, 2024.

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 3/11/2024

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 is California's food stamps (SNAP) program. Clients can apply over the phone through 2-1-1 San Diego's Enrollmen

CalFresh (SNAP), Ramona Community Resource Center

Provides benefits to low-income families and individuals meeting specific income guidelines. It supplements food budgets, enabling the purchase of healthy, nutritious food. Benefits are accessed via an Electronic Benefits Transfer (EBT) card, used like a debit card and accepted at most grocery stores, and farmers markets. An interview by phone or in person is required to certify eligibility. After the interview, the County sends a written notice of eligibility. Expedited benefits are available within three days of application. Applications are processed within 30 days. Due to the 2024 storms, affected families can use EBT or P-EBT cards to buy hot foods at participating stores through April 10, 2024.

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 3/11/2024

Category Food Stamps/SNAP Applications

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: CalFresh Annual Income Guidelines: October 1, 2023 to September 30, 2024 Household Size / Gross Monthly Income 1 / \$2,430 2 /

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 a minimum essential coverage • 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 8/14/2024

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: CalFresh Annual Income Guidelines: October 1, 2023 to September 30, 2024 Household Size / Gross Monthly Income 1 / \$2,430 2 /

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 a minimum essential coverage • 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 8/15/2024

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 Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh is California's food stamps (SNAP) program. Clients can apply over the phone through 2-1-1 San Diego's Enrollment

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 a minimum essential coverage • 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 8/14/2024

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: CalFresh Annual Income Guidelines: October 1, 2023 to September 30, 2024 Household Size / Gross Monthly Income 1 / \$2,430 2 /

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 a minimum essential coverage • 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 8/14/2024

Vista Community Clinic

134 Grapevine Rd
 Vista, CA 92083
 (760) 631-5000
<https://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 the program.

Insurance and Benefits Enrollment Services

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 4/5/2024



2-1-1 San Diego North County Resource Guide

Category Food Stamps/SNAP Applications

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 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
No fees

Last Update Date 4/5/2024

Vista Community Clinic

818 Pier View Way
Oceanside, CA 92054
(760) 7631-5000
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-Friday
No fees

Last Update Date 4/5/2024

Vista Community Clinic

1000 Vale Terrace Dr
Vista, CA 92084
(760) 631-5000
<http://www.vistacommunityclinic.org/insurance-assistance/>

Serves North County of San Diego

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-5:00 pm, Monday-Friday
No fees

Last Update Date 4/5/2024

Your Safe Place

1122 Broadway Ste 200
San Diego, CA 92101-5629
(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, and legal, social, and mental health services to anyone who has experienced domestic violence, family abuse, elder violence, sexual assault, or sex trafficking. Services include: • Restraining order assistance • Legal and immigration services • Mental health counseling • Housing support and financial security • Personalized wardrobes • Parenting assistance • Public transportation assistance • Whole person wellness • Financial independence assistance • Literacy and cultural services • Military advocacy • Law enforcement and criminal case assistance • Application assistance for CalFresh, CalWorks, and WIC applications

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 9/10/2024

Category General Counseling

Agnus Dei Foundation

Confidential

(760) 715-6463

www.agnusdeifoundation.org

Serves San Diego County

Eligibility Pregnant young women ages between 12-35 years old

Lamb of God Maternity House

Maternity home for women in crisis pregnancy who are looking to make a positive change for themselves and their baby, whether it is to parent or place their baby for adoption. Services provided include: • Counseling • Art therapy • Cooking class • Mentorship • Spiritual advisement • Educational resources • Financial literacy classes

Intake Procedure Call;Text (SMS)

9:00 am-5:00 pm, Monday-Friday; Intake: 24 hours a day, 7 days a week

No fees

Last Update Date 5/17/2023

AmeriCare Adult Day Health Care Center

340 Rancheros Dr Ste 196

San Marcos, CA 92069

(760) 682-2424

<https://www.americareadhc.com/>

Serves San Diego County

Eligibility Must meet the following: • 18 Years or older • Have one or more chronic or post acute medical condition • Have a condition resulting in limitation of 2 or more ADL's Examples of qualifying medical conditions: • Arthritis • Diabetes • Post Stroke •

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 • 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 10/27/2023

Borrego Community Health Foundation

1121 E Washington Ave

Escondido, CA 92025

(760) 871-0606 Clinic Line

<https://locations.borregohealth.org/centro-medico-escondido-urgent-care-cf2efce87042>

Serves Escondido

Eligibility Not limited

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 STD services such as: • 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. Provides Health education sessions regarding: • 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

Clinic Hours: 8:00 am-7:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees

based on family size and income.

Last Update Date 9/12/2023

Community Health Systems, Inc

1328 S Mission Rd

Fallbrook, CA 92028

(760) 451-4770

<http://www.chsica.org/services.htm>

Serves North Coastal and North Inland Region of San Diego County

Eligibility Not limited

Behavioral Health Services

Provides psychiatric and counseling services for individuals and families of all ages.

Intake Procedure Call for appointment

Monday 8:30 am - 5:30 pm; Tuesday-Friday, 8:00 am-5:00 pm; Closed for lunch, 12:00 pm-1:00 pm

Sliding scale fees based on family size and income, and other programs available

Last Update Date 8/5/2024

Community Resource Center

650 2nd St
Encinitas, CA 92024
(760) 536-5302
<https://crcncc.org/>

Serves San Diego County

Eligibility Ages 4 years and older for clinical services.

Counseling and Behavioral Health Services

Offers trauma-focused mental health treatment such as individual, couple, and family therapy, child and adolescent therapy, bilingual counseling, and elder abuse services. Classes and support groups are held weekly related to topics on domestic violence and parenting. Topics include: • Specializes in trauma • Domestic violence issues • Relationship issues • Major life transitions Trauma- Recovery Center services include (must identify as a victim of a crime): • Trauma-focused mental health treatment • Clinical Case Management • Medication Management • Connections to resources • Advocacy Services • Dual-diagnosis treatment and services (substance use and mental health treatment) Does not offer couples counseling in cases of domestic violence.

Intake Procedure Email;Call for appointment

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

Sliding scale fees based on family size and income

Last Update Date 9/9/2024

Family Health Centers of San Diego

157 E Valley Pkwy
Escondido, CA 92025
(760) 546-2838
<https://www.fhcsd.org/escondido-family-counseling-center/>

Serves North County

Eligibility Not limited

Mental Health Services, Escondido Family Counseling Center

Offers mental health services and appointments to individuals, couples, families, and groups of all ages. Services include individual, couples, family & group counseling for children, adults & older adults, adult & child psychiatry & counseling, clinics, school & home-based services, psychological testing for children & adults, and Mobile Counseling Centers. Not all services are available at every site.

Intake Procedure Online;Call for appointment

8:30 am-5:00 pm, Monday-Friday; Closed for Lunch: 12:30 pm-1:00 pm; Closed on certain holidays

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 1/22/2024

Grow Through Life Counseling

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

Serves Oceanside; Carlsbad; Vista; San Marcos; Encinitas

Eligibility Anyone ages 0-65 years old seeking support and outpatient professional counseling services either through private pay or insurance.

Grow Through Life Counseling Oceanside

Offer outpatient counseling with pre-licensed staff in person in 7 locations and via Telehealth throughout California. Assisting ages 0-65 with individual, family, and couples counseling. Offers in network with Tricare, Aetna, Cigna, Blue Shield, Multiple, and Magellan. Available provide superbills for out-of-network coverage.

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

8:00 am-8:00 pm, Monday-Sunday

Unsubsidized

\$150/per session

Last Update Date 1/10/2024

Category **General Counseling**

Interfaith Community Services

5731 Palmer Way Ste A
 Carlsbad, CA 92010
 (760) 489-6380
<https://interfaithservices.org/veterans-services/>

Serves San Diego County

Eligibility Must meet the following: • Be an unemployed or underemployed veteran • Have at least one day of active duty service • Have a valid ID and social security card • Be willing to find employment • Have a DD214 Member 4 copy and a discharge status other than d

Last Update Date 9/18/2024

Lifeline Community Services

707 Oceanside Blvd
 Oceanside, CA 92054
 (760) 842-6214
www.nclifeline.org

Serves Cardiff; Carlsbad; La Costa; Del Mar; Encinitas; Oceanside; Rancho Santa Fe; Solana Beach; Vista; Bonsall; Fallbrook; Julian; Pala; Poway; Ramona; Warner Springs; San Marcos; Palomar Mountain; Valley Center

Eligibility Youth ages 17 years and under living in the cities Cardiff, Carlsbad, La Costa, Del Mar, Encinitas, Oceanside, Rancho Santa Fe, Solana Beach, Vista, Bonsall, Fallbrook, Julian, Pala, Poway, Ramona, Warner Springs, San Marcos, Palomar Mountain, Valley Cent

Last Update Date 9/25/2024

Marine and Family Programs, Camp Pendleton

Building 130193t
 Camp Pendleton, CA 92055
 (760) 763-3222
<https://pendleton.usmc-mccs.org/marine-family-support/prevention-and-counseling/counseling-referrals/community-counseling>

Serves San Diego County

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

Last Update Date 10/10/2023

Veterans Employment and Training Services, Carlsbad

Offers veterans career guidance and assistance in the following areas: • Vocational Case Management: Offers personalized service plans, and identifies skills, preferences, and potential career paths. Financial assistance is available to navigate career paths in priority sectors. • Supportive Services: Provides employment assistance, and addresses the holistic needs of veterans. From mental health counseling to housing stability, family support, and financial assistance for supportive services. • Education and Training Scholarships: Provides scholarships for education and training in priority sectors, ensuring veterans are equipped with skills needed for quality jobs. Scholarships for specialized training are accessible in the following sectors: - Healthcare - Advanced Manufacturing - Information and Communication Technology - Digital Media - Life Sciences - Biotechnology - Clean Energy

Intake Procedure Online;Call for more information;Call for appointment;Walk-in for appointment;Referral;Complete Application Online;CIE Direct Referral
 9:00 am-12:00 pm, 1:00-3:00 PM, Friday; Closed first Friday of each Month
 No fees

Counseling Services

Provides individual, family, and group counseling to youth ages 6-17. Group topics include anger management, decision-making skills development, alcohol, tobacco, & other drug groups, and parenting groups.

Intake Procedure Email;Online;Call
 Office Hours: 8:30 am-2:30 pm, Friday; Counseling Hours: 8:30 am-5:00 pm Monday-Thursday; After hour appointments available; Online hours: 24 hours a day, 7 days a week

No fees

Neighborhood Healthcare

1001 E Grand Ave
Escondido, CA 92025

(760) 520-2660 Behavioral Health Line

<https://www.nhcare.org/health-services/behavioral/>

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

Eligibility Must meet Eligibility Criteria below: • Must live in the following areas: Escondido, Pauma Valley, Poway, San Marcos, Valley Center, Vista, El Cajon, Lakeside, Santee • Must reside within the following zip-codes: 92003, 92028, 92059, 92060, 92061, 9202

Behavioral Health Services, Escondido Grand Avenue

Offers behavioral health services to couples and families. Provides assessment, consultation services to children, teens, and adults. Services include: • Psychiatry • Telepsychiatry • Behavioral Health Counseling and Therapy • Medication assisted treatment for opioids and alcohol use disorders For emergencies, please call 9-1-1.

Intake Procedure Online;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 8/20/2024

Neighborhood Healthcare

425 N Date St # 219
Escondido, CA 92025

(833) 867-4642

<https://www.nhcare.org/health-services/behavioral/>

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 Must meet Eligibility Criteria below: • Must live in the following areas: Escondido, Pauma Valley, Poway, San Marcos, Valley Center, Vista, El Cajon, Lakeside, Santee • Must reside within the following zip-codes: 92003, 92028, 92059, 92060, 92061, 92020

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. Services include: • Psychiatry • Telepsychiatry • Behavioral Health Counseling and Therapy • Medication assisted treatment for opioids and alcohol use disorders For emergencies, please call 9-1-1.

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed for lunch 12:00pm-1:00pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

460 N Elm St
Escondido, CA 92025

(833) 867-4642

www.nhcare.org/

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

Eligibility No age or income limitations

Community Health Center, Escondido Elm Street

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling, and health education. Pediatric services include well-baby and well-child check-ups, immunizations, physicals, and weight management. Women's health services include: • Obstetrics and Gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Specialty medical care • Prescription management and senior peer group • Older adult services provide diabetes management

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 6/11/2024



2-1-1 San Diego North County Resource Guide

Category

General Counseling

Neighborhood Healthcare

728 E Valley Pkwy
Escondido, CA 92025
(833) 867-4642
<https://www.nhcare.org/>

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

Eligibility No age or income limitations

Community Health Center, Escondido Valley Parkway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, teen health, Podiatry, counseling, and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women’s health services include: • Obstetrics and gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Specialty medical care • Prescription management and senior peer group • Older adult services provide diabetes management

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

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

13010 Poway Rd
Poway, CA 92064
(858) 218-3000
www.nhcare.org

Serves Poway

Eligibility No age or income limitations

Community Health Center, Gold Family Health Center in Poway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women’s health services includes: • Obstetrics and gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Older adult services provide diabetes management • Specialty medical care • Prescription management and senior peer group

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed for lunch 12:00pm-1:00pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

28477 Lizard Rocks Rd
Valley Center, CA 92082
(833) 867-4642
www.nhcare.org

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

Eligibility No age or income limitations

Community Health Center, Valley Center

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 8/21/2024



2-1-1 San Diego North County Resource Guide

Category General Counseling

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

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 9/13/2023

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 4/19/2023

Palomar Family Counseling Service, Inc.

945 Vale Terrace Dr
Vista, CA 92084
(760) 630-3505
<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 9/13/2023

Palomar Health

15615 Pomerado Rd
Poway, CA 92064
(858) 613-4910
<https://www.palomarhealth.org/facilities/palomar-poway-outpatient/>

Serves San Diego County

Eligibility Adults and older adults with psychiatric and mental health needs, ages 18 years and older

Outpatient Behavioral Health Services, Poway

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 • Treatment for adults and older adults • Group and individual therapy • Medication management

Intake Procedure Call; Walk-in for services
8:30 am-5:30 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 6/21/2024

TrueCare

619 Crouch St Ste 100
Oceanside, CA 92054
(760) 736-6767
<https://truecare.org/wellness-services/behavioral-health/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Behavioral health services for individuals and families of all ages

Behavioral Health Services, Oceanside

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including: • Anxiety • Depression • Bipolar disorder • Chemical dependency • Post-traumatic stress (PTSD) • Depression • Mental Illness • Pain Management • Psychotic disorders • Schizophrenia

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 8/15/2024

Category General Counseling

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 8/15/2024

United States Department of Veterans Affairs

1300 Rancho Del Oro Rd
Oceanside, CA 92056
(760) 643-2000
<https://www.va.gov/san-diego-health-care/locations/oceanside-va-clinic/>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Oceanside Clinic

Provides medical services to eligible military veterans including primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care and individual counseling. Clinic operates just like a doctors office where patients are seen by scheduled appointment.

Intake Procedure Call for appointment

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

Fees range depending on service

Last Update Date 5/31/2024

Vista Hill

1029 N Broadway
Escondido, CA 92026
(760) 489-4126
<https://www.vistahill.org/programs-services/learning-assistance-center-lac-county/>

Serves Escondido

Eligibility Services provided for Medi-Cal eligible children and teens Children with AB2726, and children who are uninsured and under insured. Children and teens must have a SSN

Learning Assistance Center, Escondido Union District, Lincoln Annex

Provides school-based mental health services to eligible elementary and middle school children from ages 3-18 years old. Services include: • Individual therapy • Group and family therapy • Case management • Behavioral rehabilitative services • Medication evaluations • 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 1/8/2024

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 Services provided for Medi-Cal eligible children and teens Children with AB2726, and children who are uninsured and under insured. Children and teens must have a SSN

Learning Assistance Center, North Inland

Provides school-based mental health services to eligible elementary and middle school children from ages 3-18 years old. Services include: • Individual therapy • Group and family therapy • Case management • Behavioral rehabilitative services • Medication evaluations • Medication management

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 1/8/2024

Category Human Trafficking Service Provider

Category Human Trafficking Service Provider

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 6/5/2023

Children of the Immaculate Heart

Confidential

(619) 944-9281
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 children. Service includes 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, Nights and weekends on an as-needed basis

No fees

Last Update Date 5/14/2024

District Attorney, County of San Diego

(888) 373-7888
<https://www.sdca.org/preventing/human-trafficking/>

Serves San Diego County

Eligibility Not limited

Human Trafficking Webpage

A website 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. Includes links to local community resources and initiatives and contact information on how to report cases of human trafficking.

Intake Procedure Email;Online;Call for more information

24 hours a day, 7 days a week

No fees

Last Update Date 8/12/2024

Lifeline Community Services

200 Michigan Ave
Vista, CA 92084
(760) 726-4900
<http://www.nclifeline.org/#!project-life/cd60>

Serves San Diego County

Eligibility All victims of human trafficking

Project LIFE

Offers intervention services to all victims of human trafficking through an advocacy program. Services offered include counseling and trauma-specific therapy, safety planning and crisis intervention, intense case management, peer support and other community resources, transitional housing and residential coordination, and trauma-informed victim advocacy.

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 3/27/2024

Category Human Trafficking Service Provider

Polaris Project

Confidential

(888) 373-7888

<https://humantraffickinghotline.org>

Serves Nationwide

Eligibility Available to assist anyone needing help regarding a human trafficking situation or seeking information about human trafficking.

National Human Trafficking Hotline

The program is a 24-hour day, seven days a week, toll-free hotline for calls, texts, and chats from anywhere in the country for human trafficking. The program is a non-profit, not a government law or immigration authority entity.

Intake Procedure Email;Online;Call for more information;Text (SMS);Chat
24 hour a day, 7 days a week

No fees

Last Update Date 9/27/2023

Category Immigration Services

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 Funding

Providing financial assistance for immigration fees; funds can only be used for payments to US Department of Homeland Security, not attorney fees.

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

8:00 am-10:00 am, Monday, Wednesday, Friday; Closed 1st Friday of the Month

No fees

Last Update Date 8/5/2024

Legal Aid Society of San Diego

Confidential

(877) 534-2524

www.lasds.org/

Serves San Diego County

Eligibility Call for information.

Legal Services, North County Office

Provides FREE help including legal counsel and advice, and representation in court to low-income people in such areas as divorce, custody and other family law issues, consumer protection issues, landlord-tenant issues, Section 8 and public housing (including denials), special education issues, owed back Federal Tax issues, questions, denials or appeals of unemployment benefits, problems or questions with CalFresh, CalWorks, CAPI, IHSS or General Relief assistance, SSI Minor children applications and immigration. Services are provided by staff attorneys and advocates.

Intake Procedure Call for more information

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

No Fees

Last Update Date 6/4/2024

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

10:00 am-3:00 pm, Monday, Thursday, Friday; 10:00 am-6:00 pm, Tuesday-Wednesday

No fees for most services

Last Update Date 5/9/2023



2-1-1 San Diego North County Resource Guide

Category Immigration Services

North County LGBTQ Resource Center

1919 Apple St
Oceanside, CA 92054
(760) 994-1690
www.northcountycenter.org

Serves Oceanside; Carlsbad; Vista; Escondido; San Marcos; Vista; Del Mar; Solana Beach; Encinitas; Camp Pendleton; Fallbrook

Eligibility For the LBRTQ immigrants living in the cities of Oceanside, Carlsbad, Vista, Escondido, San Marcos, Vista, Del Mar, Solana Beach, Encinitas, Camp Pendleton, Fallbrook

Immigration Advocacy

Support with filing immigration paperwork, legal referrals, education, and navigation services

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

Office Hours: 9:00 am-6:00 pm, Monday-Friday; Online Hours: 24 hours a day, 7 days a week

No fees

Last Update Date 8/28/2024

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;Text (SMS)

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

Nominal fees

Last Update Date 5/10/2023

Category Legal Assistance

California Western Community Law Project

936 Genevieve St
Solana Beach, CA 92075
<https://cwclp.org/>

Serves North Coastal Region of San Diego County

Eligibility Adults living in North Coastal Region of 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

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. California Western Community Law Project 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 Email;Online;Walk-in for services

Office hours; 5:30 pm-7:30 pm, one Wednesday every month; Dates listed on website; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/9/2024

City of Carlsbad

799 Pine Ave
Carlsbad, CA 92008
(442) 339-2650
<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-12:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only

Fixed fee depending on service

Last Update Date 10/26/2023

Category Legal Assistance

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 Online;Call

Office Hours:8:00 am-3:30 pm, Monday-Friday; Intake for Lunch Reservations: 9:00 am-12:00 am, Monday and Wednesday

Fixed fee depending on service

Last Update Date 8/14/2024

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 8/21/2023

Interfaith Community Services

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

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 Call for more information;Walk-in for more information;Walk-in for appointment;Walk-in for services

Walk In Service: 9:00 am-3:00 pm, Wednesday

No fees

Last Update Date 7/31/2024

Legal Aid Society of San Diego

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 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

No Fees

Last Update Date 6/4/2024

Category Legal Assistance

Legal Aid Society of San Diego

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

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
 No fees

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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

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
 No Fees

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Call for information.

Legal Services, North County Office

Provides FREE help including legal counsel and advice, and representation in court to low-income people in such areas as divorce, custody and other family law issues, consumer protection issues, landlord-tenant issues, Section 8 and public housing (including denials), special education issues, owed back Federal Tax issues, questions, denials or appeals of unemployment benefits, problems or questions with CalFresh, CalWorks, CAPI, IHSS or General Relief assistance, SSI Minor children applications and immigration. Services are provided by staff attorneys and advocates.

Intake Procedure Call for more information
 9:00 am-5:00 pm, Monday-Friday
 No Fees

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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

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
 No Fees

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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. Free help with questions regarding 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
 No Fees

Last Update Date 6/4/2024

Category Legal Assistance

Legal Aid Society of San Diego

100 E San Marcos Blvd Ste 308
 San Marcos, CA 92069
 (866) 244-0101
 www.lassd.org

Serves San Diego county

Eligibility Call for information

Shriver Tenant Eviction Defense, North County Office

Provides FREE legal help for qualified tenants who have received an unlawful detainer to be evicted from their housing and the action is filed in the Downtown Courthouse. Also, provides FREE legal counseling by telephone or in person. When appropriate, also FREE representation for tenants in Court.

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

Last Update Date 6/4/2024

Legal Aid Society of San Diego

100 E San Marcos Blvd Ste 308
 San Marcos, CA 92069
 (844) 774-5463
 www.lassd.org

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, North County Office

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
 No Fees

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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, North County Office

Provides FREE help including counseling, advice and/or representation in court to eligible people in helping with evictions, security deposit, habitability, dispute with landlord, questions about what landlord can do, notices from landlord and other housing questions. Information on flood related damage information and San Diego County Eviction Moratorium for Flood Affected Residential Tenants click on link to website - <https://www.lassd.org/covid-19-assistance/>

Intake Procedure Call for more information; Walk-in for more information
 9:00 am-5:00 pm, Monday-Friday
 No Fees

Last Update Date 6/4/2024

Public Defender, County of San Diego

495 La Tortuga Dr Suite 100
 Vista, CA 92081
 (760) 945-4000
 www.sdcounty.ca.gov/public_defender

Serves San Diego County

Eligibility Individuals charged with a crime who are financially unable to retain a private lawyer to represent them in court.

Public Defender, North County Office

Provides legal assistance to individuals charged with a crime in state court who are financially unable to retain private counsel. Also, handles mental health and juvenile court matters, as well as provides information regarding expungement or dismissal of certain criminal records.

Intake Procedure Call for more information
 8:00 am-5:00 pm, Monday-Friday
 No fees. Minimal fees may be requested based on ability to pay.

Last Update Date 4/25/2024

Category Legal Assistance

Ramona Senior Center

434 Aqua Ln
 Ramona, CA 92065
 (760) 789-0440
www.ramonaseniorcenter.com

Serves Ramona; Ranchita; Warner Springs; Valley Center; Pala; Rincon; Julian; Lake Henshaw

Eligibility Ages 60 years and older living in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian and Lake Henshaw.

Senior Center, Pacific Educational Facilities

Provides a daily congregate hot lunches on-site, home-delivered midday meals to homebound senior citizens, health screening services including flu shots, computer classes, bridge, bingo and a travel club. Offers nutrition education, health and exercise classes, and legal consultation services. Transportation to and from Center for lunch only in immediate Ramona area.

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

Meals: 11:30 am-12:30 pm, Monday-Friday; The Center Hours: 8:30 am-4:00 pm, Monday-Friday; Closed 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 5/3/2023

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 1/18/2024

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 8/10/2023

Your Safe Place

1122 Broadway Ste 200
 San Diego, CA 92101-5629
 (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, and legal, social, and mental health services to anyone who has experienced domestic violence, family abuse, elder violence, sexual assault, or sex trafficking. Services include: • Restraining order assistance • Legal and immigration services • Mental health counseling • Housing support and financial security • Personalized wardrobes • Parenting assistance • Public transportation assistance • Whole person wellness • Financial independence assistance • Literacy and cultural services • Military advocacy • Law enforcement and criminal case assistance • Application assistance for CalFresh, CalWorks, and WIC applications

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 9/10/2024



2-1-1 San Diego North County Resource Guide

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 8/15/2023

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 and newborn 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 activities such as: • Playtime • Bathing • Dressing • Personal care • Nutritional guidance • Meal preparation • Assistance with potty training as needed

Intake Procedure Email;Online;Call for more information

24 hours a day, 7 days a week; On call after 5:00 pm

Sliding scale depending on service

Start at \$33 per hr

Last Update Date 9/23/2022

All Saints Episcopal Church

651 Eucalyptus Ave
Vista, CA 92084
(760) 726-4280
allsaintsvista.org

Serves Vista; Oceanside; San Marcos

Eligibility Not limited

All Saints Episcopal Church Food Pantry

Offers a weekly food distribution to anyone in need in Vista, Oceanside, and San Marcos. San Diego Food Bank and Feeding San Diego donate food.

Intake Procedure Walk-in for services

Food Distribution: 11:00 am -12:30 pm, Saturday

Free

Last Update Date 4/18/2023

American Red Cross of San Diego and Imperial Counties

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

Serves North County and North Coastal Regions of San Diego County

Eligibility WIC serves pregnant women, women breastfeeding a baby under the age of one, had a baby within the last six months, have a child under the age of five and experienced a pregnancy loss/termination WIC is available to anyone who lives in California and meet

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.

Intake Procedure Online;Call for appointment

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

No fees

Last Update Date 9/19/2023

Category Meal Centers, Food Banks and Senior Food Programs

AmeriCare Adult Day Health Care Center

340 Rancheros Dr Ste 196
 San Marcos, CA 92069
 (760) 682-2424
<https://www.americareadhc.com/>

Serves San Diego County

Eligibility Must meet the following: • 18 Years or older • Have one or more chronic or post acute medical condition • Have a condition resulting in limitation of 2 or more ADL's Examples of qualifying medical conditions: • Arthritis • Diabetes • Post Stroke •

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 • 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 10/27/2023

Armed Services YMCA, Camp Pendleton

Building 200090 Ash Road, Wire Mountain
 (760) 385-4921
<https://camppendleton.asymca.org/services/emergency-assistance/>

Serves Camp Pendleton

Eligibility Must be an active duty military family

Food and Diaper Distribution

Offers a monthly food and diaper distribution as well as resources and other helpful goods. Food selections range from fresh fruits and vegetables to meats, canned goods, and dried foods.

Intake Procedure Complete Application Online

8:00 am-4:00 pm, 4th Friday of each month.

No fees

Last Update Date 6/13/2023

Basketful

5463 Rainbow Heights Rd
 Fallbrook, CA 92028
 (619) 760-7966
<https://www.basketfuls.net/>

Serves San Diego County

Eligibility Must be in need of food supplies and or job aid assistance.

Basketfuls Resources

Provides healthy food options such as fruits, vegetables, water, and other staples. Also offers essential hygiene supplies, and job aids to individuals and families in need.

Intake Procedure Email;Voice Message;Text (SMS)

8:00 am-6:00 pm, Monday-Sunday

No fees

Last Update Date 6/5/2024

Borrego Community Health Foundation

Escondido, CA 92025
 (760) 871-0606 Clinic Line
<https://locations.borregohealth.org/centro-medico-escondido-urgent-care-cf2efce87042>

Serves Escondido

Eligibility Not limited

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 STD services such as: • 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. Provides Health education sessions regarding: • 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

Clinic Hours: 8:00 am-7:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

Last Update Date 9/12/2023

Category Meal Centers, Food Banks and Senior Food Programs

Brain Balance of Greater San Diego

165 S El Camino Real Suite E
Encinitas, CA 92024
(760) 206-8678
<http://BrainBalanceSanDiego.com>

Serves San Diego county

Eligibility Kids, Teens, and Adults ages 3+, including seniors

Brain Balance of Encinitas

Offers a personalized, drug-free program designed to improve attention and focus, behavior, social skills, anxiety, executive functioning, and academic/cognitive 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 person, integrative approach to strengthening brain connectivity through physical and sensory-motor exercises, cognitive skills training, healthy nutrition, and confidence building activities to get to the root cause of each person's behavioral, social, and cognitive 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 for more information;Call for appointment;Walk-in for more information;Walk-in for appointment;Referral;Call

Office Hours:11:00 am-7:30 pm, Monday-Friday

Fixed fees dependent on assessment results and No fees recommendations

Last Update Date 9/11/2023

Brain Balance of Greater San Diego

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

Serves San Diego County

Eligibility Kids, Teens, and Adults ages 3+ including seniors

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/cognitive 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 person, integrative approach to strengthening brain connectivity through physical and sensory-motor exercises, cognitive skills training, healthy nutrition, and confidence building activities to get to the root cause of each person's behavioral, social, and cognitive 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 for more information;Call for appointment;Walk-in for more information;Walk-in for appointment;Referral;Call;Mail

Office Hours: 11:00 am-7:30 pm, Monday-Friday

Fixed fees dependent on assessment results and recommendations

Last Update Date 9/7/2023

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

Offers 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, and provides showers 4 days a week.

Intake Procedure Call for appointment;Walk-in for services

Daily Hours: 6:30 am-2:00 pm, Monday-Friday; Food Distribution: 6:30 am-10:45 am, Monday-Friday; Mail Service: 6:30 am-10:30 am, Monday-Friday, 10:00 am-12:00 pm, Saturday; Shower Services: 6:30 am-11:00 am, Monday-Friday

No fees

Last Update Date 9/6/2024

Category Meal Centers, Food Banks and Senior Food Programs

Calvary Chapel Ramona

114 14th St Suite D
 Ramona, CA 92065
 (760) 789-6031
<https://www.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 6/28/2024

City of Carlsbad

799 Pine Ave
 Carlsbad, CA 92008
 (442) 339-2650
<https://www.carlsbadca.gov/departments/parks-recreation/adults-50/senior-meal-program>

Serves Carlsbad

Eligibility Seniors ages 60 years and older living Carlsbad

Senior Lunch Program

Provides nutritious meals for seniors. Transportation is provided.

Intake Procedure Email;Online;Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed: Holidays; Online: 24 hours a day, 7 days a week
 Donation if able to contribute \$3.50 per meal

Last Update Date 8/11/2024

City of Encinitas

1140 Oakcrest Park Dr
 Encinitas, CA 92024
 (760) 943-2250
<https://www.encinitasca.gov/government/departments/parks-recreation-cultural-arts/recreation-programs/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 4/5/2024

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 12/14/2023

Category Meal Centers, Food Banks and Senior Food Programs

City of Escondido

210 E Park Ave
 Escondido, CA 92025
 (760) 839-4688
<https://www.escondido.org/facilities/facility/details/parkavenuecommunitycenter-3>

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

Eligibility Seniors age 60 years and older residing within the City of Escondido

Senior Nutrition with Transportation Program

Offers seniors a balanced lunch and transportation to and from the senior center for meals. Provides seniors with a balanced lunch and transportation to and from the senior center for meals. For those currently approved to receive meals, call on Fridays to leave your meal schedule for the following week

Intake Procedure Call for more information

11:30 am-12:15 pm, Monday-Friday

Fixed fee for 59 years and younger

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Last Update Date 6/12/2024

City of Vista

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

Serves Vista

Eligibility Vista senior residents ages 60 years and older

Lunch Program

The Center offers a nutritious lunch weekdays for older adults age 60 and above. Suggested contribution for lunch is \$4 for ages 60 years or older; \$8.00 charge for those under 60 years of age. Reservations required by 1 p.m. prior to the lunch day. Call for a reservation. Check in by 11:45 a.m. Transportation to the center for lunch is available to Vista residents age 60 and above. Suggested contribution for roundtrip service is \$1.00. Call 760.643.5288 to schedule a ride. Reserve by 1 p.m. prior to the lunch day. 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 9/7/2023

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 Online;Call

Office Hours:8:00 am-3:30 pm, Monday-Friday; Intake for Lunch Reservations: 9:00 am-12:00 am, Monday and Wednesday

Fixed fee depending on service

Last Update Date 8/14/2024

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

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 6/1/2023

Category Meal Centers, Food Banks and Senior Food Programs

Coastal Roots Farm

441 Saxony Rd
 Encinitas, CA 92024
 (760) 479-6505
<https://coastalrootsfarm.org/the-farm-eat/#farm-stand>

Serves North County

Eligibility Not limited

Organic Food Pay-What-You-Can Farm Stand

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 8/16/2023

Community Resource Center

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

Serves Encinitas

Eligibility No residency requirements for food programs. Tickets are required upon arrival, there is no charge for tickets.

Food Pantry

Services and items are available for weekly distribution. Tickets are required to attend services, there is no charge to: First Light: • Light snack items and ready-to-eat meals-access daily Emergency Food: • Box of fresh food and bag of non-perishables, access available once month Weekly Shopping: • Box of fresh food and bag of non-perishables, Access weekly must be a case-managed client USA Commodities: • Prepared bag of non-perishables, access available 1 time a month Produce Distribution: • Fresh produce alongside a limited selection of canned and dry goods monthly on the 2nd Saturday of the month

Intake Procedure Call; Walk-in for services

8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Friday

No fees

Last Update Date 7/30/2024

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-5:00 pm, Monday-Friday

No fees

Last Update Date 4/25/2023

Community Resource Center

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

Serves Encinitas

Eligibility Participants enrolled in CRC's case management program. New participants must contact CRC for pre-screening process.

Supportive Services

Individuals who need 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 cannot work can utilize this resource on a longer-term basis. A registered dietitian is also available for a one-on-one nutrition consultation.

Intake Procedure Email; Referral; Call

10:30 am-2:00 pm, Monday-Friday

No fees

Last Update Date 10/4/2023

Category Meal Centers, Food Banks and Senior Food Programs

COMPACT

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

Serves Escondido

Eligibility Parent or Guardian of student 15 years and older in the Escondido area

Resident Leadership Academy

Offers a 10-week comprehensive curriculum that empowers 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;Referral
 8:00am-6:00pm, Monday–Thursday
 No Fees

Last Update Date 3/29/2024

Equation Collaborative Corp

5671 Palmer Way Ste K
 Carlsbad, CA 92010
 (213) 952-2074
<https://www.plus-box.org/programs>

Serves Encinitas; Carlsbad; Oceanside; Vista; San Marcos

Eligibility Families must have at least one child attending a +BOX partner school in the following cities: • Encinitas • Carlsbad • Oceanside • Vista • San Marcos

BOX Nutrition Security Program

Provides a nutrition security program that provides food to insecure families with boxes of fresh, healthy food on a weekly basis.

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

Last Update Date 8/28/2024

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.

Food Distribution

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

Intake Procedure Drive-thru
 3:30 pm-4:30 pm, 2nd and 4th Friday of each Month; Some dates and times change due to holidays
 No fees

Last Update Date 5/23/2024

Fallbrook Food Pantry

140 N Brandon Rd
 Fallbrook, CA 92028
 (760) 728-7608
<https://www.fallbrookfoodpantry.org/need-food.html>

Serves Fallbrook; Duluzra; Rainbow; Apollo reservation; Bonsall; Camp Pendleton

Eligibility Must reside in the following cities: • Fallbrook • Duluzra • Rainbow • Apollo reservation • Bonsall • Camp Pendleton For ongoing food assistance, clients must meet USDA poverty guidelines and complete an intake application at the distribution site:

Food Shelf

Provides temporary and ongoing food distribution for families and individuals facing food insecurity.

Intake Procedure Call for more information;Walk-in for more information
 Morning Pantry: 9:30 am-12:30 pm, Monday-Friday

No fees

Last Update Date 9/20/2024

Category Meal Centers, Food Banks and Senior Food Programs

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 12/20/2023

Family Health Centers of San Diego

128 N Broadway
 Escondido, CA 92025
 (760) 546-2858
<https://www.fhcsd.org/escondido-family-health-center>

Serves San Diego County

Eligibility No age limitations for most services. Free breast and cervical cancer screenings are provided to women who do not have insurance, are California residents and meet low-income guidelines. • Must be age 21 years or older, for free cervical cancer screenin

Community Healthcare, Escondido Family Health Center

Offers high-quality and affordable primary care services that meet the full spectrum of our patients' wellness needs, including primary care, reproductive health care, mental health services, and health education. Primary care includes sick visits, vaccinations, acute care, chronic disease management, ear, nose & throat (ENT), medication assistance, older adult services, pediatric care, physical therapy, and podiatry. Reproductive health services include birth control, cancer screenings, family planning, gynecology, physicals, pregnancy testing, prenatal care, STI prevention, screening & treatment, and vasectomy education & referrals.

Intake Procedure Call for appointment; Walk-in for appointment
 8:30 am-5:30 pm, Monday-Friday; Closed: 12:00 pm-1:00 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 10/4/2023

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 Email; Online; Call for more information; Walk-in for services
 6:30 am-10:00 am, Monday-Friday; 9:00 am-11:30 am, Saturday
 No fees

Last Update Date 7/31/2024

Feeding San Diego

650 2nd St
 Encinitas, CA 92024
 (760) 300-3238
<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 Email; Online; Call for more information; Walk-in for services
 Food Distribution: 11:00 am-2:30 pm, Monday-Thursday; 11:00 am-1:30 pm, Friday;
 Ticket distribution starts at 8:00 am; Breadline: 9:00 am-10:30 am, Monday-Friday; Ticket distribution starts at 8:00 am; 9:30 am-10:30 am, 2nd Saturday of the month
 No fees

Last Update Date 7/31/2024

Category Meal Centers, Food Banks and Senior Food Programs

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 Email;Online;Call for more information

4:00 pm-5:00 pm, 2nd and 4th Monday of the Month

No fees

Last Update Date 7/31/2024

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

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

No fees

Last Update Date 7/31/2024

Feeding San Diego

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

Serves San Diego County

Eligibility For seniors 50 and over

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 Email;Online;Call

1:00 pm-3:00 pm, Wednesday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 8/6/2024

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 Email;Online;Call for appointment

Call for appointment only: Monday-Friday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 8/7/2024

Feeding San Diego

2898 Hwy 79
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 Email;Online;Call for more information;Walk-in for services

8:00 am-10:30 am, 4th Saturday of the month; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 8/7/2024

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

3220 Mission Ave Ste 2
Oceanside, CA 92058
(760) 994-1690
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, North County LGBTQ 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 Email;Online;Call for more information;Walk-in for services
1:00 pm, Friday; First come, first serve
No fees

Last Update Date 9/7/2024

Feeding San Diego

13541 Stoney Creek Rd
San Diego, CA 92129
(858) 324-0490
<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 Email;Online;Call;Walk-in for services
7:00 am- 9:00 am, 3rd Saturday of the month
No fees

Last Update Date 7/31/2024

Feeding San Diego

773 Main St
Ramona, CA 92065
(760) 789-4458
<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 Email;Online;Call for more information;Walk-in for services
9:30 am-5:00 pm, Monday-Friday
No fees

Last Update Date 7/31/2024

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 Email;Online;Call for more information;Walk-in for services
10:30 am, until food is gone, Monday, Wednesday and Friday
No fees

Last Update Date 7/31/2024

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 Email;Online;Call for more information;Walk-in for services
10:00 pm-12:00 pm, Monday, Wednesday, Friday
No fees

Last Update Date 7/31/2024

Category Meal Centers, Food Banks and Senior Food Programs

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 Email;Online;Call for more information;Walk-in for services
 3:00 pm-5:00 pm, 1st and 3rd Tuesday of the month
 No fees

Last Update Date 7/31/2024

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 Email;Online;Call for more information;Walk-in for services
 2:00 pm-4:00 pm, Thursday
 No fees

Last Update Date 7/31/2024

Feeding San Diego

31020 Cole Grade Rd
 Valley Center, CA 92082
 (760) 749-3324
<https://feedingsandiego.org/need-help/food-distributions/>

Serves Valley Center

Eligibility Valley Center residents only

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 Email;Online;Call for more information;Walk-in for services
 8:30 am-9:30 am, Saturday
 No fees

Last Update Date 7/31/2024

Feeding San Diego

425 N Date St
 Escondido, CA 92025
 (833) 867-4642
<https://feedingsandiego.org/find-food/#locate>

Serves Escondido

Eligibility Must be experiencing food insecurity

Free Food Distribution

Provides meals on a first-come, first-served basis

Intake Procedure Email;Online;Call for more information;Walk-in for services
 Distribution hours: 11:00 am-1:00 pm, 3rd Saturday of the month; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/7/2024

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 Email;Online;Call for more information;Walk-in for services
 Distribution hours: 10:00 am-11:00 am, 2nd and 4th Friday of the month; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/7/2024

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

124 Palm Canyon Drive
 Borrego Springs, CA 92004
 (619) 948-5900
<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 Email;Online;Call for more information;Walk-in for services

Distribution hours: 11:30 am-4:00 pm, 1st and 3rd Tuesday of the month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/7/2024

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

Distribution hours: 11:00 am-12:00 am, 2nd and 4th Tuesday of the month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/7/2024

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

Distribution hours: 12:00 pm-1:00 pm, 1st and 3rd Tuesday of the month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/7/2024

Feeding San Diego

7217 Great Southern Overland Stage Route
 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 Email;Online;Call for more information;Walk-in for services

Distribution hours: 8:00 am-9:00 am, 2nd and 4th Wednesday of the month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/7/2024

First Christian Church of Oceanside

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

Serves San Diego County

Eligibility Individuals and families in need.

Sarah's Hope Food Pantry

Provides pre-packaged groceries for individuals and families in need. Participants must schedule an appointment to pick up the pre-packaged groceries.

Intake Procedure Call for appointment

12:00 pm-1:30 pm, Monday

No fees

Last Update Date 2/21/2024

Category Meal Centers, Food Banks and Senior Food Programs

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 10/10/2023

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 3/22/2024

His Church International Ministries

1130 N Melrose Dr
 Vista, CA 92083
 (760) 439-3300
www.lifechristianchurch.com
Serves North San Diego County
Eligibility Individuals and families in need of food

Life Christian Church

Provides collection and distribution of rescued grocery items every week to individuals and families in need in North County.

Intake Procedure Call for more information; Walk-in for services
 9:00 am-5:00 pm, Monday-Friday
 No fees

Last Update Date 7/25/2022

Holiness Ministries Coalition

1120 Highland Dr
 Vista, CA 92083
 (760) 458-4655
<http://www.holinessministriescoalition.org>
Serves California

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
 Office hours: 10:00 am-3:00 pm, Monday-Friday; Food Distribution: 2:00 pm-3:45 pm, Thursday
 Donations

Last Update Date 5/7/2024

Interfaith Community Services

5731 Palmer Way Ste A
Carlsbad, CA 92010
(760) 448-5696

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 ID vouchers (some limits and criteria do apply, provided based on availability), eyeglass assistance (prescription required), SDG&E utility assistance, partial financial assistance for applicable prescriptions, some crisis intervention, emergency food, hygiene packets, diapers and formula (when available), and additional community resources and referrals as needed. Case management support is available by appointment for employment, housing stabilization, and self-sufficiency.

Intake Procedure Call for appointment; Walk-in for services

7:00 am-12:00 pm, Monday-Friday; 1:00 am-4:00 pm, Tuesday-Thursday; Closed for Lunch: 12:00 pm-1:00 pm; Closed on holidays; Closed 1st Friday of the Month

No fees

Last Update Date 9/6/2024

Interfaith Community Services

550 W Washington Ave
Escondido, CA 92025
(760) 489-6380
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

Serves North Inland Region of San Diego County

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

Basic Needs Walk-in Services, Escondido

Provides social services such as shower and laundry facilities, mailing address/PO Box services, 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 including vision, partial 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 more information; Walk-in for services

8:00 am-10:00 am, Monday, Wednesday, Friday; 8:00 am-10:00 am Tuesday, Thursday, Food Distribution; Closed 1st Friday of the Month

No fees

Last Update Date 11/21/2023

Interfaith Community Services

4700 N River Rd Ste A
Oceanside, CA 92057
(760) 721-2117
<https://www.interfaithservices.org/support>

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, diapers, and baby food (if available), mailing address/PO Box services, partial financial assistance for applicable prescriptions, eyeglass assistance, ID vouchers, utility assistance (in emergency, appointment highly encouraged), access to benefits, immigration and legal aid service referrals, crisis intervention, and additional community referrals as needed. By Appointment: Case management support is available for employment, housing stabilization, and self-sufficiency by appointment. Rental assistance may be available for Case Managed residents within the North County San Diego area (limits and criteria do apply, provided based on availability). Employment supports are also available for Case Managed clients.

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

Hours of Operation: 8:00-5:00 pm, Monday - Friday; Walk-in Hours: 8:00 am- 11:00 am, Tuesday and Thursday

No fees

Last Update Date 2/9/2024

Category Meal Centers, Food Banks and Senior Food Programs

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 6/29/2023

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 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

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 Mondays-Fridays and 10:00 am-11:30 am on Saturdays; Closed 2024: 1/1, 5/27, 7/4, 9/2
 No fees

Last Update Date 4/17/2024

Jacobs and Cushman San Diego Food Bank

1445 Conway Dr
 Escondido, CA 92027
 (866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves City of Escondido
Eligibility Must meet the following income guidelines and reside in the City of Escondido Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.

Emergency Food Assistance Program (EFAP), Catholic Charities, Resurrection

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 Online;Walk-in for services
 9:00 am-12:00 pm, Tuesday
 No fees

Last Update Date 8/23/2024

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

1147 Discovery St
 San Marcos, CA 92078
 (866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves City of San Marcos

Eligibility Must meet the following income guidelines and reside in the City of San Marcos Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613

Emergency Food Assistance Program (EFAP), Catholic Charities, St Marks

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 Online;Walk-in for services

6:00 pm-7:00 pm, Monday-Friday;10:00 am-12:00 pm, Saturday

No fees

Last Update Date 8/22/2024

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 Residents living in the zip codes 92008, 92009, 92010, 92011, 92024, 92069, 92091. Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83

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 2024: 1/1, 4/1, 5/27, 7/4, 9/2, 11/28, 11/29, 12/24, 12/25, 12/31

No fees

Last Update Date 4/17/2024

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 Residents living in zip codes 92024, 92007. Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 /

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

9:00 am-2:00 pm, Monday-Friday; Closed 2024: Jan 1, Jan 15, Feb 19, Apr 1, May 27, Jun 19, Jul 4, Sep 2, Nov 11, Nov 28, Dec 25

No fees

Last Update Date 4/17/2024

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 Residents living in the zip codes 92003, 92028, 92055 Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,

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 2024: 2/19, 6/19

No fees

Last Update Date 4/17/2024

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 Residents living in zip codes 92008, 92009, 92010, 92011, 92091. Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217

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

1:30 pm until food is gone, 3rd Tuesday of the Month

No fees

Last Update Date 4/17/2024

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 Residents living in zip code 92064. Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.

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

8:00 am-11:00 am, Saturday; Closed 2024: 7/6, 10/19, 11/30, 12/28

No fees

Last Update Date 9/16/2024

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

885 E Vista Way
 Vista, CA 92084
 (866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves Vista

Eligibility Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

Last Update Date 4/17/2024

Jacobs and Cushman San Diego Food Bank

3030 Enterprise Ct Ste A
 Vista, CA 92081
 (858) 863-5177
<https://sandiegofoodbank.org/GetHelp/>

Serves San Diego County

Eligibility Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

Last Update Date 4/17/2024

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 Residents living in the zip codes 92008, 92009, 92010, 92011. Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17

Last Update Date 4/17/2024

Emergency Food Assistance Program (EFAP), Ministerio Tiempo Nuevo, Vista

The Emergency Food Assistance Program (EFAP) distributes USDA food each month. Eligible participants who do not exceed low income guidelines may be eligible to receive EFAP once a month. Food items vary from month to month. A typical EFAP bag will include: canned vegetables, canned soups, canned fruit juice, canned fruits, canned meats, spaghetti, rice, beans and frozen food items.

Intake Procedure Walk-in for services

6:00 am-8:00 am, Every Wednesday; Closed 2024: 6/19, 12/25

No fees

Emergency Food Assistance Program (EFAP), North County Food Bank

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, and no income documentation is required to receive food. Participants must first schedule an appointment in order to receive assistance. Food items vary from month to month, such as: • Frozen food items • Canned vegetables • Canned fruit juice • Canned soups • Canned meats • Canned fruits • Spaghetti • Beans • Rice

Intake Procedure Walk-in for services

Pantry Hours: 9:00 am-3:00 pm, Monday-Friday; Closed 2024: 4/1, 5/27, 6/19, 7/4, 9/2, 10/14, 11/11, 11/28, 11/29, 12/24, 12/25, 12/31

No fees

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

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 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

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; Closed 2024: 1/1, 5/27, 7/4, 9/2, 11/28, 11/29, 12/24, 12/25, 12/26, 12/31

No fees

Last Update Date 4/17/2024

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 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

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, Every 4th Saturday of the Month; 2024 Rescheduled, May 18, December 21

No fees

Last Update Date 4/17/2024

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 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

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; Rescheduled dates: 01/08, 02/12, 10/8

No fees

Last Update Date 9/16/2024

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

2680 Country Club Rd
 Borrego Spgs, 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 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

Last Update Date 9/18/2024

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 Walk-in for services; Drive-thru

10:30 am-2:30 pm, Every 3rd Monday of the Month; January 2024 rescheduled to January 8, February 2024 rescheduled to February 12, October 2024 rescheduled to October 7

No fees

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 Residents living in zip codes 92064, 92127, 92128, 92129, 92131. Household Size / Monthly HH Income / Annual 1 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217

Last Update Date 4/17/2024

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 on Monday, Wednesday and Friday; Closed 2024: 1/1, 2/19, 5/27, 9/2, 11/29, 12/25

No fees

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 / \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

Last Update Date 4/17/2024

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 on Tuesdays and Thursdays; 4:00 pm-6:00 pm on Wednesdays; Closed 2024: 6/19, 7/4, 11/28, 12/24, 12/25, 12/26, 12/31

No fees

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

1609 Capalina Rd
 San Marcos, CA 92069
 (866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves North County San Diego

Eligibility Residents living in North County of San Diego.
 Household Size / Monthly HH Income / Annual 1 /
 \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3
 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00
 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 /
 \$111,249.00

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

1:00 pm-3:30 pm, 3rd Monday of the month; 2024 Rescheduled: January 22, February 26

No fees

Last Update Date 6/25/2024

Jacobs and Cushman San Diego Food Bank

1010 Crest View Rd
 Vista, CA 92081
 (619) 461-8588
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves Vista

Eligibility Household Size / Monthly HH Income / Annual 1 /
 \$2,949.25 / \$35,391.00 2 / \$4,002.83 / \$48,034.00 3
 / \$5,056.42 / \$60,677.00 4 / \$6,110.00 / \$73,320.00
 5 / \$6,967.75 / \$83,613.00 6 / \$8,217.17 /
 \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 /
 \$10,324.33 / \$12

Emergency Food Assistance Program (EFAP), Tri City 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 Drive-thru

9:00 am-11:00 am, Every 3rd Saturday of the month

No fees

Last Update Date 4/17/2024

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 Residents living in the zip codes 92059, 92066,
 92070, 92086. Household Size / Monthly HH
 Income / Annual 1 / \$2,949.25 / \$35,391.00 2 /
 \$4,002.83 / \$48,034.00 3 / \$5,056.42 / \$60,677.00 4
 / \$6,110.00 / \$73,320.00 5 / \$6,967.75 / \$83,613.00
 6 / \$8,217.17

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

No fees

Last Update Date 4/17/2024

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

1717 E Lincoln Ave
 Escondido, CA 92027
 (866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

Serves Escondido

Eligibility Living in Escondido

Neighborhood Distribution Program, Apostolic Assembly 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 Online;Call for more information;Walk-in for services

Distribution hours: 9:30 am-10:30 am, 3rd Saturday of month; Reschedule days: February 24; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/8/2024

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 Region San Diego County

Eligibility Living in North Inland Region of San Diego County

Neighborhood Distribution Program, Christ the King, Vallejos 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 Online;Call for more information;Walk-in for services

Distribution hours: 1:30 pm until food is gone, 3rd Friday of the month; All distributions will be held on regularly scheduled days; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/8/2024

Jacobs and Cushman San Diego Food Bank

140 N Brandon Rd
 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 food distribution the month of December 2024

No fees

Last Update Date 1/16/2024

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-7:00 pm, 1st Friday of the Month

No fees

Last Update Date 9/7/2023

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

855 E Barham Dr
 San Marcos, CA 92078
 (866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

Serves North San Diego County

Eligibility Not limited

Neighborhood Distribution Program, Grace Church San Marcos

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

5:00 pm-7:00 pm, First Wednesday of the Month
 No Fees

Last Update Date 8/29/2024

Jacobs and Cushman San Diego Food Bank

1917 E Washington Ave
 Escondido, CA 92027
 (619) 765-9454
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

Serves North Central San Diego County

Eligibility Not limited

Neighborhood Distribution Program, Ministerio Tiempo Nuevo, Escondido

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 Drive-thru

3:00 pm-until food runs out
 No fees

Last Update Date 12/21/2023

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 Region San Diego County

Eligibility Living in North Coastal Region of San Diego County

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

Distribution hours: 8:00 am-9:00 am, 4th Saturday of the month; Reschedule days: May 18, November 16, December 21; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/8/2024

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 12/21/2023

Category Meal Centers, Food Banks and Senior Food Programs

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 Wednesday of the Month;
No fees

Last Update Date 12/21/2023

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; No distribution in July 2024; March 2024: rescheduled to Thursday, March 14; June 2024: rescheduled to Thursday, June 13; Nov 2024: rescheduled to Thursday, Nov 14; Dec 2024: rescheduled to Thursday, Dec 12
No fees

Last Update Date 12/21/2023

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-4:00 pm until food is gone, 1st Thursday of the Month;
No fees

Last Update Date 12/21/2023

Jacobs and Cushman San Diego Food Bank

3030 Enterprise Ct Ste A
Vista, CA 92081
(858) 863-5177
<https://northcountyfoodbank.org/pantry/>

Serves San Diego County

Eligibility Low-income families impacted by economic hardship in North County

North County Food Bank

The North County Food Bank offers individuals and families in need of food assistance access to our onsite Client Choice Food Pantry. The pantry is set up similarly to a neighborhood grocery store. The pantry offers a variety of fresh fruits, fresh vegetables, meats, dairy products, baked goods, nonperishable canned food items, diapers for infants & toddlers, and period supplies. Pantry clients shop by appointment only and can self-select the foods that best meet their dietary needs and preferences.

Intake Procedure Walk-in for services

Pantry Hours: 9:00 am-12:00 pm, 1pm-3pm Monday-Friday (Closed at 12pm last Thursday of every month); Closed 2024: 1/1, 1/15, 2/19, 4/1, 5/27, 6/19, 7/4, 9/2, 10/14, 11/11, 11/28, 11/29, 12/24, 12/25, 12/31

No fees

Last Update Date 2/14/2024

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

3368 Eureka Pl
 Carlsbad, CA 92008
 (866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>
Serves Carlsbad

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Carlsbad Community Center

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

1:00 pm-2:00 pm, 2nd Monday of the Month; Closed on Holidays; 2024 Reschedule Dates: January 8, February 12, March 11, April 8, May 13, June 10, July 8, August 12, September 9, October 21, November 18, December 9

No fees

Last Update Date 5/22/2024

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Church at Rancho Bernardo

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

10:00 am-10:30 am, 2nd Friday of the Month; Closed on holidays; 2024 Rescheduled Dates: January 12, February 9, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8, December 8

No fees

Last Update Date 9/7/2023

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Fallbrook Food Pantry

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call

10:00 am-11:30 pm, 1st Tuesday of each month; Closed on holidays; 2024 Rescheduled dates: January 3, February 7, March 7, April 4, May 2, June 6, July 3, August 1, September 5, October 3 November 7, December 5

No fees

Last Update Date 9/7/2023

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Gloria McClellan Adult Activity and Resource Center

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

11:00 am-12:00 pm, 3rd Tuesday of the Month; 2024 Reschedule Dates: January 16, February 20, March 19, April 16, May 21, June 18, July 16, August 20, September 17, October 15, November 19, December 17

No fees

Last Update Date 9/7/2023

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Grandon Village Apartments

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

11:00 am-12:00 pm, 2nd Tuesday of the Month; 2024 Rescheduled Dates: January 9, February 13, March 12, April 9, May 14, June 12, July 9, August 13, September 10, October 8, November 12, December 10

No fees

Last Update Date 9/7/2023

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Mesa View Baptist Church

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

1:30 pm-3:00 pm, 3rd Wednesday of the Month; 2024 Reschedule Dates: January 17, February 21, March 20, April 17, May 15, June 17, July 17, August 21, September 18, October 16, November 20, December 18

No fees

Last Update Date 9/7/2023

Category Meal Centers, Food Banks and Senior Food Programs

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Oceanside Silvercrest Apartments

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

9:00 am-10:00 am, 3rd Tuesday of the Month; 2024 Reschedule Dates: January 16, February 20, March 19, April 16, May 21, June 18, July 16, August 20, September 17, October 15, November 19, December 17

No fees

Last Update Date 9/7/2023

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Park Avenue Community Center

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

8:30 am-11:30 am, 4th Monday of the Month; Closed on holidays; 2024 Rescheduled Dates: January 22, February 26, March 25, April 22, May 29, June 24, July 22, August 26, September 23, October 28, November 25, December 23

No fees

Last Update Date 9/7/2023

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Ramona Grange 632

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

8:30 am-10:00 am, 1st Tuesday of the Month; 2024 Reschedule Dates: January 2, February 6, March 5, April 2, May 7, June 4, July 2, August 6, September 3, October 1, November 5, December 3

No fees

Last Update Date 9/7/2023

Category Meal Centers, Food Banks and Senior Food Programs

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, St Andrew's Episcopal Church

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

8:30 am-9:00 am, 2nd Friday of the Month; Closed on holidays; 2024 Rescheduled Dates: January 12, February 9, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8, December 8

No fees

Last Update Date 9/7/2023

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Warner Springs Community Resource Center

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

8:00 am-10:00 am, 3rd Tuesday of the Month; 2024 Rescheduled Dates: January 16, February 20, March 19, April 16, May 21, June 18, July 16, August 30, September 17, October 15, November 19, December 17

No fees

Last Update Date 9/7/2023

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 / \$1,632 / \$19,578 2 / \$2,215 / \$26,572 3 / \$2,789 / \$33,566 Add. Member / \$583 / \$6,

Senior Food Program, Windsor Gardens Apartments

Provides food and nutrition education to eligible low-income seniors. USDA food is given to registered participants monthly at a local distribution center. The 30-pound box usually contains: ♦ Canned and packaged food ♦ Canned vegetables ♦ Fruit juice ♦ Pasta ♦ Reduced-fat milk/ Instant non-fat milk ♦ Cereal ♦ Canned meat ♦ Non-meat protein

Intake Procedure Call;Walk-in for services

9:00 am-10:00 am, 2nd Tuesday of the Month; 2024 Reschedule Dates: January 9, February 13, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10

No fees

Last Update Date 9/7/2023

Category Meal Centers, Food Banks and Senior Food Programs

Lifeline Community Services

1210 Division St
Oceanside, CA 92054
(760) 842-6214
<https://lifelines.org/>

Serves Oceanside

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

Club Crown Heights

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 and 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 9/25/2024

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

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 6/28/2024

Neighborhood Healthcare

460 N Elm St
Escondido, CA 92025
(833) 867-4642
www.nhcare.org/

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

Eligibility No age or income limitations

Community Health Center, Escondido Elm Street

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling, and health education. Pediatric services include well-baby and well-child check-ups, immunizations, physicals, and weight management. Women's health services include: • Obstetrics and Gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Specialty medical care • Prescription management and senior peer group • Older adult services provide diabetes management

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 6/11/2024

Category Meal Centers, Food Banks and Senior Food Programs

Neighborhood Healthcare

728 E Valley Pkwy
Escondido, CA 92025
(833) 867-4642
<https://www.nhcare.org/>

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

Eligibility No age or income limitations

Community Health Center, Escondido Valley Parkway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, teen health, Podiatry, counseling, and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services include: • Obstetrics and gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Specialty medical care • Prescription management and senior peer group • Older adult services provide diabetes management

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

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

13010 Poway Rd
Poway, CA 92064
(858) 218-3000
www.nhcare.org

Serves Poway

Eligibility No age or income limitations

Community Health Center, Gold Family Health Center in Poway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes: • Obstetrics and gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Older adult services provide diabetes management • Specialty medical care • Prescription management and senior peer group

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed for lunch 12:00pm-1:00pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

28477 Lizard Rocks Rd
Valley Center, CA 92082
(833) 867-4642
www.nhcare.org

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

Eligibility No age or income limitations

Community Health Center, Valley Center

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 8/21/2024

Category Meal Centers, Food Banks and Senior Food Programs

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 Drive-thru

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

No fees

Last Update Date 9/21/2022

Palomar Health

120 Craven Rd Ste 200
San Marcos, CA 92078
(800) 628-2880 Fallbrook Medical Center
<https://www.palomarhealth.org/services-and-specialties/maternity-care/>

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;Walk-in for services

24 hours a day, 7 days a week

Fixed fee for class

30

Last Update Date 6/6/2024

Palomar Health

15611 Pomerado Rd
Poway, CA 92064
(866) 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 6/6/2024

R.A.W. Ruth Anointed World Ministries

2081 Bear Valley Pkwy
Escondido, CA 92027
(760) 580-0835
<https://prophetessrwalkes.wixsite.com/rawministries->

Serves San Marcos

Eligibility Anyone in need of food

Food Distribution, Escondido

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

11:00 am- Until food runs out, Wednesday, pending availability

\$5 dollar box packing fee

Last Update Date 7/18/2024

Ramona Food and Clothes Closet, Inc.

773 Main St
Ramona, CA 92065
(760) 789-4458
<https://www.foodandclothescloset.org/assistance>

Serves Borrego Springs; Julian; Ramona; Ranchita; Santa Ysabel; Warner Springs

Eligibility Must be low income and live in the service area of Ramona, Julian, Santa Ysabel, Ranchita, Warner Springs, and Borrego Springs.

Emergency Services

Provides a 3-day supply of emergency food as well as clothing to low income families that qualify. Only residents of Borrego Springs, Julian, Ramona, Ranchita, Santa Ysabel, and Warner Springs are provided services. Medical equipment loan program. Offers information and referral services when necessary.

Intake Procedure Walk-in for more information

9:30 am-5:00 pm, Monday-Friday

No fees

Last Update Date 6/28/2024



2-1-1 San Diego North County Resource Guide

Category Meal Centers, Food Banks and Senior Food Programs

Ramona Senior Center

434 Aqua Ln
Ramona, CA 92065
(760) 789-0440
www.ramonaseniorcenter.com

Serves Ramona; Ranchita; Warner Springs; Valley Center; Pala; Rincon; Julian; Lake Henshaw

Eligibility Ages 60 years and older living in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian and Lake Henshaw.

Senior Center, Pacific Educational Facilities

Provides a daily congregate hot lunches on-site, home-delivered midday meals to homebound senior citizens, health screening services including flu shots, computer classes, bridge, bingo and a travel club. Offers nutrition education, health and exercise classes, and legal consultation services. Transportation to and from Center for lunch only in immediate Ramona area.

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

Meals: 11:30 am-12:30 pm, Monday-Friday; The Center Hours: 8:30 am-4:00 pm, Monday-Friday; Closed 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 5/3/2023

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 10/26/2023

San Diego Christian Center International Inc

1305 Deodar Rd
Escondido, CA 92026
7607076681
https://centernc.com/

Serves 92026

Eligibility Not limited

Feed the Hungry

Provide food and services to anyone without limitation.

Intake Procedure Online; Call for appointment; Text (SMS)

Food Distribution: 9:00 am-3:00 pm, Monday, Wednesday, Friday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 1/3/2024

San Diego Oasis

17170 Bernardo Center Dr
San Diego, CA 92128
(858) 240-2880
https://health.oasisnet.org/

Serves San Diego County

Eligibility Ages 50 years and older.

Oasis Senior Educational Programs

Provides educational classes for adults over 50 years old including computer courses, arts, humanities, exercise groups, health, food and nutrition, literature, and languages. Classes are held at various locations throughout the county.

Intake Procedure Online; Call for more information; Walk-in for more information
10:00 am-4:00 pm, Monday-Friday

Fees vary depending on class

Range from \$0-\$20

Last Update Date 7/25/2024

Category Meal Centers, Food Banks and Senior Food Programs

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. 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 - www.sdsuwic.org • North County Health Services – (888) 477-6333 - <https://truecare.org/location/truecare-escondido-wic-office/> • San Ysidro Health Center – (888) 942-7942 • Scripps – (619) 260-3400 • Clinica de Salud – (877) 686-5468

Intake Procedure Online;Call for appointment;Chat
 Monday-Friday 8:00 am-5:00 pm; 2nd Saturday per month
 No fees

Last Update Date 6/11/2024

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

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. 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 - www.sdsuwic.org • 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
 8:00 am-4:30 pm, Monday-Friday
 No fees

Last Update Date 6/11/2024

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) Biological, adopted, foster, Moms, Dads with infants, and children (up to age 5). Must meet income qualifica

SDSU Research Foundation WIC Office, Vista

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. 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 - www.sdsuwic.org • North County Health Services – (888) 477-6333 - <https://truecare.org/location/truecare-escondido-wic-office/> • San Ysidro Health Center – (888) 942-7942 • Scripps – (619) 260-3400 • Clinica de Salud – (877) 686-5468

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

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

No fees

Last Update Date 6/11/2024

San Marcos Seventh-day Adventist Church

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

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

2:00 pm-4:00 pm, Every 1st and 3rd Tuesday

No fees

Last Update Date 6/27/2024

Society of St Vincent De Paul, San Diego Council

31020 Cole Grade Rd
Valley Center, CA 92082
(760) 749-3324
<http://www.svdp-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 1/11/2024

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 sit-down hot breakfast with pancakes, eggs, sausage/bacon, fruit, etc. Offers hot showers, haircuts, clothing, and shoe distribution based on availability. Offers a Tech Room to the community with access to computers and the internet. No reservation is required.

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

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

No fees

Last Update Date 5/22/2024

Category Meal Centers, Food Banks and Senior Food Programs

<p>St Andrew's Episcopal Church</p> <p>890 Balour Dr Encinitas, CA 92024 (760) 753-3017 www.standrewsepiscopal.org</p> <p>Serves San Diego County</p> <p>Eligibility Individuals and families in need</p>	<p>Food Pantry</p> <p>Provides a shopping-style food pantry; offers both perishable and non-perishable food items once a week to individuals and families in need.</p> <p>Intake Procedure Walk-in for more information;Walk-in for services 2:00 pm-4:00 pm, Thursday No fees</p> <p style="text-align: right;">Last Update Date 5/22/2024</p>
<p>St. John the Evangelist Catholic Parish Food Pantry</p> <p>1001 Encinitas Blvd Encinitas, CA 92024 (760) 753-6254 https://www.saintjohnencinitas.org/</p> <p>Serves North Coastal San Diego</p> <p>Eligibility Not limited</p>	<p>Food Pantry</p> <p>Food distribution, currently mainly a drive-through pick-up, but those without cars may walk up.</p> <p>Intake Procedure Walk-in for services 9:00 am-11:15 am, Monday; Closed on Holidays No fees</p> <p style="text-align: right;">Last Update Date 9/9/2022</p>
<p>The Movement Church</p> <p>1609 Capalina Rd San Marcos, CA 92069 (760) 510-1160 https://www.themovement.org/freefood</p> <p>Serves North San Diego County</p> <p>Eligibility Not limited</p>	<p>Community Food Distribution, theMovement</p> <p>Offers a monthly food distribution for anyone in need.</p> <p>Intake Procedure Walk-in for services Check in: 1pm, Food distributed: 2-3:30pm. 3rd Monday of each Month No fees</p> <p style="text-align: right;">Last Update Date 6/27/2024</p>
<p>The Salvation Army San Diego Regional Office</p> <p>1301 Las Villas Way Escondido, CA 92026 (760) 745-8616 https://escondido.salvationarmy.org/</p> <p>Serves Escondido; Poway; Ramona; San Marcos; Valley Center; Rancho Penasquitos; 92127; 92128</p> <p>Eligibility Not limited</p>	<p>Family Services, Escondido Corps</p> <p>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.</p> <p>Intake Procedure Walk-in for more information;Voice Message;Call 9:30 am-3:00 pm, Monday-Wednesday, Thursday CLOSED, 9:30 am-3:00 pm, Friday.</p> <p>No fees</p> <p style="text-align: right;">Last Update Date 6/5/2023</p>
<p>The Salvation Army San Diego Regional Office</p> <p>3935 Lake Blvd Oceanside, CA 92056 (760) 631-8212 EXT208 https://oceanside.salvationarmy.org/</p> <p>Serves North Coastal Region</p> <p>Eligibility Adults ages 60 years and older</p>	<p>Senior Nutrition Sites, Oceanside Corps</p> <p>Serves hot lunches to seniors and their spouses. Social activities vary but include games, crafts, outings, and speakers addressing interesting topics.</p> <p>Intake Procedure Online;Walk-in for more information;Call;Walk-in for services;CIE Direct Referral</p> <p>Office Hours: 11:30 am-12:30 pm, Monday-Friday; Online: 24 hours a day, 7 days a week Donation based</p> <p style="text-align: right;">Last Update Date 8/21/2024</p>

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare	Food Distribution, Oceanside
<p>5306 N River Rd Oceanside, CA 92057 (760) 736-6777 https://truecare.org/programs-resources/community-programs/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Must reside with the North Coastal and North Inland areas of San Diego County</p>	<p>Offers food distribution to families and individuals in need.</p> <p>Intake Procedure Call for more information</p> <p>11:00 am-12:00 pm, 2nd and 4th Tuesday of the Month</p> <p>No fees</p> <p style="text-align: right;">Last Update Date 8/14/2024</p>

TrueCare	Food Distribution, San Marcos
<p>332 E Olive St San Marcos, CA 92069 (760) 736-6767 https://truecare.org/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Not limited</p>	<p>In collaboration with Feeding San Diego, offers a food distribution on the 1st and 3rd Wednesday of every month.</p> <p>Intake Procedure Call for more information</p> <p>11:00 am-12:30 pm, 1st and 3rd Wednesday of the Month</p> <p>No fees</p> <p style="text-align: right;">Last Update Date 8/15/2024</p>

TrueCare	Women, Infants, and Children (WIC), Encinitas
<p>1130 2nd St Encinitas, CA 92024 (888) 477-6333 https://truecare.org/programs-resources/wic/</p> <p>Serves Carlsbad; Encinitas; Solana Beach; Del Mar</p> <p>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) Participants must meet income qualifications, the Mont</p>	<p>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 a debit card for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.</p> <p>Intake Procedure Call for appointment;Walk-in for appointment;Complete Application Online</p> <p>Every Wednesdays, 7:30 am-11:45 am and 12:45 pm-4:00 pm</p> <p>No fees</p> <p style="text-align: right;">Last Update Date 5/31/2024</p>

TrueCare	Women, Infants, and Children (WIC), Escondido
<p>649 W Mission Ave Suite 7 Escondido, CA 92025 (888) 477-6333 https://truecare.org</p> <p>Serves Escondido; San Marcos; Valley Center; Vista</p> <p>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) Participants must meet income qualifications, the Mont</p>	<p>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.</p> <p>Intake Procedure Call for appointment;Walk-in for appointment;Complete Application Online</p> <p>Monday-Friday 7:30 am-4:30 pm, Closed for lunch: 11:45 am-12:45 pm; Call for Saturday appointments</p> <p>No fees</p> <p style="text-align: right;">Last Update Date 5/31/2024</p>

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

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

Serves Encinitas; Carlsbad; Oceanside; Vista; San Dieguito

Eligibility WIC serves the following groups: • Pregnant women • Post-partum women (up to 6 months for non-breast feeding mothers and up to 1 year for breastfeeding mothers), • Infants and children (up to age 5) Participants must meet income qualifications, the Mon

Women, Infants, and Children (WIC), Oceanside

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance. TrueCare (888) 477-6333 -

Intake Procedure Call for appointment;Walk-in for appointment;Complete Application Online

7:30 am-11:45 am; Closed for lunch: 11:45 am-12:45 pm; 12:45 pm-4:30 pm, Monday-Friday; 8:30 am-11:45 am; 11-4:30 pm, Tuesdays

No fees

Last Update Date 5/31/2024

TrueCare

220 Rotanzi St
 Ramona, CA 92065
 (888) 477-6333

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) Participants must meet income qualifications, the Mont

Women, Infants, and Children (WIC), Ramona

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

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

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

No fees

Last Update Date 5/31/2024

TrueCare

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

Serves Escondido; San Marcos; Valley Center; Vista

Eligibility Serves the residents of Escondido, San Marcos, Valley Center, Vista. 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

Women, Infants, and Children (WIC), San Marcos

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also includes 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; Some lunch time, evening and Saturday appointments available

No fees

Last Update Date 5/31/2024

Category Meal Centers, Food Banks and Senior Food Programs

<p>TrueCare</p> <p>28246 Lilac Rd Valley Center, CA 92082 (888) 477-6333</p> <p>Serves Valley Center</p> <p>Eligibility WIC serves the following groups: • Pregnant women • Post-partum women (up to 6 months for non-breast feeding mothers and up to 1 year for breastfeeding mothers), • Infants and children (up to age 5) Participants must meet income qualifications, the Mon</p>	<p>Women, Infants, and Children (WIC), Valley Center</p> <p>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.</p> <p>Intake Procedure Call for appointment; Complete Application Online In-person once/month, date varies. 8:45 am-11:45 am and 12:45 pm-3:15 pm. Remote appts available daily, Mon-Fri No fees</p> <p style="text-align: right;">Last Update Date 5/31/2024</p>
<p>TrueCare</p> <p>150 Valpreda Rd San Marcos, CA 92069 (760) 736-6700 https://truecare.org/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Women of all ages</p>	<p>Women's Health Center, San Marcos</p> <p>Offers complete pregnancy and delivery care, services are provided at low to no cost to qualifying patients. Services include: • Childbirth education classes • Family planning and birth control • Well-women annual exams • Cervical and breast cancer screenings • Behavioral health services</p> <p>Intake Procedure Call for appointment; Walk-in for appointment 8:00 am-5:00 pm, Monday-Saturday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;">Last Update Date 8/14/2024</p>
<p>Valley Center Seventh-day Adventist Church</p> <p>14919 Fruitvale Rd Valley Center, CA 92082 (760) 749-9524</p> <p>Serves Valley Center</p> <p>Eligibility Low-income families are only eligible</p>	<p>Loaves and fishes</p> <p>Offers a community food distribution to help low-income families and individuals struggling with food insecurity.</p> <p>Intake Procedure Drive-thru 5:00 pm-7:00 pm, Every Tuesday No fees</p> <p style="text-align: right;">Last Update Date 8/10/2023</p>
<p>Venture Church</p> <p>Confidential</p> <p>(760) 452-0893 https://venturechurch.tv/events/lovethethe760-food-distribution/</p> <p>Serves 92024; 92075; 92007</p> <p>Eligibility Must reside within the following zip codes: 92024, 92075, 92007</p>	<p>Food and Diaper Distribution</p> <p>Weekly distribution of groceries and diapers for the communities living in Encinitas. Distributed items consist of: • Diapers • Baby wipes • Produce • Bread • Small staple goods</p> <p>Intake Procedure Walk-in for services; Drive-thru 8:00 am-Until food is gone, Every Wednesday None</p> <p style="text-align: right;">Last Update Date 4/22/2024</p>

Category Meal Centers, Food Banks and Senior Food Programs

Vista Community Clinic

134 Grapevine Rd
Vista, CA 92083
(760) 631-5000
<https://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 the program.

Insurance and Benefits Enrollment Services

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 4/5/2024

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 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
No fees

Last Update Date 4/5/2024

Vista Community Clinic

818 Pier View Way
Oceanside, CA 92054
(760) 7631-5000
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-Friday
No fees

Last Update Date 4/5/2024

Vista Community Clinic

1000 Vale Terrace Dr
Vista, CA 92084
(760) 631-5000
<http://www.vistacommunityclinic.org/insurance-assistance/>

Serves North County of San Diego

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-5:00 pm, Monday-Friday
No fees

Last Update Date 4/5/2024



2-1-1 San Diego North County Resource Guide

Category Meal Centers, Food Banks and Senior Food Programs

Warner Springs Community Resource Center

30950 Ca-79
Warner Springs, CA 92086
(760) 782-0670
<https://sites.google.com/view/warnerspringscenter/about?authuser=0>

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

Monthly Food Bank Distribution

Offers community food distribution for the rural communities in San Diego County.

Intake Procedure Walk-in for services; Drive-thru

Food Distribution: 8:00 am-10:00 am, Every 3rd Tuesday

No fees

Last Update Date 1/17/2024

Your Safe Place

1122 Broadway Ste 200
San Diego, CA 92101-5629
(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, and legal, social, and mental health services to anyone who has experienced domestic violence, family abuse, elder violence, sexual assault, or sex trafficking. Services include: • Restraining order assistance • Legal and immigration services • Mental health counseling • Housing support and financial security • Personalized wardrobes • Parenting assistance • Public transportation assistance • Whole person wellness • Financial independence assistance • Literacy and cultural services • Military advocacy • Law enforcement and criminal case assistance • Application assistance for CalFresh, CalWorks, and WIC applications

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 9/10/2024

Category Medical Services

Access to Independence of San Diego

235 W 5th Ave Ste 110
Escondido, CA 92025
(619) 704-2058 Front Desk
<https://accesstoindependence.org/escondido>

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 focuses on developing skills, tools, and attitudes for transitional-age youth to live fulfilling lives and achieve independence in the future. Community Reintegration (Transition) aids consumers transitioning from residential medical institutions into independent homes by providing a safe living environment, basic needs, and necessary tools. Live & Thrive is a peer-facilitated wellness program for people with disabilities, focusing on self-sufficiency and independent living skills building through improved habits. Our Creative Self (Artistic Expression Group) aims to empower individuals with disabilities through creative arts, fostering independence and creativity through safe, collaborative settings. United We Rise! aims to unite consumers on community issues like transportation, housing, and in-home support, addressing the challenges faced by people with disabilities. Supported & Able's mission is to educate people with disabilities about community benefits, services, and resources, helping them overcome obstacles to transportation, housing, work, and disability benefits.

Intake Procedure Call for appointment

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

No fees

Last Update Date 8/22/2024

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. Specializes in spinal cord injury, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Parkinson's, stroke, lupus, traumatic brain injury and cerebral palsy. Services include: • Developmental movement • Ground therapy • Body system stability • Access to mobility enablement devices • Guided imagery into a whole system approach to recovery

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 1/17/2024

Agnus Dei Foundation

Confidential
 (760) 715-6463
www.agnusdeifoundation.org

Serves San Diego County

Eligibility Pregnant young women ages between 12-35 years old

Lamb of God Maternity House

Maternity home for women in crisis pregnancy who are looking to make a positive change for themselves and their baby, whether it is to parent or place their baby for adoption. Services provided include: • Counseling • Art therapy • Cooking class • Mentorship • Spiritual advisement • Educational resources • Financial literacy classes

Intake Procedure Call;Text (SMS)

9:00 am-5:00 pm, Monday-Friday; Intake: 24 hours a day, 7 days a week

No fees

Last Update Date 5/17/2023

All Heart Home Care

6120 Paseo Del Norte Ste I2-2
 Carlsbad, CA 92011
 (619) 736-4677
<https://allhearthomecare.com/>

Serves San Diego County

Eligibility Must be either a senior, disabled, veteran, and or recovering from an illness or injury

Home Care Assistance, Carlsbad

Offers non-medical home care services for the elderly, disabled, veterans, and those in recovery from illness or injury. Services include: • Home Care Assistance • Meal Preparation • Errand Running • Parkinson's Home Care • Alzheimer's/ Dementia Home Care • Hospice/ Palliative Home Care • Transition to assisted living

Intake Procedure Email;Online;Call

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

\$37-\$45 Hourly

Last Update Date 1/18/2024

All Heart Home Care

11417 W Bernardo Ct
 San Diego, CA 92127
 (619) 736-4677
<https://allhearthomecare.com/>

Serves San Diego County

Eligibility Must be either a senior, disabled, veteran, and or recovering from an illness or injury

Home Care Assistance, San Diego

Offers non-medical home care services for the elderly, disabled, veterans, and those in recovery from illness or injury. Services include: • Home Care Assistance • Meal Preparation • Errand Running • Parkinson's Home Care • Alzheimer's/ Dementia Home Care • Hospice/ Palliative Home Care • Transition to assisted living

Intake Procedure Email;Online;Call

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

\$37-\$45 Hourly

Last Update Date 1/18/2024

Category Medical Services

Alternatives Medical Clinic

257 E 2nd Ave
 Escondido, CA 92025
 (760) 741-9796
<https://amc-ca.com/resource-program/>

Serves San Diego and Imperial Counties

Eligibility Must enroll in the Earn While You Learn program

Parenting Series

Provides evidence-based parenting classes focusing on caring for babies and children 2-12 years old. Topics include over 30 prenatal, postpartum and parenting education classes. Course material imparted through Earn While You Learn Video Classes with lesson worksheets and homework for many classes. Classes are court approved. Also provides basic emergency provisions for children ages 0-5 years old, including baby clothes, diapers, and 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 6/28/2024

Alternatives Medical Clinic

257 E 2nd Ave
 Escondido, CA 92025
 (760) 741-9796
<https://amc-ca.com/services/>

Serves San Diego County

Eligibility Women who are pregnant or think they might be pregnant

Pregnancy Services

Offers pregnancy testing, limited obstetrical (OB) ultrasound for viability, abortion education, nurse assessment and referrals, and evidenced-based, prenatal and postpartum parenting education.

Intake Procedure Call for appointment; 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 6/1/2023

AmeriCare Adult Day Health Care Center

340 Rancheros Dr Ste 196
 San Marcos, CA 92069
 (760) 682-2424
<https://www.americareadhc.com/>

Serves San Diego County

Eligibility Must meet the following: • 18 Years or older • Have one or more chronic or post acute medical condition • Have a condition resulting in limitation of 2 or more ADL's Examples of qualifying medical conditions: • Arthritis • Diabetes • Post Stroke •

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 • 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 10/27/2023

Amyotrophic Lateral Sclerosis Association

1980 Peacock Blvd Ste A
 Oceanside, CA 92056
 (858) 271-5547
<https://www.als.org/>

Serves San Diego County

Eligibility Persons with Amyotrophic Lateral Sclerosis (ALS)

Patient Services

Provides information to people with ALS - Lou Gehrig's disease and to their families, friends, and caregivers. Offers assessment and help with insurance issues to people who wish to purchase their own augmentative communication equipment. Services and equipment offered: • Provides monthly support group meetings • Also provides loans of speech-generating equipment Loan program • Equipment loan Program (Electric wheelchairs/ Walkers) • Patient advocacy services such as meeting with doctors or care providers, to support persons with ALS in their needs and wishes

Intake Procedure Call for more information

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

No fees

Last Update Date 1/23/2024

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 7/14/2023

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 7/24/2023

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. Supportive services include: • Abortion Information • Options Counseling • Pregnancy Tests • Ultrasounds • After Abortion Care • Community Resources • Prenatal and Parenting guidance • Adoption Info • Sexual Health

Intake Procedure Email;Online;Walk-in for more information;Walk-in for appointment;Call;Text (SMS);Chat;Walk-in for services

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

No fees

Last Update Date 3/14/2024

Category Medical Services

Borrego Community Health Foundation

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

Serves Borrego Springs

Eligibility Adults and children

Community Clinic, Borrego Medical Center

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 STD services such as: • 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. Provides 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 services

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

Sliding scale based on income and family size.

Accepts most insurance plans.

Last Update Date 9/13/2023

Borrego Community Health Foundation

1121 E Washington Ave
 Escondido, CA 92025
 (760) 871-0606 Clinic Line
<https://locations.borregohealth.org/centro-medico-escondido-urgent-care-cf2efce87042>

Serves Escondido

Eligibility Not limited

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 STD services such as: • 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. Provides Health education sessions regarding: • 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

Clinic Hours: 8:00 am-7:00 pm, Monday-Friday

Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

Last Update Date 9/12/2023

Borrego Community Health Foundation

590 Palm Canyon Dr Suite 212
 Borrego Spgs, CA 92004
 (760) 767-5112 Clinic Line
<https://locations.borregohealth.org/woolcott-dental-clinic-6560fafae139>

Serves Borrego Springs

Eligibility Not limited

Woolcott Dental

Provides dental care for adults, children and adolescents. Services include: • Examinations • Teeth cleaning • Operative treatment (fillings) • Sealants • Endodontic procedures (root canals) • Minor surgery

Intake Procedure Call;Walk-in for services

Clinic Hours: 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 9/29/2023

Category Medical Services

Brain Balance of Greater San Diego

165 S El Camino Real Suite E
Encinitas, CA 92024
(760) 206-8678
<http://BrainBalanceSanDiego.com>

Serves San Diego county

Eligibility Kids, Teens, and Adults ages 3+, including seniors

Brain Balance of Encinitas

Offers a personalized, drug-free program designed to improve attention and focus, behavior, social skills, anxiety, executive functioning, and academic/cognitive 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 person, integrative approach to strengthening brain connectivity through physical and sensory-motor exercises, cognitive skills training, healthy nutrition, and confidence building activities to get to the root cause of each person's behavioral, social, and cognitive 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 for more information;Call for appointment;Walk-in for more information;Walk-in for appointment;Referral;Call

Office Hours:11:00 am-7:30 pm, Monday-Friday

Fixed fees dependent on assessment results and No fees recommendations

Last Update Date 9/11/2023

Brain Balance of Greater San Diego

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

Serves San Diego County

Eligibility Kids, Teens, and Adults ages 3+ including seniors

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/cognitive 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 person, integrative approach to strengthening brain connectivity through physical and sensory-motor exercises, cognitive skills training, healthy nutrition, and confidence building activities to get to the root cause of each person's behavioral, social, and cognitive 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 for more information;Call for appointment;Walk-in for more information;Walk-in for appointment;Referral;Call;Mail

Office Hours: 11:00 am-7:30 pm, Monday-Friday

Fixed fees dependent on assessment results and recommendations

Last Update Date 9/7/2023

City of San Marcos

184 Santar Pl
San Marcos, CA 92069
(760) 744-1050 Ext 3400
<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 \$65 per month

Last Update Date 9/20/2023

Category Medical Services

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 Online;Call

Office Hours:8:00 am-3:30 pm, Monday-Friday; Intake for Lunch Reservations: 9:00 am-12:00 am, Monday and Wednesday

Fixed fee depending on service

Last Update Date 8/14/2024

Community Health Systems, Inc

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

Serves San Diego County

Eligibility Provides dental services to adults and children of all ages

Dental Care

Provides preventative dental care to adults and children including: • General Dentistry • Cleanings • Fillings • Extractions • Dentures • Crowns

Intake Procedure Call for appointment

Monday 8:30 am-5:30 pm; Tuesday-Friday, 8:00 am-5:00 pm; Closed for lunch, 12:00 pm-1:00 pm

Sliding scale fees based on family size and income

Last Update Date 8/5/2024

Community Health Systems, Inc

1328 S Mission Rd
 Fallbrook, CA 92028
 (760) 451-4720
<http://www.chsica.org/services.htm>

Serves North Coastal and North Inland Region of San Diego County

Eligibility Primary healthcare services to individuals in need, including the uninsured, under-insured, working poor, those with limited ability to pay, homeless or indigent.

Medical Care

Provides primary healthcare services for individuals of all ages including: • Sick visits • Physical examinations • Diagnostic screenings • Immunizations • Well baby care and child health • Disability prevention exams • Chronic disease management • Referrals to resources for chronic health conditions

Intake Procedure Call for appointment

Monday 8:30 am-5:30 pm; Tuesday-Friday, 8:00 am-5:00 pm; Closed for lunch, 12:00 pm-1:00 pm

Sliding scale fees based on family size and income

Last Update Date 8/5/2024

Community Health Systems, Inc

1328 S Mission Rd
 Fallbrook, CA 92028
 (760) 451-4720
<http://www.chsica.org/services.htm>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Youth ages 12 to 19 years old.

Teen Clinic

Provides routine exams and medical services such as: • Physicals • Health education • Pregnancy testing • Family planning services • Birth control counseling and follow-up • Confidential HIV assessment and testing for adolescents • Screening and treatment of sexually transmitted diseases

Intake Procedure Call for appointment

Monday 8:30 am - 5:30 pm, Tuesday - Friday 8:00 am - 5:00 pm (Closed from 12:00 pm - 1:00 pm for lunch)

Sliding scale fees based on family size and income

Last Update Date 8/5/2024

Category Medical Services

Community Health Systems, Inc

1328 S Mission Rd
 Fallbrook, CA 92028
 (760) 451-4720
<https://www.chsica.org/vision/>

Serves Fallbrook

Eligibility Not limited

Vision Care

Provides comprehensive vision services for the entire family such as: • Optical eye exams • Diabetic eye exams • Retinal photography • Glaucoma screenings • Anti-reflective coating for lenses • Transition lenses • Sunglass tint shades • Poly-carbonate lenses • Frames and Glasses

Intake Procedure Call for appointment

8:30 am-5:30 pm, Monday; 8:00 am-5:00 pm, Tuesday-Friday; Closed for lunch from 12:00 pm-5:00 pm

Fees vary based on Insurance converge

Last Update Date 8/5/2024

Community Health Systems, Inc

1328 S Mission Rd
 Fallbrook, CA 92028
 (760) 451-4720
<http://www.chsica.org/fallbrook.htm>

Serves San Diego County

Eligibility Healthcare services to women in need, including the uninsured, under-insured, working poor, those with limited ability to pay, homeless or indigent.

Women's Health Services

Provides healthcare services to women of all ages including routine exams: • Counseling • Pap smears • Breast exams • Menopausal care • Pregnancy testing • Basic physical exams • Comprehensive health education • Confidential HIV risk assessment and testing • Family planning services including birth control counseling • Treatment and advice for common gynecological concerns • Screening and treatment of sexually transmitted infections

Intake Procedure Call for appointment

Monday 8:30 am-5:30 pm; Tuesday-Friday, 8:00 am-5:00 pm; Closed for lunch, 12:00 pm-1:00 pm

Sliding scale fees based on family size and income

Last Update Date 8/5/2024

Community Research Foundation

490 N Grape St
 Escondido, CA 92025
 (760) 975-9939
<https://www.crfbehavioralhealthcare.org/>

Serves San Diego County

Eligibility Adults ages 18 years and older

Adult Short-Term Residential Treatment, Esperanza Crisis Center

Offers a 24-hour crisis residence providing acute mental healthcare services to adults who are experiencing a crisis and require inpatient treatment. Services include psychiatric evaluation, medication where indicated, individual and group therapy, discharge planning, and psychosocial rehabilitation. ****IMPORTANT NOTE**** Clients primary crisis has to be a mental health issue. NOT substance dependence crisis and/or homelessness.

Intake Procedure Email;Online;Call for more information

Office hours: 24 hours a day, 7 days a week

Sliding scale fees based on the State-mandated Uniform Method for Determining Ability to Pay (UMDAP). No one refused due to inability to pay.

Last Update Date 9/6/2024

Community Research Foundation

1738 S Tremont St
 Oceanside, CA 92054
 (760) 439-2800
<http://www.comresearch.org/>

Serves San Diego County

Eligibility 18 years and older

Adult Short-Term Residential Treatment, Turning Point Crisis Center

Offers a 24-hour crisis residence providing acute mental healthcare services to adults who are experiencing a mental health crisis and require short-term treatment. Services include psychiatric evaluation, medication where indicated, individual and group counseling, discharge planning, and psychosocial rehabilitation. ****IMPORTANT NOTE**** Clients primary crisis must be a mental health issue. NOT substance dependence crisis and/or homelessness.

Intake Procedure Call for more information

24 hours a day; 7 days a week

Sliding scale fees based on the State-mandated Uniform Method for Determining Ability to Pay (UMDAP). No one refused due to inability to pay.

Last Update Date 1/11/2024

Category Medical Services

Del Mar Community Connections

225 9th St
 Del Mar, CA 92014
 (858) 792-7565
 www.dmcc.cc

Serves Del Mar

Eligibility Eligibility ranges depending on program. Some programs are available only to residents of the city of Del Mar. Some programs have age limitations. For shared housing program, home providers must be residents of Del Mar (people seeking a home can be from

Del Mar Community Services

Program provides seniors with a variety of social, recreational, and educational services tailored to their individual needs, such as specialized information, recreational activities, and health wellness programs. Organization offers short-term medical equipment loans, a shared housing program, and manages the Del Mar Rental Assistance Program, a subsidy for low-income individuals and families in Del Mar. Potential tenants undergo a criminal and credit screening, and home providers must live in the city of Del Mar.

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 10/29/2023

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 6/29/2023

Easterseals Southern California

2430 Auto Park Way Ste 101
 Escondido, CA 92029
 (760) 743-1185
 www.easterseals.com/southernca

Serves San Diego County

Eligibility Individuals with autism spectrum disorder and similar disabilities

Autism Therapy Services

Offers Applied Behavior Analysis (ABA) for individuals diagnosed and on autism spectrum, as well as speech, occupational, and physical therapy services.

Intake Procedure Referral required
 8:00 am-5:00 pm, Monday-Friday
 Co-pays vary

Last Update Date 5/20/2024

Elizabeth Hospice

800 W Valley Pkwy Ste 100
 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

Offers medical care, pain and symptom management, and emotional 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 7/8/2024

Category Medical Services

Elizabeth Hospice

801 W Valley Pkwy Ste 100
 Escondido, CA 92025
 (800) 797-2050
<https://elizabethhospice.org/services/palliative-care>

Serves San Diego County

Eligibility People with a serious or 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 7/8/2024

Elizabeth Hospice

802 W Valley Pkwy Ste 100
 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 7/8/2024

Elizabeth Hospice

803 W Valley Pkwy Ste 100
 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: 8:00 am-5:00 pm, Monday-Friday
 No fees

Last Update Date 7/8/2024

Family Health Centers of San Diego

128 N Broadway
 Escondido, CA 92025
 (760) 546-2858
<https://www.fhcsd.org/escondido-family-health-center>

Serves San Diego County

Eligibility No age limitations for most services. Free breast and cervical cancer screenings are provided to women who do not have insurance, are California residents and meet low-income guidelines. • Must be age 21 years or older, for free cervical cancer screenin

Community Healthcare, Escondido Family Health Center

Offers high-quality and affordable primary care services that meet the full spectrum of our patients' wellness needs, including primary care, reproductive health care, mental health services, and health education. Primary care includes sick visits, vaccinations, acute care, chronic disease management, ear, nose & throat (ENT), medication assistance, older adult services, pediatric care, physical therapy, and podiatry. Reproductive health services include birth control, cancer screenings, family planning, gynecology, physicals, pregnancy testing, prenatal care, STI prevention, screening & treatment, and vasectomy education & referrals.

Intake Procedure Call for appointment; Walk-in for appointment
 8:30 am-5:30 pm, Monday-Friday; Closed: 12:00 pm-1:00 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 10/4/2023

Category Medical Services

First 5 San Diego

425 N Date St
Escondido, CA 92025
(760) 520-8330
www.nhcare.org

Serves 92003; 92004; 92025; 92026; 92027; 92028; 92029; 92036; 92059; 92060; 92061; 92064; 92065; 92066; 92069; 92070; 92074; 92078; 92082; 92086; 92096; 92127; 92128; 92129

Eligibility Children under the age of 6 years old living in the following zip codes: 92003, 92004, 92025, 92026, 92027, 92028, 92029, 92036, 92059, 92060, 92061, 92064, 92065, 92066, 92069, 92070, 92074, 92078, 92082, 92086, 92096, 92127, 92128, 92129

Oral Health Initiative, Escondido, North Inland Region

Provides comprehensive oral health services, including dental screenings, exam, treatment, care coordination, and 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; 8:00 am-2:00 pm, Saturday

Sliding fee scale based on family size and income

Last Update Date 11/9/2022

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 living in the following zip codes: 92003, 92004, 92025, 92026, 92027, 92028, 92029, 92036, 92059, 92060, 92061, 92064, 92065, 92066, 92069, 92070, 92074, 92078, 92082, 92086, 92096, 92127, 92128, 92129

Oral Health Initiative, Fallbrook, North Inland Region

Provides comprehensive oral health services, including dental screenings, exam, treatment, care coordination, and 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
7:00 am-5:00 pm, Monday-Friday

Sliding fee scale based on family size and income

Last Update Date 11/10/2022

First 5 San Diego

1910 Mission Ave
Oceanside, CA 92058
(844) 308-5003
www.vistacommunityclinic.org

Serves 92008; 92010; 92024; 92054; 92055; 92056; 92057; 92058; 92075; 92081; 92083; 92084

Eligibility Children under the age of 6 living in the following zip codes: 92008, 92010, 92024, 92054, 92055, 92056, 92057, 92058, 92075, 92081, 92083, 92084

Oral Health Initiative, Oceanside, North Coastal Region, Mission Avenue

Provides comprehensive oral health services, including dental screenings, exam, treatment, care coordination, and 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-Wednesday and Friday; 10:00 am-7:00 pm, Thursday

Sliding fee scale based on family size and income.

Last Update Date 2/13/2023



2-1-1 San Diego North County Resource Guide

Category Medical Services

First 5 San Diego

4700 N River Rd
Oceanside, CA 92057
(760) 631-5000
www.vistacommunityclinic.org

Serves 92007; 92008; 92009; 92010; 92011; 92014; 92024; 92054; 92055; 92056; 92057; 92058; 92067; 92075; 92081; 92083; 92084; 92091

Eligibility Children under the age of 6 years old living in the following zip codes: 92007, 92008, 92009, 92010, 92011, 92014, 92024, 92054, 92055, 92056, 92057, 92058, 92067, 92075, 92081, 92083, 92084, 92091

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

Provides comprehensive oral health services, including dental screenings, exam, treatment, care coordination, and 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; 9:00 am-4:00 pm, Saturday

Sliding fee scale based on family size and income

Last Update Date 11/10/2022

First 5 San Diego

28410 Lizard Rocks Rd
Valley Center, CA 92082
(760) 520-8330
www.nhc.org

Serves 92003; 92025; 92026; 92027; 92028; 92059; 92060; 92061; 92065; 92082

Eligibility Children under the age of 6 years old living in the following zip codes: 92003, 92025, 92026, 92027, 92028, 92059, 92060, 92061, 92065, 92082

Oral Health Initiative, Valley Center, North Inland Region

Provides comprehensive oral health services, including dental screenings, exam, treatment, care coordination, and 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; Monday, Tuesday, Thursday and Friday closed: 12:00 pm-1:00 pm; Wednesday closed: 12:00 pm-1:30 pm

Sliding fee scale based on family size and income

Last Update Date 11/10/2022

First 5 San Diego

1000 Vale Terrace Dr
Vista, CA 92084
(760) 631-5000
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 living in the following zip codes: 92024, 92054, 92055, 92056, 92057, 92058, 92067, 92075, 92081, 92083, 92084, 92091

Oral Health Initiative, Vista, North Coastal Region

Provides comprehensive oral health services, including dental screenings, exam, treatment, care coordination, and 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-8:00 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday; 9:00 am-4:00 pm, Saturday

Sliding fee scale based on family size and income

Last Update Date 11/10/2022

Foundation for Care Integration

1151 S Santa Fe Ave
Vista, CA 92083
(844) 684-2100
https://www.fcicaring.org/

Serves San Diego County

Eligibility Must be a senior seeking financial assistance for home care.

Home Care

Provides resources to at risk populations such as disabled, infirmed and older adults. Enabling them to stay safely in their home in lieu of institutionalization. Services include: • Meal delivery programs • Medical alert services • Hospice resources • Senior and Regional centers • Legal services • Estate planners • Realtors • Integrated health professionals • Pertinent resources

Intake Procedure Email;Online;Call;Walk-in for services
8:00 am-4:00 pm, Monday-Friday

No fees

Last Update Date 1/22/2024

Category Medical Services

Foundation for Senior Care

135 S Mission Rd
Fallbrook, CA 92028
(760) 723-7570
<https://foundationforseniorcare.org/>

Serves Fallbrook; Rainbow; Bonsall; De Luz

Eligibility Senior Citizen or adult with a physical or mental disability

Care Advocate Program

Provides information and referral services to healthcare and social service programs in Fallbrook and surrounding communities. Program is to help seniors and people with health challenges to maintain their independence and remain safely in their homes by connecting them with resources in the community.

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

Last Update Date 6/8/2023

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. Offers services such as: • Provides 3 meals daily • Laundry • Housekeeping • Personal care services • Transportation services • Rehabilitation activities • Medical referrals • Psychological support • Social services • Hospice-like 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 8/6/2024

Fresh Start Surgical Gifts

2011 Palomar Airport Rd Ste 206
Carlsbad, CA 92011
(760) 944-7774
<https://www.freshstart.org>

Serves California

Eligibility Infants, children, or teens that have a physical or cosmetic deformity caused by birth, disease, accident, or abuse. Must be uninsured, partially uninsured where the procedure is not covered by insurance, or if the family is experiencing financial hardship

Medical Treatments for Children, Reconstructive and Plastic Surgery

Provides reconstructive and plastic surgery for children, babies, and teens who require such interventions due to abuse, accidents, birth defects, or disease. Fresh Start goes beyond surgical interventions and provides related medical treatments such as: • Scar revision • Port-wine stain • Birthmark removal • Dental treatments • Orthodontic services In addition to life-transforming reconstructive surgery, supply food, non-medical transportation, and lodging for out-of-town is offered to patients.

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

Last Update Date 4/26/2024

Category Medical Services

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 Healthcare Center - Encinitas

Program provides affordable and accessible adult day care and support services to families affected by Alzheimer's and other memory impairment diseases. The programs offer innovative adult daycare programs, family support, case management, crisis intervention, family and community education, advocacy, information and referrals.

Intake Procedure Email; 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 \$100 full, \$70 half day, Long Term Care Insurance, VA. PACE Programs

Last Update Date 3/26/2024

Heritage Senior Care, Inc.

2775 Jefferson Street #101
Carlsbad, CA 92008
(760) 720-7740
http://www.heritageseniorcare.com/long-term-care-policy_review.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

Office hours: 9:00 am-12:00 pm and 1:00 pm-4:00 pm, Monday-Friday
First complimentary review is free. Fixed fee for insurance claim resolution.

Last Update Date 8/1/2023

Hospice of the North Coast

2525 Pio Pico Dr Suite 301
Carlsbad, CA 92008
(760) 431-4100
<https://hospicenorthcoast.org/services/hope-bereavement-center/>

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 1/16/2024

Hospice of the North Coast

2525 Pio Pico Dr Ste 301
Carlsbad, CA 92008
(760) 431-4100
<https://hospicenorthcoast.org/services/admission-to-hospice-care/>

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

Eligibility Meet one of the following: • Terminal illness with 6 month life expectancy. • 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 1/16/2024

Category Medical Services

Indian Health Council, Inc.

50100 Golsh Rd
Valley Center, CA 92082
(760) 749-1410
<https://www.indianhealth.com/dental>

Serves La Jolla; Los Coyotes; Mesa Grande; Pala; Pauma; Rincon; San Pasqual; 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.

1 Schoolhouse Canyon Rd
Santa Ysabel, CA 92070
(760) 765-4203
<https://www.indianhealth.com/dental>

Serves La Jolla; Los Coyotes; Mesa Grande; Pala; Pauma; Rincon; San Pasqual; 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 La Jolla; Los Coyotes; Mesa Grande; Pala; Pauma; Rincon; San Pasqual; 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 Inaja-Cosmit; La Jolla; Los Coyotes; Mesa Grande; Pala; Pauma; Rincon; San Pasqual; 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, Rincon Clinic

Provides dental care services to adults and children from Native American tribes in northern San Diego County. Offers full preventative and restorative dental services including: • General Dentistry • Dental Cleanings • Fillings • X-rays • Pediatric Dentistry • Endodontics • Orthodontic Treatment • Dentures • Root Canals • Crowns • 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 5/24/2024

Dental Services, Santa Ysabel Clinic

Provides dental care services to adults and children from Native American tribes in northern San Diego County. Offers full preventative and restorative dental services including: • General Dentistry • Dental Cleanings • Fillings • X-rays • Pediatric Dentistry • Endodontics • Orthodontic Treatment • Dentures • Root Canals • Crowns • 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 5/24/2024

Medical Services, Rincon Clinic

Provides primary medical care for adults and children including: • General Health • Pediatrics • Immunizations • Routine exams and Physicals • Family planning • Gynecology services • Disease screenings • Podiatry • Mammography • Eye Clinic • Acupuncture/ Chiropractor

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 5/24/2024

Medical Services, Santa Ysabel Clinic

Provides primary medical care for adults and children including: • General Health • Pediatrics • Immunizations • Routine exams and Physicals • Family planning • Gynecology services • Disease screenings • Podiatry • Mammography • Eye Clinic • Acupuncture/ Chiropractor

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 5/24/2024



2-1-1 San Diego North County Resource Guide

Category Medical Services

Interfaith Community Services

5731 Palmer Way Ste A
Carlsbad, CA 92010
(760) 448-5696

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 ID vouchers (some limits and criteria do apply, provided based on availability), eyeglass assistance (prescription required), SDG&E utility assistance, partial financial assistance for applicable prescriptions, some crisis intervention, emergency food, hygiene packets, diapers and formula (when available), and additional community resources and referrals as needed. Case management support is available by appointment for employment, housing stabilization, and self-sufficiency.

Intake Procedure Call for appointment;Walk-in for services

7:00 am-12:00 pm, Monday-Friday; 1:00 am-4:00 pm, Tuesday-Thursday; Closed for Lunch: 12:00 pm-1:00 pm; Closed on holidays; Closed 1st Friday of the Month

No fees

Last Update Date 9/6/2024

Interfaith Community Services

550 W Washington Ave
Escondido, CA 92025
(760) 489-6380
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

Serves North Inland Region of San Diego County

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

Basic Needs Walk-in Services, Escondido

Provides social services such as shower and laundry facilities, mailing address/PO Box services, 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 including vision, partial 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 more information;Walk-in for services

8:00 am-10:00 am, Monday,Wednesday,Friday; 8:00 am-10:00 am Tuesday,Thursday, Food Distribution; Closed 1st Friday of the Month

No fees

Last Update Date 11/21/2023

Interfaith Community Services

4700 N River Rd Ste A
Oceanside, CA 92057
(760) 721-2117
<https://www.interfaithservices.org/support>

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, diapers, and baby food (if available), mailing address/PO Box services, partial financial assistance for applicable prescriptions, eyeglass assistance, ID vouchers, utility assistance (in emergency, appointment highly encouraged), access to benefits, immigration and legal aid service referrals, crisis intervention, and additional community referrals as needed. By Appointment: Case management support is available for employment, housing stabilization, and self-sufficiency by appointment. Rental assistance may be available for Case Managed residents within the North County San Diego area (limits and criteria do apply, provided based on availability). Employment supports are also available for Case Managed clients.

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

Hours of Operation: 8:00-5:00 pm, Monday - Friday; Walk-in Hours: 8:00 am- 11:00 am, Tuesday and Thursday

No fees

Last Update Date 2/9/2024

Category Medical Services

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 8/25/2023

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 who need support for diapers and menstrual supplies living in the North Inland Region of San Diego County

Diaper and Menstrual Supplies Distribution Sit, Women of Promise Resource Center

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call;Walk-in for services

Distribution hours: 9:00 am-4:00 pm, Monday-Thursday; Friday by appointment only;
Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

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 who need support for diapers and menstrual supplies living in the North Inland Region of San Diego County

Diaper and Menstrual Supplies Distribution Site North Coast Church

Distributes diapers to families with infants and toddlers in need. Also, provided menstrual supplies when available.

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

Distribution last Tuesday of the month, hours vary; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

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

Eligibility Families who need support for diapers and menstrual supplies living in the Julian

Diaper and Menstrual Supplies Distribution Site, Julian Pathways, Inc.

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call for more information

Distribution hours: 9:00 am-3:00 pm, Monday-Friday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Category Medical Services

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 who need support for diapers and menstrual supplies living in the North Coastal Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, Lived Experiences Inc.

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

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

Distribution days and hours vary; Online: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

956 Vale Terrace Dr
 Vista, CA 92084
 (760) 471-4210

Serves North Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, MAAC Project Vista

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

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

Distribution hours: 7:30 am-9:30 am, 1st Wednesday of the month; 4:00 pm-6:00 pm, 3rd Wednesday of the month; Online: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/1/2024

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 Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, Ramona Food and Clothes Closet

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Walk-in for services

Distribution hours: 9:30 am-12:30 pm and 2:30 pm-4:00 pm, Monday-Friday; Online: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/1/2024

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 of San Diego County

Eligibility Families with infants and toddlers who need support for diapers and menstrual supplies

Diaper and Menstrual Supplies Distribution Site, Rock Church San Marcos

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Walk-in for services

Distribution hours: 12:00 pm-2:00 pm, 1st Thursday of the month; Online: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/1/2024

Category Medical Services

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

Eligibility Families who need support for diapers and menstrual supplies living in the Escondido

Diaper and Menstrual Supplies Distribution Site, The Center

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call for more information;Drive-thru

Drive thru hours: 11:30 am-12:30 pm, Sunday; Online: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

1000 Vale Terrace Dr
 Vista, CA 92084
 (760) 631-5000 Ext 7014
<https://sandiegofoodbank.org/programs/diaper-bank-program/>
Serves North Regions of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Regions of San Diego County

Diaper and Menstrual Supplies Distribution Site, Vista Community Clinic

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call for appointment;Voice Message

Distribution days and times vary; Online: 24 hours a day, 7 day a week
 No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

4070 Mission Ave
 Oceanside, CA 92057
 (760) 547-0708
<https://sandiegofoodbank.org/programs/diaper-bank-program/>
Serves North Coastal of San Diego County

Eligibility Families with infants and toddlers who need support for diapers and menstrual supplies living in North Coastal of San Diego County

Diaper Distribution Site, Mission San Luis Rey Parish, Loretto House Food Pantry

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Email;Online;Call

Distribution hours: 8:00 am-4:00 pm, Tuesday-Saturday; Online: 24 hours a day, 7 days a week
 No fees

Last Update Date 9/1/2024

Legal Aid Society of San Diego

100 E San Marcos Blvd Ste 308
 San Marcos, CA 92069
 (877) 734-3258
www.lasds.org/health-care-and-coverage/

Serves San Diego County
Eligibility Call for information

Consumer Center For Health Education and Advocacy (CCEA), North County Office

Offers free help to individuals seeking information about how they can get health benefits. Provides consumers with information about their health plans and educates them about their rights, including information on the Affordable Care Act (health care reform) and how it affects them. Advocates for those who have had their health services denied, reduced, or terminated, or who are unhappy with their health services. Provides investigation of mental health patient's complaints (is designated by the County of San Diego as a patients' rights advocate for outpatient mental health services). Free help with Medi-Cal 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
 No Fees

Last Update Date 6/4/2024



2-1-1 San Diego North County Resource Guide

Category Medical Services

Maxim Healthcare Services

2141 Palomar Airport Rd Ste 350
Carlsbad, CA 92011
(760) 710-2460

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

24 hours a day, 7 days a week

Fees range depending on service

Last Update Date 9/23/2022

Mental Health Systems, Inc.

474 W Vermont Ave Ste 101
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.

Kinesis North Escondido

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 8/21/2024

Mental Health Systems, Inc.

1328 S Mission Rd
Fallbrook, CA 92028
(760) 480-2255
<https://turnbhs.org/location/kinesis-north-fallbrook/>

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.

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 7/14/2023

Mental Health Systems, Inc.

1521 Main St
Ramona, CA 92065
(760) 480-2255
<https://turnbhs.org/location/kinesis-north-ramona/>

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.

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 7/14/2023

Category Medical Services

Mental Health Systems, Inc.

474 W Vermont Ave Suite 104
 Escondido, CA 92025
 (760) 432-9884
<https://turnbhs.org/location/north-star-act>

Serves San Diego County

Eligibility Ages 25-59 years old. Must have a severe, chronic and persistent mental illness and is homeless and has been frequently hospitalized. No parolees or Prop 36 clients.

North Star Assertive Community Treatment

Provides intensive and all-inclusive case management and outpatient/rehabilitation services with a supported housing component, for those who have been or are homeless and have been frequently hospitalized due to their illness.

Intake Procedure Call for more information;Referral
 8:00 am-5:00pm, Monday-Friday
 Housing fees may apply

Last Update Date 5/16/2024

Navy-Marine Corps Relief Society, San Diego

Navy And Marine Corps Building 1121
 Camp Pendleton, CA 92055
 (760) 725-5337
<https://www.nmcrcs.org/our-services/visiting-nurses>

Serves San Diego County

Eligibility Active military and retired military Sailors, Marines, Navy, and Families of Active/Retired military personnel. No age limitations.

Visiting Nurse, Camp Pendleton

Registered nurses travel within a reasonable distance of their office to provide free, in home visits to active duty or retired Sailors and Marines and to Navy and Marine Corps families with newborns. Visit families to answer questions and provide education on a wide range of health topics. For new parents, may discuss breastfeeding and making sure baby is healthy and happy. Also provides baby weight checks.

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

Last Update Date 10/17/2023

Neighborhood Healthcare

460 N Elm St
 Escondido, CA 92025
 (833) 867-4642
www.nhcare.org/

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

Eligibility No age or income limitations

Community Health Center, Escondido Elm Street

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling, and health education. Pediatric services include well-baby and well-child check-ups, immunizations, physicals, and weight management. Women's health services include: • Obstetrics and Gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Specialty medical care • Prescription management and senior peer group • Older adult services provide diabetes management

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 6/11/2024

Category Medical Services

Neighborhood Healthcare

728 E Valley Pkwy
Escondido, CA 92025
(833) 867-4642
<https://www.nhcare.org/>

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

Eligibility No age or income limitations

Community Health Center, Escondido Valley Parkway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, teen health, Podiatry, counseling, and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services include: • Obstetrics and gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Specialty medical care • Prescription management and senior peer group • Older adult services provide diabetes management

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

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

13010 Poway Rd
Poway, CA 92064
(858) 218-3000
www.nhcare.org

Serves Poway

Eligibility No age or income limitations

Community Health Center, Gold Family Health Center in Poway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women's health services includes: • Obstetrics and gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Older adult services provide diabetes management • Specialty medical care • Prescription management and senior peer group

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed for lunch 12:00pm-1:00pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

28477 Lizard Rocks Rd
Valley Center, CA 92082
(833) 867-4642
www.nhcare.org

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

Eligibility No age or income limitations

Community Health Center, Valley Center

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 8/21/2024

Category **Medical Services**

Neighborhood Healthcare	Dental Care, Ray M Dickinson Wellness Center, Escondido
<p>425 N Date St Suite 129 Escondido, CA 92025 (760) 520-8330 Dental Line https://www.nhcare.org/health-services/dental/</p> <p>Serves Escondido; Fallbrook; Pauma Valley; Poway; San Marcos; Valley Center; Vista</p> <p>Eligibility Provides dental services to adults and children of all ages</p>	<p>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 planning • Fillings • Sealants • Space maintainers • Emergency dental services</p> <p>Intake Procedure Online; Call for appointment 8:00 am-5:00 pm, Monday-Friday; 8:00 am-2:00pm, Saturday</p> <p>Sliding scale fees based on income and family size</p> <p style="text-align: right;">Last Update Date 6/11/2024</p>

Neighborhood Healthcare	Every Woman Counts, Escondido
<p>488 E Valley Pkwy Ste 404 Escondido, CA 92025 (760) 737-6900 https://www.nhcare.org/locations-list/escondido-prenatal/</p> <p>Serves Escondido; Fallbrook; Pauma Valley; Poway; San Marcos; Valley Center; Vista</p> <p>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 insurer</p>	<p>Provides free clinical breast exams, mammograms, pelvic exams, and pap tests to California’s underserved women. 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.</p> <p>Intake Procedure Call for appointment 8:00 am-5:00 pm, Monday-Friday; Closed for lunch: 12:00 pm-1:00 pm</p> <p>Fee for breast exam at community clinic. No fee for eligible women referred by the community clinic for diagnostic services.</p> <p style="text-align: right;">Last Update Date 6/11/2024</p>

Neighborhood Healthcare	Health Insurance and CalFresh Enrollment Services, Escondido Valley Parkway
<p>728 E Valley Pkwy Escondido, CA 92025 (760) 294-4174 www.nhcare.org</p> <p>Serves North Inland San Diego County</p> <p>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</p>	<p>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.</p> <p>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</p> <p style="text-align: right;">Last Update Date 8/27/2024</p>

Category **Medical Services**

Neighborhood Healthcare

426 N Date St
 Escondido, CA 92025
 (760) 294-4174
 www.nhcare.org

Serves North Inland San Diego County

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

Health Insurance and CalFresh Enrollment Services, Pediatrics Center

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

Intake Procedure Call for appointment
 8:00 am-5:00 pm, Monday-Friday
 No fees

Last Update Date 8/27/2024

Neighborhood Healthcare

28477 Lizard Rocks Rd
 Valley Center, CA 92082
 (760) 294-4174
 www.nhcare.org

Serves North Inland San Diego County

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

Health Insurance and CalFresh Enrollment Services, Valley 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 8/27/2024

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 8/16/2024

Category Medical Services

Neighborhood Healthcare

28477 Lizard Rocks Rd
Valley Center, CA 92082
(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), Valley Center

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 8/16/2024

North County LGBTQ Resource Center

3220 Mission Ave Suite 2
Oceanside, CA 92058
(760) 420-6838
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 7/21/2023

OpSam Health

9995 Carmel Mountain Rd
San Diego, CA 92129
(844) 200-2426
https://www.opsam.org/

Serves San Diego County

Eligibility Services are offered to individuals of all ages, regardless of insurance. Also, accepts patients who are undocumented, and does not require proof of immigration status.

Medical Clinic, Rancho Peñasquitos

Provides healthcare services to individuals of all ages that include: • Family Medicine • Immunization • Psychiatry • Psychotherapy

Intake Procedure Email;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 9/19/2024

Palomar Community College

1140 W Mission Rd
San Marcos, CA 92069
(760) 744-1150 Ext 2375
https://www.palomar.edu/drc/

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 Limited to students with disabilities attending Palomar College

Disability Resource Center

Is a department within the division of Student Services which offers specialized instruction and services to students with various documented disabilities. Disabilities include physical, visual, auditory, communication, learning and psychological disabilities with might impose an educational limitation within the college environment.

Intake Procedure Online;Call for more information;Walk-in for more information
In Person 8:00 am-5:00 pm, Monday-Thursday; Virtual 8:00 am-12:00 pm, Friday

No fees

Last Update Date 9/7/2023

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. Facility services include: • Emergency Services • Trauma Center • Cardiology and Cardiac Catheterization • Birth Center • Vascular Services • Neurosciences Services • Interventional Radiology • Rehabilitation Services • Medical Oncology • GYN Oncology Surgery In addition, outpatient services include: • Pulmonary Testing • Laboratory • Imaging • Outpatient Pharmacy

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 6/28/2024

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. In addition to general medical and surgical services also include: • 24-hour Emergency Services • Family-Friendly Birth Center with Private Patient Rooms • Level II Neonatal Intensive Care Unit • Cardiac and Vascular Care • Wound Health Center • GeroPsychiatric Unit • Behavioral Medicine Center • Surgical Weight Loss Program • Rehabilitation Services • Corporate Health Services • Jean McLaughlin Women's Center for Health and Healing • Laboratory Services

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 6/28/2024

Palomar Health

15615 Pomerado Rd Rm E Fl 3 Conference Room E 3rd Floor
 Poway, CA 92064
 (858) 613-4444
<https://www.palomarhealth.org/classes-and-events/>

Serves San Diego County

Eligibility Must be in need of CPR/BLS certification, or renewal

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

50

Last Update Date 6/21/2024

Category Medical Services

Palomar Health

1320 W Valley Pkwy Ste 301
 Escondido, CA 92029
 (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 development (including Speech and Language, Physical Therapy, and Occupational Therapy), behavioral concerns (parenting class, coaching and therapy) and Care Coordination to all families receiving HDS services.

Intake Procedure Email;Walk-in for appointment;Call

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

No fees

Last Update Date 10/19/2023

Palomar Health

120 Craven Rd Ste 205
 San Marcos, CA 92078
 (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 • Speech therapy • Maternal infant programs • Assistance with personal care • Changing post-surgical dressings • Self-care education • Caregiver services that provide medication and intravenous therapies

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 6/6/2024

Palomar Health

15615 Pomerado Rd
 Poway, CA 92064
 (858) 613-4910
<https://www.palomarhealth.org/facilities/palomar-poway-outpatient/>

Serves San Diego County

Eligibility Adults and older adults with psychiatric and mental health needs, ages 18 years and older

Outpatient Behavioral Health Services, Poway

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 • Treatment for adults and older adults • Group and individual therapy • Medication management

Intake Procedure Call;Walk-in for services

8:30 am-5:30 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 6/21/2024

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 • Abstinence education • Referrals for adoption • Housing search assistance for mothers • Legal assistance • Social services • Offers material goods including limited supply of formula, diapers, baby clothes and baby furniture

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 5/2/2023

Category Medical Services

Planned Parenthood of the Pacific Southwest

347 W Mission Ave
 Escondido, CA 92025
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-health-center-2331-90110/birth-control>

Serves San Diego County

Eligibility Not limited

Contraceptive Clinics and Counseling, Escondido Center

Provides birth control services, counseling, and fertility awareness methods. Birth control methods offered: • Emergency contraception pills • Birth control implant • IUD • Birth control patch • Birth control pill • Birth control ring (NuvaRing) • Birth control shot • Birth control sponge • Cervical cap • Condoms • Diaphragm • Spermicide and gel

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

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/26/2024

Planned Parenthood of the Pacific Southwest

1964 Via Ctr
 Vista, CA 92081
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/vista/92081/vista-isabella-center-4186-90110/birth-control>

Serves San Diego County

Eligibility Not limited

Contraceptive Clinics and Counseling, Vista Center

Provides birth control services, counseling, and fertility awareness methods. Birth control methods offered: • Emergency contraception pills • Birth control implant • IUD • Birth control patch • Birth control pill • Birth control ring (NuvaRing) • Birth control shot • Birth control sponge • Cervical cap • Condoms • Diaphragm • Spermicide and gel

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

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/26/2024

Planned Parenthood of the Pacific Southwest

347 W Mission Ave
 Escondido, CA 92025
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-health-center-2331-90110/hiv-testing>

Serves San Diego County

Eligibility Not limited

HIV/AIDS Testing and Counseling, Escondido Center

Provides confidential HIV testing and counseling, HIV treatment support and referrals, screening and evaluation services for PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) to prevent HIV.

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

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

No charge for most services if qualified for Family PACT. Call for information.

Last Update Date 8/26/2024

Category Medical Services

Planned Parenthood of the Pacific Southwest

347 W Mission Ave
 Escondido, CA 92025
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-health-center-2331-90110/pregnancy-testing-options>

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Escondido Center

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

Intake Procedure Call for appointment; Walk-in for appointment

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/24/2024

Planned Parenthood of the Pacific Southwest

1964 Via Ctr
 Vista, CA 92081
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/vista/92081/vista-isabella-center-4186-90110/pregnancy-testing-options>

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Vista Center

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

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

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/24/2024

Planned Parenthood of the Pacific Southwest

347 W Mission Ave
 Escondido, CA 92025
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-health-center-2331-90110/std-testing-treatment>

Serves San Diego County

Eligibility Not limited

Sexually Transmitted Infections Testing and Treatment, Escondido Center

Offer STD testing and treatment, and staff can provide information and resources to help prevent STDs. Provides HIV testing, counseling, screening, and evaluation services for PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) to prevent HIV. Testing and treatment services for: • Chlamydia • Genital warts • Gonorrhea • Hepatitis B • Herpes • Public lice • Syphilis • Trichomoniasis • HPV • General STD testing • Other STD services

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

Office Hours: 8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/22/2024

Planned Parenthood of the Pacific Southwest

1964 Via Ctr
 Vista, CA 92081
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/vista/92081/vista-isabella-center-4186-90110/std-testing-treatment>

Serves San Diego County

Eligibility Not limited

Sexually Transmitted Infections Testing and Treatment, Vista Center

Offer STD testing and treatment, and staff can provide information and resources to help prevent STDs. Provides HIV testing, counseling, screening, and evaluation services for PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) to prevent HIV. Testing and treatment services for: • Chlamydia • Genital warts • Gonorrhea • Hepatitis B • Herpes • Public lice • Syphilis • Trichomoniasis • HPV • General STD testing • Other STD services

Intake Procedure Call for appointment; Walk-in for appointment

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/22/2024

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

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

Accepts Long Term Insurance, Private Pay, call for information

Last Update Date 3/9/2023

Poway Adult Day Health Care, LLC

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

Serves Poway; Rancho Bernardo; Rancho Penasquitos; Carmel Mountain; 4S Ranch; Scripps Ranch; and Mira Mesa

Eligibility Must meet one of the following: • Seniors or disabled adults with one or more chronic or post-acute medical, cognitive, or mental health conditions requiring one or more of the following: monitoring, treatment or intervention by a skilled professional.

Community Based Adult Services

Provides services to the elderly and adults with illness and or disabilities. Once enrolled, participants may be able to receive services such as: • Support Groups regrading dementia related issues • Nutritional Counseling • Physical recreational activities • Physical therapy • Occupational therapy • Speech therapy • Transportation to and from the center • Nursing (Registered Nurses and LVN's) • Cognitive Behavior Therapy • Medical Diagnosis

Intake Procedure Online; Call

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

Fees vary based on health coverage

Last Update Date 9/1/2023

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-Thursday

No fees

Last Update Date 5/20/2024

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

3609 Ocean Ranch Blvd Ste 104
Oceanside, CA 92056
(760) 967-4401 Clinic Line
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/immunization_branch/immunization_clinic_schedule.html

Serves North Coastal Region of San Diego County

Eligibility This location provides services for individuals and families residing in the North Coastal Region of San Diego County. The following individuals are eligible to receive immunizations at County Public Health Centers: • Children and adults who do not have

Immunization Clinic, North Coastal Public Health Center

Provides routine childhood and adolescent vaccines to protect against: • Polio (IPV) • Tetanus (Td) • Varicella (Var) • Rotavirus (RV) • Shingles (Shingrix) • Measles, Mumps, Rubella (MMR) • Haemophilus Influenza Type B (Hib) • Hepatitis A (Hep A)/ Hepatitis B (Hep B) • Pneumococcal Diseases (PCV13, PCV23) • Diphtheria, Tetanus and Pertussis (DTaP/Tdap) 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 is available during walk-in hours. For emergencies, please call 9-1-1.

Intake Procedure Email; Online

Clinic Hours: 8:00 am-5:00 pm, Monday-Friday; Closed for lunch 11:00 am-1:00 pm Facility; Closed on Holidays

No fees

Last Update Date 7/26/2024

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

649 W Mission Ave Ste 2
Escondido, CA 92025
(760) 740-3000 Clinic Line
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/immunization_branch/immunization_clinic_schedule.html

Serves North Inland Region of San Diego County

Eligibility The following individuals are eligible to receive immunizations at County Public Health Centers: • Children and adults who do not have health insurance (adults-only certain vaccines available) • Adults whose health insurance does not include vaccines (onl

Immunization Clinic, North Inland Public Health Center

Provides routine childhood and adolescent vaccines to protect against: • Polio (IPV) • Tetanus (Td) • Varicella (Var) • Rotavirus (RV) • Shingles (Shingrix) • Measles, Mumps, Rubella (MMR) • Haemophilus Influenza Type B (Hib) • Hepatitis A (Hep A)/ Hepatitis B (Hep B) • Pneumococcal Diseases (PCV13, PCV23) • Diphtheria, Tetanus and Pertussis (DTaP/Tdap) 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 is 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 for lunch 11:00 am-1:00 pm Facility; Closed on Holidays

No fees

Last Update Date 7/26/2024

Category Medical Services

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

3609 Ocean Ranch Blvd Ste 104
 Oceanside, CA 92056
 (760) 967-4401
https://www.sandiegocounty.gov/content/sdc/hhsa/facilities/north_coastal/north_coastal_public_health_center.html

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
 8:00 am-5:00 pm, Monday-Friday; Closed for lunch 11:00 am-1:00 pm Facility; Closed on Holidays

Fixed fee. Minimal fees charged for services.

Last Update Date 9/21/2023

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

3609 Ocean Ranch Blvd
 Oceanside, CA 92056
 (760) 967-4401
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/hiv_std_hepatitis_branch/Make_a_Clinic_Appointment.html#hours

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

10:30 pm-5:30 pm, Wednesday by appointment only
 Fixed fee; Includes risk assessment, physical exam, No fees
 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 3/21/2024

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

3609 Ocean Ranch Blvd Ste 104
 Oceanside, CA 92056
 (760) 967-4401
https://www.sandiegocounty.gov/hhsa/programs/phs/tuberculosis_control_program/

Serves San Diego County

Eligibility Uninsured individuals and individuals with TB risk factors

Tuberculosis Control Program, North Coastal Public Health Center

The program detects, mitigates, and prevents the spread of TB through treatment, case management, contact investigation, and education.

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

TB Testing: 8:00 am-5:00 pm, Monday-Wednesday, Friday; Closed for lunch 11:00 am-1:00 pm Facility; Closed on Holidays
 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 5/2/2024

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
https://www.sandiegocounty.gov/hhsa/programs/phs/tuberculosis_control_program/

Serves San Diego County

Eligibility Uninsured individuals and individuals with TB risk factors

Tuberculosis Control Program, North Inland Public Health Center

The program detects, mitigates, and prevents the spread of TB through treatment, case management, contact investigation, and education.

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

TB Testing: 8:00 am-5:00 pm, Monday-Wednesday, Friday; Closed for lunch 11:00 am-1:00 pm Facility; Closed on Holidays

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 5/2/2024

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 Suite 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

Category Medical Services

Ramona Senior Center

434 Aqua Ln
 Ramona, CA 92065
 (760) 789-0440
www.ramonaseniorcenter.com

Serves Ramona; Ranchita; Warner Springs; Valley Center; Pala; Rincon; Julian; Lake Henshaw

Eligibility Ages 60 years and older living in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian and Lake Henshaw.

Senior Center, Pacific Educational Facilities

Provides a daily congregate hot lunches on-site, home-delivered midday meals to homebound senior citizens, health screening services including flu shots, computer classes, bridge, bingo and a travel club. Offers nutrition education, health and exercise classes, and legal consultation services. Transportation to and from Center for lunch only in immediate Ramona area.

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

Meals: 11:30 am-12:30 pm, Monday-Friday; The Center Hours: 8:30 am-4:00 pm, Monday-Friday; Closed 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 5/3/2023

Rancho Bernardo Senior Services

16769 Bernardo Center Dr Suite K-14
 San Diego, CA 92128
 (858) 487-2640
<http://ranchobernardoseniorservices.com/>

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 4/10/2023

Rancho Santa Fe Audiology

6037 La Granada
 Rancho Santa Fe, CA 92067
 (858) 759-8922
www.rsfaudiology.com

Serves San Diego County

Eligibility Services are available to individuals and families over the age of 3.

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 5/16/2024

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 assistive devices products 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. Offers round-trip transportation to programs at no cost to students participating in the vision rehabilitation services. Assistive devices offered: • Magnifiers • Blindness Products • Lighting • Kitchen aids • Time pieces • Accessible computer hardware and software

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

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

No fees

Last Update Date 12/28/2023

San Diego Regional Center

15015 Avenue Of Science Ste 250
 San Diego, CA 92128
 (858) 924-8700
<https://www.sdrc.org/services>

Serves San Diego and Imperial Counties

Eligibility Must be a resident of San Diego or Imperial Counties ages three and older based on developmental disability defined as: • Epilepsy • Cerebral Palsy • Autism Spectrum Disorder • Intellectual Developmental Disorder That originated before the age of 18 and

San Diego Regional Center, Carmel Mountain

Provides coordinating services for individuals ages 3 years and older with a developmental disability such as autism, epilepsy, intellectual disability, cerebral palsy, or conditions similar to an intellectual disability. Offers a variety of services based on the individual's needs to maximize their independence and quality of life. Services include: • Information and referral • Intake assessments • Service coordination • Individual Program Plan (IPP) • Individualized Family Service Plan (IFSP) • Licensed residential placement services • Transition planning services • Independent and supported living • Adult day training/day programming • Transportation to and from medical appointments • Advocacy consultation regarding behavioral health, dental health, nursing

Intake Procedure Email; Online; Call for more information

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

No fees

Last Update Date 9/16/2024

San Diego Regional Center

300 Rancheros Dr Ste 400
 San Marcos, CA 92069
 (760) 736-1200
<https://www.sdrc.org/services>

Serves San Diego and Imperial Counties

Eligibility Must be a resident of San Diego or Imperial Counties ages three and older based on developmental disability defined as: • Epilepsy • Cerebral Palsy • Autism Spectrum Disorder • Intellectual Developmental Disorder That originated before the age of 18 and

San Diego Regional Center, North County

Provides coordinating services for individuals ages 3 years and older with a developmental disability such as autism, epilepsy, intellectual disability, cerebral palsy, or conditions similar to an intellectual disability. Offers a variety of services based on the individual's needs to maximize their independence and quality of life. Services include: • Information and referral • Intake assessments • Service coordination • Individual Program Plan (IPP) • Individualized Family Service Plan (IFSP) • Licensed residential placement services • Transition planning services • Independent and supported living • Adult day training/day programming • Transportation to and from medical appointments • Advocacy consultation regarding behavioral health, dental health, nursing

Intake Procedure Email; Online; Call for more information

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

No fees

Last Update Date 9/17/2024

Category Medical Services

San Ysidro Health

704 E Grand Ave
 Escondido, CA 92025
 (619) 662-4100
<https://www.syhealth.org/clinics/escondido-family-medicine>

Serves 92025

Eligibility Healthcare services for individuals and families of all ages.

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.

Intake Procedure Call

8:00 am-5:00 pm, Monday-Friday; Closed for Lunch: 12:00 pm-1:00 pm
 Sliding scale fees based on income and family size

Last Update Date 5/31/2024

San Ysidro Health

2721 Washington St
 Julian, CA 92036
 (619) 662-4100
<https://www.syh.org/services/adult-medicine/>

Serves Julian

Eligibility Healthcare services for individuals and families of all ages within the city of Julian

Medical Services, Julian 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: postpartum care, breast and cervical cancer screenings and family planning.

Intake Procedure Call

8:00 am-5:00 pm, Monday-Friday; Closed for lunch 11:00 am-1:00 pm Facility; Closed on Holidays

Sliding scale fees based on income and family size As low as \$20

Last Update Date 9/29/2022

San Ysidro Health

1840 West Dr
 Vista, CA 92083
 (619) 205-4585
<http://www.syh.org/sdpace/>

Serves See eligibility

Eligibility Participants must meet the following requirements:

- Be 55 years of age or older
- Meet the Level of Care requirements for a skilled nursing facility as certified by the CA Department of Health Care Services
- Be able to live at home or in a community set

San Diego PACE, Vista

Offers a specialized health plan exclusively for adults who have significant health care needs and face a heightened risk of nursing home placement. Provides and coordinates a full range of services to help medically and physically challenged older adults to continue living safely in the community and delay nursing home placement. Services Include:

- Adult Day Center
- Primary medical care including specialty care services
- Nursing care
- Behavioral health services including psychiatry
- Dental services
- Optometry services
- Podiatry
- Prescription medications
- Emergency services
- Social services
- Personal care
- Physical, occupational, and speech therapy
- Dialysis
- Nutritional meals and snacks
- Group and recreational activities
- Durable medical equipment
- Transportation to and from all healthcare appointments

*Services covered are in accordance with the individualized care plan and must be approved by the San Diego PACE team. Most participants who have both Medicare and Medi-Cal pay nothing more for the program. Eligible persons who are not Medi-Cal and/or Medicare eligible may elect to pay privately for PACE enrollment.

Intake Procedure Call for more information

Day Center Hours: 8:00 am-5:00 pm, Monday-Friday

No fees for Medicare and Medi-Cal recipients. Eligible individuals who are not Medi-Cal and/or Medicare eligible may elect to pay privately for PACE enrollment

Last Update Date 3/25/2024

Category Medical Services

Scripps Health

354 Santa Fe Dr
Encinitas, CA 92024
(760) 633-6501
<https://www.scripps.org/locations/hospitals/scripps-memorial-hospital-encinitas?tab=overview>

Serves San Diego County

Eligibility Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies.

Acute Care Hospital Services, Scripps Memorial Hospital Encinitas

A full-service acute care hospital with a 24-hour emergency room. Offers diagnostic and treatment services as well as emergency and critical care services for people who have a variety of illnesses or injuries that required immediate, short-term intervention. Scripps La Jolla also operates a Level II trauma center.

Intake Procedure Call; Walk-in for services

Facility Hours: 24 hours a day, 7 days a week; Visiting Hours: 8:00 am-8:30 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 4/5/2024

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-5:00 pm, Monday-Friday

Fees vary depending on type of service. Please call insurance company for more information.

Last Update Date 11/2/2023

Scripps Health

2205 Vista Way
Oceanside, CA 92054
(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 Clinic Jefferson

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 4/16/2024

Scripps Health

15004 Innovation Dr
San Diego, CA 92128
(858) 605-7171
<https://www.scripps.org/services/urgent-care>

Serves Carmel Mountain Ranch; Del Sur; Black Mountain Ranch; 4S Ranch; Poway; Rancho Penasquitos; Sabre Springs; Scripps Ranch; Mira Mesa and Ramona

Eligibility Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies. Accepts those with no insurance, payments determined based on family size and income.

Urgent Care, Scripps Clinic Rancho Bernardo

Provides care to patients of all ages with minor illnesses and conditions that are urgent but not life-threatening on a walk-in basis. Urgent care is a good option when there is a medical problem that needs to be addressed by a doctor within 24 hours.

Intake Procedure Walk-in for services

8:00 am-8:00 pm, Monday-Sunday

Fees vary depending on type of service. Please call insurance company for more information.

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

Last Update Date 4/16/2024

Category Medical Services

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

202 W College St
 Fallbrook, CA 92028
 (800) 430-4263 State HCO
<https://www.healthcareoptions.dhcs.ca.gov/>

Serves Fallbrook

Eligibility Residents living in Fallbrook. Most people who have Medi-Cal must enroll in a medical plan. Must choose a medical plan if: • Receive CalWorks benefits (cash aid, CalFresh) • Receive Medi-Cal only and do not have a share of the cost • Receive Medi-Cal and

Health Care Options Counselor, Fallbrook Community Resource Center

Provides Californians with access to affordable, integrated health care, including medical, dental, mental health, substance use treatment, and long-term care. Health Care Options main functions are to: • Coordinate activities in the managed care counties that include outreach and education in Social Service and Community-Based Organization locations • Give oversight of informing materials mailed to members • Monitor and evaluate the Contractor's operations and systems

Intake Procedure Call for more information;Mail
 7:00 am-5:00 pm, Monday-Friday; Closed on Holidays
 No fees

Last Update Date 7/22/2024

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 of San Diego County

Eligibility Residents living in North Coastal Region of San Diego County. Most people who have Medi-Cal must enroll in a medical plan. Must choose a medical plan if: • Receive CalWorks benefits (cash aid, CalFresh) • Receive Medi-Cal only and do not have a share of

Health Care Options Counselor, North Coastal Family Resource Center

Provides Californians with access to affordable, integrated health care, including medical, dental, mental health, substance use treatment, and long-term care. Health Care Options main functions are to: • Coordinate activities in the managed care counties that include outreach and education in Social Service and Community-Based Organization locations • Give oversight of informing materials mailed to members • Monitor and evaluate the Contractor's operations and systems

Intake Procedure Call for more information;Mail
 7:00 am-5:00 pm, Monday-Friday; Closed on Holidays
 No fees

Last Update Date 7/22/2024

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

649 W Mission Ave Ste 3
 Escondido, CA 92025
 (800) 430-4263 State HCO
<https://www.healthcareoptions.dhcs.ca.gov/>

Serves North Inland Region of San Diego County

Eligibility Residents living in North Inland Region of San Diego County. Most people who have Medi-Cal must enroll in a medical plan. Must choose a medical plan if: • Receive CalWorks benefits (cash aid, CalFresh) • Receive Medi-Cal only and do not have a share of t

Health Care Options Counselor, North Inland Family Resource Center

Provides Californians with access to affordable, integrated health care, including medical, dental, mental health, substance use treatment, and long-term care. Health Care Options main functions are to: • Coordinate activities in the managed care counties that include outreach and education in Social Service and Community-Based Organization locations • Give oversight of informing materials mailed to members • Monitor and evaluate the Contractor's operations and systems

Intake Procedure Call for more information;Mail
 7:00 am-5:00 pm, Monday-Friday; Closed on Holidays
 No fees

Last Update Date 7/22/2024

Category Medical Services

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 Residents living in Ramona. Most people who have Medi-Cal must enroll in a medical plan. Must choose a medical plan if: • Receive CalWorks benefits (cash aid, CalFresh) • Receive Medi-Cal only and do not have a share of the cost • Receive Medi-Cal and Me

Last Update Date 7/22/2024

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

202 W College St
 Fallbrook, CA 92028
 (866) 262-9881 Access Call Center
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html

Serves Fallbrook

Eligibility Residents living in Fallbrook. Individuals listed below may qualify for Medi-Cal: • Adults ages 19-64 whose income is at or below 138% of the FPL: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program/expanded_medical.html • Unde

Last Update Date 7/23/2024

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

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

Serves North Coastal Region of San Diego County

Eligibility Residents living in North Coastal Region of San Diego County. Individuals listed below may qualify for Medi-Cal: • Adults ages 19-64 whose income is at or below 138% of the FPL: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_progra

Last Update Date 7/23/2024

Health Care Options Counselor, Ramona Family Resource Center

Provides Californians with access to affordable, integrated health care, including medical, dental, mental health, substance use treatment, and long-term care. Health Care Options main functions are to: • Coordinate activities in the managed care counties that include outreach and education in Social Service and Community-Based Organization locations • Give oversight of informing materials mailed to members • Monitor and evaluate the Contractor's operations and systems

Intake Procedure Call for more information;Mail
 7:00 am-5:00 pm, Monday-Friday; Closed on Holidays
 No fees

Medi-Cal, Fallbrook Community Resource Center

Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income. California has expanded full scope Medi-Cal coverage to adults. California residents of all ages can get full scope Medi-Cal coverage regardless of immigration status if otherwise eligible.

Intake Procedure Online;Call;Walk-in for services;Mail
 7:00 am-5:00 pm, Monday-Friday; Closed on Holidays; In person applications accepted until 3:00 pm, Monday-Friday
 Free or low cost. Share of cost or low monthly premium determined during application process.

Medi-Cal, North Coastal Family Resource Center

Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income. California has expanded full scope Medi-Cal coverage to adults. California residents of all ages can get full scope Medi-Cal coverage regardless of immigration status if otherwise eligible.

Intake Procedure Online;Call;Walk-in for services;Mail
 7:00 am-5:00 pm, Monday-Friday; Closed on Holidays; In person applications accepted until 2:00 pm, Monday-Friday
 Free or low cost. Share of cost or low monthly premium determined during application process.

Category Medical Services

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

649 W Mission Ave Ste 3
 Escondido, CA 92025
 (866) 262-9881 Access Call Center
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html

Serves North Inland Region of San Diego County

Eligibility Residents living in North Inland Region of San Diego County. Individuals listed below may qualify for Medi-Cal: • Adults ages 19-64 whose income is at or below 138% of the FPL:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program

Medi-Cal, North Inland Family Resource Center

Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income. California has expanded full scope Medi-Cal coverage to adults. California residents of all ages can get full scope Medi-Cal coverage regardless of immigration status if otherwise eligible.

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

7:00 am-5:00 pm, Monday-Friday; Closed on Holidays; In person applications accepted until 3:00 pm, Monday-Friday

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

Last Update Date 7/23/2024

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

1521 Main St
 Ramona, CA 92065
 (866) 262-9881 Access Call Center
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html

Serves Ramona

Eligibility Residents living in Central Region of San Diego County. Individuals listed below may qualify for Medi-Cal: • Adults ages 19-64 whose income is at or below 138% of the FPL:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program/expa

Medi-Cal, Ramona Family Resource Center

Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income. California has expanded full scope Medi-Cal coverage to adults. California residents of all ages can get full scope Medi-Cal coverage regardless of immigration status if otherwise eligible.

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

7:00 am-5:00 pm, Monday-Friday; Closed on Holidays; In person applications accepted until 2:30 pm, Monday-Friday

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

Last Update Date 7/23/2024

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

Last Update Date 6/22/2023

Category Medical Services

TERI, Inc.

305 Airport Rd
Oceanside, CA 92058
(760) 721-1706
<https://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. 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

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 9/9/2022

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. Includes presentation and information on: • Flu shots • Nutrition • Cholesterol • Mental health • Health screenings • Community resources • Food distribution events

Intake Procedure Call for more information
8:00 am-5:00 pm, Monday-Friday

No fees

Last Update Date 8/14/2024

TrueCare

619 Crouch St Ste 100
Oceanside, CA 92054
(760) 736-6767
<https://truecare.org/wellness-services/behavioral-health/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Behavioral health services for individuals and families of all ages

Behavioral Health Services, Oceanside

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including: • Anxiety • Depression • Bipolar disorder • Chemical dependency • Post-traumatic stress (PTSD) • Depression • Mental Illness • Pain Management • Psychotic disorders • Schizophrenia

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 8/15/2024

Category Medical Services

<p>TrueCare</p> <p>150 Valpreda Rd San Marcos, CA 92069 (760) 736-6767 https://truecare.org/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Behavioral health services for individuals and families of all ages</p>	<p>Behavioral Health Services, San Marcos</p> <p>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.</p> <p>Intake Procedure Call for appointment 8:00 am-5:00 pm, Monday-Friday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;">Last Update Date 8/15/2024</p>
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<p>TrueCare</p> <p>1130 2nd St Encinitas, CA 92024 (760) 736-6734 https://truecare.org/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents, and meet low-income guidelines: CalFresh Annual Income Guidelines: October 1, 2023 to September 30, 2024 Household Size / Gross Monthly Income 1 / \$2,430 2 /</p>	<p>CalFresh, Covered California and Medi-Cal Enrollment Services, Encinitas</p> <p>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 a minimum essential coverage • 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</p> <p>Intake Procedure Call for appointment;Walk-in for appointment 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday</p> <p>No fees</p> <p style="text-align: right;">Last Update Date 8/14/2024</p>
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<p>TrueCare</p> <p>605 Crouch St Oceanside, CA 92054 (760) 736-6734 https://truecare.org/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents, and meet low-income guidelines: CalFresh Annual Income Guidelines: October 1, 2023 to September 30, 2024 Household Size / Gross Monthly Income 1 / \$2,430 2 /</p>	<p>CalFresh, Covered California and Medi-Cal Enrollment Services, Oceanside</p> <p>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 a minimum essential coverage • 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</p> <p>Intake Procedure Call for appointment;Walk-in for appointment 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday</p> <p>No fees</p> <p style="text-align: right;">Last Update Date 8/15/2024</p>
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Category Medical Services

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 Based on household income and the number of people in the household (anyone living together and buying and preparing food together). CalFresh is California's food stamps (SNAP) program. Clients can apply over the phone through 2-1-1 San Diego's Enrollmen

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 a minimum essential coverage • 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 8/14/2024

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: CalFresh Annual Income Guidelines: October 1, 2023 to September 30, 2024 Household Size / Gross Monthly Income 1 / \$2,430 2 /

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 a minimum essential coverage • 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 8/14/2024

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. Shuttle services may be available for patients with appointments. Services include: • Routine cleaning and exams • Crowns and bridges • Denture fitting • Extractions • Fillings • Fluoride treatment • Sealants • Root canals • Veneers and whitening

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 8/15/2024

Category Medical Services

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. Shuttle services may be available for patients with appointments. Services include: • Routine cleaning and exams • Crowns and bridges • Denture fitting • Extractions • Fillings • Fluoride treatment • Sealants • Root canals • Veneers and whitening

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 8/15/2024

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. Shuttle services may be available for patients with appointments. Services include: • Routine cleaning and exams • Crowns and bridges • Denture fitting • Extractions • Fillings • Fluoride treatment • Sealants • Root canals • Veneers and whitening

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 8/15/2024

TrueCare

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Provides dental services to adults and children of all ages

Dental Care, San Marcos

Provides dental care services for adults including dental health education. Shuttle services may be available for patients with appointments. Services include: • Routine cleaning and exams • Crowns and bridges • Denture fitting • Extractions • Fillings • Fluoride treatment • Sealants • Root canals • Veneers and whitening

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 8/15/2024

TrueCare

1130 2nd St
 Encinitas, CA 92024
 (760) 736-6767 Appointment line
<https://truecare.org/location/truecare-encinitas/>

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 and pediatric 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 management • Diabetes care management • Hypertension • Cardiovascular disease • Child visits • Child health and disability exams • Asthma management • Obesity treatment

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 8/15/2024

Category Medical Services

<p>TrueCare</p> <p>3220 Mission Ave Ste 1 Oceanside, CA 92058 (760) 736-6767 Appointment line https://truecare.org/location/truecare-la-mision/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Healthcare services for individuals and families of all ages</p>	<p>Family Medicine, La Mision Family Health Center</p> <p>Offers general medical and pediatric 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 management • Diabetes care management • Hypertension • Cardiovascular disease • Child visits • Child health and disability exams • Asthma management • Obesity treatment</p> <p>Intake Procedure Call for appointment 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;">Last Update Date 8/15/2024</p>
<p>TrueCare</p> <p>220 Rotanzi St Ramona, CA 92065 (760) 736-6767 https://truecare.org/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Healthcare services for individuals and families of all ages</p>	<p>Family Medicine, Ramona Health Center</p> <p>Offers general medical services to individuals and families of all ages. Additional services for pediatrics include well-child visits, child health and disability exams, and asthma and obesity treatment and management. Services include: • Sick visits • HIV/STD testing • Family planning • Immunizations • Acute/episodic care • General healthcare screenings • Hypertension and cardiovascular disease • Physical exams including DMV and immigration exams • Chronic condition care and management including diabetes</p> <p>Intake Procedure Call for appointment 8:00 am-1:00 pm and 2:00 pm-5:00 pm, Monday-Friday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;">Last Update Date 8/15/2024</p>
<p>TrueCare</p> <p>150 Valpreda Rd San Marcos, CA 92069 (760) 736-6767 https://truecare.org/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>Eligibility Healthcare services for individuals and families of all ages</p>	<p>Family Medicine, San Marcos Health Center</p> <p>Offers general medical and pediatric 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 management • Diabetes care management • Hypertension • Cardiovascular disease • Child visits • Child health and disability exams • Asthma management • Obesity treatment</p> <p>Intake Procedure Call for appointment 8:00 am-5:00 pm, Monday-Saturday</p> <p>Low to no-cost services. Sliding scale fees based on income and family size.</p> <p style="text-align: right;">Last Update Date 8/15/2024</p>
<p>TrueCare</p> <p>605 Crouch St Oceanside, CA 92054 (760) 736-6767 https://truecare.org/</p> <p>Serves North County of San Diego County</p> <p>Eligibility Not limited</p>	<p>Loma Alta Quick Care</p> <p>Provides medical assistance for non-emergency issues: • Flu, coughs, colds and other related ailments • Respiratory conditions such as allergies, sinus infections and bronchitis • Skin conditions such as lesions, rashes, warts, infections • Ear, eye, nose and throat conditions • Minor injuries such as sprains, fractures, and burns • Testing for flu, strep • UTI (urinary tract infection) • STI (sexually transmitted infections) • COVID testing and treatment • PEP prescription (post-exposure prophylaxis)</p> <p>Intake Procedure Call for appointment 8:00 am-8:00 pm; Monday-Friday; 8:00 am-5:00 pm Saturday \$25 (subject to change) based on income 25</p> <p style="text-align: right;">Last Update Date 8/15/2024</p>

Category Medical Services

TrueCare

2210 Mesa Dr Suite 300
Oceanside, CA 92054
(760) 736-6767

<https://truecare.org/location/truecare-mission-mesa-pediatrics/>

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

Offers pediatric services such as: • Sick visits • Well child care • Immunizations • Asthma management • School and sports physicals • Hearing and vision screenings • ADD and ADHD diagnosis and treatment • Child obesity screening and management • Child health and disability prevention exams

Intake Procedure Call for appointment

8:00 am-6:00 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 8/14/2024

TrueCare

150 Valpreda Rd
San Marcos, CA 92069
(760) 736-6767

<https://truecare.org/wellness-services/quickcare/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Healthcare services for individuals and families of all ages

QuickCare, San Marcos

Offers same-day medical appointments for acute care illnesses or injuries, sick visits and physical exams for individuals of any age. Offers treatment for a broad range of symptoms, conditions, and injuries that don't require emergency action or specialist care such as: • Ear, eye, nose and throat conditions • COVID testing and treatment • PEP (post-exposure prophylaxis) prescription • Flu, coughs, colds and other related ailments • Minor injuries such as sprains, fractures, and burns • Skin conditions such as lesions, rashes, warts, infections • Respiratory conditions such as allergies, sinus infections and bronchitis • Testing for flu, strep, UTI (urinary tract infection) or STI (sexually transmitted infections)

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 8/14/2024

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 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 8/15/2024

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, services are provided at low to no cost to qualifying patients. Services include: • Childbirth education classes • Family planning and birth control • Well-women annual exams • Cervical and breast cancer screenings • Behavioral health services

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 8/14/2024

Category Medical Services

United Cerebral Palsy Association of San Diego County

205 W Mission Ave Ste G
Escondido, CA 92025
(760) 743-1050
www.ucpsdtechcenter.org

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
(760) 466-7020
<https://www.va.gov/san-diego-health-care/locations/escondido-va-clinic/>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Escondido Clinic

Provides medical services to eligible military veterans including primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care and individual counseling. Clinic operates just like a doctors office where patients are seen by scheduled appointment.

Intake Procedure Call for appointment

Office Hours: 7:30 am-4:30 pm, Monday-Friday; Lab hours: 7:30 am-3:00 pm, Monday-Friday

Fees range depending on service

Last Update Date 5/31/2024

United States Department of Veterans Affairs

1300 Rancho Del Oro Rd
Oceanside, CA 92056
(760) 643-2000
<https://www.va.gov/san-diego-health-care/locations/oceanside-va-clinic/>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Oceanside Clinic

Provides medical services to eligible military veterans including primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care and individual counseling. Clinic operates just like a doctors office where patients are seen by scheduled appointment.

Intake Procedure Call for appointment

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

Fees range depending on service

Last Update Date 5/31/2024

University of California San Diego Health

1505 Encinitas Blvd
Encinitas, CA 92024
(800) 926-8273 Appointment line
<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 • 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 10/2/2023

Category Medical Services

University of California San Diego Health

16950 Via Tazon
 San Diego, CA 92127
 (800) 926-8273 Appointment line
https://healthlocations.ucsd.edu/san-diego/16950-via-tazon?utm_source=googlemybusiness&utm_medium=listings

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 • 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 10/2/2023

University of California San Diego Health

910 Sycamore Ave Suite 270
 Vista, CA 92081
 (800) 926-8273 Appointment line
<https://healthlocations.ucsd.edu/vista/910-sycamore-ave>

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 • 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 10/2/2023

Unyeway, Inc.

2330 Main St Ste 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 areas such as: • Self-care skills • Functional living skills • Self-direction skills • Communication skills • Community integration skills

Intake Procedure Call for appointment

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

Variable fees, funded by the San Diego Regional Center.

Last Update Date 9/23/2024

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, Tuesday, Wednesday, Friday, 8am-12pm, Thursday, 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 4/5/2024

Category Medical Services

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 9/8/2023

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 9/8/2023

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.

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 9/8/2023

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.

General Medical Services, North River

Offers medical care for adults, children and families in the community. Provides pediatric services including immunizations, teen health and well-child care. Services include: • Regular checkups • Physical exams • Health and cancer screenings • HIV testing • Treatment for illness • Preventive care • Diabetes management • Hypertension

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Wednesday, Friday, 8am-12pm, Thursday, 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 4/5/2024

Category Medical Services

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.

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 9/8/2023

Vista Community Clinic

1000 Vale Terrace Dr
 Vista, CA 92084
 (844) 308-5003
<http://www.vistacommunityclinic.org/health-services/adults-and-families/>

Serves North County Regions of San Diego County

Eligibility Healthcare services to individuals of all ages, accepts patients with or without insurance on a sliding fee scale.

General Medical Services, Vale Terrace

Offers medical care for adults, children and families in the community. Services include regular checkups, physical exams, health and cancer screenings, HIV testing, treatment for illness and preventive care. Also assists with managing chronic conditions such as diabetes and hypertension, and coordinates care with specialists. Provides pediatric services including immunizations, teen health and well child care.

Intake Procedure Call for appointment

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

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 9/8/2023

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; CIE Direct Referral

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 9/3/2024

Vista Community Clinic

134 Grapevine Rd
 Vista, CA 92083
 (760) 631-5000
<https://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 the program.

Insurance and Benefits Enrollment Services

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 4/5/2024



2-1-1 San Diego North County Resource Guide

Category Medical Services

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 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
No fees

Last Update Date 4/5/2024

Vista Community Clinic

818 Pier View Way
Oceanside, CA 92054
(760) 7631-5000
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-Friday
No fees

Last Update Date 4/5/2024

Vista Community Clinic

1000 Vale Terrace Dr
Vista, CA 92084
(760) 631-5000
<http://www.vistacommunityclinic.org/insurance-assistance/>

Serves North County of San Diego

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-5:00 pm, Monday-Friday
No fees

Last Update Date 4/5/2024

Vista Community Clinic

1000 Vale Terrace Dr
Vista, CA 92084
(844) 308-5003
<http://www.vistacommunityclinic.org>

Serves North County Regions of San Diego County

Eligibility Youth ages 12 to 19 years old.

Teen Health Services

Provides confidential reproductive health care services, including: • Health education and counseling • Birth control • Pregnancy tests • Emergency contraception • STD (sexually transmitted disease) testing • Free condoms

Intake Procedure Call for appointment;Text (SMS)
8:00 am-5:00 pm, Monday-Friday; Saturdays varies
No fees charged for most services

Last Update Date 3/14/2024

Category Medical 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 9/8/2023

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 9/8/2023

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. Services include: • Prenatal and postpartum care • Medical services for pregnant women • Prenatal and birthing education • Pregnancy testing • STD testing • Family planning • Emergency contraception • Breast health and cancer screenings

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Wednesday, Friday, 8:00am-12:00pm, Thursday, 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 4/5/2024

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 9/8/2023

Category Medical 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 9/8/2023

Vista Hill

1029 N Broadway
 Escondido, CA 92026
 (760) 489-4126
<https://www.vistahill.org/programs-services/learning-assistance-center-lac-county/>

Serves Escondido

Eligibility Services provided for Medi-Cal eligible children and teens Children with AB2726, and children who are uninsured and under insured. Children and teens must have a SSN

Learning Assistance Center, Escondido Union District, Lincoln Annex

Provides school-based mental health services to eligible elementary and middle school children from ages 3-18 years old. Services include: • Individual therapy • Group and family therapy • Case management • Behavioral rehabilitative services • Medication evaluations • 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 1/8/2024

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 Services provided for Medi-Cal eligible children and teens Children with AB2726, and children who are uninsured and under insured. Children and teens must have a SSN

Learning Assistance Center, North Inland

Provides school-based mental health services to eligible elementary and middle school children from ages 3-18 years old. Services include: • Individual therapy • Group and family therapy • Case management • Behavioral rehabilitative services • Medication evaluations • Medication management

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 1/8/2024

Vista Unified School District

215 W California Ave
 Vista, CA 92083
 (760) 630-4870
<https://ca.vistausd.org/>

Serves Carlsbad; Fallbrook; Oceanside; San Marcos; Vista

Eligibility School-age children ages 3 to 12 years old, must be physically or mentally disabled, they cannot be successfully maintained in another less restrictive educational program. Preschool children may be disabled or still developing.

California Avenue School

Provides a regular public-school education program for physically and/or communicative handicapped students. Services include: • Adaptive physical education • Psychological services • Speech therapy • Physical therapy • Occupational therapy

Intake Procedure Email;Online;Call for more information;Referral required

Office Hours: 7:30 am-4:00 pm, Monday-Friday
 No fees

Last Update Date 9/23/2024

Category Mental Health Services

Category Mental Health Services

Aurora Behavioral Health Care

11878 Avenue Of Industry
 San Diego, CA 92128
 (858) 675-4228
<https://signaturehc.com/>

Serves San Diego County

Eligibility Ages 18 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. The treatment team provides 24-hour monitoring, treatment, and stabilization for patients who commonly suffer from: • Counseling • Depression • Bipolar Disorder • Psychosis/Schizophrenia • Anxiety • Substance-related disorders • Post Traumatic Stress Disorder • Alcohol and other substance withdrawal (including Opioid) • Pain Management

Intake Procedure Call for appointment

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

Fixed fee. Please call for information.

Last Update Date 3/29/2024

Aurora Behavioral Health Care

11878 Avenue Of Industry
 San Diego, CA 92128
 (858) 675-4228
<https://www.aurorasandiego.com/programs/san-diego-children-and-adolescent>

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 3/29/2024

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: • Adults 18 years and older • Must be a resident of San Diego County • Must have a serious and persistent mental illness • Uninsured, under-insured, medi-cal 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 9/12/2023

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/Outpatient_behavioral_health_centers.html

Serves 92061; 92026; 92060; 92029; 92066; 92070; 92064; 92069; 92390; 92025; 92027

Eligibility Must meet the following guidelines: • Adults 18 years and older • Short-term case management services to older adults, 60 years and older • Must be a resident of San Diego County • Must have a serious and persistent mental illness • Uninsured, underinsure

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; Walk-in Hours: 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 3/29/2024

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: • Adults 18 years and older • Must be a resident of San Diego County • Must have a serious and persistent mental illness • Uninsured, under-insured, medi-cal 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 the appropriate level of care. Culturally competent services provided: • Crisis intervention • Mental health assessment • Group therapy • Medication management • Short-term individual counseling • Case management • 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; Walk In Hours: 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 9/12/2023

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: • Adults 18 years and older • Must be a resident of San Diego County • Must have a serious and persistent mental illness • Uninsured, under-insured, medi-cal 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 9/12/2023

Borrego Community Health Foundation

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

Serves Borrego Springs

Eligibility Adults and children

Community Clinic, Borrego Medical Center

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 STD services such as: • 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. Provides 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 services
 8:00 am-5:00 pm, Monday-Friday

Sliding scale based on income and family size.
 Accepts most insurance plans.

Last Update Date 9/13/2023

Category Mental Health Services

Borrego Community Health Foundation

1121 E Washington Ave
 Escondido, CA 92025
 (760) 871-0606 Clinic Line
<https://locations.borregohealth.org/centro-medico-escondido-urgent-care-cf2efce87042>

Serves Escondido
Eligibility Not limited

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 STD services such as: • 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. Provides Health education sessions regarding: • 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
 Clinic Hours: 8:00 am-7:00 pm, Monday-Friday
 Insurance Accepted. For self-pay, sliding scale fees based on family size and income.

Last Update Date 9/12/2023

City of Carlsbad

799 Pine Ave
 Carlsbad, CA 92008
 (442) 339-2650
<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-12:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only
 Fixed fee depending on service

Last Update Date 10/26/2023

City of Encinitas

1140 Oakcrest Park Dr
 Encinitas, CA 92024
 (760) 943-2250
<https://www.encinitasca.gov/government/departments/parks-recreation-cultural-arts/recreation-programs/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 4/5/2024

Category Mental Health Services

Community Health Systems, Inc

1328 S Mission Rd
 Fallbrook, CA 92028
 (760) 451-4720
<http://www.chsica.org/fallbrook.htm>

Serves San Diego County

Eligibility Healthcare services to women in need, including the uninsured, under-insured, working poor, those with limited ability to pay, homeless or indigent.

Women's Health Services

Provides healthcare services to women of all ages including routine exams: • Counseling • Pap smears • Breast exams • Menopausal care • Pregnancy testing • Basic physical exams • Comprehensive health education • Confidential HIV risk assessment and testing • Family planning services including birth control counseling • Treatment and advice for common gynecological concerns • Screening and treatment of sexually transmitted infections

Intake Procedure Call for appointment

Monday 8:30 am-5:30 pm; Tuesday-Friday, 8:00 am-5:00 pm; Closed for lunch, 12:00 pm-1:00 pm

Sliding scale fees based on family size and income

Last Update Date 8/5/2024

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, Wednesday, Thursday, Friday; 10:30 am-6:30 pm, Tuesday
 No fees

Last Update Date 10/27/2023

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

Provides behavioral health services to CalWORKs recipients. 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, Wednesday, Thursday, Friday; 10:30 am-6:30 pm, Tuesday
 No fees

Last Update Date 10/27/2023

Category Mental Health Services

Exodus Recovery, Inc.

524 W Vista Way
 Vista, CA 92083
 (760) 305-4900
www.exodusrecovery.com/sd-vista-csu/

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.

Crisis Stabilization Unit (CSU)

Program offers a 24-hour, recovery-focused environment where individuals in crisis can be assessed for stabilization services, medication evaluation, and management, or hospitalization if necessary. Offers the following; •Mental health assessment •Medication evaluation and management •Therapeutic interventions •Social services and referrals including a variety of discharge plans that range from home to hospital •Services provided by an interdisciplinary team of MD's, NP's, RN's, MSW's, MFT's •Linkages to a full spectrum of outpatient and inpatient mental health services •Walk-in clients are welcomed

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

24 hours a day, 7 days a week

No fees

Last Update Date 7/30/2024

Exodus Recovery, Inc.

Confidential
 (760) 758-1650
www.exodusrecovery.com/san-diego-mcrt/

Serves North Coastal Region

Eligibility San Diego County residents experiencing a behavioral health crisis, a deterioration in their level of functioning, and/or unable to access traditional outpatient services. Eligible Zip Codes: 92006, 92007, 92008, 92009, 92010, 92011, 92014, 92024, 92054,

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

24 Hours a day, 7 days a week

No fees

Last Update Date 7/30/2024

Exodus Recovery, Inc.

1701 Mission Ave Ste 130
 Oceanside, CA 92058
 (760) 305-4848
www.exodusrecovery.com/north-coastal-crisis-stabilization-unit-csu/

Serves 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.

North Coastal Crisis Stabilization Unit (CSU)

Program offers a 24-hour, recovery-focused environment where individuals in crisis can be assessed for stabilization services, medication evaluation, and management, or hospitalization if necessary. Offers the following; •Mental health assessment •Medication evaluation and management •Therapeutic interventions •Social services and referrals including a variety of discharge plans that range from home to hospital •Services provided by an interdisciplinary team of MD's, NP's, RN's, MSW's, MFT's •Linkages to a full spectrum of outpatient and inpatient mental health services •Walk-in clients are welcomed

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

24 hours a day, 7 days a week

No fees

Last Update Date 7/30/2024

Category **Mental Health Services**

Family Health Centers of San Diego

128 N Broadway
 Escondido, CA 92025
 (760) 546-2858
<https://www.fhcsd.org/escondido-family-health-center>

Serves San Diego County

Eligibility No age limitations for most services. Free breast and cervical cancer screenings are provided to women who do not have insurance, are California residents and meet low-income guidelines. • Must be age 21 years or older, for free cervical cancer screenin

Last Update Date 10/4/2023

Family Health Centers of San Diego

157 E Valley Pkwy
 Escondido, CA 92025
 (760) 546-2838
<https://www.fhcsd.org/escondido-family-counseling-center/>

Serves North County

Eligibility Not limited

Community Healthcare, Escondido Family Health Center

Offers high-quality and affordable primary care services that meet the full spectrum of our patients' wellness needs, including primary care, reproductive health care, mental health services, and health education. Primary care includes sick visits, vaccinations, acute care, chronic disease management, ear, nose & throat (ENT), medication assistance, older adult services, pediatric care, physical therapy, and podiatry. Reproductive health services include birth control, cancer screenings, family planning, gynecology, physicals, pregnancy testing, prenatal care, STI prevention, screening & treatment, and vasectomy education & referrals.

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

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Mental Health Services, Escondido Family Counseling Center

Offers mental health services and appointments to individuals, couples, families, and groups of all ages. Services include individual, couples, family & group counseling for children, adults & older adults, adult & child psychiatry & counseling, clinics, school & home-based services, psychological testing for children & adults, and Mobile Counseling Centers. Not all services are available at every site.

Intake Procedure Online;Call for appointment
 8:30 am-5:00 pm, Monday-Friday; Closed for Lunch: 12:30 pm-1:00 pm; Closed on certain holidays

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 1/22/2024

Legal Aid Society of San Diego

100 E San Marcos Blvd Ste 308
 San Marcos, CA 92069
 (877) 734-3258
www.lassd.org/health-care-and-coverage/

Serves San Diego County

Eligibility Call for information

Consumer Center For Health Education and Advocacy (CCEA), North County Office

Offers free help to individuals seeking information about how they can get health benefits. Provides consumers with information about their health plans and educates them about their rights, including information on the Affordable Care Act (health care reform) and how it affects them. Advocates for those who have had their health services denied, reduced, or terminated, or who are unhappy with their health services. Provides investigation of mental health patient's complaints (is designated by the County of San Diego as a patients' rights advocate for outpatient mental health services). Free help with Medi-Cal 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

No Fees

Last Update Date 6/4/2024



2-1-1 San Diego North County Resource Guide

Category Mental Health Services

Lifeline Community Services

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 living in the city of Oceanside and Vista

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 Email;Online;Referral;Call

Service hours: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; Intake hours: 8:00 am-5:00 pm, Monday-Thursday; 8:00 am-2:00 pm, Friday; Online hours: 24 hours a day, 7 days a week

Sliding scale for uninsured children and adolescents

Last Update Date 9/25/2024

Mental Health Systems, Inc.

1701 Mission Ave Ste 230
Oceanside, CA 92058
(760) 712-3535
<https://turnbhs.org/location/north-coastal-mental-health-center/>

Serves North Inland and Coastal Regions of San Diego County

Eligibility Adults 18 years and older with severe mental illness

North Coastal Mental Health Center

Offers a range of services to adults living with severe and persistent mental illness, in order to assist recovery and encourage integration into the community. Individual treatment plans include medication assessment to improve symptoms and quality of life. Provides adults with persistent psychiatric disabilities with services such as: • Individual counseling • Group therapy • Homeless outreach • Case management • Employment services

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 3/27/2024

Mental Health Systems, Inc.

125 W Mission Ave Suite 103
Escondido, CA 92025
(760) 747-3424
<https://turnbhs.org/location/north-inland-mental-health-center/>

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

Offers a range of services to adults living with severe and persistent mental illness, in order to assist recovery and encourage integration into the community. Individual treatment plans include medication assessment to improve symptoms and quality of life. Provides adults with persistent psychiatric disabilities with services such as: • Individual counseling • Group therapy • Homeless outreach • Case management • Employment services

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 3/27/2024

Neighborhood Healthcare

1001 E Grand Ave
Escondido, CA 92025
(760) 520-2660 Behavioral Health Line
<https://www.nhcare.org/health-services/behavioral/>

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

Eligibility Must meet Eligibility Criteria below: • Must live in the following areas: Escondido, Pauma Valley, Poway, San Marcos, Valley Center, Vista, El Cajon, Lakeside, Santee • Must reside within the following zip-codes: 92003, 92028, 92059, 92060, 92061, 9202

Behavioral Health Services, Escondido Grand Avenue

Offers behavioral health services to couples and families. Provides assessment, consultation services to children, teens, and adults. Services include: • Psychiatry • Telepsychiatry • Behavioral Health Counseling and Therapy • Medication assisted treatment for opioids and alcohol use disorders For emergencies, please call 9-1-1.

Intake Procedure Online;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 8/20/2024

Category **Mental Health Services**

Neighborhood Healthcare

425 N Date St # 219
Escondido, CA 92025
(833) 867-4642

<https://www.nhcare.org/health-services/behavioral/>

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 Must meet Eligibility Criteria below: • Must live in the following areas: Escondido, Pauma Valley, Poway, San Marcos, Valley Center, Vista, El Cajon, Lakeside, Santee • Must reside within the following zip-codes: 92003, 92028, 92059, 92060, 92061, 92020

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. Services include: • Psychiatry • Telepsychiatry • Behavioral Health Counseling and Therapy • Medication assisted treatment for opioids and alcohol use disorders For emergencies, please call 9-1-1.

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed for lunch 12:00pm-1:00pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

460 N Elm St
Escondido, CA 92025
(833) 867-4642
www.nhcare.org/

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

Eligibility No age or income limitations

Community Health Center, Escondido Elm Street

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling, and health education. Pediatric services include well-baby and well-child check-ups, immunizations, physicals, and weight management. Women’s health services include: • Obstetrics and Gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Specialty medical care • Prescription management and senior peer group • Older adult services provide diabetes management

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 6/11/2024

Neighborhood Healthcare

728 E Valley Pkwy
Escondido, CA 92025
(833) 867-4642
<https://www.nhcare.org/>

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

Eligibility No age or income limitations

Community Health Center, Escondido Valley Parkway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, teen health, Podiatry, counseling, and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women’s health services include: • Obstetrics and gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Specialty medical care • Prescription management and senior peer group • Older adult services provide diabetes management

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

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

13010 Poway Rd
 Poway, CA 92064
 (858) 218-3000
 www.nhcare.org

Serves Poway

Eligibility No age or income limitations

Community Health Center, Gold Family Health Center in Poway

Provides a comprehensive range of health services to all ages, including primary care, routine preventive screenings, pediatrics, prenatal, family planning, counseling and health education. Pediatrics services include well-baby and well-child check-ups, immunizations, physicals and weight management. Women’s health services includes: • Obstetrics and gynecology • Prenatal/postpartum care • Psychosocial support and nutrition services • Pregnancy testing • Family planning services • Breast and cervical cancer screenings • Breastfeeding classes • Older adult services provide diabetes management • Specialty medical care • Prescription management and senior peer group

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed for lunch 12:00pm-1:00pm

Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/11/2024

Neighborhood Healthcare

28477 Lizard Rocks Rd
 Valley Center, CA 92082
 (833) 867-4642
 www.nhcare.org

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

Eligibility No age or income limitations

Community Health Center, Valley Center

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 8/21/2024

Palomar Health

15615 Pomerado Rd
 Poway, CA 92064
 (858) 613-4910
<https://www.palomarhealth.org/facilities/palomar-poway-outpatient/>

Serves San Diego County

Eligibility Adults and older adults with psychiatric and mental health needs, ages 18 years and older

Outpatient Behavioral Health Services, Poway

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 • Treatment for adults and older adults • Group and individual therapy • Medication management

Intake Procedure Call;Walk-in for services

8:30 am-5:30 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 6/21/2024

Category Mental Health Services

Planned Parenthood of the Pacific Southwest

347 W Mission Ave
 Escondido, CA 92025
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-health-center-2331-90110/pregnancy-testing-options>

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Escondido Center

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

Intake Procedure Call for appointment; Walk-in for appointment

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/24/2024

Planned Parenthood of the Pacific Southwest

1964 Via Ctr
 Vista, CA 92081
 (888) 743-7526
<https://www.plannedparenthood.org/health-center/california/vista/92081/vista-isabella-center-4186-90110/pregnancy-testing-options>

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Vista Center

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

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

8:00 am-4:30 pm, Monday, Wednesday, Friday; 9:00 am-5:30 pm, Tuesday, Thursday; 7:30 am-4:00 pm, Saturday; Closed on holidays; Online: 24 hours a day, 7 days a week

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

Last Update Date 8/24/2024

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

San Ysidro Health

2721 Washington St
 Julian, CA 92036
 (619) 662-4100
<https://www.syhc.org/services/adult-medicine/>

Serves Julian

Eligibility Healthcare services for individuals and families of all ages within the city of Julian

Medical Services, Julian 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: postpartum care, breast and cervical cancer screenings and family planning.

Intake Procedure Call

8:00 am-5:00 pm, Monday-Friday; Closed for lunch 11:00 am-1:00 pm Facility; Closed on Holidays

Sliding scale fees based on income and family size As low as \$20

Last Update Date 9/29/2022

Category Mental Health Services

The North County Family Justice Center

1050 Los Vallecitos Blvd
 San Marcos, CA 92069
 (760) 290-3690
<https://onesafeplacenorh.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 8/10/2023

TrueCare

619 Crouch St Ste 100
 Oceanside, CA 92054
 (760) 736-6767
<https://truecare.org/wellness-services/behavioral-health/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Behavioral health services for individuals and families of all ages

Behavioral Health Services, Oceanside

Provides assessments, therapy options and medication management services for a broad range of mental health conditions including: • Anxiety • Depression • Bipolar disorder • Chemical dependency • Post-traumatic stress (PTSD) • Depression • Mental Illness • Pain Management • Psychotic disorders • Schizophrenia

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 8/15/2024

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 8/15/2024

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, services are provided at low to no cost to qualifying patients. Services include: • Childbirth education classes • Family planning and birth control • Well-women annual exams • Cervical and breast cancer screenings • Behavioral health services

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 8/14/2024

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 9/8/2023

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 9/8/2023

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. Services include: • Prenatal and postpartum care • Medical services for pregnant women • Prenatal and birthing education • Pregnancy testing • STD testing • Family planning • Emergency contraception • Breast health and cancer screenings

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Wednesday, Friday, 8:00am-12:00pm, Thursday, 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 4/5/2024

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 9/8/2023



2-1-1 San Diego North County Resource Guide

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 9/8/2023

Your Safe Place

1122 Broadway Ste 200
San Diego, CA 92101-5629
(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, and legal, social, and mental health services to anyone who has experienced domestic violence, family abuse, elder violence, sexual assault, or sex trafficking. Services include: • Restraining order assistance • Legal and immigration services • Mental health counseling • Housing support and financial security • Personalized wardrobes • Parenting assistance • Public transportation assistance • Whole person wellness • Financial independence assistance • Literacy and cultural services • Military advocacy • Law enforcement and criminal case assistance • Application assistance for CalFresh, CalWorks, and WIC applications

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 9/10/2024

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
(866) 726-8831
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 professional services for military veterans and their dependents and survivors are entitled to benefits from the United States Department of Veteran Affairs, the State of California, and other agencies as applicable. Services offered are: • Comprehensive benefits counseling • Claims preparation and submission • Claims follow-up to ensure that final decisions • Initiate and develop appeals when appropriate • Networking and advocacy with federal, state, and local agencies Information and referral for the following 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 9/6/2024



2-1-1 San Diego North County Resource Guide

Category

Military/Veteran Services

Aging and Independence Services (AIS), Health and Human Services Agency, County of San Diego

3708 Ocean Ranch Blvd
Oceanside, CA 92056
(858) 694-3222
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, Oceanside Office

Provides professional services for military veterans and their dependents and survivors are entitled to benefits from the United States Department of Veteran Affairs, the State of California, and other agencies as applicable. Services offered are: • Comprehensive benefits counseling • Claims preparation and submission • Claims follow-up to ensure that final decisions • Initiate and develop appeals when appropriate • Networking and advocacy with federal, state, and local agencies Information and referral for the following 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 Online;Call

Office Hours: 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/5/2024

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

Provides opportunities to Veterans for mentorship and professional development, networking and portfolio building, and to meet with VA claims representatives and university deans.

Intake Procedure Online;Call for more information;Walk-in for more information
8:00 am-5:00 pm, Monday-Thursday; 8:00 am-4:00 pm, Friday

No fees

Last Update Date 3/27/2024

Disabled American Veterans National Service Office

1624 S Coast Hwy
Oceanside, CA 92054
(858) 642-6454
<https://www.dav.org/>

Serves San Diego County

Eligibility Services are limited to veterans, survivors, and dependents in filing claims with the Veterans Administration.

Counseling, Claims, and Form Preparation, Oceanside

Trained counselors assist veterans, survivors, and dependents in filing claims with the Veterans Administration for all benefits for which they may be eligible. Also provides information and referral to community agencies.

Intake Procedure Call for more information

Days and times varies

No fees

Last Update Date 10/10/2023

Easterseals Southern California

401 S Ivy St
Escondido, CA 92025
(760) 737-3990
<https://www.easterseals.com/southernca/programs-and-services/employment-training/>

Serves Southern California

Eligibility Must have a referral from the Department of Rehabilitation or a Regional Center.

Employment Services

Provides customized employment support services to individuals with disabilities.

Intake Procedure Email;Call for more information

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

No fees

Last Update Date 5/16/2024

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 • Special Disabled Veteran • Disabled Veteran • Other Covered Veteran • Veteran Spousesber

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: • Veteran 24-hour priority hold on all job listings • Customized job search assistance • Job fairs • Employer recruitment • Events and additional 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 3/12/2024

Goodwill Industries of San Diego County

(619) 225-2200 General Inquiries
<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. Additional 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 5/23/2024

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 8/29/2023

Interfaith Community Services

5731 Palmer Way Ste A
Carlsbad, CA 92010
(760) 489-6380
<https://interfaithservices.org/veterans-services/>

Serves San Diego County

Eligibility Must meet the following: • Be an unemployed or underemployed veteran • Have at least one day of active duty service • Have a valid ID and social security card • Be willing to find employment • Have a DD214 Member 4 copy and a discharge status other than d

Veterans Employment and Training Services, Carlsbad

Offers veterans career guidance and assistance in the following areas: • Vocational Case Management: Offers personalized service plans, and identifies skills, preferences, and potential career paths. Financial assistance is available to navigate career paths in priority sectors. • Supportive Services: Provides employment assistance, and addresses the holistic needs of veterans. From mental health counseling to housing stability, family support, and financial assistance for supportive services. • Education and Training Scholarships: Provides scholarships for education and training in priority sectors, ensuring veterans are equipped with skills needed for quality jobs. Scholarships for specialized training are accessible in the following sectors: - Healthcare - Advanced Manufacturing - Information and Communication Technology - Digital Media - Life Sciences - Biotechnology - Clean Energy

Intake Procedure Online;Call for more information;Call for appointment;Walk-in for appointment;Referral;Complete Application Online;CIE Direct Referral
9:00 am-12:00 pm, 1:00-3:00 PM, Friday; Closed first Friday of each Month
No fees

Last Update Date 9/18/2024

Interfaith Community Services

4700 N River Rd Ste A
Oceanside, CA 92057
(760) 721-2117

Serves San Diego County

Eligibility Must meet the following: • Be an unemployed or underemployed veteran • Have at least one day of active duty service • Have a valid ID and social security card • Be willing to find employment • Have a DD214 Member 4 copy and a discharge status other than d

Veterans Employment and Training Services, Oceanside & Escondido

Offers veterans career guidance and assistance in the following areas: • Vocational Case Management: Offers personalized service plans, and identifies skills, preferences, and potential career paths. Financial assistance is available to navigate career paths in priority sectors. • Supportive Services: Provides employment assistance, and addresses the holistic needs of veterans. From mental health counseling to housing stability, family support, and financial assistance for supportive services. • Education and Training Scholarships: Provides scholarships for education and training in priority sectors, ensuring veterans are equipped with skills needed for quality jobs. Scholarships for specialized training are accessible in the following sectors: - Healthcare - Advanced Manufacturing - Information and Communication Technology - Digital Media - Life Sciences - Biotechnology - Clean Energy

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

Last Update Date 5/31/2024

Category Military/Veteran Services

Lifeline Community Services

200 Michigan Ave
 Vista, CA 92084
 (760) 726-4900
<https://lifelines.org/communities-in-action>

Serves 92007; 92008; 92009; 92010; 92011; 92014; 92024; 92054; 92055; 92056; 92057; 92058; 92067; 92075; 92081; 92083; 92084; 92091; 92672

Eligibility Must be low to moderate income and residing in a qualifying North County San Diego, coastal region zip code (listed below): 92007, 92008, 92009, 92010, 92011, 92014, 92024, 92054, 92055, 92056, 92057, 92058, 92067, 92075, 92081, 92083, 92084, 92091, 9267

Last Update Date 5/31/2024

Palomar Community College

1140 W Mission Rd
 San Marcos, CA 92069
 (760) 744-1150 Ext 2173
<https://www.palomar.edu/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.

Last Update Date 9/13/2023

United States Department of Veterans Affairs

(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

Last Update Date 6/11/2024

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

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; 8:00 am-12:00 pm, Friday

No fees

National Call Center for Homeless Veterans

Veterans who are homeless or at risk of homelessness and their family members, friends, and supporters can call or chat online with the National Call Center for Homeless Veterans.

Intake Procedure Online;Call;Chat

24 hours a day, 7 days a week

No fees

Category Military/Veteran Services

United States Department of Veterans Affairs

815 E Pennsylvania Ave
 Escondido, CA 92025
 (760) 466-7020
<https://www.va.gov/san-diego-health-care/locations/escondido-va-clinic/>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Escondido Clinic

Provides medical services to eligible military veterans including primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care and individual counseling. Clinic operates just like a doctors office where patients are seen by scheduled appointment.

Intake Procedure Call for appointment

Office Hours: 7:30 am-4:30 pm, Monday-Friday; Lab hours: 7:30 am-3:00 pm, Monday-Friday

Fees range depending on service

Last Update Date 5/31/2024

United States Department of Veterans Affairs

1300 Rancho Del Oro Rd
 Oceanside, CA 92056
 (760) 643-2000
<https://www.va.gov/san-diego-health-care/locations/oceanside-va-clinic/>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Oceanside Clinic

Provides medical services to eligible military veterans including primary care, pharmacist counseling (no prescription service), lab drawing, nutrition counseling, women's health care and individual counseling. Clinic operates just like a doctors office where patients are seen by scheduled appointment.

Intake Procedure Call for appointment

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

Fees range depending on service

Last Update Date 5/31/2024

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 8/18/2023

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 10/12/2023



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) 740-5572
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 10/12/2023

Category Miscellaneous Services

Alternatives Medical Clinic

257 E 2nd Ave
Escondido, CA 92025
(760) 741-9796
<https://amc-ca.com/resource-program/>

Serves San Diego and Imperial Counties

Eligibility Must enroll in the Earn While You Learn program

Parenting Series

Provides evidence-based parenting classes focusing on caring for babies and children 2-12 years old. Topics include over 30 prenatal, postpartum and parenting education classes. Course material imparted through Earn While You Learn Video Classes with lesson worksheets and homework for many classes. Classes are court approved. Also provides basic emergency provisions for children ages 0-5 years old, including baby clothes, diapers, and 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 6/28/2024

American Red Cross of San Diego and Imperial Counties

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

Serves North County and North Coastal Regions of San Diego County

Eligibility WIC serves pregnant women, women breastfeeding a baby under the age of one, had a baby within the last six months, have a child under the age of five and experienced a pregnancy loss/termination WIC is available to anyone who lives in California and meet

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.

Intake Procedure Online; Call for appointment
9:00 am-4:00 pm, Monday-Friday

No fees

Last Update Date 9/19/2023

Category Miscellaneous Services

Armed Services YMCA, Camp Pendleton

Building 200090 Ash Road, Wire Mountain

(760) 385-4921

<https://camppendleton.asymca.org/services/emergency-assistance/>

Serves Camp Pendleton

Eligibility Must be an active duty military family

Food and Diaper Distribution

Offers a monthly food and diaper distribution as well as resources and other helpful goods. Food selections range from fresh fruits and vegetables to meats, canned goods, and dried foods.

Intake Procedure Complete Application Online

8:00 am-4:00 pm, 4th Friday of each month.

No fees

Last Update Date 6/13/2023

Basketful

5463 Rainbow Heights Rd

Fallbrook, CA 92028

(619) 760-7966

<https://www.basketfuls.net/>

Serves San Diego County

Eligibility Must be in need of food supplies and or job aid assistance.

Basketfuls Resources

Provides healthy food options such as fruits, vegetables, water, and other staples. Also offers essential hygiene supplies, and job aids to individuals and families in need.

Intake Procedure Email;Voice Message;Text (SMS)

8:00 am-6:00 pm, Monday-Sunday

No fees

Last Update Date 6/5/2024

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

Offers 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, and provides showers 4 days a week.

Intake Procedure Call for appointment;Walk-in for services

Daily Hours: 6:30 am-2:00 pm, Monday-Friday; Food Distribution: 6:30 am-10:45 am, Monday-Friday; Mail Service: 6:30 am-10:30 am, Monday-Friday, 10:00 am-12:00 pm, Saturday; Shower Services: 6:30 am-11:00 am, Monday-Friday

No fees

Last Update Date 9/6/2024

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 3/22/2024



2-1-1 San Diego North County Resource Guide

Category

Miscellaneous Services

Interfaith Community Services

5731 Palmer Way Ste A
Carlsbad, CA 92010
(760) 448-5696

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 ID vouchers (some limits and criteria do apply, provided based on availability), eyeglass assistance (prescription required), SDG&E utility assistance, partial financial assistance for applicable prescriptions, some crisis intervention, emergency food, hygiene packets, diapers and formula (when available), and additional community resources and referrals as needed. Case management support is available by appointment for employment, housing stabilization, and self-sufficiency.

Intake Procedure Call for appointment;Walk-in for services

7:00 am-12:00 pm, Monday-Friday; 1:00 am-4:00 pm, Tuesday-Thursday; Closed for Lunch: 12:00 pm-1:00 pm; Closed on holidays; Closed 1st Friday of the Month

No fees

Last Update Date 9/6/2024

Interfaith Community Services

550 W Washington Ave
Escondido, CA 92025
(760) 489-6380
<https://www.interfaithservices.org/program/self-sufficiency-supportive-services/>

Serves North Inland Region of San Diego County

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

Basic Needs Walk-in Services, Escondido

Provides social services such as shower and laundry facilities, mailing address/PO Box services, 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 including vision, partial 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 more information;Walk-in for services

8:00 am-10:00 am, Monday,Wednesday,Friday; 8:00 am-10:00 am Tuesday,Thursday, Food Distribution; Closed 1st Friday of the Month

No fees

Last Update Date 11/21/2023

Interfaith Community Services

4700 N River Rd Ste A
Oceanside, CA 92057
(760) 721-2117
<https://www.interfaithservices.org/support>

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, diapers, and baby food (if available), mailing address/PO Box services, partial financial assistance for applicable prescriptions, eyeglass assistance, ID vouchers, utility assistance (in emergency, appointment highly encouraged), access to benefits, immigration and legal aid service referrals, crisis intervention, and additional community referrals as needed. By Appointment: Case management support is available for employment, housing stabilization, and self-sufficiency by appointment. Rental assistance may be available for Case Managed residents within the North County San Diego area (limits and criteria do apply, provided based on availability). Employment supports are also available for Case Managed clients.

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

Hours of Operation: 8:00-5:00 pm, Monday - Friday; Walk-in Hours: 8:00 am– 11:00 am, Tuesday and Thursday

No fees

Last Update Date 2/9/2024



2-1-1 San Diego North County Resource Guide

Category

Miscellaneous Services

Interfaith Community Services

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

Serves North Inland of San Diego County

Eligibility Serves individuals and families living in Escondido, San Marcos, Poway, Valley Center, Fallbrook, Poway, Ramona, Julian, and Borrego Springs who are at or below 200% federal poverty level (proof of income is required).

Communities in Action

Assists individuals and families living in North Inland of San Diego County who are looking for case management towards self-sufficiency. Can assist with benefit enrollments, emergency food, emergency hygiene, employment services, banking and budgeting.

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

8:00 am-10:00 am, Monday-Friday; Closed: First Friday of the Month

No fees

Last Update Date 4/24/2023

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 who need support for diapers and menstrual supplies living in the North Inland Region of San Diego County

Diaper and Menstrual Supplies Distribution Sit, Women of Promise Resource Center

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call;Walk-in for services

Distribution hours: 9:00 am-4:00 pm, Monday-Thursday; Friday by appointment only; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

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 who need support for diapers and menstrual supplies living in the North Inland Region of San Diego County

Diaper and Menstrual Supplies Distribution Site North Coast Church

Distributes diapers to families with infants and toddlers in need. Also, provided menstrual supplies when available.

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

Distribution last Tuesday of the month, hours vary; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

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

Eligibility Families who need support for diapers and menstrual supplies living in the Julian

Diaper and Menstrual Supplies Distribution Site, Julian Pathways, Inc.

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call for more information

Distribution hours: 9:00 am-3:00 pm, Monday-Friday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024



2-1-1 San Diego North County Resource Guide

Category

Miscellaneous Services

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 who need support for diapers and menstrual supplies living in the North Coastal Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, Lived Experiences Inc.

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

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

Distribution days and hours vary; Online: 24 hours a day, 7 days a week
No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

956 Vale Terrace Dr
Vista, CA 92084
(760) 471-4210

Serves North Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, MAAC Project Vista

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

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

Distribution hours: 7:30 am-9:30 am, 1st Wednesday of the month; 4:00 pm-6:00 pm, 3rd Wednesday of the month; Online: 24 hours a day, 7 days a week
No fees

Last Update Date 9/1/2024

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 Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, Ramona Food and Clothes Closet

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Walk-in for services

Distribution hours: 9:30 am-12:30 pm and 2:30 pm-4:00 pm, Monday-Friday; Online: 24 hours a day, 7 days a week
No fees

Last Update Date 9/1/2024

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 of San Diego County

Eligibility Families with infants and toddlers who need support for diapers and menstrual supplies

Diaper and Menstrual Supplies Distribution Site, Rock Church San Marcos

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Walk-in for services

Distribution hours: 12:00 pm-2:00 pm, 1st Thursday of the month; Online: 24 hours a day, 7 days a week
No fees

Last Update Date 9/1/2024

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 Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, Summit Church

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call;Walk-in for services

Distribution hours: 10:30 am-2:00 pm, Tuesday; 2:30 pm-6:00 pm, Thursday; 10:00 am-12:00 pm, 1st and 3rd Saturday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

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

Eligibility Families who need support for diapers and menstrual supplies living in the Escondido

Diaper and Menstrual Supplies Distribution Site, The Center

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call for more information;Drive-thru

Drive thru hours: 11:30 am-12:30 pm, Sunday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

1000 Vale Terrace Dr
Vista, CA 92084
(760) 631-5000 Ext 7014

<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North Regions of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Regions of San Diego County

Diaper and Menstrual Supplies Distribution Site, Vista Community Clinic

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call for appointment;Voice Message

Distribution days and times vary; Online: 24 hours a day, 7 day a week

No fees

Last Update Date 9/1/2024

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 Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies, Fallbrook Spanish Seventh-day Adventist Church

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

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

Distribution hours: 6:00 pm-7:00 pm, 1st Friday of the month; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

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 living in North Inland Region of San Diego County

Diaper Distribution Site, Grace Presbyterian Church

Distributes diapers to families with infants and toddlers in need.

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

Distribution hours: 8:15 am-9:15 pm, Monday, Tuesday and Friday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

4070 Mission Ave

Oceanside, CA 92057

(760) 547-0708

<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North Coastal of San Diego County

Eligibility Families with infants and toddlers who need support for diapers and menstrual supplies living in North Coastal of San Diego County

Diaper Distribution Site, Mission San Luis Rey Parish, Loretto House Food Pantry

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Email;Online;Call

Distribution hours: 8:00 am-4:00 pm, Tuesday-Saturday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

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 and menstrual supplies living in North Region of San Diego County

Diaper Distribution Site, North County Food Bank

Distributes diapers to families with infants and toddlers in need. Also, provide menstrual supplies when available.

Intake Procedure Online;Call for appointment

Distribution hours: 9:00 am-3:00 pm, Monday-Friday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

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 living in North Inland Region of San Diego County

Diaper Distribution Site, Shaback Resource Center

Distributes diapers to families with infants and toddlers in need.

Intake Procedure Online;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 22-January 10

No fees

Last Update Date 9/1/2024

Category Miscellaneous Services

Jewish Family Service (JFS) of San Diego

200090 Ash Road, Wire Mountain Rd
 Oceanside, CA 92058
 (858) 637-3210
http://www.jfssd.org/site/PageServer?pagename=programs_food_assistance_food_pantry
Serves San Diego County
Eligibility For active-duty military families

Hand Up Food Pantry, Camp Pendleton

Drive-thru food distribution program that provides fresh produce, non-perishables, and diapers to active-duty military families.
Intake Procedure Walk-in for appointment
 10:00 am-12:00 pm, 4th Friday of the month
 No fees
Last Update Date 3/27/2024

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-Frida3

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 5/23/2024

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 Drive-thru
 9:30 am-10:30 am Third Saturday of the month until the food runs out
 No fees

Last Update Date 9/21/2022

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.

Social Outreach

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;Walk-in for services
 9:00 am-3:00 pm Tuesday, Wednesday, Thursday
 No fees

Last Update Date 7/10/2023

Category Miscellaneous Services

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 • Abstinence education • Referrals for adoption • Housing search assistance for mothers • Legal assistance • Social services • Offers material goods including limited supply of formula, diapers, baby clothes and baby furniture

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 5/2/2023

R.A.W. Ruth Anointed World Ministries

2081 Bear Valley Pkwy
 Escondido, CA 92027
 (760) 580-0835
<https://prophetessrwalkes.wixsite.com/rawministries->

Serves San Marcos

Eligibility Anyone in need of food

Food Distribution, Escondido

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

11:00 am- Until food runs out, Wednesday, pending availability

\$5 dollar box packing fee

Last Update Date 7/18/2024

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 10/9/2023

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 10/9/2023

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. 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 - www.sdsuwic.org • North County Health Services – (888) 477-6333 - <https://truecare.org/location/truecare-escondido-wic-office/> • San Ysidro Health Center – (888) 942-7942 • Scripps – (619) 260-3400 • Clinica de Salud – (877) 686-5468

Intake Procedure Online;Call for appointment;Chat
 Monday-Friday 8:00 am-5:00 pm; 2nd Saturday per month
 No fees

Last Update Date 6/11/2024

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

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. 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 - www.sdsuwic.org • 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
 8:00 am-4:30 pm, Monday-Friday
 No fees

Last Update Date 6/11/2024

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) Biological, adopted, foster, Moms, Dads with infants, and children (up to age 5). Must meet income qualifica

SDSU Research Foundation WIC Office, Vista

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. 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 - www.sdsuwic.org • North County Health Services – (888) 477-6333 - <https://truecare.org/location/truecare-escondido-wic-office/> • San Ysidro Health Center – (888) 942-7942 • Scripps – (619) 260-3400 • Clinica de Salud – (877) 686-5468

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

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

No fees

Last Update Date 6/11/2024

St Peter's Episcopal Church

334 14th St
Del Mar, CA 92014
(858) 755-1616
<https://www.stpetersdelmar.net/outreach>

Serves Del Mar

Eligibility For homeless men, women, and children

Helping Hands, St Peter's Episcopal Church, Del Mar

Provides sack lunches, clothing, and hygiene products to homeless individuals in the community. Not a food pantry.

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

9:00 am-11:00 am Monday and Wednesday; Closed on holidays

No fees

Last Update Date 10/31/2023

The Salvation Army San Diego Regional Office

1301 Las Villas Way
Escondido, CA 92026
(760) 745-8616
<https://escondido.salvationarmy.org/>

Serves Escondido; Poway; Ramona; San Marcos; Valley Center; Rancho Penasquitos; 92127; 92128

Eligibility Not limited

Family Services, Escondido Corps

Provides emergency assistance to persons in need. Services include 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

9:30 am-3:00 pm, Monday-Wednesday, Thursday CLOSED, 9:30 am-3:00 pm, Friday.

No fees

Last Update Date 6/5/2023

Category **Miscellaneous Services**

TrueCare

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

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) Participants must meet income qualifications, the Mont

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 a debit card 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

Every Wednesdays, 7:30 am-11:45 am and 12:45 pm-4:00 pm

No fees

Last Update Date 5/31/2024

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) Participants must meet income qualifications, the Mont

Women, Infants, and Children (WIC), Escondido

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

Intake Procedure Call for appointment;Walk-in for appointment;Complete Application Online

Monday-Friday 7:30 am-4:30 pm, Closed for lunch: 11:45 am-12:45 pm; Call for Saturday appointments

No fees

Last Update Date 5/31/2024

TrueCare

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

Serves Encinitas; Carlsbad; Oceanside; Vista; San Dieguito

Eligibility WIC serves the following groups: • Pregnant women • Post-partum women (up to 6 months for non-breast feeding mothers and up to 1 year for breastfeeding mothers), • Infants and children (up to age 5) Participants must meet income qualifications, the Mon

Women, Infants, and Children (WIC), Oceanside

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance. TrueCare (888) 477-6333 -

Intake Procedure Call for appointment;Walk-in for appointment;Complete Application Online

7:30 am-11:45 am; Closed for lunch: 11:45 am-12:45 pm; 12:45 pm-4:30 pm, Monday-Friday; 8:30 am-11:45 am; 11-4:30 pm, Tuesdays

No fees

Last Update Date 5/31/2024

Category **Miscellaneous Services**

TrueCare

220 Rotanzi St
 Ramona, CA 92065
 (888) 477-6333

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) Participants must meet income qualifications, the Mont

Women, Infants, and Children (WIC), Ramona

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources.

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

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

No fees

Last Update Date 5/31/2024

TrueCare

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

Serves Escondido; San Marcos; Valley Center; Vista

Eligibility Serves the residents of Escondido, San Marcos, Valley Center, Vista. 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

Women, Infants, and Children (WIC), San Marcos

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also includes 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; Some lunch time, evening and Saturday appointments available

No fees

Last Update Date 5/31/2024

TrueCare

28246 Lilac Rd
 Valley Center, CA 92082
 (888) 477-6333

Serves Valley Center

Eligibility WIC serves the following groups: • Pregnant women • Post-partum women (up to 6 months for non-breast feeding mothers and up to 1 year for breastfeeding mothers), • Infants and children (up to age 5) Participants must meet income qualifications, the Mon

Women, Infants, and Children (WIC), Valley Center

Supplemental nutrition program to help pregnant women, infants, and children (up to age 5) eat well, stay healthy, and be active. At no cost to qualifying participants, WIC (Women, Infants, and Children) provides checks for nutritious foods, nutrition education, breastfeeding support, and referrals to community resources. This location also provides referral assistance for health insurance.

Intake Procedure Call for appointment;Complete Application Online

In-person once/month, date varies. 8:45 am-11:45 am and 12:45 pm-3:15 pm. Remote appts available daily, Mon-Fri

No fees

Last Update Date 5/31/2024



2-1-1 San Diego North County Resource Guide

Category Miscellaneous Services

Venture Church

Confidential

(760) 452-0893

<https://venturechurch.tv/events/lovethe760-food-distribution/>

Serves 92024; 92075; 92007

Eligibility Must reside within the following zip codes: 92024, 92075, 92007

Food and Diaper Distribution

Weekly distribution of groceries and diapers for the communities living in Encinitas. Distributed items consist of: • Diapers • Baby wipes • Produce • Bread • Small staple goods

Intake Procedure Walk-in for services; Drive-thru

8:00 am-Until food is gone, Every Wednesday

None

Last Update Date 4/22/2024

Category Other

Your Safe Place

1122 Broadway Ste 200

San Diego, CA 92101-5629

(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, and legal, social, and mental health services to anyone who has experienced domestic violence, family abuse, elder violence, sexual assault, or sex trafficking. Services include: • Restraining order assistance • Legal and immigration services • Mental health counseling • Housing support and financial security • Personalized wardrobes • Parenting assistance • Public transportation assistance • Whole person wellness • Financial independence assistance • Literacy and cultural services • Military advocacy • Law enforcement and criminal case assistance • Application assistance for CalFresh, CalWorks, and WIC applications

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 9/10/2024

Category Rapid Re-Housing Programs

Lifeline Community Services

200 Michigan Ave

Vista, CA 92084

(760) 726-4900

<http://www.nclifeline.org/#!project-life/cd60>

Serves San Diego County

Eligibility All victims of human trafficking

Project LIFE

Offers intervention services to all victims of human trafficking through an advocacy program. Services offered include counseling and trauma-specific therapy, safety planning and crisis intervention, intense case management, peer support and other community resources, transitional housing and residential coordination, and trauma-informed victim advocacy.

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 3/27/2024

Category Substance Abuse/Recovery Programs and Counseling

Alcoholics Anonymous

1020 S Santa Fe Ave Ste B

Vista, CA 92084

(760) 758-2514 24-Hour Hotline

<https://ncsandiegoaa.org/>

Serves North County of San Diego

Eligibility Open to anyone with a desire to stop drinking

Alcoholics Anonymous, North County

Offers a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership.

Intake Procedure Online; Call for more information

Hotline Hours: 24 hours a day, 7 days a week; Office Hours: 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 5/28/2024

Category Substance Abuse/Recovery Programs and Counseling

Alcoholics Anonymous

830 E Vista Way Ste 116
 Vista, CA 92084
 (760) 758-6905
<https://ncsandiegoaa.org/>

Serves North San Diego County

Eligibility Open to anyone with a desire to stop drinking

Alcoholics Anonymous, Oficina Central Hispana Vista

Offers a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership.

Intake Procedure Online;Call for more information

Hotline: 24 hours a day, 7 days a week; Office Hours: 9:30 am-12:30 pm and 1:30 pm-5:00 pm, Monday-Friday; Meeting times may vary by location

No fees

Last Update Date 5/28/2024

Alpha Project for the Homeless

993 Postal Way
 Vista, CA 92083
 (760) 630-9922
<http://www.alphaproject.org/programs/residential-treatment>

Serves San Diego County

Eligibility Accepts single men ages 18 years and older, must meet medical necessity through the ASAM criteria for level 3.1 residential services. This is verified through a substance use disorder intake and assessment and LHPA diagnosis. Also no sex or arson offenders

Casa Raphael

Casa Raphael is Alpha Project’s state-licensed residential drug and alcohol treatment program. Residents enter into Casa Raphael, where the experience is an intensive 12 week environment in which the new resident is in training to learn the basic fundamentals necessary to return to life as an honest, sober, law abiding citizen. Residents will attend classes in journaling and be required to write a full-page journal entry each evening. Residents will also participate in evidence based curriculum which includes “My Personal Journal”, “Hazelton Living in Balance”, relapse prevention, process groups, 12 step activities, individual counseling, employment preparation, discharge planning and therapy services (if needed), and any other activities that is noted on an individual treatment plan, including curriculum for the criminal justice population. A client will be expected to attend at least 20 hours of activity per week, within that 20 hours, 5 hours of clinical activity is mandatory. Weekend treatment services will be determined and will be mandatory for all clients in treatment. Treatment levels will be re-evaluated every 30 days by a counselor and LPHA (Medical Director if needed). At that time, if medical necessity cannot be met then a necessary referral will be made to a lower level of care, which could include outpatient treatment with another provider. This will be discussed with the resident and treatment staff.

Intake Procedure Call

Office Hours: 8:00 am-4:00 pm, Monday-Friday; Residential Services: 24 hours a day, 7 days a week

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 10/9/2023

Alternative Recovery Solutions

Confidential
 (760) 859-7789

Serves San Diego County

Eligibility Individuals 18 years of age and older.

Alternative Recovery Solutions

Offers individualized services, court-approved educational programs, and outpatient treatment. Services include providing out-of-state assessments, DMV paperwork assistance, consultations, and referrals for recovery services including assistance for supervised parent visitations.

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 4/15/2024

Category Substance Abuse/Recovery Programs and Counseling

Aurora Behavioral Health Care

11878 Avenue Of Industry
San Diego, CA 92128
(858) 675-4228
<https://signaturehc.com/>

Serves San Diego County

Eligibility Ages 18 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. The treatment team provides 24-hour monitoring, treatment, and stabilization for patients who commonly suffer from: • Counseling • Depression • Bipolar Disorder • Psychosis/Schizophrenia • Anxiety • Substance-related disorders • Post Traumatic Stress Disorder • Alcohol and other substance withdrawal (including Opioid) • Pain Management

Intake Procedure Call for appointment

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

Fixed fee. Please call for information.

Last Update Date 3/29/2024

Aurora Behavioral Health Care

11878 Avenue Of Industry
San Diego, CA 92128
(858) 675-4228
<https://www.aurorasandiego.com/programs/san-diego-children-and-adolescent>

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 3/29/2024

Boys and Girls Club 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

Boys and Girls Club of Vista

410 W California Ave
Vista, CA 92083
(760) 724-6606
www.bgcvista.org

Serves Vista; Oceanside; Carlsbad; San Marcos

Eligibility Ages 5-18 years old

Youth Development

Prepares kids for high school graduation, college and careers by building skills needed to succeed in the workforce. Club programs help kids build healthy habits for life and how to become resilient leaders through mentorship, accountability and modeling good behavior. Provides kids and teens an opportunity to complete their homework in a quiet place, guided reading and language intervention, leadership development, drug and alcohol prevention and education, physical fitness activities and nutrition education. Sports include co-ed soccer, basketball, volleyball, flag football and cross country.

Intake Procedure Call for more information

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

Annual membership. Additional cost for day camps, sports and am/pm off site locations.

\$50 yearly

Last Update Date 7/24/2024

Category Substance Abuse/Recovery Programs and Counseling

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 4/14/2023

COMPACT

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

Serves Escondido, Valley Center, Pauma,

Eligibility Juveniles with Marijuana use disorders in Escondido, Valley Center, Pauma,

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;Online;Call for more information;Referral;Call

8:00 am-6:00 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday (alternating); After School: Monday-Thursday

No Fees

Last Update Date 8/13/2024

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 5/3/2023

Family Health Centers of San Diego

157 E Valley Pkwy
Escondido, CA 92025
(760) 546-2838
<https://www.fhcsd.org/escondido-family-counseling-center/>

Serves North County

Eligibility Not limited

Mental Health Services, Escondido Family Counseling Center

Offers mental health services and appointments to individuals, couples, families, and groups of all ages. Services include individual, couples, family & group counseling for children, adults & older adults, adult & child psychiatry & counseling, clinics, school & home-based services, psychological testing for children & adults, and Mobile Counseling Centers. Not all services are available at every site.

Intake Procedure Online;Call for appointment

8:30 am-5:00 pm, Monday-Friday; Closed for Lunch: 12:30 pm-1:00 pm; Closed on certain holidays

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 1/22/2024

Category Substance Abuse/Recovery Programs and Counseling

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

Provides short-term 30, 60, 90, and 120-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-Saturday

Sliding scale fees based on family size and income.

No one is refused services due to inability to pay.

Last Update Date 9/25/2024

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 9/12/2023

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 9/13/2023

Category Substance Abuse/Recovery Programs and Counseling

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 more information; Call for appointment

24 hours a day; 7 days a week
 Medi-Cal or Medi-Cal eligible

Last Update Date 9/13/2023

Lifeline Community Services

1210 Division St
 Oceanside, CA 92054
 (760) 842-6214
<https://lifelinecs.org/>

Serves Oceanside

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

Club Crown Heights

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 and 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 9/25/2024

Lifeline Community Services

707 Oceanside Blvd
 Oceanside, CA 92054
 (760) 842-6214
www.nclifeline.org

Serves Cardiff; Carlsbad; La Costa; Del Mar; Encinitas; Oceanside; Rancho Santa Fe; Solana Beach; Vista; Bonsall; Fallbrook; Julian; Pala; Poway; Ramona; Warner Springs; San Marcos; Palomar Mountain; Valley Center

Eligibility Youth ages 17 years and under living in the cities Cardiff, Carlsbad, La Costa, Del Mar, Encinitas, Oceanside, Rancho Santa Fe, Solana Beach, Vista, Bonsall, Fallbrook, Julian, Pala, Poway, Ramona, Warner Springs, San Marcos, Palomar Mountain, Valley Cent

Counseling Services

Provides individual, family, and group counseling to youth ages 6-17. Group topics include anger management, decision-making skills development, alcohol, tobacco, & other drug groups, and parenting groups.

Intake Procedure Email; Online; Call

Office Hours: 8:30 am-2:30 pm, Friday; Counseling Hours: 8:30 am-5:00 pm Monday-Thursday; After hour appointments available; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/25/2024

Lifeline Community Services

200 Michigan Ave
 Vista, CA 92084
 (760) 842-6280
<https://lifelinecs.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 9/25/2024



2-1-1 San Diego North County Resource Guide

Category Substance Abuse/Recovery Programs and Counseling

Lifeline Community Services

200 Michigan Ave
Vista, CA 92084
(760) 842-6214
www.nclifeline.org

Serves San Diego County

Eligibility Teenagers ages 12-17 years old

Youth Groups

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 Email;Online;Walk-in for more information;Walk-in for appointment;Call

Days and times vary; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/25/2024

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 9/13/2023

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 9/13/2023

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 9/13/2023

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 9/13/2023

McAlister Institute for Treatment and Education

3355 Mission Ave Ste 239
 Oceanside, CA 92058
 (760) 462-5581
<https://www.mcalisterinc.org/programs/>

Serves North Costal 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).

North Costal Women/Adolescents Recovery

Gender-specific program offering non-residential alcohol and other 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.

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
 No one is refused service for the inability to pay.

Last Update Date 7/25/2023

Category Substance Abuse/Recovery Programs and Counseling

Mental Health Systems, Inc.

1100 Sportfisher Dr
 Oceanside, CA 92054
 (760) 439-6702
<https://turnbhs.org/location/family-recovery-center/>

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 6/29/2023

Mental Health Systems, Inc.

504 W Vista Way
 Vista, CA 92083
 (760) 940-1836
<https://turnbhs.org/location/north-county-center-for-change/>

Serves San Diego North County

Eligibility Ages 18 to 75 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 North 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 required

7:00 am-8:00 pm, Monday-Wednesday and Friday: 8:30 am-5:30 pm, Thursday
 Sliding Scale

Last Update Date 9/12/2023

Mental Health Systems, Inc.

12344 Oak Knoll Rd Suite C1
 Poway, CA 92064
 (858) 391-9303
www.turnbhs.org/location/north-inland-substance-use-prevention/

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 Substance Use Prevention

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 9/13/2023

Category Substance Abuse/Recovery Programs and Counseling

North County LGBTQ Resource Center

3220 Mission Ave Suite 2
Oceanside, CA 92058
(760) 994-1690
<https://www.ncresourcecenter.org/12-step-programs>

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

Eligibility Ages 15 years old and up interested in becoming clean and sober from the use of narcotics

Narcotics Anonymous Open Meeting

A twelve-step program to assist former users of narcotics to remain clean and sober.

Intake Procedure Call for more information

LGBTQ Center Hours: 12:00 pm-8:00 pm, Monday-Friday; 12:00 pm-6:00 pm, Saturday

No fees. Donations accepted.

Last Update Date 6/1/2023

North County LGBTQ Resource Center

3220 Mission Ave Ste 2
Oceanside, CA 92058
(760) 994-1690
www.ncresourcecenter.org

Serves North County Region of San Diego County

Eligibility Residents living in North County of San Diego. For LGBTQIA+ individuals with a substance use disorder (SUD), currently using substances (opioids or stimulants), on or interested in MAT (Medically-Assisted Treatment)

Substance Use Disorder Resources and Referrals (Free Narcan)

Provides support to LGBTQ+ individuals coping with substance use disorders (SUD). Distribution of free Narcan, Fentanyl, and Xylazine test strips Team case managers prioritize harm reduction and link individuals to LGBTQ+-affirming services and resources for recovery and support. Resources offered: • Substance Use Disorder treatments • Case Management • Recovery Support • NARCAN Distribution • Harm Reduction Resources & Supplies • MAT Referrals

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

9:00 am-6:00 pm, Monday-Friday

No fees

Last Update Date 7/5/2024

San Diego Crystal Meth Anonymous

1341 N Escondido Blvd
Escondido, CA 92026
(619) 342-1656
<http://sandiegocma.org/>

Serves San Diego County

Eligibility Anyone having a problem with crystal meth or with crystal meth and other drugs including inhalants and other drugs. Friends or family may accompany the client for support.

Crystal Meth Meetings, Escondido

Offers 12-step meetings and sponsorship to help members live a life free of addiction to crystal methamphetamine and other drugs. Recovering addicts share their experience, strength, and hope with those who wish to stop their use of crystal meth. Check out the online meeting formats available each day of the week: <https://sandiegocma.org/calendar/>

Intake Procedure Online;Call for more information

See calendar for schedule

No fees

Last Update Date 6/12/2023

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 6/13/2023

Category Transitional Housing

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.

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. Offers services such as: • Provides 3 meals daily • Laundry • Housekeeping • Personal care services • Transportation services • Rehabilitation activities • Medical referrals • Psychological support • Social services • Hospice-like 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 8/6/2024

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 and older, discharged above dishonorable, registered with SD VA, at least one day active duty, no PC290 or arson conviction

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. Sliding scale

Last Update Date 8/29/2023

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 5/23/2024

SBCS

Confidential

(800) 640-2933

Serves San Diego County

Eligibility Shelter accepts both male and female victims of domestic violence with minor children who are experiencing and/of fleeing from domestic violence.

Casa Seguras

Confidential shelter for families fleeing domestic violence. Services include case management, counseling, support groups, assistance obtaining temporary restraining orders, building independent living skills, emergency food and clothing and assistance finding stable and safe housing.

Intake Procedure Call for more information;Referral

24 hours a day, 7 days a week

No fees

Last Update Date 4/7/2023

Category Transitional Housing

Solutions for Change

722 W California Ave
Vista, CA 92083
(760) 941-6545
www.solutionsforchange.org

Serves Vista; Oceanside; Carlsbad; Encinitas; Escondido; San Marcos and Fallbrook

Eligibility 1. Parent(s) with minor dependent children or pregnant 2. Homeless according to HUD guidelines 3. Willing to work full time and possesses legal documents to work in the US 4. Actively participate in support services 5. Pass a drug test, including cannabis

Long Term Transitional Housing

Provides long-term (2 years) enhanced transitional housing for homeless families with children, homeless pregnant women and single fathers.

Intake Procedure Call for appointment
8:30 am-5:00 pm, Monday-Friday

Fees are 30% of gross income; but persons without income are accepted.

Call for information

Last Update Date 10/10/2023

Women's Resource Center

1963 Apple St
Oceanside, CA 92054
(760) 757-3500

Serves San Diego County

Eligibility Must be a survivor of Domestic Violence with at least 50% custody of one minor child.

Domestic Violence Transitional Housing

Offers a two year transitional housing program to victims of domestic violence

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

Last Update Date 1/10/2024

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

Last Update Date 5/18/2023

Category Transportation Services

AALL Care In Home Services

1030 La Bonita Dr Ste 338
San Marcos, CA 92078
(619) 297-9601
<https://aallcare.com/>

Serves San Diego County

Eligibility Services are targeted for individuals such as: • Elderly patients • Disabled patients • Alzheimer's patients • Parkinson's patients • Veterans patients

AALL Care In Home Services, North County San Diego

Offers hourly in-home services that include: • Bathing • Personal care • Safety supervision • Toileting/incontinence care • Assistance with ambulation • Laundry/linen change • Light housekeeping • Shopping and errands • Medication reminders • After-surgery care • Respite for family caregivers • Companionship care • Care management services

Intake Procedure Email;Online;Call for more information;Walk-in for more information
24 hours a day, 7 days a week; On call after 5:00 pm
Sliding scale depending on service Start at \$36 per hr

Last Update Date 1/24/2024

Category Transportation Services

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 3/29/2024

AmeriCare Adult Day Health Care Center

340 Rancheros Dr Ste 196
 San Marcos, CA 92069
 (760) 682-2424
<https://www.americareadhc.com/>

Serves San Diego County

Eligibility Must meet the following: • 18 Years or older • Have one or more chronic or post acute medical condition • Have a condition resulting in limitation of 2 or more ADL's Examples of qualifying medical conditions: • Arthritis • Diabetes • Post Stroke •

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 • 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 10/27/2023

Care Choice Home Care

338 Via Vera Cruz Ste 120
 San Marcos, CA 92078
 (760) 798-4508
<https://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 • Care management

Intake Procedure Call for appointment

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

Fixed fees

Last Update Date 7/19/2024

City of Carlsbad

799 Pine Ave
 Carlsbad, CA 92008
 (442) 339-2650
<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-12:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only

Fixed fee depending on service

Last Update Date 10/26/2023

Category Transportation Services

City of Carlsbad

799 Pine Ave
 Carlsbad, CA 92008
 (442) 339-2650
<https://www.carlsbadca.gov/departments/parks-recreation/adults-50/senior-meal-program>

Serves Carlsbad

Eligibility Seniors ages 60 years and older living Carlsbad

Senior Lunch Program

Provides nutritious meals for seniors. Transportation is provided.

Intake Procedure Email;Online;Call for appointment

8:00 am-5:00 pm, Monday-Friday; Closed: Holidays; Online: 24 hours a day, 7 days a week
 Donation if able to contribute \$3.50 per meal

Last Update Date 8/11/2024

City of Carlsbad

1200 Carlsbad Village Dr
 Carlsbad, CA 92008
 (442) 339-2650
<https://www.carlsbadca.gov/departments/parks-recreation/adults-50/transportation>

Serves Carlsbad

Eligibility Seniors 60 years and older who can no longer drive

Transportation

Transportation to the lunch program is available on Monday - Wednesday for Carlsbad residents 60+ who do not have a driver's license. Shopping options available after lunch to registered riders the 1st and 3rd Wednesday of each month.

Intake Procedure Call for more information;Call for appointment

8:00 am-5:00 pm, Monday-Friday
 Donations 4

Last Update Date 10/26/2023

City of Encinitas

1140 Oakcrest Park Dr
 Encinitas, CA 92024
 (760) 943-2250
<https://www.encinitasca.gov/government/departments/parks-recreation-cultural-arts/recreation-programs/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 4/5/2024

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 12/14/2023

Category Transportation Services

City of Escondido

210 E Park Ave
 Escondido, CA 92025
 (760) 839-4688
<https://www.escondido.org/facilities/facility/details/parkavenuecommunitycenter-3>

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

Eligibility Seniors age 60 years and older residing within the City of Escondido

Senior Nutrition with Transportation Program

Offers seniors a balanced lunch and transportation to and from the senior center for meals. Provides seniors with a balanced lunch and transportation to and from the senior center for meals. For those currently approved to receive meals, call on Fridays to leave your meal schedule for the following week

Intake Procedure Call for more information

11:30 am-12:15 pm, Monday-Friday

Fixed fee for 59 years and younger

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Last Update Date 6/12/2024

City of Oceanside

455 Country Club Ln
 Oceanside, CA 92054
 (760) 435-5155
<https://www.ci.oceanside.ca.us/government/parks-recreation/senior-centers-services/transportation-services>

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 park.

Intake Procedure Online;Call for more information

Office Hours: 9:00 am-3:30 pm, Monday-Thursday, 9:00 am-12:00 pm, Friday; Shuttle Service: 6:00 am-6:00 pm, Monday-Sunday

Fixed fee depending on service

Last Update Date 3/28/2024

City of Oceanside

455 Country Club Ln
 Oceanside, CA 92054
 (760) 435-5250
<https://www.ci.oceanside.ca.us/government/parks-recreation/senior-centers-services/country-club-senior-center>

Serves Oceanside

Eligibility Seniors ages 55 years and older for most programs. Seniors ages 60 and older are issued an ID card and are admitted to the nutrition program. However, other organizations using the center may have 50 years as their minimum age. Must be a resident of Ocean

Senior Center, Country Club

Provides to seniors computer access, workshops, lunch, LIFE program (Learning is for Everyone) and adult dance classes. Offers information for support groups, transportation, volunteer opportunities, case management home care, and other community services.

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

Office Hours: 8:30 am-4:00 pm, Monday-Thursday; 8:30 am-12:30 pm, Friday

Fixed fee depending on service. Senior scholarship program available

Last Update Date 8/14/2024

City of Vista

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

Serves Vista

Eligibility Vista senior residents ages 60 years and older

Lunch Program

The Center offers a nutritious lunch weekdays for older adults age 60 and above. Suggested contribution for lunch is \$4 for ages 60 years or older; \$8.00 charge for those under 60 years of age. Reservations required by 1 p.m. prior to the lunch day. Call for a reservation. Check in by 11:45 a.m. Transportation to the center for lunch is available to Vista residents age 60 and above. Suggested contribution for roundtrip service is \$1.00. Call 760.643.5288 to schedule a ride. Reserve by 1 p.m. prior to the lunch day. 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 9/7/2023

Category Transportation Services

City of Vista

1400 Vale Terrace Dr
 Vista, CA 92084
 (760) 643-5284
<https://www.cityofvista.com/departments/recreation-comm-services/senior-services/out-about-transportation-program>
Serves 92081; 92083; 92084

Eligibility Must be 60 years or older and a Vista resident

Out and About Vista

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 points of interest. Program offers mileage reimbursement for volunteer drivers. Transportation is via private vehicle and travel may exceed city limits.

Intake Procedure Call

Office Hours: 7:30 am-11:30 am, Tuesday, Thursday and Friday
 Fixed fee depending on service

Last Update Date 8/14/2024

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 Online;Call

Office Hours: 8:00 am-3:30 pm, Monday-Friday; Intake for Lunch Reservations: 9:00 am-12:00 am, Monday and Wednesday

Fixed fee depending on service

Last Update Date 8/14/2024

Community Resource Center

650 2nd St
 Encinitas, CA 92024
 (760) 300-3238
<https://crcncc.org/get-help/housing-supportive-services/>

Serves Encinitas; Carlsbad

Eligibility Assistance programs are for Carlsbad and Encinitas residents, and those experiencing homelessness in Encinitas and Carlsbad. Rental assistance applicants must meet an annual income of no more than 80% AMI. Household Size / Annual income 1 / \$72,900
 2 /

Housing and Supportive Services Program

Provides short and long-term integrated case management, homelessness intervention, and prevention resources to low-income families and individuals achieving and sustaining self-sufficiency. Service includes:

- Case management and housing navigation support
- New Move-in deposit assistance
- Rental assistance
- Assistance with rental arrears
- Bridge shelter vouchers
- Employment readiness programs
- Financial education
- Public benefits assistance
- Assistance with transportation for work
- Moving assistance for households previously experiencing homelessness

Intake Procedure Online;Call;Walk-in for services

8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Fridays

No fees

Last Update Date 4/9/2024

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.

Del Mar Transportation Services

Offers a variety of transportation services for seniors and others who have limited mobility. Provides a van shuttle for local grocery shopping 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 4/26/2023

Category Transportation Services

Foundation for Senior Care

135 S Mission Rd
Fallbrook, CA 92028
(760) 723-7570
<https://foundationforseniorcare.org/our-services/transportation/>

Serves Bonsall; Fallbrook; DeLuz; Rainbow

Eligibility Seniors 55 years and older and adults with disabilities

Care Van and Expanded Rides Transportation Services

Transportation and Paratransit (wheelchairs accessibility) for the elderly and disabled adults in the greater Fallbrook, Bonsall, Rainbow and DeLuz areas for medical and dental appointments, ancillary health providers (physical therapy, pharmacies, podiatrist, etc), access to food (grocery stores, Fallbrook Food Pantry), and Fallbrook Adult Day Care Center. Expanded Rides supports rides to out of area medical appointments (up to a 55 mile radius).

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

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

Fixed fee. Requests for local round trip and for expanded rides. Donations accepted. \$10-\$65

Last Update Date 6/8/2023

Fresh Start Surgical Gifts

2011 Palomar Airport Rd Ste 206
Carlsbad, CA 92011
(760) 944-7774
<https://www.freshstart.org>

Serves California

Eligibility Infants, children, or teens that have a physical or cosmetic deformity caused by birth, disease, accident, or abuse. Must be uninsured, partially uninsured where the procedure is not covered by insurance, or if the family is experiencing financial hardship

Medical Treatments for Children, Reconstructive and Plastic Surgery

Provides reconstructive and plastic surgery for children, babies, and teens who require such interventions due to abuse, accidents, birth defects, or disease. Fresh Start goes beyond surgical interventions and provides related medical treatments such as: • Scar revision • Port-wine stain • Birthmark removal • Dental treatments • Orthodontic services In addition to life-transforming reconstructive surgery, supply food, non-medical transportation, and lodging for out-of-town is offered to patients.

Intake Procedure Call

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

No fees

Last Update Date 4/26/2024

Poway Adult Day Health Care, LLC

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

Serves Poway; Rancho Bernardo; Rancho Penasquitos; Carmel Mountain; 4S Ranch; Scripps Ranch; and Mira Mesa

Eligibility Must meet one of the following: • Seniors or disabled adults with one or more chronic or post-acute medical, cognitive, or mental health conditions requiring one or more of the following: monitoring, treatment or intervention by a skilled professional.

Community Based Adult Services

Provides services to the elderly and adults with illness and or disabilities. Once enrolled, participants may be able to receive services such as: • Support Groups regrading dementia related issues • Nutritional Counseling • Physical recreational activities • Physical therapy • Occupational therapy • Speech therapy • Transportation to and from the center • Nursing (Registered Nurses and LVN's) • Cognitive Behavior Therapy • Medical Diagnosis

Intake Procedure Online; Call

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

Fees vary based on health coverage

Last Update Date 9/1/2023

Category Transportation 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 assistive devices products 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. Offers round-trip transportation to programs at no cost to students participating in the vision rehabilitation services. Assistive devices offered: • Magnifiers • Blindness Products • Lighting • Kitchen aids • Time pieces • Accessible computer hardware and software

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

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

No fees

Last Update Date 12/28/2023

San Ysidro Health

1840 West Dr
 Vista, CA 92083
 (619) 205-4585
<http://www.syhc.org/space/>

Serves See eligibility

Eligibility Participants must meet the following requirements:
 • Be 55 years of age or older • Meet the Level of Care requirements for a skilled nursing facility as certified by the CA Department of Health Care Services • Be able to live at home or in a community set

San Diego PACE, Vista

Offers a specialized health plan exclusively for adults who have significant health care needs and face a heightened risk of nursing home placement. Provides and coordinates a full range of services to help medically and physically challenged older adults to continue living safely in the community and delay nursing home placement. Services Include: • Adult Day Center • Primary medical care including specialty care services • Nursing care • Behavioral health services including psychiatry • Dental services • Optometry services • Podiatry • Prescription medications • Emergency services • Social services • Personal care • Physical, occupational, and speech therapy • Dialysis • Nutritional meals and snacks • Group and recreational activities • Durable medical equipment • Transportation to and from all healthcare appointments *Services covered are in accordance with the individualized care plan and must be approved by the San Diego PACE team. Most participants who have both Medicare and Medi-Cal pay nothing more for the program. Eligible persons who are not Medi-Cal and/or Medicare eligible may elect to pay privately for PACE enrollment.

Intake Procedure Call for more information

Day Center Hours: 8:00 am-5:00 pm, Monday-Friday

No fees for Medicare and Medi-Cal recipients.

Eligible individuals who are not Medi-Cal and/or Medicare eligible may elect to pay privately for PACE enrollment

Last Update Date 3/25/2024

VMC Home Care, LLC

5055 Avenida Encinas
 Carlsbad, CA 92008
 (760) 828-5201
<https://getgoldencare.com>

Serves San Diego County

Eligibility Adult 18 years and older who requires assistance with ADL

Golden Care

Provides non-medical ADL care to adults 18 years and older at a fixed rate. Services include: • Personal home care • Placement services • Companion care • Care Coordination • Alzheimer's home care • Parkinson's home care • Respite care • Light housekeeping • Meal preparation • Assistance with bathing and dressing • Standby assistance • Nonmedical transportation • Companionship

Intake Procedure Call; Walk-in for services

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

\$37-\$45 Hourly

Last Update Date 5/22/2024

Category Utility Assistance

Campeños Unidos, Inc. of San Diego

885 Gateway Center Way Ste 103
 San Diego, CA 92102
 (619) 391-9790
<https://campeñosunidos.org/energy-department/>

Serves Parts of San Diego County, specifically 9### in North County

Eligibility The agency determines program eligibility based on the guidelines below. See helpful tips for a list of zip codes the program serves. Must meet the following: 1. Ages 18 years and older. 2. Must be a legal US resident and have a valid Social Security Nu

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 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. Please Note: Cannot receive HEAP assistance if enrolled under the Arrearage Management Payment (AMP) Plan program. Can assist other utility companies besides SDG&E, as long as the company is based in San Diego. Phone lines will be busy, expect delays. Clients may leave a message anytime. Callbacks will be made in the order the call is received.

Intake Procedure Email;Online;Call for appointment;Mail
 Appointment Intake: 8:00 am-3:30 pm, Monday, Wednesday; Closed for lunch 11:30 am-1:00 pm; Closed on holidays; Online: 24 hours a day, 7 days a week
 No fees. Client may be required to pay for a portion of the bill in order to receive assistance.

Last Update Date 2/7/2024

Interfaith Community Services

5731 Palmer Way Ste A
 Carlsbad, CA 92010
 (760) 448-5696

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 ID vouchers (some limits and criteria do apply, provided based on availability), eyeglass assistance (prescription required), SDG&E utility assistance, partial financial assistance for applicable prescriptions, some crisis intervention, emergency food, hygiene packets, diapers and formula (when available), and additional community resources and referrals as needed. Case management support is available by appointment for employment, housing stabilization, and self-sufficiency.

Intake Procedure Call for appointment;Walk-in for services
 7:00 am-12:00 pm, Monday-Friday; 1:00 am-4:00 pm, Tuesday-Thursday; Closed for Lunch: 12:00 pm-1:00 pm; Closed on holidays; Closed 1st Friday of the Month
 No fees

Last Update Date 9/6/2024

Interfaith Community Services

4700 N River Rd Ste A
 Oceanside, CA 92057
 (760) 721-2117
<https://www.interfaithservices.org/support>

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, diapers, and baby food (if available), mailing address/PO Box services, partial financial assistance for applicable prescriptions, eyeglass assistance, ID vouchers, utility assistance (in emergency, appointment highly encouraged), access to benefits, immigration and legal aid service referrals, crisis intervention, and additional community referrals as needed. By Appointment: Case management support is available for employment, housing stabilization, and self-sufficiency by appointment. Rental assistance may be available for Case Managed residents within the North County San Diego area (limits and criteria do apply, provided based on availability). Employment supports are also available for Case Managed clients.

Intake Procedure Call for appointment;Walk-in for more information;Walk-in for appointment
 Hours of Operation: 8:00-5:00 pm, Monday - Friday; Walk-in Hours: 8:00 am– 11:00 am, Tuesday and Thursday
 No fees

Last Update Date 2/9/2024

Category **Utility Assistance**

Interfaith Community Services

5731 Palmer Way Suite A
 Carlsbad, CA 92010
 (760) 448-5696
<https://www.surveymonkey.com/r/ICSCbadRA>

Serves Carlsbad

Eligibility Rental assistance is only available for those who reside or plan to reside in the City of Carlsbad (as available). Must have a current lease or pre-lease agreement. Income guidelines vary depending on the funding source. Must actively participate in ongoing

Carlsbad Rental Assistance

Offers a financial grant that assists low-income households in severe emergencies who are actively enrolled in ongoing case management. Case management support is available by appointment for employment, housing stabilization, and self-sufficiency. Based on the needs of each household support could include: • Emergency rental assistance • Rental arrears • Late fees • Utility assistance • Landlord mediation/ advocacy • New move-in expense assistance • Employment assistance

Intake Procedure Call for more information;Walk-in for more information;Complete Application Online

7:00 am-12:00 pm, Monday-Friday; 1:00 pm-4:00 pm, Tuesday-Thursday; Closed for lunch 12:00 pm-1:00 pm, Closed 1st Friday of each month, Closed on Holidays.

No fees

No fee

Last Update Date 9/5/2024

Interfaith Community Services

5731 Palmer Way Ste A
 Carlsbad, CA 92010
 (760) 448-5696

Serves San Diego County

Eligibility Must meet the following: • The customer must attempt to receive services through Campesinos Unidos first. If customer is low income and has not received LIHEAP assistance in the past year, the customer is referred to a LIHEAP agency first • Customers do

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. Provides assistance up to \$300 per household per year (minimum is \$50). If the customer owes more than \$300, a co-payment and/or a payment agreement on the difference is required. NTN program manager will consider exceptions to the \$300 limit on a case-by-case basis. SDG&E customers who reside in the company's service territory in San Diego County can apply for the program.

Intake Procedure Call for appointment;Walk-in for services
 Call for appointment or walk-in hours

No fees. However, a payment for a the remainder balance of the utility bill is required to receive assistance.

Last Update Date 7/19/2024

Interfaith Community Services

550 W Washington Ave Ste B
 Escondido, CA 92025
 (760) 489-6380
www.interfaithservices.org

Serves North County of San Diego

Eligibility Must meet the following: • If customer is low income and has not received LIHEAP assistance in the past year, the customer is referred to a LIHEAP agency first • Customers do not have to be low income to qualify but must be at least 60 days past due on SD

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. Provides assistance up to \$300 per household per year (minimum is \$50). If the customer owes more than \$300, a co-payment and/or a payment agreement on the difference is required. NTN program manager will consider exceptions to the \$300 limit on a case-by-case basis SDG&E customers who reside in the company's service territory in San Diego County can apply for the program.

Intake Procedure Call for more information;Walk-in for more information;Walk-in for appointment;Voice Message;Complete Application Online;Walk-in for services

Phone Hours: 8:00 am-5:00 pm, Monday-Friday; Closed the first Friday of each month and holidays

No fees. However, a payment for a the remainder balance of the utility bill is required to receive assistance.

Last Update Date 2/27/2023

Category **Utility Assistance**

Interfaith Community Services

4700 N River Rd Ste C
 Oceanside, CA 92057
 (760) 721-2117
www.interfaithservices.org

Serves Oceanside

Eligibility Must meet the following: • If customer is low income and has not received LIHEAP assistance in the past year, the customer is referred to a LIHEAP agency first • Customers do not have to be low income to qualify but must be at least 60 days past due on SD

Neighbor to Neighbor, Oceanside

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. Provides assistance up to \$300 per household per year (minimum is \$50). If the customer owes more than \$300, a co-payment and/or a payment agreement on the difference is required. NTN program manager will consider exceptions to the \$300 limit on a case-by-case basis. SDG&E customers who reside in the company's service territory in San Diego County can apply for the program.

Intake Procedure Call for appointment;Voice Message;Complete Application Online
 8:00 am-12:00 pm, Wednesday-Friday; Closed the first Friday of each month and holidays
 No fees. However; a payment for a portion of the utility bill is required. Please call for information.

Last Update Date 2/27/2023

Navy-Marine Corps Relief Society, San Diego

E St & 14th St, 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 7/25/2023

The Salvation Army San Diego Regional Office

3935 Lake Blvd
 Oceanside, CA 92056
 (760) 631-8212 Ext 205
<https://oceanside.salvationarmy.org/>

Serves North Coastal Region

Eligibility Must meet the following: • If customer is low income and has not received LIHEAP assistance in the past year, the customer is referred to a LIHEAP agency first • Customers do not have to be low income to qualify but must be at least 60 days past due on SD

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. Provides assistance up to \$300 per household per year (minimum is \$50). If the customer owes more than \$300, a co-payment and/or a payment agreement on the difference is required. NTN program manager will consider exceptions to the \$300 limit on a case-by-case basis. SDG&E customers who reside in the company's service territory in San Diego County can apply for the program.

Intake Procedure Call for appointment;Voice Message;Complete Application Online
 10:00 am-12:00 pm, Tuesday
 No fees. However, a payment for a portion of the utility bill is required.

Last Update Date 2/27/2023