

**La Mesa / Spring Valley Homeless Services Resources**

This list is organized by type of resource including businesses that benefit individuals experiencing homelessness. This list, originally compiled in spring 2018, is updated monthly and is subject to change. If you have information regarding new resources, or if you are affiliated with any of these organizations and have updated information, please contact us at [ecassistwebsite@gmail.com](mailto:ecassistwebsite@gmail.com). A copy of this resource guide can be located at [www.ecassist.org](http://www.ecassist.org).

- For emergencies, dial **9-1-1** For non-emergency disturbances, **La Mesa- dial (619) 667-1400**
- For emergencies, dial **9-1-1** For non-emergency disturbances, **Spring Valley- dial (858) 565-5200**
- For access to additional resources including jobs, legal services, and senior programs, see <https://211sandiego.org/> or call 2-1-1.
- For access to food resources, including a list of pantries, see the **Food Resource Guide** at [www.ecassist.org](http://www.ecassist.org) website.

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Hot

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Adult &amp; Elder Abuse</b>	San Diego County (800) 510-2020	24 Hour Hotline
<b>Alcohol &amp; Drug Services</b> Referrals to local treatment facilities, support groups, and community-based organizations.	SAMHSA's National Helpline (800) 662-HELP (4357)	Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish
<b>Child Abuse</b>	(858) 560-2191	24 Hour Hotline
<b>Crime Tip Hotline</b>	(888) 580-8477	24 Hour Hotline
<b>Domestic Violence /Sexual Assault</b>	(888) DVLINKS or (888) 385-4657	24 Hour Hotline
<b>Domestic Violence Shelters</b>	(888) 385-4657 Domestic Violence Shelter Aid	Listen to the prompts.
<b>General Resource Help &amp; Information</b>	2-1-1	24 Hour Hotline (2-1-1)
<b>Legal Aid</b>	(877) 534-2524	Listen to the prompts. Monday-Friday 8:00am-5:00pm
<b>Narcotics Anonymous</b>	(800) 479-0062 San Diego	24 Hour Hotline
<b>Poison Control</b>	(800) 222-1222	24 Hour Hotline
<b>San Diego County Public Assistance ACCESS line</b>	(866) 262-9881	Monday-Friday 7:00am – 5:00pm
<b>San Diego ACCESS &amp; Crisis Hotline Mental Health and Suicide Prevention</b>	(888) 724-7240	24 Hour Hotline
<b>Veterans Crisis Line</b>	(800) 273-8255	24 Hour Hotline

Site Name	Contact Information	Service Hours/Information
<p><b>US Social Security Administration</b> Call to schedule an appointment and bring in all necessary documents.</p>	<p>7961 University Ave La Mesa, CA 91941 (800) 772-1213 877-401-1445</p>	<p><u>By appointment only</u></p>
<p><b>W I C</b> Women, Infants &amp; Children Monthly checks to purchase healthy foods for new babies and young children.</p>	<p>9621 Campo Rd. Ste G Spring Valley, CA 91977 (888) 999-6897 <a href="http://www.sdsuwic.com">www.sdsuwic.com</a></p>	<p><u>Monday—Friday</u> 8:30am—4:00pm By phone only</p>
<p><b>American Red Cross WIC Program - Spring Valley Office</b> Special checks, also called vouchers, for nutritious food; Nutrition classes; Individual nutrition counseling; Breastfeeding support.</p>	<p>8810 Jamacha Blvd. Spring Valley, CA 91977 (800) 500-6411 <a href="http://www.sandiegowic.org">www.sandiegowic.org</a></p>	<p><u>Monday—Friday</u> 8:30am-4:00pm By phone only</p>
<p><b>East Region Public Health Center</b> Immunizations, TB Medication, STD Testing &amp; Hep A &amp; TB Vaccinations. COVID-19 Testing Sites and Vaccines are available at several sites. Check the website for more information.</p>	<p>367 N. Magnolia Ste. 101 El Cajon, CA 92020 (619) 441-6500 <a href="http://www.sandiegocounty.gov">www.sandiegocounty.gov</a></p>	<p><u>Mon, Tue, Wed, Fri</u> 8:00am – 11:00am 1:00pm-4:00pm <u>Thursday</u> 1:00pm-4:00pm only Call for an appointment</p>
<p><b>La Mesa Police Department</b> Report non-emergency disturbances, loitering &amp; complaints.</p>	<p>8085 University Ave La Mesa, CA 91941 (619) 667-1400 Non-emergency <a href="http://9-1-1.org">9-1-1 Emergency</a></p>	<p><u>Monday-Friday</u> 8:00am – 5:00pm Lobby and alternate Fridays</p>
<p><b>San Diego County Sheriff's Department Rancho San Diego Station</b> Report non-emergency disturbances, loitering &amp; complaints.</p>	<p>11486 Campo Rd. Spring Valley, CA 91979 Dispatch (858) 565-5200 Non-emergency Business (619)660-7090 <a href="http://9-1-1.org">9-1-1 Emergency</a></p>	<p><u>Monday-Friday</u> 8:00am – 5:00pm</p>

Site Name	Contact Information	Service Hours/Information
<p><b>Grossmont Spring Valley Family Health Center FHCSD</b></p> <p>Comprehensive medical, family, counseling, women’s health services. Provides healthcare services to people experiencing homelessness.</p>	<p>8788 Jamacha Rd. Spring Valley, CA 91977 (619) 515-2555 <a href="http://www.fhcsd.org">www.fhcsd.org</a></p>	<p><u>Monday-Friday</u> 8:30am—5:30pm Closed for lunch 12:30-1:30pm <u>Tuesday</u> 8:30am-7:00pm</p> <p>Provides healthcare services to people experiencing homelessness.</p>
<p><b>Borrego Healthcare Women’s Health &amp; Wellness Center</b></p> <p>Comprehensive medical services.</p>	<p>8851 Center Dr. Ste. 210 La Mesa, CA 91942 (619)463-7775</p>	<p><u>Monday – Friday</u> 8:00am – 5:00pm</p>
<p><b>East Region Public Health Center</b></p> <p>Immunizations, TB Medication, STD Testing &amp; Hep A Vaccinations. COVID-19 Testing Sites and Vaccines are available at several sites. Check the website for more information.</p>	<p>367 N. Magnolia Ste. 101 El Cajon, CA 92020 (619) 441-6500 <a href="http://www.sandiegocounty.gov">www.sandiegocounty.gov</a></p>	<p><u>Mon, Tue, Wed, Fri</u> 8:00am – 11am 1PM-4PM <u>Thursday</u> 1:00pm-4:00pm only Call for an appointment</p>
<p><b>Rady Children’s Urgent Care</b></p>	<p>5565 Grossmont Center Dr., Building 2, Suite 2 La Mesa, CA 91942 (619) 713-5375 <a href="http://www.rchsd.org/locations/satellite-locations/la-mesa/">www.rchsd.org/locations/satellite-locations/la-mesa/</a></p>	<p>Closed Currently- Check website for additional locations.</p>
<p><b>U.S. HealthWorks Urgent Care</b></p>	<p>8090 Parkway Dr. La Mesa, CA 91942 (619) 697-3093 <a href="http://www.ushealthworks.com/Medical-Center/California/La-Mesa.html">www.ushealthworks.com/Medical-Center/California/La-Mesa.html</a></p>	<p><u>Monday-Friday</u> 8:00am – 5:00pm</p> <ul style="list-style-type: none"> <li>• Most major insurance accepted</li> <li>• HMO Members: To avoid delays in treatment or denial of service, please verify that this U.S. HealthWorks location is contracted with your insurance plan for Urgent Care services before arriving</li> </ul>

Site Name	Contact Information	Service Hours/Information
<b>Grossmont Family Counseling Center</b> Behavioral Health Clinic	Grossmont Medical Arts Bldg 8851 Center Dr., Suite 312 La Mesa, CA 91942 (619) 515-2383 <a href="http://www.fhcsd.org">www.fhcsd.org</a>	<u>Monday—Friday</u> 8:00am—5:00pm
<b>Heartland Wellness Recovery Center</b>	460 Magnolia Ave #110 El Cajon, CA 92020 (619) 440-5133	<u>Monday – Friday</u> 9:00am – 5:00pm
<b>Spring Valley Family Counseling Center</b> Healthcare and supportive services	3845 Spring Dr Spring Valley, Ca 91977 (619) 515-2380 <a href="http://www.fhcsd.org">www.fhcsd.org</a>	<b>Intake hours of operation</b> <u>Monday-Friday</u> 8:30am—5:00pm Closed for lunch 12:30-1:00pm
<b>Adult Mental Health Services, La Mesa</b> Behavioral Health System	7050 Parkway Dr Ste 113 La Mesa, CA 91942 (619) 667 6125 or (619) 465-4411 619- 431- 4877	<b>Open 24 Hours-7 days a week</b>
<b>Volunteers of America</b> Carlton G. Luhman Center for Supportive Living	290 S. Magnolia Ave El Cajon, CA 92020 (619) 447-2428 <a href="http://www.voa.org">www.voa.org</a>	56-bed residential treatment facility for adults with mental disorders. Contact the property manager onsite for information. <b>Open 24 Hours-7 days a week</b>

### Shelters/Housing/Case Management

Site Name	Contact Information	Service Hours/Information
<b>2-1-1 Shelter Referrals</b> Emergency shelters, supportive housing, transitional housing options & resources.	Dial 2-1-1	24-hour confidential shelter referral service for San Diego Co.
<b>Online Homeless Shelter Sites</b>	<a href="http://www.homelessshelterdirectory.org">www.homelessshelterdirectory.org</a>	View nearby shelters online
<b>PCG—Pacific Consulting Group</b> Comprehensive consulting and operational support for Temporary Assistance for Needy Families (TANF), Supplemental Nutritional Assistance Program (SNAP), and other programs.	*CalWORKS Recipients Only Human Services 151 Van Houten Avenue El Cajon, CA 92020 Toll Free: (800)-210-6113 Phone: (619) 270-4000	Onsite Housing Navigator Call for an appointment
<b>Home Start, Inc.</b> Crisis intervention, case management, outreach, rental assistance, housing navigation,	333 Main St. El Cajon, CA 92020 (619) 430-0032- Intake Leave message <a href="http://www.home-start.org">www.home-start.org</a>	<u>Thursdays Only</u> 12:30pm-4:30pm Walk in available TAY Youth 18-24 <u>Mondays</u> 12:00pm-4:00pm

<p>motel vouchers and prevention assistance.</p> <p><b>Maternity Housing Program</b> Pregnant or young mothers who are experiencing homelessness between the ages of 18-24.</p>	<p>Shelter Manager (619) 906-4401 <a href="http://www.home-start.org/maternity-shelter-program/">www.home-start.org/maternity-shelter-program/</a></p>	<p>Call for availability</p>
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**Safe Parking**

Site Name	Contact Information	Service Hours/Information
<p><b>Dreams for Change—Safe Parking</b> Safe parking environment as well as supportive services for transitional homeless people who are living in their vehicles.</p>	<p><b>San Diego Lot</b> 766 28th St. San Diego, 92102</p> <p><b>RV Parking Lot</b> 5605 Imperial Ave., S.D. 92114</p>	<p>Please call (619) 497-0236 before arriving at a location <b>7 nights a week</b>, 365 days a year starting at 6:00pm</p>
<p><b>Jewish Family Services-Safe Parking</b> Safe parking with supportive services including housing assistance. Must apply in advance and have a reservation.</p>	<p>(858) 637-3373 Must call for reservations.</p> <p>Sites located at: 8804 Balboa Avenue, SD 9882 Aero Drive, SD Encinitas 2334 Mission Village Dr., SD (Accommodates RV vehicles)</p>	<p>Reservations must be made in advance. All lots are <b>7 days a week</b>. 6:00pm-6:00am with housing assistance available.</p>

**Legal Services**

Site Name	Contact Information	Service Hours/Information
<p><b>ElderHelp</b> Elder Law provides legal services for seniors (60+ years) for wills, landlord/tenant issues, Medicare, and Medi-Cal issues.</p>	<p>(858) 565-1392 x 200</p>	<p><u>2<sup>nd</sup> Wednesday</u> 1:30pm-4:00pm Renette Park Community Center Services are free. Must call for an appointment.</p>
<p><b>Legal Aid Society</b> Legal help with housing, debt, collection, repossession, housing, discrimination, family law, immigration, federal tax problems, CalWORKs/CalFresh/General Relief, SSI, Restraining orders.</p>	<p>(877) 534-2524 General Info (866) 244-0101 Evictions (844) 449-3500 Fair Housing/Discrimination</p>	<p>Call for more information</p>
<p><b>Think Dignity</b> Call-In Legal Clinic &amp; Referrals: Attorney on staff</p>	<p>3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line</p>	<p><u>Monday – Friday</u> <u>7:00am – 11:00am</u> <u>4:30pm – 7:30pm</u> <u>Saturday</u></p>

<p>can answer any legal questions.</p> <ul style="list-style-type: none"> <li>Homeless Youth &amp; Legal Advocacy Program (HYLAP): Homeless &amp; at-risk youth. ages 14-27 receive direct representation for criminal defense matters as well as direct connection to an advocate to receive social services</li> </ul>	<p>(619) 354-9879 Call-In Legal Clinic &amp; Referrals  <a href="http://www.thinkdignity.org/">www.thinkdignity.org/</a></p>	<p><u>8:00am -12:00pm</u>          HYLAP clients email:  <a href="mailto:mitchelle@thinkdignity.org">mitchelle@thinkdignity.org</a></p>
<p><b>University of San Diego-School of Law- Free Legal Clinics</b>          Several clinics with free services for those qualifying by income for child support, immigration, tax law, family law, and more.</p>	<p>(619) 260-4692  <a href="mailto:lawdev@sandiego.edu">lawdev@sandiego.edu</a> email  <a href="http://www.sandiego.edu/law/donor-relations/funding-priorities/legal-clinics.php">www.sandiego.edu/law/donor-relations/funding-priorities/legal-clinics.php</a>          website</p>	<p>Appointments by phone only.          Schedule an appointment  <u>Monday—Friday</u>          8:30am-4:00pm</p>

**Veterans**

Site Name	Contact Information	Service Hours/Information
<p><b>Veterans Village of San Diego</b>                  Assistance with housing, substance abuse recovery, mental health services, food, legal services.</p>	<p>4141 Pacific Hwy.                  San Diego, CA 92110                  (619) 393-2000 General                  (619) 961-2165 Supportive Services for Veteran Families  <a href="http://www.mhsinc.org/courage-to-call">www.mhsinc.org/courage-to-call</a></p>	<p>For more information or to make an appointment, please call.</p>
<p><b>Courage to Call</b>                  Mental Health Systems— Guidance, information, referral services to veterans, active duty, reservists, and families.</p>	<p>9445 Farnham St. Ste. 100                  San Diego, CA 92123                  (877) 698-7838  <a href="http://www.mhsinc.org/courage-to-call">www.mhsinc.org/courage-to-call</a></p>	<p>Call for more information</p>
<p><b>Veteran Community Services of San Diego</b>                  Services help veterans seek employment, identify benefits, and obtain housing.</p>	<p>Main Office--San Diego                  4025 Camino del Rio S #205                  San Diego, CA 92108                  (800) 974-9909  <a href="http://www.ccvcs.net">www.ccvcs.net</a></p>	<p><u>Monday-Friday</u>                  8:30am—5:00pm</p>

**Youth/Teen Services and Shelters**

Site Name	Contact Information	Service Hours/Information
<p><b>San Diego Youth Services</b> Mental health services and drop-in centers for LGBTQ youth up to age 21 and their families. Case management, resources, support groups, drug/alcohol abuse programs and more.</p>	<p><b>Our Safe Place Mental Health Clinic</b> 3427 4th Avenue, 2nd Floor San Diego, CA 94103 (619) 525-9903</p> <p><b>SDYS Central Drop-in Center</b> 2220 Broadway San Diego, CA 92102</p>	<p><u>Monday-Friday</u> 9:00am—6:00pm</p> <p><u>Open 7 days a week</u> Closes 8:00pm Call (619) 525-9903 for information</p>
<p><b>San Diego Youth Services Street Outreach:</b> (Meets and engages runaway and homeless youth across San Diego County to connect them with resources, including transportation to shelter, housing referrals, safer sex kits, food, hygiene items, seasonal items such as blankets and case management services.)</p> <p><b>TAY Academy:</b> Combines a drop-in center with structured learning and recreational opportunities for Transition Age Youth (ages 16-24), including foster youth, former foster youth, out-of-home probation youth, and homeless and runaway youth.</p> <p><b>Transitional Housing Continuum:</b> Provides affordable housing, independent living skills training, life planning and comprehensive support services to break the cycle of homelessness and create hope and self-sufficiency for youth ages 16-24 transitioning into adulthood.</p> <p><b>Youth Emergency Shelter:</b> Emergency night shelter program and drop-in center for homeless, runaway and “street” youth, providing a safe home and support services to help</p>	<p>(619) 221-8600 Main line 2220 Broadway San Diego, CA 92102 (619) 232-8126 <a href="http://www.sdyouthservices.org">www.sdyouthservices.org</a> Ages 14-25 (866) 752-2327 Youth Hotline</p> <p>(866) 752-2327 Youth Hotline</p>	<p>See program hours below <u>Tuesday-Friday</u> 11:00pm—3:00pm <u>7 days a week</u></p> <p><u>7 days a week</u></p>

<p>youth return to their families or find alternative safe living arrangements.</p>		
<p><b>Home Start, Inc.</b>  <b>Maternity Shelter Program</b>          Provides pregnant or parenting homeless women ages 18-24 and their children with housing and wrap-around supportive services.</p> <p><b>Mental Health Services</b>          The Mental Health team at Home Start provides therapy services to children, families, and adults, both in the community and at the Home Start Inc. Counseling Center. Most services are FREE to clients.</p> <p><b>Home Start, Inc.</b>  <b>Rapid Rehousing TAY</b>  <b>Ages 18-24</b>          Assist youth find affordable housing in the community, and provide assistance with a portion of the rent for up to a year. Pregnant or parenting females only.</p>	<p>Shelter Manager          (619) 906-4401  <a href="mailto:eadams@home-start.org">eadams@home-start.org</a></p> <p>Intake line at (619) 692-0727 ext. 118</p> <p>Shelter Manager          (619) 906-4401  <a href="mailto:eadams@home-start.org">eadams@home-start.org</a></p>	<p>Call for availability or for more information.</p> <p>Leave message and a therapist will return your call          Operator hours are 9:00am-5:00pm</p> <p>Call for availability and for more information</p>
<p><b>Teen Challenge</b>          Faith-based drug education and prevention, food distributions, clubs and a learning center for children, juvenile hall and jail ministry, crisis counseling, more.</p>	<p>P.O. Box 15637          San Diego, CA 92175          (619) 265-0337  <a href="http://Teenchallenge.org/centers/san-diego-county/">Teenchallenge.org/centers/san-diego-county/</a></p>	<p>Call for more information</p>

**Job Assistance/Temporary Agencies**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<p><b>Volt Workforce Solutions</b>            Temporary positions</p>	<p>7676 Hazard Center Dr.            STE 1000, San Diego, CA            92108            858-578-0920</p>	<p><u>Monday-Friday</u>            8:00am – 5:00pm</p>
<p><b>Pacific Consulting Group (PCG)</b>            Career Development, Job Assistance and more.</p>	<p>151 Van Houten Ave.            El Cajon, CA 92020            (800) 210-6113</p>	<p><u>Monday—Friday</u>            8:00am—4:00pm            Call for an appointment</p>

<p><b>San Diego Workforce Partnership</b> <b>(East Co. Career Center)</b> Career Development and Job Training</p>	<p>151 Van Houten Ave. El Cajon, CA 92020 (619) 319-9675</p>	<p><u>Monday—Friday</u> 8:00am--5:00pm Call for an appointment</p>
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### Colleges/Adult School Locations

Site Name	Contact Information	Service Hours/Information
<p><b>Cuyamaca College</b></p>	<p>900 Rancho San Diego Pkwy El Cajon, CA 92019 *Rancho San Diego City (619) 660-4000 <a href="http://www.cuyamaca.edu">www.cuyamaca.edu</a> Student Services: Bldg A-300 Career Center Services: A-221</p>	<p><u>Monday</u> 8:00am – 6:00pm <u>Tuesday-Thursday</u> 8:00am – 5:00pm <u>Friday</u> 9:00am – 1:00pm *See website for additional weekend hours/information</p>
<p><b>Grossmont College</b></p>	<p>8800 Grossmont College Dr. El Cajon, CA 92021 (619) 644-7000 <a href="http://www.grossmont.edu">www.grossmont.edu</a> Student Services: Bldg. 10 Career Center: Bldg. 60 Rm 140</p>	<p><u>Monday- &amp; Tuesday</u> 8:00am – 6:00pm <u>Wednesday &amp; Thursday</u> 8:00am – 5:00pm <u>Friday</u> 8:00am – 1:00pm *See website for additional weekend hours/information</p>
<p><b>Access, Inc.</b> Immigration Services community-based organization that provides job training, education, empowerment services, and immigration assistance to low-income residents.</p>	<p>2612 Daniel Ave San Diego, CA 92111 (858) 560-0871</p>	<p><u>Monday –Friday</u> 8:00am–5:00pm Call for an appointment.</p>
<p><b>Foothills Adult Education Center</b> Career Development, Trade classes such as welding and carpentry, language, and more. Many classes are free or low-cost.</p>	<p>1550 Melody Ln. El Cajon, CA 92019 (619) 588-3500</p>	<p><u>Monday—Friday</u> 8:00am-4:00pm</p>

### Libraries

Site Name	Contact Information	Service Hours/Information
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<p><b>La Mesa Branch Library</b> Services have changed during COVID-19. <a href="#">Click here</a> for more information.</p>	<p>8074 Allison Ave La Mesa, CA 91942 619) 469-2151 <a href="http://Sdcl.org">Sdcl.org</a></p>	<p><u>Monday—Friday</u> 10:00am—4:00pm</p>
<p><b>Casa de Oro Branch Library</b> Services have changed during COVID-19. <a href="#">Click here</a> for more information.</p>	<p>9805 Campo Rd., #180 Spring Valley, CA 91977 (619) 463-3236 <a href="http://Sdcl.org">Sdcl.org</a></p>	<p><u>Monday—Friday</u> 10:00am—4:00pm</p>
<p><b>Spring Valley Branch Library</b> Services have changed during COVID-19. <a href="#">Click here</a> for more information.</p>	<p>836 Kempton St. Spring Valley, CA 91977 (619) 463-3006 <a href="http://Sdcl.org">Sdcl.org</a></p>	<p><u>Monday—Friday</u> 10:00am—4:00pm</p>

**Churches/Faith-based Organizations (For Food Pantry and Meal Distributions (See Food Resource Guide at [www.ecassist.org](http://www.ecassist.org)).**

Site Name	Contact Information	Service Hours/Information
<p><b>Crosspointe Life Church</b> (Christian)</p>	<p>8809 La Mesa Blvd La Mesa, CA 91942 (619) 464-3077 info@crosspointelife.org</p>	<p><u>Sunday</u> 10:30AM</p> <p>Food Distribution <u>Tuesday and Thursday</u> 10:15am (check in between 9:45 to 10:15 am First come first serve) with valid IDs <u>4<sup>th</sup> Saturday of the month</u> (First come first serve) No ID needed.</p>
<p><b>Journey Community Church</b> (Christian)</p> <p>Please be in line by the start time and bring bags. Anyone is welcome, there are no income requirements.</p>	<p>8363 Center Drive Suite 6C La Mesa, CA 91942 619-464-4544 <a href="http://www.Journeycommunitychurch.com">www.Journeycommunitychurch.com</a></p>	<p><u>Fridays</u> at 7:00pm <u>Sundays</u> at 9:00am &amp; 11:00pm</p> <p>Food Program <u>1st Thursday</u> of the month at 6:00pm <u>2nd Friday</u> of the month at 9:00am, <b>produce only.</b> <u>3rd Saturday</u> of the month at 8:30am- Diapers 8:00am—10:00am <u>4th Thursday</u> of the month at 6:00pm <b>produce</b> Senior <u>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday</u> 10:00am -12:00pm bring valid ID 65 or older.</p>
<p><b>La Mesa Seventh Day Adventist Community Church</b> (Christian)</p>	<p>4207 Spring Gardens Dr. La Mesa, CA 91941 (619)461-5703</p>	<p><u>Sunday</u> 11:00dam</p> <p>Food Program</p>

		<u>Monday, Tuesday, and Thursday</u> 9:00am-12:00pm
<b>Skyline Church</b> (Christian)	11330 Campo Road La Mesa, CA 619.660.5000 <a href="http://www.skylinechurch.org">www.skylinechurch.org</a>	<u>Sunday</u> 9:00am, 11:00am & 6:00pm
<b>New Seasons Church</b> (Baptist)	2300 Bancroft Drive Spring Valley CA 9977 (619) 463-0725	<u>Sunday</u> 9:00am, 11:00am (English)
<b>Heaven's Windows</b> Programs include Child Nutrition Program, Seasoned with Love Hot Meals, Food Pantry & Clothes Closet, Community Food Distribution	2820 Via Orange Way Ste. W, Spring Valley, CA 91978 <a href="mailto:info@heavenswindows.org">info@heavenswindows.org</a>	Goodland Acres County Park/Heaven's Windows Food Pantry 8848 Troy St., Spring Valley <u>Tuesday - Friday</u> 9am until noon <u>Closed Mondays</u>  Joseph's Storehouse/Spring Valley Community Church 3334 Bancroft Dr., Spring Valley <u>Monday - Thursday</u> 9am until noon Diapers available
<b>Faith Chapel</b> (Christian)	9400 Campo Rd. Spring Valley, CA 91977 619-461-7451	<u>Sunday</u> 8:30am ,10:30am, 5:00pm online mass Office : <u>Monday – Thursday</u> 8:30am- 4:30pm Food Program <u>3rd Wednesday</u> 10:00am until food is gone.
<b>Santa Sophia Church</b> (Catholic) St. Vincent de Paul Food Pantry. provide food staples and perishable once month to people in Spring Valley in the 91977 & 91978	9800 San Juan St. Spring Valley, CA 91977 (619) 463-6629	<u>Sunday</u> 8:00am and 11:00am  Food Program (call for more info) <u>Tuesday and Thursday –</u> 9:30am to 11:00am <u>Saturday - 9:00am to 11:00am.</u>
<b>Spring Valley Community Church</b> (Christian)	3310 Bancroft Dr. Spring Valley, CA 91977 (619)342-1414	<u>Sunday</u> 10:00am Food Program <u>Thursday and Friday</u> 9:00am-12:00pm; Before or after services

		<u>Wednesday 6:00pm-8:00pm and Sunday 10:00am-12:00pm</u>
<b>Streets of Hope San Diego Jericho Christian Fellowship</b> Outreach, food, clothing to the streets of El Cajon	9407 Jericho Rd. La Mesa, CA 91942 (619) 590-0700	Call for hours of distribution

**Gyms**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>24-hour Fitness</b> Indoor and outdoor fitness during COVID-19. No reservations needed at this time.	3633 Avocado Blvd La Mesa, CA 91941 (619) 660-5024 <a href="http://24hourfitness.com">24hourfitness.com</a>	<u>Monday-Sunday</u> 5:00am – 9:00pm
<b>Chuze Fitness</b> Indoor and outdoor fitness during COVID-19. Call to see if a reservation is needed.	5500 Grossmont Center Dr La Mesa, CA 91942 (619) 741-7600	<u>Monday, Thursday Tuesday, Wednesday,</u> 5:00am – 10:00pm <u>Friday</u> 5:00am – 8:00pm <u>Saturday, Sunday</u> 7:00am – 7:00pm
<b>McGrath Family YMCA</b> Indoor and outdoor fitness during COVID-19. Call to see if a reservation is needed.	12006 Campo Road Spring Valley, CA 91978 (619) 462-9622	<u>Monday- Friday</u> 6:00am- 2:00pm 4:00pm- 8:00pm <u>Saturday, Sunday</u> 8:00am – 1:00pm

**Thrift Stores**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Twice Treasured Thrift Store Journey Community Church (Christian)</b>	8363 Center Drive La Mesa, CA 91942 (619) 741-0290	<u>Tuesday, Wednesday, Thursday</u> 9:00am – 3:00pm <u>Friday</u> 9:00am – 3:00pm 6:30am- 8:00pm <u>Sunday</u> 9:00am -10:30am 11:00am -12:30pm
<b>Thrift Korral Grossmont Hospital Auxiliary</b>	8693 La Mesa Blvd Ste A La Mesa, CA 91942 (619) 828-0095	<u>Tuesday –Saturday</u> 10:00am – 3:00pm
<b>Goodwill Thrift Stores</b> <b>La Mesa :</b> <b>Lake Murray</b>	8250 La Mesa Blvd La Mesa CA 91942 (619) 713-2380 6127 Lake Murray Blvd	<u>Monday-Saturday</u> 10:00am – 8:00pm <u>Sunday</u> 10:00am – 6:00pm

	La Mesa, Ca 91942 (619) 713-6165 <a href="http://sdgoodwill.org">sdgoodwill.org</a>	
<b>Goodwill Thrift Store Rancho San Diego Village</b>	3713 Avocado Blvd La Mesa, CA 91941 (619) 741-2739	<u>Monday-Saturday</u> 10:00am – 7:00pm <u>Sunday</u> 10:00am – 6:00pm
<b>DAV Veterans Thrift Store</b>	Jamacha Rd. & Elkelton Blvd. 1049 Elkelton Blvd. Spring Valley, CA 91977 619-337-9244 800-894-2486	<u>Monday –Saturday</u> 8:00am – 6:30pm <u>Sunday</u> 9:30am – 5:00pm

**Pawnshops**

Site Name	Contact Information	Service Hours/Information
<b>Spring Valley Pawn Shop</b>	9517 Jamacha Blvd, Spring Valley, CA 91977	<u>Monday-Thursday</u> 11:00am-6:00pm <u>Friday</u> 11:00am – 5:00pm <u>Saturday</u> 11:00am – 3:00pm

**Recycling Centers**

Site Name	Contact Information	Service Hours/Information
<b>Campo Recycling Center</b>	8927 Campo Rd, Spring Valley, CA 91977 (619) 383-5234	<u>Monday- Friday</u> 8:30am – 4:00pm <u>Saturday -Sunday</u> 8:30am – 1:30pm
<b>Spring Valley Recycling</b>	1069 Elkelton Blvd, Spring Valley, CA 91977 (619) 461-0619	<u>Tuesday- Saturday</u> 8:30am- 5:00pm Sunday 8:30am-3:30pm Monday 8:30am-4:15pm
<b>Troy Recycling</b>	8743 Troy Street Spring Valley, CA 91977 (619) 466-2363	<u>Monday Friday</u> 9:00am- 5:00pm <u>Saturday</u> 9:00am-2:00pm CLOSED <u>Sunday</u>
<b>San Diego County Metals &amp; Recycling</b>	3974 Spring Dr Spring Valley, CA 91977 (619) 741-9780	<u>Monday- Friday</u> 8:00am – 5:00pm <u>Saturday</u> Closed <u>Sundays</u> 8:00am – 3:00

**Laundromats**

Site Name	Contact Information	Service Hours/Information
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<b>Sudz Laundromat</b>	5104 Jackson Dr, La Mesa, CA 91942 (619) 589-8956	<u>Monday- Sunday</u> 6:00am – 9:00pm
<b>Coin Laundry</b>	8733 Broadway La Mesa, CA 91941	<u>Monday- Sunday</u> 6:00am – 10:00pm
<b>Casa De Oro Coin Laundry</b>	9750 Campo Rd, Spring Valley, CA 91977 (619) 203-4170	<u>Monday- Sunday</u> 6:00am – 8:00pm

**Pet Shelters**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>National Cat Protection Society</b>	9301 Birch St. Spring Valley, CA 91977 (619) 469-8771 <a href="http://www.natcat.org/">www.natcat.org/</a>	<u>Tuesday-Saturday</u> 12:00-4:30pm <u>Sunday &amp; Monday</u> Closed
<b>San Diego Humane Society</b>	5500 Gaines St. San Diego, CA 92110 (619) 299-7012 <a href="http://www.sdhumane.org/">www.sdhumane.org/</a>	<u>Monday-Sunday</u> 9:00am-6:00pm
<b>Pet Food</b>	Most food pantries provide dog and cat food. See the Food Pantry Resource Guide. <a href="https://ecassist.org/la-mesa-food-resources/">https://ecassist.org/la-mesa-food-resources/</a>	

**El Cajon Homeless Services Resources (www.ECAssist.org)**

This list is organized by type of resource including businesses that benefit individuals experiencing homelessness. This list, originally compiled in spring 2018, is updated monthly and is subject to change. If you have information regarding new resources, or if you are affiliated with any of these organizations and have updated information, please contact us at [ecassistwebsite@gmail.com](mailto:ecassistwebsite@gmail.com). A copy of this resource guide can be located at [www.ecassist.org](http://www.ecassist.org).

- For emergencies, dial **9-1-1** For non-emergency disturbances, dial (619) 579-3311.
- For access to additional resources including jobs, legal services, and senior programs, see <https://211sandiego.org/> or dial 2-1-1.
- For access to food resources, including a list of pantries, see the **Food Resource Guide** at <https://ecassist.org/el-cajon-food-resources/>

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**Hotlines**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/ Information</b>
<b>Adult &amp; Elder Abuse</b>	San Diego County (800) 510-2020	24 Hour Hotline
<b>Alcohol &amp; Drug Services</b> (Referrals to local treatment facilities, support groups, and community-based organizations)	SAMHSA's National Helpline (800) 662-HELP (4357)	Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish
<b>Child Abuse</b>	(858) 560-2191	24 Hour Hotline
<b>Crime Tip Hotline</b>	(888) 580-8477	24 Hour Hotline
<b>Domestic Violence /Sexual Assault</b>	(888) DVLINKS or (888) 385-4657	24 Hour Hotline
<b>Domestic Violence Shelters</b>	(888) 385-4657 Domestic Violence Shelter Aid	Listen to the prompts
<b>General Resource Help &amp; Information</b>	2-1-1	24 Hour Hotline (2-1-1)
<b>Legal Aid</b>	(877) 534-2524	Listen to the prompts
<b>Narcotics Anonymous</b>	(800) 479-0062 San Diego	24 Hour Hotline
<b>Poison Control</b>	(800) 222-1222	24 Hour Hotline
<b>San Diego County Public Assistance ACCESS line</b>	(866) 262-9881	<u>Monday-Friday</u> 8:00 am – 5:00pm
<b>San Diego ACCESS &amp; Crisis Hotline Mental Health &amp; Suicide Prevention</b>	(888) 724-7240	24 Hour Hotline

## East County Public Assistance

Site Name	Contact Information	Service Hours/Information
<b>HHSA Family Resource Center</b> This office offers: CalWORKs, CalFresh, MediCal and General Relief	220 S. 1 <sup>st</sup> Street El Cajon, CA 92019 (866) 262-9881 ACCESS	<u>Monday-Friday</u> 7:00am – 5:00pm Outside screening during COVID-19 <u>Monday-Friday</u> ACCESS customer call service center 8:00am – 5:00pm
<b>US Social Security Administration</b> Call to schedule an appointment and bring all necessary documents.	810-846 Arnele Ave El Cajon, CA 92020 (866) 772-1213 Bldg 810: SS card replacement center	By appointment only
<b>W I C</b> Women, Infants & Children Monthly checks to purchase healthy foods for new babies and young children	301 N. Magnolia Ave #101 El Cajon, CA 92020 (888) 999-6897 <a href="http://www.sdsuwic.com">www.sdsuwic.com</a>	<u>Monday-Friday</u> 8:00am – 4:00pm Education/Voucher office *By appointment only For store location visit website
<b>East Region Public Health Department</b> Immunizations, TB Medication, STD Testing & Hep A Vaccinations. COVID-19 Testing Sites and Vaccines are available at several sites. Check the website for more information.	367 N. Magnolia Ste. 101 El Cajon, CA 92020 (619) 441-6500 <a href="http://www.sandiegocounty.gov">www.sandiegocounty.gov</a>	<u>Mon., Tues., Wed., Friday</u> 8:00am – 11am & 1:00pm-4:00pm <u>Thursday</u> 1:00pm-4:00pm only By appointment only
<b>El Cajon Police Department</b> Report non-emergency disturbances, loitering & complaints	100 Civic Center Way El Cajon, CA 92020 (619) 579-3311 Non-emergency <a href="http://9-1-1 Emergency">9-1-1 Emergency</a>	<u>Monday-Thursday</u> 9:00am– 5:00pm

## Healthcare Services

Site Name	Contact Information	Service Hours/Information
<b>Chase Family Health Center FHCS</b> Comprehensive medical and developmental services	1111 W Chase El Cajon, CA 92020 (619) 515-2499 <a href="http://www.fhcsd.org">www.fhcsd.org</a>	<u>Monday-Friday</u> 8:30am—5:30pm Closed for lunch. Medi-Cal and no insurance through Homeless Project

<p><b>El Cajon Family Health Center FHCS</b> Comprehensive medical, dental, counseling, women’s health services including a homeless support group</p>	<p>525 E Main St. El Cajon, CA 92020 (619) 515-2498</p>	<p><u>Monday-Saturday</u> 8:30am—5:30pm Closed for lunch 12:30pm—1:30pm Medi-Cal and no insurance through Homeless Project along with most other insurances.</p>
<p><b>Centro Medico El Cajon— Borrego Healthcare</b> Comprehensive medical services</p>	<p>133 W Main St. El Cajon, CA 92020 (619) 401-0404 <a href="http://www.borregohealth.org">www.borregohealth.org</a></p>	<p><u>Monday-Friday</u> 8:00am—8:00pm <u>Saturday, Sunday</u> Urgent Care Only 8:00am-11:00am Most ins., Medi-Cal, sliding fee Scale.</p>
<p><b>East Region Public Health Center</b> Immunizations, TB medication, STD Testing, Hep A Vaccinations. COVID-19 Testing Sites and Vaccines are available at several sites. Check the website for more information.</p>	<p>367 N. Magnolia Suite 101 El Cajon, CA 92020 (619) 441-6500 <a href="http://www.sandiegocounty.gov">www.sandiegocounty.gov</a></p>	<p><u>Mon., Tues., Wed., Friday</u> 8:00am—11:00am 1:00pm- 4:00pm <u>Thursday</u> 1:00pm-4:00pm Only By appointment only</p>
<p><b>La Maestra Community Health</b> Comprehensive medical services including dental.</p>	<p>165 S 1st St. El Cajon, CA 92020 (619) 312-0347 <a href="http://www.lamaestra.org">www.lamaestra.org</a></p>	<p><u>Monday-Friday</u> 8:30am—5:30pm Saturday 8:30am - 2:00pm *Call for an appointment</p>
<p><b>Neighborhood Healthcare</b> Comprehensive medical services including dental.</p>	<p>855 E Madison Ave. El Cajon, CA 92020 (619) 440-2751 <a href="http://www.nhcare.org">www.nhcare.org</a></p>	<p><u>Monday - Friday</u> 8:00am—8:00pm <u>Saturday</u> 8:00am—12:00pm Most insurances including Medi-Cal</p>
<p><b>San Ysidro Health-El Cajon PACE for Senior Program</b> Managed care health clinic for seniors.</p>	<p>875 El Cajon Blvd. El Cajon, CA 92020 (619) 662-4100 <a href="http://www.syhc.org/">www.syhc.org/</a></p>	<p><u>Monday-Friday</u> 8:00am-5:00pm Most insurances including Medi-Cal</p>
<p><b>St. Paul’s PACE East</b> Managed care health clinic for seniors including day programs.</p>	<p>1306 Broadway El Cajon, CA 92020 (619) 551-7400 <a href="http://www.stpaulspace.org">www.stpaulspace.org</a></p>	<p><u>Monday-Friday</u> 8:00am—4:30pm</p>
<p><b>San Ysidro Health Chaldean Middle Eastern Social Services</b> Community resources and food pantry</p>	<p>Avocado Ave. El Cajon, CA 92020 (619) 662-4100 <a href="http://www.syhc.org/">www.syhc.org/</a></p>	<p><u>Monday-Friday</u> 8:00am—5:00pm Call for an appointment</p>

<p><b>Volunteers In Medicine</b> Primary medical services for working non-insured adults. *Appointment Only</p>	<p>1457 E Madison El Cajon, CA 92019 (619) 440-4591 <a href="http://www.vim-sandiego.org/">www.vim-sandiego.org/</a></p>	<p><u>Monday</u> 12:00pm—3:00pm <u>Tuesday</u> 9:00am – 4:00pm <u>Wednesday</u> 12:00pm – 8:00pm <u>Thursday</u> 2:00pm – 7:00pm <u>Friday</u> 1:00pm – 4:00pm</p>
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### Mental Health Services /Substance Abuse

Site Name	Contact Information	Service Hours/Information
<p><b>East County Mental Health Clinic</b></p>	<p>1000 Broadway Ste 210 El Cajon, Ca 92021 (619) 401-5500 <a href="http://www.sdcounty.ca.gov/hhsa">www.sdcounty.ca.gov/hhsa</a></p>	<p><u>Monday- Friday</u> 8:00am – 5:00pm For adults, seniors, co-occurring alcohol/substance abuse</p>
<p><b>East Corner Clubhouse (Community Research Foundation)</b> Psychosocial rehabilitation and actively partnering with the members</p>	<p>1060 Estes St. Suite 104 El Cajon, CA 92020 (619) 631-0441 <a href="http://www.comresearch.org">www.comresearch.org</a></p>	<p><u>Monday-Friday</u> 8:00am—4:00pm</p>
<p><b>El Cajon Family Health Center</b> Alcohol &amp; other drug counseling, homeless support group and psychiatry</p>	<p>525 E Main St. El Cajon, CA 92020 (619) 515-2300 <a href="http://www.fhcsd.org">www.fhcsd.org</a></p>	<p><u>Monday-Saturday</u> 8:30am—5:30pm Most insurances including Medi-Cal and no insurance through Homeless Project</p>
<p><b>Halcyon Center</b> Short term residential treatment for those in crisis</p>	<p>1664 Broadway El Cajon, CA 92021 (619) 579-8685</p>	<p>No one is refused service due to inability to pay. Insurances include Medi-Cal, Medicare/Medi-Cal, Aetna &amp; Kaiser</p>
<p><b>Heartland Wellness Recovery Center</b></p>	<p>460 Magnolia Ave #110 El Cajon, CA 92020 (619) 440-5133</p>	<p><u>Monday - Friday</u> 9:00am – 5:00pm</p>
<p><b>McAlister Institute</b> Substance abuse treatment, drug intervention, and recovery support services, homeless outreach</p>	<p>1400 N. Johnson Ave. #101 El Cajon, CA 92020 (619) 442-0277 <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a> <b>Kiva Learning Center-</b> Women &amp; Children Residential Treatment Program (619) 465-7303 <b>New Connections-</b> Short-term residential program. (619) 465-7303</p>	<p><u>Monday-Friday</u> 9:00am—7:00pm <u>Saturday</u> 10:00am--2:00pm <u>Sunday</u> Closed</p>

<p><b>MHS—ACTION East</b> Serves homeless adults who need a higher level of support than that which is offered at traditional outpatient mental health or substance abuse treatment programs</p>	<p>10201 Mission Gorge Rd. Santee, CA 92071 (619) 383-6868 <a href="http://www.mhsinc.org/listing/action-east">www.mhsinc.org/listing/action-east</a></p>	<p>Call for an appointment or referral</p>
<p><b>San Diego Youth Services</b> Mental health services and drop-in centers for LGBTQ youth up to age 21 and their families</p>	<p><b>Our Safe Place Mental Health Clinic</b> 3427 4th Avenue, 2nd Floor San Diego, CA 94103 (619) 525-9903 <b>SDYS Central Drop-in Center</b> 2220 Broadway San Diego, CA 92102 619- 232- 8126</p>	<p><u>Monday-Friday</u> 9:00am—6:00pm  Tuesday- Friday 11:00am – 3:00pm</p>
<p><b>Volunteers of America</b> Carlton G. Luhman Center for Supportive Living</p>	<p>290 S. Magnolia Ave El Cajon, CA 92020 (619) 447-2428 <a href="http://www.voa.org">www.voa.org</a></p>	<p>56-bed residential treatment facility for adults with mental disorders. Contact the property manager onsite for information</p>

**Shelters/Housing/Case Management**

Site Name	Contact Information	Service Hours/Information
<p><b>2-1-1 Shelter Referrals</b> (Emergency shelters, supportive housing, transitional housing options &amp; resources)</p>	<p>Dial 2-1-1</p>	<p>24-hour confidential shelter referral service for San Diego Co.</p>
<p><b>Online Homeless Shelter Sites</b></p>	<p><a href="http://www.homelessshelterdirectory.org/">www.homelessshelterdirectory.org/</a></p>	<p>View nearby shelters online</p>
<p><b>Crisis House</b> Community homeless outreach, resources and emergency domestic violence shelter</p>	<p>9550 Cuyamaca St. Suite 101 Santee, CA 92071 (619) 444-1194 <a href="http://www.crisishouse.com">www.crisishouse.com</a></p>	<p><u>Monday-Friday</u> 9:00am -5:00pm Call for an appointment</p>
<p><b>East Co. Transitional Living Center</b> Emergency shelter, transitional living &amp; homeless services</p>	<p>1527 E. Main St. El Cajon, CA 92020 (619) 442-0457 <a href="http://www.ectlc.org">www.ectlc.org</a></p>	<p>Call for appointment</p>

<p><b>Home Start, Inc.</b> Crisis intervention, case management, outreach, rental assistance, housing navigation, motel vouchers and prevention assistance.</p> <p><b>Maternity Housing Program</b> Pregnant or young mothers who are experiencing homelessness between the ages of 18-24.</p>	<p>333 Main St. El Cajon, CA 92020 (619) 430-0032- Intake Leave message <a href="http://www.home-start.org">www.home-start.org</a></p> <p>Shelter Manager (619) 906-4401 <a href="http://www.home-start.org/maternity-shelter-program/">www.home-start.org/maternity-shelter-program/</a></p>	<p><u>Thursdays Only</u> 12:30pm-4:30pm Walk in available TAY Youth 18-24 <u>Mondays</u> 12:00pm-4:00pm</p> <p>All other days leave a message for a return call from a case manager.</p> <p>Call for availability</p>
<p><b>Interfaith Shelters</b> Seasonal shelters in local churches</p>	<p>Referrals only through Volunteers in Medicine (619) 440-4591 or call 2-1-1</p>	<p>Seasonal during winter months</p>
<p><b>PCG—Pacific Consulting Group</b> Comprehensive consulting and operational support for Temporary Assistance for Needy Families (TANF), Supplemental Nutritional Assistance Program (SNAP), and other programs.</p>	<p>*CalWORKS Recipients Only Human Services 151 Van Houten Avenue El Cajon, CA 92020 Toll Free: (800)-210-6113 Phone: (619) 270-4000</p>	<p>Onsite Housing Navigator Call for an appointment</p>

**Safe Parking**

Site Name	Contact Information	Service Hours/Information
<p><b>Dreams for Change—Safe Parking</b> Safe parking environment as well as supportive services for transitional homeless people who are living in their vehicles</p>	<p><b>San Diego Lot</b> 766 28th St. San Diego, 92102</p> <p><b>Balboa Lot</b> Jewish Family Services 8804 Balboa Ave., S.D. 92123</p> <p><b>RV Parking</b> 5605 Imperial Ave., S.D. 92114</p>	<p>Please call (619) 497-0236 before arriving at a location <u>7 nights a week</u>, 365 days a year starting at 6:00 pm</p>

## Legal Services

Site Name	Contact Information	Service Hours/Information
<p><b>ElderHelp</b> Elder Law provides legal services for seniors (60+ years) for wills, landlord/tenant issues, Medicare, and Medi-Cal issues.</p>	<p>3860 Calle Fortunada #101 San Diego, CA 92123 619-284-9281 (858) 565-1392 x 200 (858) 565-1392, ext. 200 <a href="http://www.elderhelpofsandiego.org">www.elderhelpofsandiego.org</a></p>	<p>Call for more information</p>
<p><b>Legal Aid Society</b> Legal help with housing, debt, collection, repossession, housing, discrimination, family law, immigration, federal tax problems, CalWorks/CalFresh/General Relief, SSI, Restraining orders.</p>	<p>(877) 534-2524 General Info (866) 244-0101 Evictions (844) 449-3500 Fair Housing/Discrimination</p>	<p>Call for more information</p>
<p><b>University of San Diego-School of Law- Free Legal Clinics</b> Several clinics with free services for those qualifying by income for child support, immigration, tax law, family law, and more.</p>	<p>(619) 260-4692 <a href="mailto:lawdev@sandiego.edu">lawdev@sandiego.edu</a> email <a href="http://www.sandiego.edu/law/donor-relations/funding-priorities/legal-clinics.php">www.sandiego.edu/law/donor-relations/funding-priorities/legal-clinics.php</a> website</p>	<p>Appointments by phone only. Schedule an appointment <u>Monday—Friday</u> 8:30am-4:00pm</p>
<p><b>Think Dignity</b></p> <ul style="list-style-type: none"> <li>▪ Call-In Legal Clinic &amp; Referrals: Attorney on staff can answer any legal questions.</li> <li>▪ Homeless Youth &amp; Legal Advocacy Program (HYLAP): Homeless &amp; at-risk youth ages 14-27 receive direct representation for criminal defense matters as well as direct connection to an advocate to receive social services.</li> </ul>	<p>3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line (619) 354-9879 Call-In Legal Clinic &amp; Referrals <a href="http://www.thinkdignity.org/">www.thinkdignity.org/</a></p>	<p><u>Monday – Friday</u> 7:00am – 11:00am 4:30pm – 7:30pm <u>Saturday</u> 8:00am -12:00pm HYLAP clients email: <a href="mailto:mitchelle@thinkdignity.org">mitchelle@thinkdignity.org</a></p> <p>Shower program on hold during COVID-19.</p>

**Reunification Program**

Site Name	Contact Information	Service Hours/Information
<b>Salvation Army</b> "A Way Back Home" Case management, transportation & needs arrangements, travel assistance, connection to services upon arrival.	1011 E. Main St El Cajon, CA 92021 (619) 440-4683 (800) 725- 2769 <a href="http://elcajon.salvationarmy.org/elcajon_corps/">elcajon.salvationarmy.org/elcajon_corps/</a>	Office Hours: 9:00am-5:00pm Call for an appointment during COVID-19

**Mobile Showers**

Site Name	Contact Information	Service Hours/Information
<b>Meridian Church</b>	None currently. Check back for updated information.	

**Veterans**

Site Name	Contact Information	Service Hours/Information
<b>Veterans Village of San Diego</b> Assistance with housing, substance abuse recovery, mental health services, food, legal services.	4141 Pacific Hwy. San Diego, CA 92110 (619) 393-2000 General (619) 961-2165 Supportive Services for Veteran Families <a href="http://www.mhsinc.org/courage-to-call">www.mhsinc.org/courage-to-call</a>	* For more information or to make an appointment, please call
<b>Courage to Call</b> Mental Health Systems— Guidance, information, referral services to veterans, active duty, reservists, and families.	9465 Farnham Street San Diego, CA 92123 (877) 698-7838 <a href="http://www.mhsinc.org/courage-to-call">www.mhsinc.org/courage-to-call</a>	Call for more information
<b>Veteran Community Services of San Diego</b> Services help veterans seek employment, identify benefits, and obtain housing.	Main Office--San Diego 4025 Camino Del Rio S #205 San Diego, CA 92108 (800) 974-9909 <a href="http://www.ccvcs.net">www.ccvcs.net</a>	<u>Monday- Friday</u> 8:30am – 5:00pm

**Youth/Teen Services and Shelters**

Site Name	Contact Information	Service Hours/Information
<p><b>San Diego Youth Services</b> Mental health services and drop-in centers for LGBTQ youth up to age 21 and their families. Case management, resources, support groups, drug/alcohol abuse programs and more</p>	<p><b>Our Safe Place Mental Health Clinic</b> 3427 4th Avenue, 2nd Floor San Diego, CA 94103 (619) 525-9903</p> <p><b>SDYS Central Drop-in Center</b> 2220 Broadway San Diego, CA 92102</p>	<p><u>Monday-Friday</u> 9:00am—6:00pm</p>
<p><b>San Diego Youth Services Street Outreach:</b> Meets and engages runaway and homeless youth across San Diego County to connect them with resources, including transportation to shelter, housing referrals, safer sex kits, food, hygiene items, seasonal items such as blankets and case management services.</p> <p><b>TAY Academy:</b> Combines a drop-in center with structured learning and recreational opportunities for Transition Age Youth (ages 16-24), including foster youth, former foster youth, out-of-home probation youth, and homeless and runaway youth.</p> <p><b>Transitional Housing Continuum:</b> Provides affordable housing, independent living skills training, life planning and comprehensive support services to break the cycle of homelessness and create hope and self-sufficiency for youth ages 16-24 transitioning into adulthood</p> <p><b>Youth Emergency Shelter:</b> Emergency night shelter program and drop-in</p>	<p>(619) 221-8600 Main line</p> <p>2220 Broadway San Diego, CA 92102 (619) 232-8126 <a href="http://www.sdyouthservices.org">www.sdyouthservices.org</a> Ages 14-25</p> <p>(866) 752-2327 Youth Hotline</p> <p>(866) 752-2327 Youth Hotline</p>	<p><u>Tuesday-Saturday</u> 12:00pm—8:00pm</p> <p>7 days a week</p> <p>7 days a week</p>

<p>center for homeless, runaway and “street” youth, providing a safe home and support services to help youth return to their families or find alternative safe living arrangements</p>		
<p><b>Home Start, Inc.</b>  <b>Maternity Shelter Program</b>          Provides pregnant or parenting homeless women ages 18-24 and their children with housing and wrap-around supportive services.</p> <p><b>Mental Health Services</b>          (The Mental Health team at Home Start provides therapy services to children, families, and adults, both in the community and at the Home Start Inc. Counseling Center. Most services are FREE to clients)</p> <p><b>Rapid Rehousing TAY</b>          Assist youth find affordable housing in the community, and provide assistance with a portion of the rent for up to a year. Pregnant or parenting females only</p>	<p>Earlene Adams, Residential Shelter Manager          (619) 906-4401  <a href="mailto:eadams@home-start.org">eadams@home-start.org</a></p> <p>Intake line at (619) 692-0727 ext. 118</p> <p>Earlene Adams, Residential Shelter Manager          (619) 906-4401  <a href="mailto:eadams@home-start.org">eadams@home-start.org</a></p>	<p>Call for availability or for more information</p> <p>Leave message and a therapist will return your call</p> <p>Call for availability and for more information</p>
<p><b>Teen Challenge</b>          Faith-based drug education and prevention, food distributions, clubs and a learning center for children, juvenile hall and jail ministry, crisis counseling, evangelism, and more.</p>	<p>P.O. Box 15637          San Diego, CA 92175          (619) 265-0337  <a href="https://www.teenchallenge.org/centers/san-diego-county/">https://www.teenchallenge.org/centers/san-diego-county/</a></p>	<p>Call for more information</p>

**Job Assistance/Temporary Agencies**

Site Name	Contact Information	Service Hours/Information
<p><b>P C G</b>  <b>Public Consulting Group</b>          Employment Services</p>	<p>151 Van Houten Ave          El Cajon, CA 92020          (619) 270-4000  <a href="http://www.publicconsultinggroup.com">www.publicconsultinggroup.com</a></p>	<p><u>Monday-Friday</u>          8:00am – 5:00pm          Education/Employment office          *CalWORKs recipients transitioning to self-sufficient status</p>

<b>X L Staffing Inc.</b>	450 Fletcher Pkwy. Ste. 204 El Cajon, CA 92020 (619) 579-0442 (619) 276-8677 Fax <a href="http://xlstaffing.com">xlstaffing.com</a>	<u>Monday-Friday</u> 9:00am – 5:00pm
<b>San Diego Workforce Partnership (East Co. Career Center)</b> Career Development and Job Training	151 Van Houten Ave. El Cajon, CA 92020 (619) 319-9675	<u>Monday—Friday</u> 8:30am—4:30pm Call for an appointment
<b>Volt workforce solutions</b>	7676 Hazard Center Dr. Suite 1000, San Diego, Ca 92108 858-578-0920	<u>Monday-Friday</u> 8:00 am – 5:00pm
<b>People Ready</b>	7373 University Ave. Unit 110 La Mesa, Ca 91942 (619) 444-7877 <a href="http://www.peopleready.com">www.peopleready.com</a>	<u>Monday-Friday</u> 5:30am – 6:00pm <u>Saturday</u> 7:00am – 11:00am

**Colleges/Adult School Locations**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Cuyamaca College</b>	900 Rancho San Diego Pkwy. El Cajon, CA 92019 *Rancho San Diego City (619) 660-4000 <a href="http://www.cuyamaca.edu">www.cuyamaca.edu</a> Student Services: Bldg A-300 Career Center Services: A-221	<u>Monday</u> 8:00am – 6:00pm <u>Tuesday-Thursday</u> 8:00am – 5:00pm <u>Friday</u> 9:00am – 1:00pm *See website for additional weekend hours/information
<b>Grossmont College</b>	8800 Grossmont College Dr. El Cajon, CA 92021 (619) 644-7000 <a href="http://www.grossmont.edu">www.grossmont.edu</a> Student Services: Bldg 10 Career Center: Bldg 60 Rm 140	<u>Monday- &amp; Tuesday</u> 8:00 am – 6:00pm <u>Wednesday &amp; Thursday</u> 8:00 am – 5:00pm <u>Friday</u> 8:00am – 1:00pm *See website for additional hours
<b>Foothills Adult Center</b>	1550 Melody Ln. El Cajon, CA 92019 (619) 588-3500	<u>Monday-Saturday</u> 8:00am – 9:00pm

## Libraries

Site Name	Contact Information	Service Hours/Information
<b>El Cajon Branch Library</b>	E. Douglas Ave El Cajon, CA 92020 (619) 588-3718 <a href="http://Sdcl.org">Sdcl.org</a>	Monday—Friday 10:00am-4:00pm
<b>Rancho San Diego Branch Library</b>	11555 Via Rancho San Diego El Cajon, CA 92019 (619) 660-5370 <a href="http://Sdcl.org">Sdcl.org</a>	Monday—Friday 10:00am-4:00pm
<b>Fletcher Hills Branch Library</b>	576 Garfield Ave El Cajon, CA 92020 (619) 466-1132 <a href="http://Sdcl.org">Sdcl.org</a>	Monday--Friday 10:00am-4:00pm
<b>Crest Branch Library</b>	105 Juanita Lane El Cajon, CA 92021 (619) 442-7083 <a href="http://Sdcl.org">Sdcl.org</a>	Monday—Friday 10:00am-4:00pm

## Churches/Faith-based Organizations

Site Name	Contact Information	Service Hours/Information
<b>Foothills Christian Church</b> (Christian)	365 W Bradley Ave El Cajon, CA 92020 (619) 442-7728 <a href="http://www.foothillschurch.org">www.foothillschurch.org</a>	<u>Saturday</u> 6:30pm <u>Sunday</u> 9:00am & 10:45am
<b>Meridian Church</b> (Southern Baptist)	660 S 3rd St El Cajon, CA 92019 (619) 444-3171	<u>Sunday</u> 7:30am and 10:30am <u>Wednesday</u> Community Meal 5:30pm
<b>New Seasons Church</b> (Baptist)	990 Naranca Ave El Cajon, CA 92021 (619) 440-7597	<u>Sundays</u> 6:00 pm (Arabic)
<b>The Rock Church</b> (Christian) Home Team serves to connect those who have experienced homelessness, including Veterans with appropriate services, safe shelter and life	808 Jackman St El Cajon, CA 92020 (619) 226-7625	<u>Sundays</u> 8:00, 10:00, 12:00, 4:00, 6:00  Call for information or to connect with homelessness services

skills while nurturing with God's love.		
<p><b>Salvation Army</b> (Universal Christian Church) Social engagement, senior meal program, food pantry, diaper program and resources.</p>	<p>1011 E. Main St El Cajon, CA 92021 (619) 440-4683 <a href="http://elcajon.salvationarmy.org/elcajon_corps/">elcajon.salvationarmy.org/elcajon_corps/</a></p>	<p><b>Sunday Service</b> 10:45am <b>Food Pantry</b> <u>Monday</u> 1:00pm--4:00pm <u>1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> Wednesdays</u> 2:30pm—4:00pm <u>3<sup>rd</sup> Wednesday</u> Commodities Only 2:30—4:00pm <u>Friday 1:00 pm-6:00 pm</u> <b>Senior Meals- 50+</b> <u>Monday—Friday</u> 11:00 am- 12:30pm <b>Social Services</b> <u>Same hours as pantry</u></p>

### Gyms

Site Name	Contact Information	Service Hours/Information
<p><b>24-hour Fitness</b> Indoor and outdoor fitness during COVID-19. Call to see if a reservation is needed.</p>	<p>198 W. Main St. El Cajon, CA 92021 (619) 442-0293 <a href="http://24hourfitness.com">24hourfitness.com</a></p>	<p><u>Monday – Sunday</u> 5:00am – 9:00pm</p>
<p><b>Crunch Gym</b> Parkway Plaza Mall Indoor and outdoor fitness during COVID-19. Call to see if a reservation is needed.</p>	<p>565 Fletcher Pkwy El Cajon, CA 92020 (619) 749-6939 <a href="http://crunchgym.com">crunchgym.com</a></p>	<p><u>Monday-Friday</u> 5:00am – 11:00pm <u>Saturday &amp; Sunday</u> 7:00am – 7:00pm</p>
<p><b>Crunch Gym</b> El Cajon Jamacha Indoor and outdoor fitness during COVID-19. Call to see if a reservation is needed.</p>	<p>522 Jamacha Road El Cajon, CA 92021 (619) 383 0101</p>	<p><u>Monday-Friday</u> 5:00am – 10:00pm <u>Saturday &amp; Sunday</u> 6:00am – 8:00pm</p>

### Thrift Stores

Site Name	Contact Information	Service Hours/Information
<p><b>Empire Thrift Store</b></p>	<p>1090 E. Main Street El Cajon, CA 92021 (619) 579-7009</p>	<p><u>Monday-Saturday</u> 9:00am – 6:00pm <u>Sunday</u> 10:00am – 6:00pm</p>

<b>Goodwill Thrift Stores</b>	420 N. 2 <sup>nd</sup> Street El Cajon, CA 92021 (619) 328-6807 9575 Mission Gorge Rd Santee. CA 92071 (619) 258-1937	<u>Monday-Saturday</u> 10:00am – 8:00pm <u>Sunday</u> 10:00am – 6:00pm
<b>Quality Thrift Store</b>	841 E. Main Street El Cajon, CA 92020 (619) 588-9191	<u>Tuesday-Saturday</u> 10:30am – 5:00pm
<b>Mc Alister Institute Thrift</b>	993 E. Main Street El Cajon, CA 92021 (619) 442-0212	<u>Monday-Friday</u> 9:00am – 6:00pm <u>Saturday &amp; Sunday</u> 11:00am – 6:00pm
<b>Father Joe’s Village</b>	2325 Fletcher Pkwy El Cajon, CA 92021 (619) 465-5840	<u>Tuesday-Saturday</u> 10:00am – 5:00pm

**Pawnshops**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>El Cajon Jewelry &amp; Loan</b>	935 E. Main Street El Cajon, CA 92021 (619) 440-8252 <a href="http://elcajonjewelryandloan.com">elcajonjewelryandloan.com</a>	<u>Monday- Saturday</u> 10:00am – 5:30pm
<b>East County Pawn Shop</b>	941 Broadway El Cajon, CA 92021 (619) 588-4207 <a href="http://eastcountypawnshop.com">eastcountypawnshop.com</a>	<u>Monday-Friday</u> 9:00am – 6:00pm <u>Saturday</u> 9am – 5pm <u>Sunday</u> 11:30am- 4:30pm
<b>AAA Discount Auto Pawn</b>	1440 E. Main Street El Cajon, CA 92021 (619) 590-2400	<u>Monday-Friday</u> 9:30am – 5:00pm <u>Saturday</u> 9:30am – 3:00pm
<b>Golden Pawnshop</b>	1246 E. Main Street #111 El Cajon, CA 92021 (619) 593-7739	<u>Monday-Friday</u> 10:00am – 6:00pm <u>Saturday</u> 10:00 am – 3:00pm
<b>Spanky’s</b>	555 El Cajon Blvd El Cajon, CA 92020 (619) 444-4448	<u>Monday-Friday</u> 10:00am – 6:00pm <u>Saturday</u> 10:00am – 3:00pm

### Recycling Centers

Site Name	Contact Information	Service Hours
<b>American Recycling</b>	210 El Cajon Blvd El Cajon, CA 92020 (619) 593-0089 <a href="http://www.recycleforcash.net">www.recycleforcash.net</a>	<u>Monday- Sunday</u> 8:00am – 5:30pm
<b>California Metals &amp; Electronics El Cajon-Miller Metals</b>	636 Front St. El Cajon, CA 92020 (619) 444-3111 (619) 444-2136 <a href="http://www.recycle4life.com">www.recycle4life.com</a>	<u>Monday- Friday</u> 8:00am – 5:00pm
<b>All Ways Recycling</b>	1425 N. Magnolia Ave El Cajon, CA 92020 (619) 390-6637 <a href="http://Allwaysrecycling.com">Allwaysrecycling.com</a>	<u>Monday- Friday</u> 8:00am – 5:00pm <u>Saturday</u> 9:00am – 3:00pm
<b>Greenfield Recycling Center</b>	1235 Greenfield Drive El Cajon, CA 92021 (619) 441-0399	<u>Monday- Saturday</u> 8:00am – 5:00pm

### Laundromats

Site Name	Contact Information	Service Hours/Information
<b>Maytag Coin Laundry</b>	1154 E. Main St. El Cajon, CA 92021 (858) 525-1684 (619) 444-4975 Fax	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>Super Laundry Town &amp; Country Shopping Center</b>	2890 Fletcher Pkwy El Cajon, Ca 92021 (619) 465-6943	<u>Monday- Sunday</u> 7:00am – 11:00pm
<b>Valley Coin Laundry</b>	880 N. Mollison Ave El Cajon, CA 92021 (619) 588-4640	<u>Monday- Sunday</u> 7:00am – 9:00pm
<b>El Cajon Launderland</b>	112 W. Washington Ave El Cajon, Ca 92021 (619) 334-0098	<u>Monday- Sunday</u> 5:00am – 10:00pm
<b>TLC Cleaners &amp; Coin Laundry</b>	412 W. Chase Ave El Cajon, Ca 92020 (619) 441-4959 <a href="http://tlccleanerselcajon.com">tlccleanerselcajon.com</a>	<u>Monday- Sunday</u> 7:00am – 9:30pm

<b>El Cajon Eco Laundry</b>	1043 E. Main St. El Cajon, CA 92020 (619) 328-6665	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>University Cleaners</b>	450 Fletcher Pkwy #115 El Cajon, Ca 92020 (619) 447-1964	<u>Monday- Friday</u> 9:00am – 5:00pm
<b>El Cajon Valley Highlander</b>	8061 Winter Gardens Blvd El Cajon, CA 92021 (619) 561-4745	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>One Stop Laundry</b>	1104 E. Washington Ave El Cajon, CA 92019 (619) 590-0370	<u>Monday- Sunday</u> 6:00am – 10:00pm

**Pet Shelter**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>El Cajon Animal Shelter</b> Program to shelter pets for individuals experiencing homelessness for a limited time.	1373 N Marshall Ave. El Cajon, CA 92020 (619) 441-1580	<u>Tuesday- Sunday</u> 9:00am – 6:00pm

**Santee / Lakeside Homeless Services Resources**

This list is organized by type of resource including businesses that benefit individuals experiencing homelessness. This list, originally compiled in spring 2018, is updated monthly and is subject to change. If you have information regarding new resources, or if you are affiliated with any of these organizations and have updated information, please contact us at [ecassistwebsite@gmail.com](mailto:ecassistwebsite@gmail.com).

- For emergencies, dial **9-1-1** For non-emergency disturbances, dial **(619) 579-3311**
- For access to additional resources including jobs, legal services and senior programs, contact 2-1-1.
- For access to food resources, including a list of pantries, see the **Food Resource Guide** at [www.ecassist.org](http://www.ecassist.org).

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**Hotlines**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/ Information</b>
<b>Adult &amp; Elder Abuse</b>	San Diego County (800) 510-2020	24 Hour Hotline
<b>Alcohol &amp; Drug Services</b> (Referrals to local treatment facilities, support groups, and community-based organizations)	SAMHSA's National Helpline (800) 662-HELP (4357)	Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish
<b>Child Abuse</b>	(858) 560-2191	24 Hour Hotline
<b>Crime Tip Hotline</b>	(888) 580-8477	24 Hour Hotline
<b>Domestic Violence /Sexual Assault</b>	(888) DVLINKS or (888) 385-4657	24 Hour Hotline
<b>Domestic Violence Shelters</b>	(888) 385-4657 Domestic Violence Shelter Aid	Listen to the prompts
<b>General Resource Help &amp; Information</b>	2-1-1	24 Hour Hotline (2-1-1)
<b>Legal Aid</b>	(877) 534-2524	Listen to the prompts
<b>Narcotics Anonymous</b>	(800) 479-0062 English (800) 546-0774 Spanish (Both in San Diego)	24 Hour Hotline
<b>Poison Control</b>	(800) 222-1222	24 Hour Hotline
<b>San Diego County Public Assistance ACCESS line</b>	(866) 262-9881	<u>Monday-Friday</u> 8:00 am – 5:00pm
<b>San Diego ACCESS &amp; Crisis Hotline Mental Health &amp; Suicide Prevention</b>	(888) 724-7240	24 Hour Hotline

## East County Public Assistance

Site Name	Contact Information	Service Hours/Information
<b>HHSA Family Resource Center</b> <u>This office offers:</u> CalWORKs, CalFresh, MediCal and General Relief	220 S. 1 <sup>st</sup> Street El Cajon, CA 92019  (866) 262-9881 ACCESS	<u>Monday-Friday</u> 7:00am – 5:00pm <u>Monday-Friday</u> ACCESS customer service center 8:00am – 5:00pm
<b>US Social Security Administration</b>	810-846 Arnele Ave El Cajon, CA 92020 (800) 772-1213 Bldg 810: SS card replacement center	<u>Monday-Friday</u> 9:00am – 4:00pm <u>Wednesday</u> 9:00am – 12:00pm
<b>W I C</b> Women, Infants & Children (Monthly checks to purchase healthy foods for new babies and young children)	American Red Cross- Lakeside Community Center- 9841 Vine St. Lakeside, CA 92040 (800) 500-6411	Phone appointments only *By appointment only
<b>East Co. Public Health Center</b> (Immunizations, TB Medication, STD Testing & Hep A Vaccinations)	367 N. Magnolia Ste. 101 El Cajon, CA 92020 (619) 441-6500	<u>Monday-Friday</u> 8:00am – 11am <u>Mon., Tues., Wed., Friday</u> 1:00pm-4:00pm
<b>Santee Sheriff's San Diego Co. Substation</b> (Report non-emergency disturbances, loitering & complaints)	8811 Cuyamaca St. Santee, CA 92071 Dispatch: (858) 565-5200 Business: (619) 956-4000 <b>Emergencies Dial 9-1-1</b>	Call for hours.
<b>Lakeside Sheriff's San Diego Co. Substation</b> (Report non-emergency disturbances, loitering & complaints)	12365 Parkside St. Lakeside, CA 92040 Dispatch: (858) 565-5200 Business: (619) 938-1360 <b>Emergencies Dial 9-1-1</b>	Call for hours.

## Healthcare Services

Site Name	Contact Information	Service Hours/Information
<b>Neighborhood Healthcare</b> (Comprehensive medical, dental, and developmental services)	10039 Vine St. Lakeside, CA 92040 (619) 390-9975 <a href="http://www.nhc.org">www.nhc.org</a>	<u>Monday-Friday</u> 8:00am-5:00pm <u>Saturday</u> 8:00am-2:00pm <u>Sunday</u> Closed Call for an appointment
<b>Santee Family Medicine San Ysidro Health</b> (Comprehensive medical and behavioral services)	120 Town Center Pkwy. Santee, CA 92071 (619) 445-6200	<u>Monday-Friday</u> 8:00am—5:00pm Medi-Cal accepted Call for an appointment

<p><b>Scripps Clinic- Santee</b> (Primary care, pediatrics, lab and imaging)</p>	<p>278 Town Center Pkwy #105, Santee, CA 92071 (619) 713-7880 <a href="https://www.scripps.org/locations">https://www.scripps.org/locations</a></p>	<p><b>Primary Care Hours</b> <u>Monday and Thurs</u> 7:00am-7:00pm <u>Tues, Wed, Fri</u> 7:00am-5:00pm</p> <p><b>Pediatric Hours</b> <u>Monday</u> 8:00am-5:00pm <u>Tues-Friday</u> 8:00am-5:00pm</p> <p><b>Lab Hours</b> <u>Monday-Friday</u> 7:30am-4:45pm Call for an appointment</p>
<p><b>Sharp Rees-Stealy Santee Medical Center</b> (Comprehensive services including women’s health, optical, and urgent care.)</p>	<p>8701 Cuyamaca Rd. Santee, CA 92071 (858) 499-2600</p>	<p><b>Urgent Care:</b> <b>7 days a week- 8:00am—8:00pm</b></p> <p><b>Primary Care</b> <u>Monday—Friday</u> 7:30am-5:00pm</p>
<p><b>AFC Urgent Care- Santee</b> (Primary and Urgent Care for all ages)</p>	<p>10538 Mission Gorge Rd. #100, Santee, CA 92071 (619) 456-0033</p>	<p><u>Monday-Sunday</u> 8:00am-8:00pm No appointment needed Most insurances accepted</p>
<p><b>East Region Public Health Center</b> (Immunizations, TB medication, STD Testing, Hep A Vaccinations)</p>	<p>367 N Magnolia Suite 101 El Cajon, CA 92020 (619) 441-6500</p>	<p><u>Monday, Tuesday, Thursday, Friday</u> 8:30am—4:00pm Closed for lunch</p>
<p><b>Volunteers In Medicine</b> (Primary medical services for working non-insured adults)</p>	<p>1457 E Madison El Cajon, CA 92020 (619) 440-4591</p>	<p><u>Wednesday</u> 4:00pm—8:00pm <u>Saturday</u> 8:00am—12:00pm *By appointment only for uninsured</p>

**Mental Health Services /Substance Abuse**

Site Name	Contact Information	Service Hours/Information
<p><b>East County Mental Health Clinic</b></p>	<p>1000 Broadway Ste 210 El Cajon, Ca 92021 (619) 401-5500 <a href="http://www.sdcounty.ca.gov/hhsa">www.sdcounty.ca.gov/hhsa</a></p>	<p><u>Monday- Friday</u> 8:00am – 5:00pm For adults, seniors, co-occurring alcohol/substance abuse</p>
<p><b>Halcyon Center</b> (Short term residential treatment for those in crisis)</p>	<p>1664 Broadway El Cajon, CA 92021 (619) 579-8685</p>	<p>No one is refused service due to inability to pay. Insurances include Medi-Cal, Medicare/Medi-Cal, Aetna &amp; Kaiser</p>

<b>Heartland Wellness Recovery Center</b>	460 Magnolia Ave #110 El Cajon, CA 92020 (619) 440-5133	<u>Mon., Tues., Thurs., Friday</u> 9:00am – 5:00pm <u>Wednesday</u> 9:00am – 7:00pm
<b>McAlister Institute</b> (Substance abuse treatment, drug intervention, and recovery support services)	1400 N. Johnson Ave. El Cajon, CA 92020 (619) 442-0277 <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a> Kiva Learning Center- Women & Children Residential Treatment Program (619) 465-7303  New Connections- Short-term residential program (619) 465-7303	<u>Monday-Friday</u> 9:00am—7:00pm <u>Saturday</u> 10:00am--2:00pm <u>Sunday</u> Closed
<b>MHS—ACTION East</b> (Serves homeless adults who need a higher level of support than that which is offered at traditional outpatient mental health or substance abuse treatment programs)	10201 Mission Gorge Rd. Santee, CA 92071 (619) 383-6969 <a href="http://www.mhsinc.org/listing/action-east">www.mhsinc.org/listing/action-east</a>	Call for an appointment or referral
<b>Mental Health Systems</b> (Mental health and drug and alcohol rehabilitation services)	900 Cuyamaca St. El Cajon, CA 92020 (619) 448-0420 <a href="http://www.mhsinc.org">www.mhsinc.org</a>	Call for an appointment
<b>Volunteers of America</b> Carlton G. Luhman Center For Supportive Living	290 S. Magnolia Ave El Cajon, CA 92020 (619) 447-2428 <a href="http://www.voa.org">www.voa.org</a>	56-bed residential treatment facility for adults with mental disorders. Contact the property manager onsite for information

**Shelters/Housing/Case Management**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>2-1-1 Shelter Referrals</b> (Emergency shelters, supportive housing, transitional housing options & resources)	Dial 2-1-1	24-hour confidential shelter referral service for San Diego Co.
<b>Online Homeless Shelter Sites</b>	<a href="http://www.homelessshelterdirectory.org/">www.homelessshelterdirectory.org/</a>	View nearby shelters online

<p><b>Crisis House</b> Crisis intervention, case management, housing assistance and domestic violence shelter assistance</p>	<p>9550 Cuyamaca Dr. Ste. 101 Santee, CA 92071 (619) 444-1194</p>	<p>Monday-Friday 8:00am-5:00pm Appointment Only Homeless Outreach Assistance in the Community only</p>
<p><b>East Co. Transitional Living Center</b> (Emergency shelter, transitional living &amp; homeless services)</p>	<p>1527 E. Main St. El Cajon, CA 92020 (619) 442-0457 <a href="http://www.ectlc.org">www.ectlc.org</a></p>	<p>Call for appointment</p>
<p><b>Home Start, Inc.</b> (Rapid Rehousing, TAY Housing, Youth and Pregnant women shelter, case management, hotel vouchers, domestic violence, counseling, and rental assistance)</p>	<p>333 E. Main St. El Cajon, CA 92020 (619) 430-0034 Intake <a href="http://home-start.org/">home-start.org/</a></p>	<p>Call and leave a message with your information. A case manager will call you back within 24-48 hours.</p> <p>Walk-in hours: <u>Thursdays</u>- 12:30pm -4:30pm Youth (18-24) Walk-in hours: <u>Fridays</u> 12:00pm—4:00pm</p>
<p><b>Interfaith Shelters</b> (Seasonal shelters in local churches)</p>	<p>Referrals only through Crisis House-(619) 444-1194 or Volunteers in Medicine (619) 440-4591</p>	<p>Seasonal during winter months</p>
<p><b>PCG—Pacific Consulting Group</b> (Comprehensive consulting and operational support for Temporary Assistance for Needy Families (TANF), Supplemental Nutritional Assistance Program (SNAP), and other programs)</p>	<p>*CalWORKS Recipients Only Human Services 151 Van Houten Avenue El Cajon, CA 92020 Toll Free: (800)-210-6113 Phone: (619) 270-4000</p>	<p>Onsite Housing Navigator Call for an appointment</p>

**Safe Parking**

Site Name	Contact Information	Service Hours/Information
<p><b>Dreams for Change—Safe Parking</b> (Safe parking environment as well as supportive services for transitional homeless people who are living in their vehicles)</p>	<p><b>San Diego Lot</b> 766 28th St. San Diego, 92102</p> <p><b>Balboa Lot</b> Jewish Family Services 8804 Balboa Ave., S.D. 92123</p> <p><b>RV Parking</b> 5605 Imperial Ave., S.D. 92114</p>	<p>Please call (619) 497-0236 before arriving at a location <u>7 nights a week</u>, 365 days a year starting at 6:00 pm</p>

**Legal Services**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>ElderHelp</b> (Elder Law provides legal services for seniors (60+ years) for wills, landlord/tenant issues, Medicare and Medi-Cal issues)	(858) 565-1392 x 200	<u>2<sup>nd</sup> Wednesday</u> 1:30-4:00 p.m. Renette Park Community Center Services are free Must call for an appointment
<b>Legal Aid Society</b> ( Legal help with housing, debt, collection, repossession, housing, discrimination, family law, immigration, federal tax problems, CalWorks/CalFresh/General Relief, SSI, Restraining orders)	(877) 534-2524 General Info (866) 244-0101 Evictions (844) 449-3500 Fair Housing/Discrimination	Call for more information
<b>University of San Diego Free Legal Clinics- School of Law</b> Free legal assistance with immigration, child support, taxes, landlord disputes, and more. Must qualify as low-income)	Phone: (619) 260-4692 <a href="mailto:lawdev@sandiego.edu">lawdev@sandiego.edu</a>	Call for a phone interview- all appointments are by phone currently.
<b>Think Dignity</b> <ul style="list-style-type: none"> <li>▪ Call-In Legal Clinic &amp; Referrals: Attorney on staff can answer any legal questions</li> <li>▪ Homeless Youth &amp; Legal Advocacy Program (HYLAP): Homeless &amp; at-risk youth ages 14-27 receive direct representation for criminal defense matters as well as direct connection to an advocate to receive social services</li> </ul>	3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line (619) 354-9879 Call-In Legal Clinic & Referrals  <a href="http://www.thinkdignity.org/">www.thinkdignity.org/</a>	Call for more information

**Reunification Program**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Salvation Army</b> "A Way Back Home"	1011 E. Main St El Cajon, CA 92021 (619) 440-4683	Office Hours: <b>Family Services</b> <u>Monday, Tuesday, Thursday</u>

Case management, transportation & needs arrangements, travel assistance, connection to services upon arrival	<a href="http://elcajon.salvationarmy.org/elcajon_corps/">elcajon.salvationarmy.org/elcajon_corps/</a>	1:30pm—4:00pm <u>Friday</u> 1:30pm—3:00pm
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### Mobile Showers

Site Name	Contact Information	Service Hours/Information
<b>Meridian Church</b>	660 S. 3 <sup>rd</sup> St. El Cajon, CA 92021 (619) 444-3171	<u>Currently Closed</u>

### Veterans

Site Name	Contact Information	Service Hours/Information
<b>VA Benefits Filing-HHSA</b> El Cajon Library (In-person VA Benefit counseling)	201 E Douglas El Cajon, CA 92020 (619) 588-3718	<u>2<sup>nd</sup> and 4<sup>th</sup> Monday</u> 9:30am-1:00pm
<b>VA Benefits Filing-HHSA</b> Rancho San Diego Library (In-person VA Benefit counseling)	11555 Via Rancho San Diego El Cajon, CA 92019 (619) 660-5370	<u>2<sup>nd</sup> Thursday</u> 9:30am-1:00pm
<b>Veterans Village of San Diego</b> (Assistance with housing, substance abuse recovery, mental health services, food, legal services)	4141 Pacific Hwy. San Diego, CA 92110 (619) 393-2000 General (619) 961-2165 Supportive Services for Veteran Families	* For more information or to make an appointment, please call
<b>Courage to Call</b> (Mental Health Systems— Guidance, information, referral services to veterans, active duty, reservists and families)	2165 Kurtz St. San Diego, CA 92110 (619) 209-4682 <a href="http://www.mhsinc.org/courage-to-call">www.mhsinc.org/courage-to-call</a>	Call for more information
<b>Veteran Community Services of San Diego</b> (Services help veterans seek employment, identify benefits and obtain housing)	Main Office--San Diego 5605 El Cajon Blvd. San Diego, CA 92115 (800) 974-9909 <a href="http://www.ccvcs.net">www.ccvcs.net</a>	Call for more information

**Youth/Teen Services and Shelters**

Site Name	Contact Information	Service Hours/Information
<p><b>San Diego Youth Services</b> (Mental health services and drop-in centers for LGBTQ youth up to age 21 and their families. Case management, resources, support groups, drug/alcohol abuse programs and more)</p>	<p><b>Our Safe Place Mental Health Clinic</b> 3427 4th Avenue, 2nd Floor San Diego, CA 94103</p> <p><b>SDYS Central Drop-in Center</b> 2220 Broadway San Diego, CA 92102</p>	<p><u>Monday-Friday</u> 9:00am—6:00pm</p> <p>Open 7 days a week</p>
<p><b>San Diego Youth Services Street Outreach:</b> (Meets and engages runaway and homeless youth across San Diego County to connect them with resources, including transportation to shelter, housing referrals, safer sex kits, food, hygiene items, seasonal items such as blankets and case management services.)</p> <p><b>TAY Academy:</b> (Combines a drop-in center with structured learning and recreational opportunities for Transition Age Youth (ages 16-24), including foster youth, former foster youth, out-of-home probation youth, and homeless and runaway youth)</p> <p><b>Transitional Housing Continuum:</b> (Provides affordable housing, independent living skills training, life planning and comprehensive support services to break the cycle of homelessness and create hope and self-sufficiency for youth ages 16-24 transitioning into adulthood)</p> <p><b>Youth Emergency Shelter:</b> (Emergency night shelter program and drop-in center for homeless, runaway</p>	<p>(619) 221-8600 Main line</p> <p>2220 Broadway San Diego, CA 92102 (619) 232-8126 <a href="http://www.sdyouthservices.org">www.sdyouthservices.org</a> Ages 14-25</p> <p>(866) 752-2327 Youth Hotline</p> <p>(866) 752-2327 Youth Hotline</p>	<p><u>Tuesday-Saturday</u> 12:00pm—8:00pm</p> <p>7 days a week</p> <p>7 days a week</p>

and “street” youth, providing a safe home and support services to help youth return to their families or find alternative safe living arrangements)		
<p><b>Home Start, Inc.</b>  <b>Maternity Shelter Program</b>                  (Provides pregnant or parenting homeless women ages 18-24 and their children with housing and wrap-around supportive services)</p> <p><b>Mental Health Services</b>                  (The Mental Health team at Home Start provides therapy services to children, families, and adults, both in the community and at the Home Start Inc. Counseling Center. Most services are FREE to clients)</p> <p><b>Rapid Rehousing TAY and Housing Assistance</b>                  (Assist youth find affordable housing in the community, and provide assistance with a portion of the rent for up to a year) Pregnant or parenting females only</p>	<p>(619) 430-0032</p> <p>Intake line at (619) 692-0727 ext. 118</p> <p>(619) 430-0032 Intake</p> <p>333 E. Main St.                  El Cajon, CA 92020                  Email:  <a href="mailto:housing@home-start.org">mailto: housing@home-start.org</a></p>	<p>Call for availability or for more information</p> <p>Leave message and a therapist will return your call</p> <p>Call for availability and for more information</p>
<p><b>Teen Challenge</b>                  Faith-based drug education and prevention, food distributions, clubs and a learning center for children, juvenile hall and jail ministry, crisis counseling,</p>	<p>P.O. Box 15637                  San Diego, CA 92175                  (619) 265-0337  <a href="https://www.teenchallenge.org/centers/san-diego-county/">https://www.teenchallenge.org/centers/san-diego-county/</a></p>	<p>Call for more information</p>

**Job Assistance/Temporary Agencies**

Site Name	Contact Information	Service Hours/Information
<p><b>P C G</b>  <b>Public Consulting Group</b>                  (Employment Services)</p>	<p>151 Van Houten Ave Ste. 2                  El Cajon, CA 92020                  (619) 270-4000  <a href="http://www.publicconsultinggroup.com">www.publicconsultinggroup.com</a></p>	<p><u>Monday--Friday</u>                  8:00am – 5:00pm                  Education/Employment office                  *CalWORKs recipients transitioning to self-sufficient status</p>

<b>San Diego Workforce Development (East Co. Career Center)</b> Career Development & Job Training	151 Van Houten Ave. Ste. 1 El Cajon, CA 92020 (619) 319-9675	<u>Monday—Friday</u> 8:00am—5:00pm Call for an appointment
<b>X L Staffing Inc.</b>	450 Fletcher Pkwy Ste 204 El Cajon, CA 92020 (619) 579-0442 (619) 276-8677 Fax <a href="http://xlstaffing.com">xlstaffing.com</a>	<u>Monday-Friday</u> 9:00am – 5:00pm
<b>Volt Services</b>	450 Fletcher Pkwy Ste 213 El Cajon, CA 92020 (619) 427-0200	<u>Monday-Friday</u> 9:00 am – 5:00pm
<b>People Ready</b>	1027 Broadway El Cajon, CA 92021 (619) 444-7877 <a href="http://www.peopleready.com">www.peopleready.com</a>	<u>Monday-Friday</u> 5:30am – 6:00pm <u>Saturday</u> 7:00am – 11:00am
<b>E Z Staffing</b>	1423 Broadway El Cajon, CA 92021 (619) 749-3835 (619) 299-0055	<u>Monday-Friday</u> 8:00am – 5:00pm *Health-care job placement only

**Colleges/Adult School Locations**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Cuyamaca College</b>	900 Rancho San Diego Pkwy El Cajon, CA 92019 *Rancho San Diego City (619) 660-4000 <a href="http://www.cuyamaca.edu">www.cuyamaca.edu</a> Student Services: Bldg A-300 Career Center Services: A-221	<u>Monday</u> 8:00am – 6:00pm <u>Tuesday-Thursday</u> 8:00am – 5:00pm <u>Friday</u> 9:00am – 1:00pm *See website for additional weekend hours/information
<b>Grossmont College</b>	8800 Grossmont College Dr. El Cajon, CA 92021 (619) 644-7000 <a href="http://www.grossmont.edu">www.grossmont.edu</a> Student Services: Bldg 10 Career Center: Bldg 60 Rm 140	<u>Monday- &amp; Tuesday</u> 8:00 am – 6:00pm <u>Wednesday &amp; Thursday</u> 8:00 am – 5:00pm <u>Friday</u> 8:00am – 1:00pm *See website for additional weekend hours/information

<p><b>Foothills Adult Center</b> Free and low-cost career development, job training, classes, and more.</p>	<p>1550 Melody Ln El Cajon, CA 92019 (619) 588-3500 <a href="https://adultschool.guhsd.net/Locations/Foothills">adultschool.guhsd.net/Locations/Foothills</a></p>	<p><u>Monday-Saturday</u> 8:00am – 9:00pm</p>
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### Libraries

Site Name	Contact Information	Service Hours/Information
<p><b>Santee Branch Library</b></p>	<p>9225 Carlton Hills Blvd # 17, Santee, CA 92071 (619) 448-1863 <a href="https://sdcl.org">Sdcl.org</a></p>	<p><u>Monday-- Friday</u> 10:00am—4:00pm</p>
<p><b>Lakeside Branch Library</b></p>	<p>9225 Carlton Hills Blvd # 17, Santee, CA 92071 (619) 443-1811 <a href="https://sdcl.org">Sdcl.org</a></p>	<p><u>Monday--Friday</u> 10:00am—4:00pm</p>

### Churches/Faith-based Organizations

Site Name	Contact Information	Service Hours/Information
<p><b>The Love of Christ (TLC) Homeless Ministry</b> (Christian)</p>	<p>9626 Carlton Hills Blvd. Santee, CA 92071 (619) 449-1269 Reference TLC Ministries)</p>	<p>Call for hours Adults only please</p>
<p><b>Lakeside Christian Help Center</b></p>	<p>9931 Channel Rd. Lakeside, CA 92040 (619) 561-3488</p>	<p><u>Monday-Thursday</u> 10:00am-12:00pm Closed Friday, Saturday, Sunday</p>
<p><b>Pathways Community Church</b> (Christian) Recovery Support Groups, The Love of Christ (TLC) Homeless Ministry</p>	<p>9626 Carlton Hills Blvd, Santee, CA 92071 (619) 449-1269 <a href="https://www.pathways.cc">www.pathways.cc</a></p>	<p>TLC Ministry 3<sup>rd</sup> Saturday of month for lunches and hygiene bags Arrive 8:30am to 11:00am Summer months Arrive 7:30am to 10:00am Adults only Church Services Saturdays at 5:00pm and Sundays at 9:00am &amp; 10:45am</p>

<p><b>Sonrise Community Church</b> (Christian) Outreach programs</p>	<p>8805 Magnolia Ave. Santee, CA 92071 (619) 596-7667 <a href="http://www.sonrise.net">www.sonrise.net</a></p>	<p><u>Tuesday—Friday</u> 9:00am—5:00pm Office closed <u>Saturday--Monday</u></p>
<p><b>The Rock Church</b> (Christian) (Home Team serves to connect those who have experienced homelessness, including Veterans with appropriate services, safe shelter and life skills while nurturing with God's love)</p>	<p>808 Jackman St El Cajon, CA 92020 (619) 226-7625</p>	<p><u>Sundays</u> 8:00, 10:00, 12:00, 4:00, 6:00  Call for information or to connect with homelessness services</p>
<p><b>Salvation Army</b> (Universal Christian Church) Counseling, Housing/Residence services, youth, adult rehabilitation, DV, Seniors, Emergency Assistance</p>	<p>1011 E. Main St El Cajon, CA 92021 (619) 440-4683 <a href="http://elcajon.salvationarmy.org/elcajon_corps/">elcajon.salvationarmy.org/elcajon_corps/</a></p>	<p><u>Sundays</u> 10:45am Service <b>Food Pantry</b> <u>Monday</u> 1:00 pm to 4:00 pm <u>1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> Wednesday</u> 2:30pm--4:00pm <u>3<sup>rd</sup> Wednesday</u>-Commodities only 2:30-4:00pm <u>Friday</u> 1:00PM—6:00PM <b>Senior Meals- 50+</b> <u>Monday-Friday</u> Doors Open 10:30am Lunch Served 11:00am <b>Social Services</b> <u>Same hours as food pantry</u></p>

**Gyms**

Site Name	Contact Information	Service Hours/Information
<p><b>24-hour Fitness</b></p>	<p>198 W. Main St. El Cajon, CA 92021 (619) 442-0293 <a href="http://24hourfitness.com">24hourfitness.com</a></p>	<p>Open 24 Hours Showers</p>
<p><b>Crunch Gym</b> Parkway Plaza Mall</p>	<p>565 Fletcher Pkwy El Cajon, CA 92020 (619) 749-6939 <a href="http://crunchgym.com">crunchgym.com</a></p>	<p>Open 24 Hours Showers</p>
<p><b>Crunch Gym</b></p>	<p>522 Jamacha Road El Cajon, CA 92021 (619) 579-1818</p>	<p><u>Monday-Friday</u> 5:00am – 10:00pm <u>Saturday &amp; Sunday</u> 7:00am – 7:00pm</p>

**Thrift Stores**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Empire Thrift Store</b>	1090 E. Main Street El Cajon, CA 92021 (619) 579-7009	<u>Monday-Saturday</u> 9:00am – 7:00pm <u>Sunday</u> 9:00am – 6:00pm
<b>Cory's Closet</b> Rancho San Diego Village	3745 Avocado Blvd La Mesa, CA 91941 (619) 660-1235 <a href="http://corysclosetchildrensresale.com">corysclosetchildrensresale.com</a>	<u>Monday-Thursday</u> 10:00am – 6:00pm <u>Friday &amp; Saturday</u> 10:00am – 5:00pm <u>Sunday</u> 11:00am – 5:00pm
<b>Goodwill Thrift Stores</b>	420 N. 2 <sup>nd</sup> Street El Cajon, CA 92021 (619) 328-6807 9575 Mission Gorge Rd Santee. CA 92071 (619) 258-1937	<u>Monday-Saturday</u> 9:00am – 8:00pm <u>Sunday</u> 9:00am – 6:00pm
<b>Quality Thrift Store</b>	841 E. Main Street El Cajon, CA 92020 (619) 588-9191	<u>Monday-Saturday</u> 11:00am – 5:30pm
<b>Mc Alister Institute Thrift</b>	993 E. Main Street El Cajon, CA 92021 (619) 442-0212	<u>Monday-Friday</u> 9:00am – 9:00pm <u>Saturday &amp; Sunday</u> 10:00am – 7:00pm
<b>Father Joe's Village</b>	2325 Fletcher Pkwy El Cajon, CA 92021 (619) 465-5840	<u>Monday-Saturday</u> 9:00am – 9:00pm <u>Sunday</u> 10:00am – 7:00pm

**Pawnshops**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>El Cajon Jewelry &amp; Loan</b>	935 E. Main Street El Cajon, CA 92021 (619) 440-8252 <a href="http://elcajonjewelryandloan.com">elcajonjewelryandloan.com</a>	<u>Monday-Friday</u> 9:30am – 6:00pm <u>Saturday</u> 9:30am – 5:00pm
<b>East County Pawn Shop</b>	941 Broadway El Cajon, CA 92021 (619) 588-4207 <a href="http://eastcountypawnshop.com">eastcountypawnshop.com</a>	<u>Monday-Friday</u> 9:00am – 6:00pm <u>Saturday</u> <u>Sunday</u> 9am – 5pm                      11:30am- 4:30pm

<b>AAA Discount Auto Pawn</b>	1440 E. Main Street El Cajon, CA 92021 (619) 590-2400	<u>Monday-Friday</u> 9:30am – 5:00pm <u>Saturday</u> 9:30am – 3:00pm
<b>Golden Pawnshop</b>	1246 E. Main Street #111 El Cajon, CA 92021 (619) 593-7739	<u>Monday-Friday</u> 9:00am – 5:00pm
<b>Spanky's</b>	555 El Cajon Blvd El Cajon, CA 92020 (619) 444-4448	<u>Monday-Friday</u> 10:00am – 6:00pm <u>Saturday</u> 10:00am – 3:00pm
<b>Top Dollar</b>	1150 N. 2 <sup>nd</sup> Street El Cajon, CA 9021 (619) 440-6411	<u>Monday-Friday</u> 9:30am – 5:30pm <u>Saturday</u> 9:30am – 1:00pm
<b>Auto Pawn Company</b>	715 E. Main Street El Cajon, CA 92020 (619) 590-1500	<u>Monday-Saturday</u> 10:00am – 7:00pm *Loan agency

### Recycling Centers

Site Name	Contact Information	Service Hours
<b>American Recycling</b>	210 El Cajon Blvd El Cajon, CA 92020 (619) 593-0089 <a href="http://www.recycleforcash.net">www.recycleforcash.net</a>	<u>Monday- Sunday</u> 8:00am – 5:30pm
<b>California Metals &amp; Electronics El Cajon-Miller Metals</b>	636 Front St. El Cajon, CA 92020 (619) 444-3111 (619) 444-2136 <a href="http://www.recycle4life.com">www.recycle4life.com</a>	<u>Monday- Friday</u> 8:00am – 5:00pm
<b>All Ways Recycling</b>	1425 N. Magnolia Ave El Cajon, CA 92020 (619) 390-6637 <a href="http://Allwaysrecycling.com">Allwaysrecycling.com</a>	<u>Monday- Friday</u> 8:00am – 5:00pm <u>Saturday</u> 8:00am – 1:00pm
<b>Greenfield Recycling Center</b>	1235 Greenfield Drive El Cajon, CA 92021 (619) 441-0399	<u>Monday- Saturday</u> 8:00am – 5:00pm

**Laundromats**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Maytag Coin Laundry</b>	1154 E. Main St. El Cajon, CA 92021 (858) 525-1684 (619) 444-4975 Fax	<u>Monday- Sunday</u> 7:00am – 9:00pm
<b>Super Laundry</b> Town & Country Shopping Center	2890 Fletcher Pkwy El Cajon, Ca 92021 (619) 465-6943	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>Valley Coin Laundry</b>	880 N. Mollison Ave El Cajon, CA 92021 (619) 588-4640	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>El Cajon Launderland</b>	112 W. Washington Ave El Cajon, Ca 92021 (619) 334-0098	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>TLC Cleaners &amp; Coin Laundry</b>	412 W. Chase Ave El Cajon, Ca 92020 (619) 441-4959 tlccleanerselcajon.com	<u>Monday- Sunday</u> 7:00am – 9:30pm
<b>El Cajon Eco Laundry</b>	1043 E. Main St. El Cajon, CA 92020 (619) 328-6665	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>University Cleaners</b>	450 Fletcher Pkwy #115 El Cajon, Ca 92020 (619) 447-1964	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>El Cajon Valley Highlander</b>	8061 Winter Gardens Blvd El Cajon, CA 92021 (619) 561-4745	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>One Stop Laundry</b>	1104 E. Washington Ave El Cajon, CA 92019 (619) 590-0370	<u>Monday- Sunday</u> 6:00am – 10:00pm

**Pet Shelter**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>El Cajon Animal Shelter</b> (Program to shelter pets for individuals experiencing homelessness for a limited time.)	1373 N Marshall Ave. El Cajon, CA 92020 (619) 441-1580	<u>Tuesday- Saturday</u> 10:00am – 5:30pm

<p><b>Pet Food</b> Most food pantries have pet food available. See the list of food pantries under the <b>Food Pantry Resources</b></p>		
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