



North County Resource Guide

Printed May 2025

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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Boys & Girls Clubs of Greater San Diego

ESCONDIDO, CA 92025
(760) 745-0515
www.sdyouth.org

Serves San Diego County

Eligibility Must be ages 5-13 years old

Day Camp and After School Care, Baker Branch

Provides enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. Also provides an after-school program during the school year with activities including: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

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

Day camp hours: 7:30 am-5:30 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

ESCONDIDO, CA 92025
(760) 746-3315
www.sdyouth.org

Serves San Diego County

Eligibility Must be ages 5-13 years old

Day Camp and After School Care, Conrad Prebys Escondido

Provides enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. Also provides an after-school program during the school year with activities including: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

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

Day camp hours: 7:30 am-5:30 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

RAMONA, CA 92065
(760) 789-1416
www.sdyouth.org

Serves San Diego County

Eligibility Must be ages 5-13 years old

Day Camp and After School Care, Ramona Branch

Provides enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. Also provides an after-school program during the school year with activities including: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

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

Day camp hours: 7:30 am-5:30 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

ESCONDIDO, CA 92025
(760) 745-0515
<https://www.sdyouth.org/branch/neville-helen-baker-family-branch/>

Serves San Diego County

Eligibility Must be ages 6 -17 years old

Youth Development, Baker Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

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

After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

BORREGO SPGS, CA 92004
(760) 767-9989
<https://www.sdyouth.org/branch/borrego-springs-club/>

Serves San Diego County

Eligibility Must be ages 6 -17 years old

Youth Development, Borrego Springs Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

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

After school program hours: 1:45 pm-6:00 pm, Monday; 3:00 pm-6:00 pm, Tuesday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

ESCONDIDO, CA 92025
(760) 746-3315
<https://www.sdyouth.org/branch/conrad-prebys-escondido-branch/>

Serves San Diego County

Eligibility Must be ages 6 -17 years old

Youth Development, Escondido Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

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

After school program hours: 2:00 pm-6:00 pm, Monday, Tuesday, Wednesday, Friday; 1:00 pm-6:00 pm, Thursday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

POWAY, CA 92064
(858) 748-9933
<https://www.sdyouth.org/branch/sulpizio-family-branch/>

Serves San Diego County

Eligibility Must be ages 6 -17 years old

Youth Development, Poway Sulpizio Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

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

After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

RAMONA, CA 92065
(760) 789-1416
<https://www.sdyouth.org/branch/conrad-prebys-ramona-branch/>

Serves San Diego County

Eligibility Must be ages 6 -17 years old

Youth Development, Ramona Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

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

After school program hours: 2:00 pm-6:00 pm, Monday, Tuesday, Thursday, Friday; 12:30 pm-6:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

VALLEY CENTER, CA 92082
 (760) 749-9822
<https://www.sdyouth.org/branch/james-a-bronner-family-branch/>
Serves San Diego County
Eligibility Must be ages 6 -17 years old

Youth Development, Valley Center Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts
Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee
Last Update Date 3/21/2025

Boys and Girls Club of North County

FALLBROOK, CA 92028
 (760) 728-5871
<https://www.bgcnorthcounty.org/>
Serves San Diego County
Eligibility Must be ages 6-18 years old

Youth Services

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts
Intake Procedure Email;Online;Call for more information;Walk-in for more information
 Office hours: 9:00 am-6:00 pm, Monday-Friday; After school program hours: 2:35 pm-6:00 pm, Monday-Friday during the school year; Summer camp hours: 6:30 am-6:00 pm, Monday-Friday during summer break; Online hours: 24 hours a day, 7 days a week
 Fixed fee
Last Update Date 3/24/2025

Boys and Girls Club of San Marcos

SAN MARCOS, CA 92069
 (760) 471-2490
<https://www.boysgirlsclubsm.org/>
Serves San Diego County
Eligibility Must be ages 6-18 years old

Youth Services, San Marcos

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts
Intake Procedure Email;Online;Call for more information;Walk-in for more information
 Office hours: 9:00 am-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee
Last Update Date 3/21/2025

Boys and Girls Club of San Marcos

SAN MARCOS, CA 92069
 (760) 402-2695
<https://www.boysgirlsclubsm.org/san-marcos-middle-school>
Serves San Diego County
Eligibility Must be ages 11-14 years old in 6th-8th grade

Youth Services, San Marcos Middle School

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts
Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 2:00 pm-6:00 pm, Monday, Tuesday, Thursday, Friday; 1:00 pm-6:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week
 No fees
Last Update Date 3/21/2025

Boys and Girls Club of Vista

VISTA, CA 92083
(760) 724-6606
www.bgcvista.org

Serves San Diego County

Eligibility Must be ages 5-18 years old

Youth Development

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Office Hours: 9:00 am-6:00 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/21/2025

Boys and Girls Clubs of Carlsbad

CARLSBAD, CA 92009
(760) 683-5003
www.bgccarlsbad.org

Serves San Diego County

Eligibility Must be: • Ages 6 to 18 years old for most programs • Ages 6 to 12 years old for summer program

Youth Development Program, Bressi Ranch Clubhouse

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Office hours: 9:00 am-6:00 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday during the school year; Summer camp hours: 7:30 am-6:00 pm, Monday-Friday during summer break; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/24/2025

Boys and Girls Clubs of Carlsbad

CARLSBAD, CA 92008
(760) 729-0956
<https://www.bgccarlsbad.org/>

Serves San Diego County

Eligibility Must be: • Ages 6 to 18 years old for most programs • Ages 6 to 12 years old for summer program

Youth Development Program, Village Clubhouse

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Office hours: 9:00 am-6:00 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday during the school year; Summer camp hours: 7:30 am-6:00 pm, Monday-Friday during summer break; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/24/2025

Boys and Girls Clubs of Oceanside

OCEANSIDE, CA 92054
(760) 433-8920
<https://bgcgrreatertogether.org/locations/oceanside-clubhouse/>

Serves San Diego County

Eligibility Must be ages 5-18 years old

Afterschool and Camp Programs

Provides enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. Also provides an after-school program during the school year with activities including: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Office hours: 10:00 am-6:00 pm, Monday-Friday; Summer and school break hours: 7:30 am-5:30 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday, Tuesday, Thursday, Friday; 12:30 pm-6:00 pm, Wednesday; Online hours: 24 hours a day, 7 days
Fixed fee

Last Update Date 3/24/2025

Category **Child Care**

Boys and Girls Clubs of San Dieguito

DEL MAR, CA 92014
 (858) 481-4116
<https://bgcgreatertogether.org/locations/del-mar-clubhouse/>

Serves San Diego County
Eligibility Must be ages 5-12 years old

Youth Development, Del Mar Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 12:30 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee

Last Update Date 3/21/2025

Boys and Girls Clubs of San Dieguito

ENCINITAS, CA 92024
 (760) 753-6351
<https://bgcgreatertogether.org/locations/griset-clubhouse-teen-center/>

Serves San Diego County
Eligibility Must be ages 5-18 years old

Youth Development, Griset Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 3:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee

Last Update Date 3/21/2025

Boys and Girls Clubs of San Dieguito

SOLANA BEACH, CA 92075
 (858) 755-9373 Ext 301
<https://bgcgreatertogether.org/locations/harper-teen-center/>

Serves San Diego County
Eligibility Must be ages 13 -18 years old

Youth Development, Solana Beach Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 3:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee

Last Update Date 3/21/2025

City of Oceanside

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
 Office hours: 8:00 pm-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee depending on service

Last Update Date 2/16/2024

Category **Child Care**

Easterseals Southern California

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

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 11/7/2024

Educational Enrichment Systems, Inc.

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
 Office hours: 6:30 am-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 8/30/2024

Category **Child Care**

Educational Enrichment Systems, Inc.

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
 Office hours: 7:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Variable fees

Last Update Date 8/30/2024

Escondido Community Child Development Center

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

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

Category **Child Care**

Fallbrook Child Development Center

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

FALLBROOK, CA 92028
(760) 695-9607
<https://www.fuesd.org/mike-choate/>

Serves Fallbrook

Eligibility Must be ages 3 to 4 years and • potty trained • resident of Fallbrook Elementary School District

FUESD Preschool, The Mike Choate Early Childhood Education Center

Offers a school readiness preschool program for children ages 3 to 4.

Intake Procedure Call for more information
Office hours: 8:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
No fees

Last Update Date 2/19/2025

Growing Minds Early Education Programs

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
Office hours: 8:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
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

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
Office hours: 8:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
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

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
 Office hours: 8:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 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

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
 Office hours: 8:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 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

Metropolitan Area Advisory Committee (MAAC)

OCEANSIDE, CA 92054
 (760) 966-7135
www.maacproject.org/headstart

Serves Oceanside

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Early Head Start North Coast

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

Intake Procedure Email;Call for more information;Walk-in for more information;Complete Application Online
 Office hours: 7:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

Early Head Start, Foothill

VISTA, CA 92084
 (760) 639-4465
www.maacproject.org/headstart

Serves Oceanside; Vista

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income. There is no cost to eligible families. Must be living in Oceanside or Vista.

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:30 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/25/2025

Metropolitan Area Advisory Committee (MAAC)

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

Escondido, CA 92025
 (760) 747-7027
www.maacproject.org/headstart

Serves Escondido

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 8:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

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

FALLBROOK, CA 92028
 (760) 723-4189
www.maacproject.org/headstart

Serves Fallbrook

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

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

No fees

Last Update Date 3/26/2025



2-1-1 San Diego North County Resource Guide

Category **Child Care**

Metropolitan Area Advisory Committee (MAAC)

SAN MARCOS, CA 92069
(760) 736-3066
www.maacproject.org/headstart

Serves San Marcos

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Early Head Start, Head Start and State Preschool, Gosnell

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:00 am-4:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

ESCONDIDO, CA 92025
(760) 741-0541
www.maacproject.org/headstart

Serves Escondido

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

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

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:00 am-4:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

VALLEY CENTER, CA 92082
(760) 749-5190
www.maacproject.org/headstart

Serves Valley Center

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income. There is no cost to eligible families.

Early Head Start, Head Start Rincon

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:30 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

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

Serves Carlsbad

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Early Head Start, Laurel Tree Carlsbad

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:00 am-4:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

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

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

No fees

Last Update Date 2/22/2023

Metropolitan Area Advisory Committee (MAAC)

SAN MARCOS, CA 92069
 (760) 631-2695
www.maacproject.org/headstart

Serves San Marcos

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Early Head Start, Westlake

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

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

Office hours: 7:00 am-4:45 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 2/22/2023

Metropolitan Area Advisory Committee (MAAC)

CARLSBAD, CA 92008
 (760) 720-4378
www.maacproject.org/headstart

Serves Carlsbad

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Head Start and State Preschool, Eureka

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:00 am-4:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

OCEANSIDE, CA 92056
 (760) 941-7616
www.maacproject.org/headstart

Serves Camp Pendleton; Oceanside; Vista

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Head Start and State Preschool, Island Club Oceanside

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:00 am-4:00 pm Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

OCEANSIDE, CA 92057
(760) 433-7589
www.maacproject.org/headstart

Serves Oceanside

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Head Start Old Grove

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 6:30 am-5:00, pm Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Metropolitan Area Advisory Committee (MAAC)

PAUMA VALLEY, CA 92061
(760) 615-2000
www.maacproject.org/headstart

Serves Pauma

Eligibility Serves children ages 0-5 years, children with disabilities, and their families. Eligibility is based on family size and income (children in foster care, families experiencing an inadequate living situation, and recipients of public assistance such as CalF

Head Start, Pauma

Offers school readiness child development programs that serve children from infancy through age 5 and children with disabilities, along with their families, at no cost for those who qualify. Services include childcare, early childhood education, support for disabilities and mental wellness, family support services such as parent education, nutritious meals and snacks, and referrals to other community resources.

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

Office hours: 7:00 am-4:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Southern California Tribal Chairmen's Association

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

Category Child Care

Together We Grow

VISTA, CA 92081
 (760) 757-6031
<https://www.togetherwegrow.net>

Serves San Diego County

Eligibility Must meet the following: • Infants to 21 years of age that are medically fragile children that have a skilled nursing need. Funding Eligibility: • For Medi-Cal, the child must be deemed medically fragile. • Parent's income will be considered, but some c

Together We Grow, Vista

Offers an inclusive childcare program that includes • Daycare • Preschool • Early Start • Skilled nursing care • Overnight respite program • Infants though adolescent programs

Intake Procedure Online;Call for more information;Walk-in for more information
 Office hours: 7:00 am-5:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

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 9/27/2024

Category Children and Family Services

Bilateral Safety Corridor Coalition

NATIONAL CITY, CA 91950
 (619) 336-0770
www.bsccoalition.org

Serves San Diego County

Eligibility Individuals who are experiencing or have experienced 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

OCEANSIDE, CA 92056
 (877) 792-5437
<https://sdcares4kids.com/>

Serves North Coastal of San Diego County

Eligibility Anyone interested in an independent, voluntary or involuntary adoption. To adopt must meet the following guidelines: • Willingness to partner with the Agency and the child/youth's family • Minimum age of 18 • Background evaluation for all adults in the h

Adoption Services, North Coastal

Provides caregiving opportunities for individuals, couples, or families to support related or unrelated children involved with the juvenile court or placed through a county child welfare agency or probation department. Encourages stable, supportive environments for children in out-of-home care. Offers adoption services for all members of the adoption triad birth parents, adoptees, and adoptive parents including permanent placement, home study assistance, and counseling for those considering relinquishment. Supports stepparent adoptions and delivers post-adoption services such as support groups, parent education, and referrals. Also provides free educational classes on adoption, child development, and parenting.

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 4/9/2025

Category Children and Family Services

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

OCEANSIDE, CA 92054
 (760) 754-3456
https://www.sandiegocounty.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 24-hour reporting, investigation, and protective services for suspected child abuse, neglect, and exploitation, with a focus on ensuring child safety and family support. Offers assistance to parents in creating safe and healthy home environments and considers foster or institutional placement only after all other options have been exhausted. Manages the selection, placement, and supervision of out-of-home care when needed, and seeks permanent alternative placements if reunification is not feasible. Delivers protective supervision for court-dependent children or those under voluntary agreements, with ongoing services available based on court orders or case outcomes.

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 4/10/2025

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

ESCONDIDO, CA 92027
 (858) 560-2191
https://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

Provides 24-hour reporting, investigation, and protective services for suspected child abuse, neglect, and exploitation, with a focus on ensuring child safety and family support. Offers assistance to parents in creating safe and healthy home environments and considers foster or institutional placement only after all other options have been exhausted. Manages the selection, placement, and supervision of out-of-home care when needed, and seeks permanent alternative placements if reunification is not feasible. Delivers protective supervision for court-dependent children or those under voluntary agreements, with ongoing services available based on court orders or case outcomes.

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 4/10/2025

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

ESCONDIDO, CA 92025
 (760) 233-6201
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services/san_pasqual_academy.html

Serves San Diego County

Eligibility Placement at San Pasqual Academy shall be considered for every youth, 12- to 18-years old, if any of the following apply: • Would benefit from a stable, long-term placement, but his/her needs cannot be adequately met in a relative or foster home placeme

San Pasqual Academy

Provides stable, long-term placements for youth unlikely to reunite with birth families or achieve legal or emotional permanency with a specific family, emphasizing continuity and support. While legal permanency is not offered, the program ensures consistent care and access to transitional housing and post-emancipation services to support successful transitions to adulthood.

Intake Procedure Referral required
 8:00 am-5:00 pm, Monday-Friday
 No fees

Last Update Date 4/10/2025

Category Children and Family Services

Planned Parenthood of the Pacific Southwest

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

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

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

Serves California

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

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

Office hours: 8:00 am-7:00 pm, Monday; 8:00 am-6:00 pm, Tuesday-Saturday; Online hours: 24 hours a day, 7 days a week

Fixed fee depending on service

Last Update Date 8/1/2024

Category Children and Family Services

Safe Families for Children of Olive Crest

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

Serves San Diego County
Eligibility Children from birth to 18 years old

Safe Families for Children

Offers a short term safe housing for children whose families are in crisis. Crisis could be homelessness, financial insecurity, unemployment, hospitalization, domestic crisis, addiction, etc. Families in need reach out voluntarily to request the help of a temporary host family by calling the 24 hour hotline and staff meet them in a convenient public place to complete paperwork. Then a matching process begins to find a host family who can open their home and provide a safe place for the child(ren) for the length of time needed. Host Families are screened approved volunteers who are not monetarily compensated, but are supported by teams with volunteer leaders, trained volunteer coaches, family friends, and resource support to meet practical needs. Length of time children are hosted is case-by-case and dependent upon parents need, parents desire for help, host family availability, and matching the families together in a relationship that is supportive and sustainable.

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

Last Update Date 1/12/2024

SBCS

Confidential
 Confidential
 (619) 420-3620

Serves San Diego County
Eligibility Includes individuals of any gender with minor children who are experiencing or fleeing domestic violence. To reduce barriers to safety, the shelter also accommodates extended family members and teenage sons.

Casa Seguras

Provides confidential emergency shelter and transitional housing for individuals and families experiencing domestic violence. Supportive services include case management, individual and group counseling, peer support groups, food and clothing assistance, and help obtaining temporary restraining orders. Participants receive guidance in developing independent living skills, securing stable housing, and accessing job readiness and parenting support. Services also promote healing and healthy development for children affected by domestic violence.

Intake Procedure Call for more information;Referral
 Office hours: 8:30 am-7:00 pm, Monday-Thursday; 8:30 am-5:00 pm, Friday; Hotline hours: 24 hours a day, 7 days a week; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 3/26/2025

TERI, Inc.

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



2-1-1 San Diego North County Resource Guide

Category Children and Family Services

Together We Grow

VISTA, CA 92081
(760) 757-6031
<https://www.togetherwegrow.net>

Serves San Diego County

Eligibility Must meet the following: • Infants to 21 years of age that are medically fragile children that have a skilled nursing need. Funding Eligibility: • For Medi-Cal, the child must be deemed medically fragile. • Parent's income will be considered, but some c

Together We Grow, Vista

Offers an inclusive childcare program that includes • Daycare • Preschool • Early Start • Skilled nursing care • Overnight respite program • Infants though adolescent programs

Intake Procedure Online;Call for more information;Walk-in for more information
Office hours: 7:00 am-5:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

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 9/27/2024

United States Department of Veterans Affairs (VA)

(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

Category Community Shelters

Catholic Charities Diocese of San Diego

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

Category Community Shelters

Dreams for Change

Confidential
 Confidential
 (619) 497-0236
www.dreamsforchange.org

Serves San Diego County

Eligibility Open to individuals and families experiencing homelessness who are living in their vehicles. • valid driver's license preferred, and vehicle must be operational • Must agree to program rules and participation requirements • Participants should be willing

Safe Parking Program, Oceanside

Provides a safe and legal place to park overnight, case management, housing navigation, employment assistance, and access to basic needs resources for individuals and families living in their vehicles. Supports participants in stabilizing their situation by offering connections to social services, housing opportunities, and employment programs. Focuses on helping individuals transition from homelessness to stable living environments while maintaining the security of their personal property.

Intake Procedure Email;Voice Message;Call
 Office hours: 6:00 pm-8:30 pm, Monday-Sunday
 No fees

Last Update Date 5/1/2025

Jewish Family Service (JFS) of San Diego

Confidential
 Confidential
 (858) 637-3373
<https://www.jfssd.org/our-services/adults-families/safe-parking-program/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must have a working vehicle. No tents, RVs, trailers, campers, or oversized vehicles allowed. Cannot be a registered sex offender. Must be currently experiencing homelessness.

Safe Parking Program, Encinitas

Provides a safe overnight parking environment, case management, resource navigation, food assistance, and benefits application support for individuals and families living in their vehicles, including veterans, older adults, college students, and families. Additional services include financial literacy classes, parenting classes, and access to community resources. Clients can meet with case managers to develop an action plan focused on overcoming barriers and achieving stable housing.

Intake Procedure Email;Online;Call for more information
 Lot hours: 6:00 pm-7:00 am, Monday-Sunday; Online hours 24 hours a day, 7 days a week
 No fees

Last Update Date 3/21/2025

Jewish Family Service (JFS) of San Diego

Confidential
 Confidential
 (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, case management, resource navigation, food assistance, and benefits application support for individuals and families living in their vehicles, including veterans, older adults, college students, and families with young children. Additional services include financial literacy classes, parenting classes, and access to community resources. Clients can meet with case managers to develop an action plan focused on overcoming barriers and achieving stable housing. Offers a stable, youth-friendly space where staff and volunteers support the needs of children, allowing parents to focus on housing plans and other critical needs.

Intake Procedure Email;Online;Call for more information
 Lot Hours: 6:00 pm-7:00 am, Monday-Friday; 6:00 pm-8:00 am, Saturday-Sunday
 No fees

Last Update Date 3/21/2025

Category Community Shelters

San Diego Rescue Mission, Inc.

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
 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
 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

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

Serves City of San Diego/Central San Diego

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.

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

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

No fees

Last Update Date 3/18/2025

SBCS

Confidential
 Confidential
 (619) 420-3620

Serves San Diego County

Eligibility Includes individuals of any gender with minor children who are experiencing or fleeing domestic violence. To reduce barriers to safety, the shelter also accommodates extended family members and teenage sons.

Casa Seguras

Provides confidential emergency shelter and transitional housing for individuals and families experiencing domestic violence. Supportive services include case management, individual and group counseling, peer support groups, food and clothing assistance, and help obtaining temporary restraining orders. Participants receive guidance in developing independent living skills, securing stable housing, and accessing job readiness and parenting support. Services also promote healing and healthy development for children affected by domestic violence.

Intake Procedure Call for more information;Referral

Office hours: 8:30 am-7:00 pm, Monday-Thursday; 8:30 am-5:00 pm, Friday; Hotline hours: 24 hours a day, 7 days a week; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Women's Resource Center

Confidential
 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



2-1-1 San Diego North County Resource Guide

Category Domestic Violence/Sexual Abuse

YWCA of San Diego County

Confidential
Confidential
(619) 234-3164
<https://www.ywcasandiego.org>

Serves San Diego County

Eligibility Available to all gender identities, with or without children. Must be actively fleeing domestic violence or in immediate danger.

Becky's House Emergency Shelter

Provides emergency shelter, safety planning, case management, legal support, and counseling for individuals and families fleeing domestic violence. Services include: • Secure housing • Trauma-informed advocacy • Support groups • Economic assistance • Therapy for adults and children Clients receive help with safety planning, legal protection, and long-term stability through personalized case management.

Intake Procedure Online;Call for appointment

Intake: 24 hours a day, 7 days a week; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/27/2025

Category Education and Training

Miracosta College

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, 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

Youth and Family Services, YMCA of San Diego County

ESCONDIDO, CA 92025
(760) 908-9373
<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be ages 14-25 and residing in North County

TAY Drop-in Center, Escondido

Provides a safe and inclusive drop-in resource center for youth and young adults to access trauma-informed services including clinical support, resource navigation, housing assistance, basic needs provision such as hygiene products, and vocational training opportunities. Additional services include: • Access to one-on-one coaching to develop a life plan • Access to a computer • Leadership and youth development activities • Skill development workshops, classes, and support groups

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

Drop-in Center hours: 1:00 pm-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 2/27/2025

Youth and Family Services, YMCA of San Diego County

OCEANSIDE, CA 92054
(760) 908-9647
<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be ages 14-25 and residing in North County

TAY Drop-in Center, Oceanside

Provides a safe and inclusive drop-in resource center for youth and young adults to access trauma-informed services including clinical support, resource navigation, housing assistance, basic needs provision such as hygiene products, and vocational training opportunities. Additional services include: • Access to one-on-one coaching to develop a life plan • Access to a computer • Leadership and youth development activities • Skill development workshops, classes, and support groups • Mobile showers available Mondays

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

Drop-in Center hours: 12:00 pm-4:00 pm, Monday, Wednesday, Friday; Shower hours: 12:00 pm-3:00 pm, Monday; Showers closed during inclement weather events and holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 2/27/2025

Category Employment Assistance and Training

Casa de Amparo

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

Department of Rehabilitation, State of California

SAN MARCOS, CA 92069
 (760) 510-4705
<https://www.dor.ca.gov/Home/SupportedEmploymentProgram>

Serves North Coastal and North Inland Region of San Diego County

Eligibility All services are available for youth and Adults with a most significant disability in need of supported employment services living in North Coastal and North Inland Region of San Diego County

Supported Employment Program, North County Coastal and Inland 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

Office hours: 8:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

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

Last Update Date 1/21/2025

Employment Development Department, State of California

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

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

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;Call;Walk-in for services

Office hours: 9:00 am-4:00 pm, Monday-Friday; Closed: holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/24/2025

Goodwill Industries of San Diego County

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

Office hours: 9:00 am-4:00 pm, Monday-Friday; Closed: holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/24/2025

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 4/24/2025

Category Employment Assistance and Training

Interfaith Community Services

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

Office hours: 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.; Online hours: 24 hours a day, 7 days a week

No fees

No fee

Last Update Date 9/5/2024

Interfaith Community Services

ESCONDIDO, CA 92025
 (760) 489-6380

Serves Escondido, San Marcos, Poway, Valley Center, Fallbrook, Poway, Ramona, Julian, Borrego Springs

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

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

Category Employment Assistance and Training

Interfaith Community Services

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

Interfaith Community Services

550 W WASHINGTON AVE Suite B
ESCONDIDO, CA 92025
(760) 489-6380

www.interfaithservices.org

Serves San Diego County

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

Veterans Employment and Training Services, Escondido

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

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

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

No fees

Last Update Date 9/14/2022

Kitchens for Good

(619) 450-4040
www.kitchensforgood.org

Serves 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

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

No fees

Last Update Date 3/8/2022

Category Employment Assistance and Training

Marine and Family Programs, Camp Pendleton

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

Mental Health Systems, Inc.

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.

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

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

Office hours: 8:00 am-4:30 pm, Monday-Friday; Classes are held during the day and in the evening; Online hours: 24 hours a day, 7 days a week

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

Category Employment Assistance and Training

Miracosta College

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, 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

North County LGBTQ Resource Center

OCEANSIDE, CA 92054
 (760) 994-1690
<https://www.ncresourcecenter.org/>

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

Eligibility Open to individuals impacted by crime who live in Oceanside, Carlsbad, Encinitas, Del Mar, Solana Beach, Vista, San Marcos, Escondido, or Camp Pendleton

Case Management for Individuals Impacted by Crime or Trauma

Provides case management, advocacy, housing support, benefits assistance, referrals, and social service navigation for LGBTQ+ individuals. Case managers assist with issues related to employment, housing, Social Security, welfare benefits, and discrimination. The program offers support in navigating systems and accessing resources to promote stability and self-sufficiency.

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

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

No fees

Last Update Date 3/25/2025

Palomar Community College

SAN MARCOS, CA 92069
 (760) 744-1150 Ext. 2284
<https://www.palomar.edu/wcce/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be 18 years and older

Occupational, Noncredit Courses and Certificate Programs

Provides short-term not-for-credit classes, workshops, and career-training programs offering professional development, occupational, and general educational opportunities for the community.

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

Office hours: 8:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee. Parking and health fees apply, no enrollment fees are charged for the noncredit classes.

Last Update Date 3/6/2025

Women's Resource Center

Confidential
 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

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

CARLSBAD, CA 92008
 (800) 557-1985
<https://christiancreditcounselors.org/>

Serves California

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

Credit Counseling/Debt Management

Provides comprehensive debt consolidation services by combining multiple credit card debts into a single monthly payment, enabling individuals to benefit from reduced interest rates and lower monthly payments to achieve debt relief in a shorter timeframe. Delivers full-spectrum credit counseling, including debt comparison, budget analysis, and financial education on topics such as budgeting, credit management, debt, student loans, and employment preparation.

Intake Procedure Online; Complete Application Online

Office hours: 6:00 am-4:30 pm Monday-Friday Pacific Standard Time; Online hours: 24 hours a day, 7 days a week

Set-up fee and Monthly fee

Varies by state

Last Update Date 4/24/2025

Community Resource Center

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

Office hours: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Fridays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/9/2024

Category Financial Guidance

Interfaith Community Services

ESCONDIDO, CA 92025
(760) 489-6380

Serves Escondido, San Marcos, Poway, Valley Center, Fallbrook, Poway, Ramona, Julian, Borrego Springs

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

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

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

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

Last Update Date 1/12/2024

Category Financial Guidance

Navy-Marine Corps Relief Society, San Diego

Camp Pendleton, CA 92055
 (760) 725-7497
<https://www.nmcrs.org>

Serves San Diego County

Eligibility Active duty and retired Navy and Marine Corps personnel, their eligible family members, and survivors

Financial Assistance Counseling, Marine Corps Base Camp Pendleton North

Provides financial assistance, interest-free loans, grants, emergency support, and one-on-one financial counseling for active duty and retired Sailors, Marines, their families, and survivors. Services aim to improve financial stability and are tailored to each household's unique needs through personalized guidance and flexible aid options. Supports individuals facing unexpected or urgent expenses related to: • Rent, utilities, and food • Vehicle repairs and emergency transportation • Medical or dental costs • Funeral or burial expenses • Disaster relief and evacuation support Additional programs include: • Quick Assist Loans (QAL) for immediate small-dollar financial needs • Budget for Baby® workshops for expectant parents • Financial education and budget planning for long-term stability

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

Office hours: 8:30 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/17/2025

Navy-Marine Corps Relief Society, San Diego

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

Serves San Diego County

Eligibility Active duty and retired Navy and Marine Corps personnel, their eligible family members, and survivors

Financial Assistance Counseling, Marine Corps Base Camp Pendleton South

Provides financial assistance, interest-free loans, grants, emergency support, and one-on-one financial counseling for active duty and retired Sailors, Marines, their families, and survivors. Services aim to improve financial stability and are tailored to each household's unique needs through personalized guidance and flexible aid options. Supports individuals facing unexpected or urgent expenses related to: • Rent, utilities, and food • Vehicle repairs and emergency transportation • Medical or dental costs • Funeral or burial expenses • Disaster relief and evacuation support Additional programs include: • Quick Assist Loans (QAL) for immediate small-dollar financial needs • Budget for Baby® workshops for expectant parents • Financial education and budget planning for long-term stability

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

Office hours: 8:30 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/17/2025

San Diego Financial Literacy Center

ESCONDIDO, CA 92025
 (858) 810-7007
<https://www.sdfhc.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

Category Financial Guidance

San Diego Financial Literacy Center

ESCONDIDO, CA 92025
 (858) 810-7007
<http://www.sdfhc.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

San Diego Financial Literacy Center

ESCONDIDO, CA 92025
 (858) 810-7007
<http://www.sdfhc.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

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

FALLBROOK, CA 92028
 (866) 262-9881
https://sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html

Serves Fallbrook; 92088; 92028

Eligibility Living in Fallbrook, zip codes 92008, 92028 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

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.

Intake Procedure Send Letter;Complete Application Online;Call;Walk-in for services

Office hours: 8:00 am-5:00 pm, Monday-Friday; Closed on holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/3/2025

Category Food Stamps/SNAP Applications

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

OCEANSIDE, CA 92056
 (866) 262-9881
https://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 Living in zip codes 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 Based on household income and the number of pe

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.

Intake Procedure Send Letter; Complete Application Online; Call; Walk-in for services
 Office hours: 7:30 am-4:00 pm, Monday-Friday; Closed on holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/3/2025

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

ESCONDIDO, CA 92025
 (866) 262-9881
https://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 Living in zip codes 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 Based on ho

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.

Intake Procedure Send Letter; Complete Application Online; Call; Walk-in for services
 Office hours: 7:00 am-5:00 pm, Monday-Friday; Closed on holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/3/2025

Category Food Stamps/SNAP Applications

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

RAMONA, CA 92065
(866) 262-9881
https://sandiegocounty.gov/content/sdc/hhsa/programs/ssp/food_stamps.html

Serves 92004; 92036; 92065; 92066; 92070; 92086

Eligibility Living in zip codes 92004, 92036, 92065, 92066, 92070, 92086 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. Client

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.

Intake Procedure Send Letter; Complete Application Online; Call; Walk-in for services
Office hours: 7:00 am-5:00 pm, Monday-Friday; Closed on holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/3/2025

TrueCare

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, 2024 to September 30, 2025 Household Size / Gross Monthly Income 1 / \$2,510 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 Online; Call for appointment; Walk-in for appointment

Office hours: 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 8/14/2024

TrueCare

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, 2024 to September 30, 2025 Household Size / Gross Monthly Income 1 / \$2,510 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

TrueCare

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 Online;Call for appointment;Walk-in for appointment
Office hours: 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 8/14/2024

Category Food Stamps/SNAP Applications

TrueCare

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, 2024 to September 30, 2025 Household Size / Gross Monthly Income 1 / \$2,510 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 Online;Call for appointment;Walk-in for appointment

Office hours: 8:00 am-7:30 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday; Closed for Lunch: 12:00 pm-1:00 pm; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 8/14/2024

Vista Community Clinic

VISTA, CA 92083
 (760) 631-5000
<https://www.vistacommunityclinic.org/>

Serves North Coastal and North Inland 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

OCEANSIDE, CA 92057
 (760) 631-5000
www.vistacommunityclinic.org

Serves North Coastal and North Inland 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



2-1-1 San Diego North County Resource Guide

Category Food Stamps/SNAP Applications

Vista Community Clinic

OCEANSIDE, CA 92054
(760) 631-5000
www.vistacommunityclinic.org

Serves North Coastal and North Inland 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

VISTA, CA 92084
(760) 631-5000
http://www.vistacommunityclinic.org/insurance-assistance/

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

Insurance and Benefits Enrollment Services, Vale Terrace

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

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

No fees

Last Update Date 4/5/2024

Your Safe Place

SAN DIEGO, CA 92101
(619) 533-6000
https://www.sandiego.gov/yoursafeplace

Serves San Diego County

Eligibility Not limited

Domestic Violence and Victim Advocacy

Provides confidential, coordinated safety planning, 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
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

Category **General Counseling**

AmeriCare Adult Day Health Care Center

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 2/26/2025

Lifeline Community Services

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 6-17 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 Ce

Counseling Services

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

Intake Procedure Email;Call

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

No fees

Last Update Date 12/12/2024

Marine and Family Programs, Camp Pendleton

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

Counseling Services

Provides free counseling to service members and their family members. Services include individual counseling, couples counseling, family counseling, child and teen counseling, and care management.

Intake Procedure Call for more information

Office Hours: 7:30 am-5:00 pm, Monday-Friday
 No fees

Last Update Date 10/10/2023

Category **General Counseling**

Neighborhood Healthcare

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

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

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

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

Palomar Family Counseling Service, Inc.

ESCONDIDO, CA 92025
(760) 741-2660
https://www.palomarfamilycounseling.com

Serves North Coastal and North Inland Regions 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 11/26/2024

Palomar Family Counseling Service, Inc.

FALLBROOK, CA 92028
(760) 741-2660
https://www.palomarfamilycounseling.com

Serves North Coastal and North Inland Regions 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 11/26/2024

Palomar Family Counseling Service, Inc.

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 11/26/2024

Category **General Counseling**

Palomar Health

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

United States Department of Veterans Affairs (VA)

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

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

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

Children of the Immaculate Heart

Confidential
 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, including 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.sdcca.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

VISTA, CA 92084
 (760) 726-4900
<https://www.lifelinecs.org/services>

Serves San Diego County

Eligibility Survivors of domestic violence

Project LIFE

Provides counseling, trauma-specific therapy, safety planning, crisis intervention, case management, and peer support for people impacted by human trafficking. Additional services include access to community resources, transitional housing coordination, residential support, and trauma-informed victim advocacy.

Intake Procedure Email;Online;Call for more information;Walk-in for more information
 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Friday; After-hours by appointment; Online hours: 24 hours a day 7 days a week
 No fees

Last Update Date 3/25/2025

Polaris Project

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

Serves California

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

Category Immigration Services

Interfaith Community Services

ESCONDIDO, CA 92025
 (760) 489-6380
<http://www.interfaithservices.org/program/self-sufficiency-and-support/>
Serves North Inland Region of 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

SAN MARCOS, CA 92069
 (877) 534-2524
www.lassd.org
Serves San Diego County
Eligibility Call for information

Immigration Help North Central

Provides FREE immigration help including counseling, advice, and/or representation to eligible people for citizenship, naturalization, legal permanent residence or green cards, waivers, VAWA, U Visa, T Visa, and more.

Intake Procedure Call for more information;Walk-in for more information;CIE Direct Referral
 Office hours: 9:00 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 No fees

None

Last Update Date 12/23/2024

Legal Aid Society of San Diego

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

Serves San Diego County
Eligibility Call for information.

Legal Services, North County Office

Offers FREE assistance, including legal counsel, advice, and court representation, to low-income individuals in various areas such as government health benefit eligibility, reductions, or terminations; family and custody matters; consumer protection; landlord-tenant disputes; Section 8 and public housing issues (including denials); special education needs; back federal tax issues; and immigration cases. Also provides FREE advocacy for benefits related to General Relief, CalWORKs, CalFresh, and Social Security (SSI). For family law matters, assistance is available for contested divorces, typically involving children. Services are delivered by experienced staff attorneys and advocates.

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

Last Update Date 12/23/2024

North County Immigration and Citizenship Center (NCICC)

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

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

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

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

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

Office hours: 8:00 am-5:00 pm, Monday-Friday; 9:00 am-12:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only; Online hours: 24 hours a day, 7 days a week

Fixed fee depending on service

Last Update Date 10/26/2023

Category Legal Assistance

Ed Brown Senior Center for Active Adults

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

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

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

Legal Aid Society of San Diego

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

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



2-1-1 San Diego North County Resource Guide

Category Legal Assistance

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Call for information.

Legal Services, North County Office

Offers FREE assistance, including legal counsel, advice, and court representation, to low-income individuals in various areas such as government health benefit eligibility, reductions, or terminations; family and custody matters; consumer protection; landlord-tenant disputes; Section 8 and public housing issues (including denials); special education needs; back federal tax issues; and immigration cases. Also provides FREE advocacy for benefits related to General Relief, CalWORKs, CalFresh, and Social Security (SSI). For family law matters, assistance is available for contested divorces, typically involving children. Services are delivered by experienced staff attorneys and advocates.

Intake Procedure Call for more information

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

No Fees

Last Update Date 12/23/2024

Legal Aid Society of San Diego

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

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 assistance, including counseling, advice, and representation in hearings, to eligible individuals regarding public housing issues such as notices, rights, evictions, and other related concerns.

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

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

Category Legal Assistance

Legal Aid Society of San Diego

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

SAN MARCOS, CA 92069
 (877) 534-2524
www.lassd.org

Serves San Diego County

Eligibility Call for 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

Ramona Senior Center

RAMONA, CA 92065
 (760) 789-0440
<https://www.ramonaseniorcenter.com>

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

Eligibility Adults age 60 and older residing in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian, or the Lake Henshaw area

Senior Center, Pacific Educational Facilities

Provides congregate meals, home-delivered meals, social activities, educational programs, and resource referrals for older adults. Offers a welcoming space for seniors to enjoy hot lunches, connect with peers, and participate in activities such as games, seasonal celebrations, and health-related workshops. Also offers computer classes to promote digital literacy and low-impact exercise sessions for physical wellness. Coordinates Meals on Wheels for eligible homebound seniors in the region. Helps connect older adults with local services and benefits.

Intake Procedure Online;Call for more information;Walk-in for more information;Fax
 Center hours: 8:30 am-4:00 pm, Monday-Friday; Closed holidays; Online hours: 24 hours a day, 7 days a week
 Donations accepted \$8.00 Non-Seniors

Last Update Date 4/2/2025

Senior Service Council, Escondido

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

Category Legal Assistance

The North County Family Justice Center

SAN MARCOS, CA 92069
 (760) 290-3690
<https://onesafeplacenorth.org/>

Serves North County

Eligibility Individuals and families that have current service needs related to the following (No crime report required): • Victimization and relationship abuse • Child abuse • Elder abuse • Sexual assault • Domestic violence • Family violence • Human trafficking • H

One Safe Place

Provides no-cost services for individuals experiencing abuse or violence, including child abuse, elder abuse, sexual assault, domestic violence, human trafficking, and other forms of victimization. Services are offered in a safe, judgment-free environment without requiring a crime report, empowering individuals to rebuild their lives. Offender services are not provided. Service includes: • Restraining order clinic • Trauma therapy • Child advocacy • Forensic documentation • Peer support • Public assistance guidance • Transportation to the center for victims • Law enforcement and legal resources available onsite

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

Office hours: 8:00 am-6:00 pm, Monday-Friday; 8:00 am-12:00 pm, Every first Saturday of the month

No fees

Last Update Date 2/14/2025

Your Safe Place

SAN DIEGO, CA 92101
 (619) 533-6000
<https://www.sandiego.gov/yoursafeplace>

Serves San Diego County

Eligibility Not limited

Domestic Violence and Victim Advocacy

Provides confidential, coordinated safety planning, 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 Meal Centers, Food Banks and Senior Food Programs

All Saints Episcopal Church

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

Category Meal Centers, Food Banks and Senior Food Programs

American Red Cross of San Diego and Imperial Counties

OCEANSIDE, CA 92054
 (800) 500-6411
www.sandiegowic.org

Serves San Diego County

Eligibility Must meet one or more of the following: • Currently pregnant (counts as two people for household size) • Experienced a pregnancy loss/termination • Have given birth within the last six months • Are breastfeeding a baby under age 1 • Have a child under age

American Red Cross WIC, Oceanside

Provides supplemental nutrition assistance for individuals who are pregnant, infants, and children up to age 5, including checks for healthy foods, nutrition education, breastfeeding support, and community resource referrals. Clinics are located throughout San Diego County.

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

Office hours: 8:00 am-4:00 pm, Monday, Tuesday, Thursday, Friday; 9:45 am-4:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/1/2025

AmeriCare Adult Day Health Care Center

SAN MARCOS, CA 92069
 (760) 682-2424
<https://www.americareadhcc.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 2/26/2025

Brain Balance of Greater San Diego

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;Call

Office hours:11:00 am-7:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fees dependent on assessment results and No fees recommendations

Last Update Date 9/11/2023

Category Meal Centers, Food Banks and Senior Food Programs

Brain Balance of Greater San Diego

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;Call;Mail

Office hours: 11:00 am-7:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fees dependent on assessment results and recommendations

Last Update Date 9/7/2023

Brother Benno Foundation

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 Online;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

Calvary Chapel Ramona

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 Encinitas

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

Office hours: 8:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee depending on service

Last Update Date 4/5/2024

Category Meal Centers, Food Banks and Senior Food Programs

City of Escondido

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

County of San Diego Senior Nutrition Center, Escondido

Offers nutritious, on-site lunches and transportation for seniors aged 60 and older, including those without a driver's license.

Intake Procedure Call for more information

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

Fixed fee for 59 years and younger \$5

Last Update Date 2/4/2025

City of Escondido

ESCONDIDO, CA 92025
 (760) 839-4688
<https://www.escondido.org/escondido-senior-center.aspx>

Serves North Inland Region of San Diego County

Eligibility Ages 50 years and older. Escondido residency not required. Lunch is for ages 60 years and older.

Escondido Senior Center

Provides a variety of programs and services including activities, exercise, dances, meetings, coffee lounge, shuffleboard, a library, billiards room, thrift shop, cafe, nutrition program, van service, volunteer opportunities, and hot meals deliver to homebound elderly seniors.

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

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

No fees

Last Update Date 12/14/2023

City of Vista

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

County of San Diego Senior Nutrition Center, Vista

Offers nutritious, on-site lunches and transportation for seniors aged 60 and older, including those without a driver's license.

Intake Procedure Call for appointment

12:00 pm-Until food runs out, Monday-Friday

Donation \$4.00-\$8.00

Last Update Date 2/4/2025

Coastal Roots Farm

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

Coastal Roots Farm

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

Category Meal Centers, Food Banks and Senior Food Programs

Community Resource Center

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

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 11/26/2024

Community Resource Center

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

Faith Lutheran Church of Vista

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 the Month; Holiday hours vary

No fees

Last Update Date 5/23/2024

Category Meal Centers, Food Banks and Senior Food Programs

Fallbrook Food Pantry

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. Distributes items such as: • Meats • Canned goods • Fresh produce • Dairy products

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

Morning Pantry: 8:30 am-12:30 pm, Monday-Friday; 8:00 am-11:00 am, Saturday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/25/2025

Fallbrook Senior Center

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

ESCONDIDO, CA 92025

(760) 546-2858

<https://www.fhcsd.org/escondido-family-health-center>

Serves San Diego County

Eligibility Most services are available to individuals of all ages. Free breast and cervical cancer screenings are offered to women without insurance who are California residents and meet low-income guidelines. Individuals must be 21 years or older for free cervical

Community Healthcare, Escondido Family Health Center

Provides high-quality and affordable primary care services tailored to comprehensive wellness needs, including general health, reproductive care, mental health services, and health education. Primary care offerings encompass sick visits, vaccinations, acute care, chronic disease management, ENT services, medication assistance, geriatric care, 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 and treatment, as well as vasectomy education and 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 3/18/2025

Feeding San Diego

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

Food distribution hours: 6:30 am-10:00 am, Monday-Friday; 9:00 am-11:30 am, Saturday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/31/2024

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

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

Feeding San Diego

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
 Food distribution hours: 11:00 am-1:00 pm, Tuesday, Thursday; 4:00-6:00 pm,
 Wednesday; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 7/31/2024

Feeding San Diego

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
 Food distribution hours: 8:00 am-10:30 am, 4th Saturday of the Month; Online hours: 24
 hours a day, 7 days a week
 No fees

Last Update Date 8/7/2024

Feeding San Diego

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
 Food distribution hours: 1:00 pm, Friday; First come, first serve; Online hours: 24 hours a
 day, 7 days a week
 No fees

Last Update Date 9/7/2024

Feeding San Diego

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
 Food distribution hours: 7:00 am- Food distribution hours: 9:00 am, 3rd Saturday of the
 Month; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 7/31/2024

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

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
 Food distribution hours: 9:30 am-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 7/31/2024

Feeding San Diego

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
 Food distribution hours: 10:30 am-until food is gone, Monday, Wednesday, Friday; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 7/31/2024

Feeding San Diego

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
 Food distribution hours: 10:00 pm-12:00 pm, Monday, Wednesday, Friday; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 7/31/2024

Feeding San Diego

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
 Food distribution hours: 3:00 pm-5:00 pm, 1st and 3rd Tuesday of the Month; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 7/31/2024

Feeding San Diego

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
 Food distribution hours: 2:00 pm-4:00 pm, Thursday; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 7/31/2024

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

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

Food distribution hours: 8:30 am-9:30 am, Saturday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/31/2024

Feeding San Diego

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

Feeding San Diego

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

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

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

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

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

OCEANSIDE, CA 92054
 (760) 470-6992
<https://fccococeanside.org/>

Serves San Diego County

Eligibility Individuals and families in need of food

Sanctuary 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 2/10/2025

First Congregational Church of Ramona

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

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, Thursday; 4:00 pm-6:00 pm, Wednesday

No fees

Last Update Date 10/10/2023

His Church International Ministries

VISTA, CA 92083
 (760) 439-3300
https://lifechristianchurch.com/event/food-for-life-grocery-distribution-outreach/?event_date=2025-03-08

Serves San Diego County

Eligibility Individuals and families in need of food

Food For Life

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-Until food is gone, Saturdays

No fees

Last Update Date 3/7/2025

Category Meal Centers, Food Banks and Senior Food Programs

Holiness Ministries Coalition

VISTA, CA 92083
 (760) 458-4655
<http://www.holinessministriescoalition.org>

Serves California

Eligibility Residents of California with food insecurities ages 21 years and older

Lamb of God Food Bank

Provides a weekly food distribution to residents in need of food in California

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

Food distribution hours: 10:00 am-3:00 pm, Monday-Friday; Food Distribution: 2:00 pm-3:45 pm, Thursday; Online hours: 24 hours a day, 7 days a week

Donations

Last Update Date 5/7/2024

Interfaith Community Services

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 support for basic needs and access to additional community resources and referrals, including: • Emergency food • Hygiene packets • EFSP rental assistance • SDG&E utility assistance • Some crisis intervention • Eyeglass assistance (prescription required) • Diapers and baby formula (when available) • ID vouchers (subject to limits, criteria, and availability) • Partial financial assistance for applicable prescriptions Case management support is available by appointment for: • Employment • Housing stabilization • Self-sufficiency

Intake Procedure Email; Call for appointment; 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 on holidays; Closed 1st Friday of the Month

No fees

Last Update Date 11/18/2024

Interfaith Community Services

ESCONDIDO, CA 92025
 (760) 489-6380
<https://interfaithservices.org/services/basic-needs/>

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 support for basic needs and access to additional community resources and referrals, including: • Family shelter • Emergency food • Hygiene packets • Access to benefits • Crisis intervention • EFSP rental assistance • Shower and laundry facilities • Clothing voucher to thrift store • Diapers and formula (when available) • Mailing address/PO Box services • EFSP funded emergency shelter • Day bus passes or gas vouchers for documented medical or job needs • Partial financial assistance for applicable prescriptions including vision • Partial assistance to pay for driver's license, ID, and birth certificates (subject to limits, criteria, and availability)

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 11/18/2024

Category Meal Centers, Food Banks and Senior Food Programs

Interfaith Community Services

OCEANSIDE, CA 92057
 (760) 721-2117
<https://interfaithservices.org/services/basic-needs/>

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 support for basic needs and access to additional community resources and referrals, including: • ID vouchers • Hygiene packets • Access to benefits • Crisis intervention • Eyeglass assistance • EFSP rental assistance • Mailing address/PO Box services • Social services such as emergency food • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions Some additional services require an appointment such as: • Utility assistance • Case management support is available for employment • Housing stabilization and self-sufficiency by appointment • Employment supports are also available for Case Managed clients • Rental assistance may be available for case-managed residents (subject to limits, criteria, and availability)

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 N/A

Last Update Date 11/18/2024

Interfaith Community Services

ESCONDIDO, CA 92025
 (760) 489-6380
<https://interfaithservices.org/services/basic-needs/>

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

Offers free EFSP funded, hot breakfast meals to sober homeless and low-income individuals residing in the North Coastal and North Inland regions of San Diego. Provides to-go sack lunches 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 11/19/2024

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

6:30 am-10:45 am Mondays-Fridays and 10:00 am-11:30 am on Saturdays; Closed: 1/1, 5/26, 6/4, 9/1

No fees

Last Update Date 1/16/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 /
\$111,249.00 7 /

Emergency Food Assistance Program (EFAP), Community Resource Center

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

8:30 am-4:30 pm, Monday-Thursday; 8:30 am-2:00 pm, Friday; Closed: 1/1, 1/20, 2/17, 3/31, 5/26, 6/19, 7/4, 9/1, 11/11, 11/27, 12/24, 12/25

No fees

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,

Emergency Food Assistance Program (EFAP), Fallbrook Food Pantry

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

9:30 am-12:30 pm, Monday-Friday, 3rd week of the Month; Closed: 2/17, 6/19, 7/20

No fees

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

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

No fees

Last Update Date 1/16/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services; Drive-thru

8:00 am-11:00 am, Saturday; Closed: 1/4, 5/24, 7/5, 11/29, 12/27

No fees

Last Update Date 4/14/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

6:00 am-8:00 am, Every Wednesday; Closed: 1/1, 12/24, 12/31

No fees

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Call for appointment

9:00 am-12:30 pm, Monday, Saturday; 9:00 am-12:00 pm, 1:00 pm-3:30 pm, Tuesday-Friday; Closed for lunch: 12:00 pm-1:00 pm; Closed: 1/1, 1/20, 2/17, 3/31, 5/26, 6/20, 7/4, 9/1, 10/13, 11/10, 11/27, 11/28, 12/24, 12/25, 12/31

No fees

Last Update Date 5/1/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

Last Update Date 1/16/2025

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

1:00 pm-2:00 pm, 3rd Tuesday of the Month

No fees

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

9:30 am-5:00 pm, Monday-Friday; Closed: 1/1, 5/26, 7/4, 9/1, 11/27, 11/28, 12/24, 12/25, 12/26, 12/31

No fees

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

10:00 am-12:00 pm, 4th Saturday of the Month; 2025 Rescheduled dates: 5/17

No fees

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

8:00 am-until food is gone, 3rd Tuesday of the Month; 2025 Rescheduled dates: 1/14, 2/11

No fees

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Online;Call;Walk-in for services;Drive-thru

11:00 am-2:00 pm, 3rd Monday of the Month; 2025 Rescheduled dates: 1/13, 2/10, 4/7, 6/14

No fees

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Drive-thru

3:00 pm-6:00 pm on Monday, Wednesday and Friday; Closed: 1/1, 2/7, 2/17, 5/26, 7/4, 9/1, 11/28, 12/31

No fees

Last Update Date 1/16/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,249.00 7 / \$9,270.75 / \$111,249.00 8 / \$10,324.33 / \$12

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

SAN MARCOS, CA 92069

(866) 350-3663

<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves North Inland Region of San Diego County

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17 / \$111,249.00

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

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 / \$7,163.58 / \$85,963.00 6 / \$8,217.17

Last Update Date 1/16/2025

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

11:00 am-1:00 pm, Tuesday, Thursday; 4:00 pm-6:00 pm, Wednesday; Closed: 6/1, 6/2, 7/19, 11/27, 12/23, 12/24, 12/25, 12/31

No fees

Emergency Food Assistance Program (EFAP), The Movement Church

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Walk-in for services

2:00 pm-3:30 pm, 3rd Monday of the Month; 2025 Rescheduled dates: 1/27, 2/24

No fees

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

Offers monthly USDA food assistance to income-eligible households through a self-certification process that does not require income documentation. Distributions typically include canned vegetables, soups, fruits, meats, rice, beans, pasta, and frozen items, with specific items varying each month.

Intake Procedure Call for appointment; Walk-in for services

8:00 am-10:00 am, 3rd Tuesday of the month

No fees

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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; Rescheduled days: 2/15/25; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 1/16/2025

Jacobs and Cushman San Diego Food Bank

FALLBROOK, CA 92028

(866) 350-3663

<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

Serves North Inland Region of 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; Rescheduled days: 4/11/25 and 6/13/25; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/6/2025

Jacobs and Cushman San Diego Food Bank

FALLBROOK, CA 92028

(866) 350-3663

<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

Serves North Region of 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

FALLBROOK, CA 92028

<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>

Serves North Region of 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; Rescheduled days: 7/3/2025

No fees

Last Update Date 12/18/2024

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

SAN MARCOS, CA 92078
 (866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Region of 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 Email;Online;Call;Walk-in for services
 Office hours: 6:00 pm-7:00 pm, Every 1st Wednesday of the Month; Rescheduled days: 1/8/25; Online hours: 24 hours a day, 7 days a week
 No Fees
Last Update Date 12/18/2024

Jacobs and Cushman San Diego Food Bank

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
 2:00 pm-6:00 pm, Tuesday; Closed; 4/14
 No fees
Last Update Date 4/16/2025

Jacobs and Cushman San Diego Food Bank

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-10:00am; Office hours: 9:00 am-Until food is gone, 3rd Saturday of the Month; Rescheduled Days: 1/21/25, 4/26/2025, 6/23/25; Online hours: 24 hours a day, 7 days a week
 No fees
Last Update Date 4/1/2025

Jacobs and Cushman San Diego Food Bank

POWAY, CA 92064
 (866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Region of 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

Pauma Valley, CA 92061
 (866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Region of 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; Rescheduled days: 12/17/25
 No fees

Last Update Date 12/18/2024

Jacobs and Cushman San Diego Food Bank

ESCONDIDO, CA 92026
 (866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Inland Region of 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 of the Month; July-December unconfirmed; Rescheduled dates in 2025: Thursday, May 1st, 2025 (replacing April 24th)
 No fees

Last Update Date 4/1/2025

Jacobs and Cushman San Diego Food Bank

ENCINITAS, CA 92024
 (866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Region of 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

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

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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

Food distribution hours: 1:00 pm-2:00 pm, 2nd Monday of the Month; Closed on holidays; 2025 Reschedule dates: 1/13, 2/10, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/20, 11/17, 12/17

No fees

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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; 2025 Reschedule Dates: 1/10, 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12, 10/10, 11/14, 12/12

No fees

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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 the Month; Closed on ho10:00 am-11:30 pm, 1st Tuesday of the Month; Closed on holidays; 2025 Rescheduled dates: 1/7, 2/4, 3/4, 4/1days; 2025 Rescheduled dates: 1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 7/3, 8/1, 9/5, 10/3, 11/7, 12/5

No fees

Last Update Date 1/15/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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; 2025 Reschedule dates: 1/21, 2/18, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

No fees

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

SAN MARCOS, CA 92078
 (866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves North Inland Region of San Diego County

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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; 2025 Rescheduled dates: 1/9, 2/13, 3/12, 4/9, 5/14, 6/12, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10

No fees

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

RAMONA, CA 92065
 (858) 527-1419
<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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

Senior Food Program, Immaculate Heart of Mary 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;Drive-thru

8:30 am-10:00 am, 1st Tuesday of the Month; 2025 Reschedule Dates: 1/7, 2/4, 3/4, 4/1, 5/6, 6/3, 7/1, 8/5, 9/2, 10/7, 11/4, 12/2

No fees

Last Update Date 1/15/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

VISTA, CA 92081
 (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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

OCEANSIDE, CA 92054
 (760) 435-5285
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves Oceanside

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

Last Update Date 1/15/2025

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; 2025 Reschedule Dates: 1/15, 2/19, 3/19, 4/18, 5/16, 6/, 7/17, 8/21, 9/17, 10/15, 11/19, 12/17

No fees

Senior Food Program, North County Food Bank Client Choice 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 for appointment

Must have an scheduled appointment: 9:00 am-12:00 pm, Monday-Friday

No fees

Senior Food Program, Oceanside Senior 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

9:00 am-11:30 pm, 2nd Tuesday of the Month; 2025 Reschedule Dates: 1/13, 2/10, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/20, 12/8

No fees

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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; Closed on holidays; 2025 Reschedule Dates: 1/13, 2/10, 3/10, 4/14, 5/12, 6/9, 7/14, 8/11, 9/8, 10/20, 12/8

No fees

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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; 2025 Reschedule Dates: 1/27, 2/24, 3/24, 4/28, 5/29, 6/23, 7/28, 8/25, 9/22, 10/27, 11/24, 11/22

No fees

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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; 2025 Reschedule Dates: 1/10, 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12, 10/10, 11/14, 12/12

No fees

Last Update Date 1/15/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

Warner Springs, CA 92086
 (866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves North Inland Region of San Diego County

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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; 2025 Reschedule Dates: 1/21, 2/18, 3/18, 4/18, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

No fees

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

ESCONDIDO, CA 92029
 (866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves North Inland Region of San Diego County

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 / \$1,957 / \$23,475 2 / \$2,644 / \$31,725 3 / \$3,332 / \$39,975 4 / \$4,019 / \$48,225 Add. Mem

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; 2025 Reschedule Dates: 1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10

No fees

Last Update Date 1/15/2025

Mountain Manna

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

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

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

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

Category Meal Centers, Food Banks and Senior Food Programs

Oceanside First Presbyterian Church

OCEANSIDE, CA 92054
 (760) 757-3560
www.oceansidepres.org

Serves 92054

Eligibility Not limited

Food Distribution

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

Intake Procedure Walk-in for services; Drive-thru
 9:30 am-10:30 am until the food runs out, 3rd Saturday of the Month
 No fees

Last Update Date 2/28/2025

Palomar Health

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

R.A.W. Ruth Anointed World Ministries

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.

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

Category Meal Centers, Food Banks and Senior Food Programs

Ramona Senior Center

RAMONA, CA 92065
 (760) 789-0440
<https://www.ramonaseniorcenter.com>

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

Eligibility Adults age 60 and older residing in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian, or the Lake Henshaw area

Senior Center, Pacific Educational Facilities

Provides congregate meals, home-delivered meals, social activities, educational programs, and resource referrals for older adults. Offers a welcoming space for seniors to enjoy hot lunches, connect with peers, and participate in activities such as games, seasonal celebrations, and health-related workshops. Also offers computer classes to promote digital literacy and low-impact exercise sessions for physical wellness. Coordinates Meals on Wheels for eligible homebound seniors in the region. Helps connect older adults with local services and benefits.

Intake Procedure Online;Call for more information;Walk-in for more information;Fax
 Center hours: 8:30 am-4:00 pm, Monday-Friday; Closed holidays; Online hours: 24 hours a day, 7 days a week
 Donations accepted \$8.00 Non-Seniors

Last Update Date 4/2/2025

Rock Church

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 the Month

No fees

Last Update Date 10/26/2023

San Diego Oasis

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
 Office hours: 10:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 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

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

Office hours: 8:00 am-4:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/11/2024

San Marcos Seventh-day Adventist Church

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, 1st and 3rd Tuesday of the Month

No fees

Last Update Date 6/27/2024

Society of St Vincent De Paul, San Diego Council

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 1/22/2025

St Andrew's Episcopal Church

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>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>ENCINITAS, CA 92024 (760) 753-6254 https://www.saintjohnencinitas.org/</p> <p>Serves North Coastal Region San Diego County</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 3/3/2025</p>
<p>The Movement Church</p> <p>SAN MARCOS, CA 92069 (760) 510-1160 https://www.themovement.org/freefood</p> <p>Serves North Region of 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>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 Living in Escondido, Poway, Ramona, San Marcos, Valley Center, Rancho Penasquitos or zip codes 92127, 92128</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; 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>OCEANSIDE, CA 92056 (760) 631-8212 EXT208 https://oceanside.salvationarmy.org/</p> <p>Serves North Coastal Region of San Diego County</p> <p>Eligibility Adults ages 60 years and older living in North Coastal Region of San Diego County</p>	<p>Senior Nutrition Sites Club 60, Oceanside Corps</p> <p>Provides hot lunches and activities such as dancing, bingo, crafts, outings, and a senior club for adults aged 60 and over along with their spouse. Offers fellowship and guest speakers covering topics of interest.</p> <p>Intake Procedure Online; Call; Walk-in for services; CIE Direct Referral Lunch served: 11:30 am-12:30 pm, Monday-Friday; Closed: 12/25, 01/01; Online: 24 hours a day, 7 days a week Donations accepted</p> <p style="text-align: right;">\$4.00 non-seniors Last Update Date 3/17/2025</p>

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

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

Office hours: 7:30 am-11:45 am and 12:45 pm-4:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/31/2024

TrueCare

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

Office hours: 7:30 am-4:30 pm, Monday-Friday; Closed for lunch: 11:45 am-12:45 pm; Call for Saturday appointments; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/31/2024

TrueCare

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

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

No fees

Last Update Date 5/31/2024

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

Women, Infants, and Children (WIC), Ramona

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

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

Office hours: 8:00 am-4:45 pm, Monday-Friday; Closed: 12:00 pm-1:00 pm; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/31/2024

TrueCare

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

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

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

Office hours: 7:30 am-11:45 am and 12:45 pm-4:30 pm, Monday-Friday; Some lunch time, evening and Saturday appointments available; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/31/2024

TrueCare

Women, Infants, and Children (WIC), Valley Center

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

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

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

No fees

Last Update Date 5/31/2024

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

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 Online;Call for appointment;Walk-in for appointment

Office hours: 8:00 am-5:00 pm, Monday-Saturday; Online hours: 24 hours a day, 7 days a week

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

Last Update Date 8/14/2024

Venture Church

ENCINITAS, CA 92024
(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

Provides 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

6:45 am-Until food is gone, Every Wednesday
None

Last Update Date 4/23/2025

Vista Community Clinic

VISTA, CA 92083
(760) 631-5000
<https://www.vistacommunityclinic.org/>

Serves North Coastal and North Inland 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

OCEANSIDE, CA 92057
(760) 631-5000
www.vistacommunityclinic.org

Serves North Coastal and North Inland 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

Category Meal Centers, Food Banks and Senior Food Programs

Vista Community Clinic

OCEANSIDE, CA 92054
 (760) 631-5000
www.vistacommunityclinic.org

Serves North Coastal and North Inland 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

VISTA, CA 92084
 (760) 631-5000
<http://www.vistacommunityclinic.org/insurance-assistance/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

Insurance and Benefits Enrollment Services, Vale Terrace

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

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

No fees

Last Update Date 4/5/2024

Warner Springs Community Resource Center

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; 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

SAN DIEGO, CA 92101
 (619) 533-6000
<https://www.sandiego.gov/yoursafeplace>

Serves San Diego County

Eligibility Not limited

Domestic Violence and Victim Advocacy

Provides confidential, coordinated safety planning, 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 Meal Centers, Food Banks and Senior Food Programs

Youth and Family Services, YMCA of San Diego County

ESCONDIDO, CA 92025
(760) 908-9373
<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be ages 18-24 and experiencing homelessness, have run away from home, or living on the streets in North County

TAY Overnight Lodging, Escondido

Provides a safe place to stay overnight every Wednesday for youth ages 18-24, offering meals, access to showers, one-on-one case management, and other resources. Accommodates up to five individuals on a first-come, first-served basis.

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

Check-in hours: 2:00 pm-5:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 2/27/2025

Youth and Family Services, YMCA of San Diego County

OCEANSIDE, CA 92054
(760) 908-9647
<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be ages 18-24 and experiencing homelessness, have run away from home, or living on the streets in North County

TAY Overnight Lodging, Oceanside

Provides a safe place to stay overnight every Wednesday for youth ages 18-24, offering meals, access to showers, one-on-one case management, and other resources. Accommodates up to five individuals on a first-come, first-served basis.

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

Check-in hours: 12:00 pm-4:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 2/27/2025

Category Medical Services

Agnus Dei Foundation

Confidential
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

Alternatives

ESCONDIDO, CA 92025
 (760) 741-9796
<https://amc-ca.com/resource-program/>

Serves San Diego County

Eligibility Must enroll in the Earn While You Learn program

Parenting Education and Resources

Provides evidence-based parenting classes on pregnancy/birth, breastfeeding, parenting, fatherhood, life skills, sexual health, and many other topics. Completion of course material results in earning points that may be redeemed towards helpful resources including diapers, wipes, and clothing as available. Also provides basic emergency provisions for children ages 0-5 years old, including diapers, wipes, and limited quantities of baby formulas.

Intake Procedure Call for appointment

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

No fees

Last Update Date 1/28/2025

AmeriCare Adult Day Health Care Center

SAN MARCOS, CA 92069
 (760) 682-2424
<https://www.americareadhcc.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 2/26/2025

Amyotrophic Lateral Sclerosis Association

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

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

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

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

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

No fees

Last Update Date 3/14/2024

Brain Balance of Greater San Diego

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;Call

Office hours:11:00 am-7:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fees dependent on assessment results and No fees recommendations

Last Update Date 9/11/2023

Category Medical Services

Brain Balance of Greater San Diego

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;Call;Mail

Office hours: 11:00 am-7:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fees dependent on assessment results and recommendations

Last Update Date 9/7/2023

City of San Marcos

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

Community Research Foundation

ESCONDIDO, CA 92025
 (760) 745-0281
<http://www.comresearch.org/services.php>

Serves North Inland Region of San Diego County

Eligibility Living in North Inland Region of San Diego County, 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; Evenings and Weekends by request

No fees

Last Update Date 10/22/2024

Category Medical Services

DAP Health, Inc.

Borrego Springs, CA 92004
(760) 767-5051
<https://www.daphealth.org/locations/#el-387a92f8>

Serves Borrego Springs

Eligibility A sliding fee scale is available for uninsured or underinsured individuals and is offered to patients who qualify based on the Federal Poverty Level (FPL). Patients will not be turned away based on their inability to pay. Persons in Family Household / (F

Borrego Medical Center

Provides comprehensive primary and preventive healthcare services for individuals of all ages in Borrego Springs and nearby areas, with care available regardless of ability to pay. Specializes in family practice, internal medicine, pediatrics, obstetrics-gynecology, dental care, and behavioral health. Services include: • Diagnosis and management of general health concerns • Treatment for injuries • Immunizations • Wellness care • Referrals to specialists • Routine checkups tailored to individual needs

Intake Procedure Call

Clinic Hours: 8:00 am-5:00 pm, Monday-Friday
Insurance accepted. Sliding scale fees based on family size and income.

Last Update Date 4/16/2025

DAP Health, Inc.

ESCONDIDO, CA 92025
(760) 871-0606 Clinic Line
<https://www.daphealth.org/locations/#el-edb245e6>

Serves Escondido

Eligibility Residents living in Escondido. A sliding fee scale is available for uninsured or underinsured individuals and is offered to patients who qualify based on the Federal Poverty Level (FPL). Patients will not be turned away based on their inability to pay.

Primary Care, Centro Medico Escondido

Offers primary and urgent care services tailored to individual needs, specializing in diagnosing and managing general health concerns, injuries, immunizations, preventive care, wellness, referrals to specialists, and routine checkups. Primary care options include: • Family practice • Internal medicine • Pediatrics • Obstetrics-gynecology • Dental care • Behavioral health services

Intake Procedure Call for appointment; Walk-in for appointment

Clinic Hours: 8:00 am-7:00 pm, Monday-Friday; Urgent Care Hours: 8:00 am-7:00 pm, Monday-Friday
Insurance accepted. Sliding scale fees based on family size and income.

Last Update Date 4/7/2025

DAP Health, Inc.

BORREGO SPGS, CA 92004
(760) 767-5112 Clinic Line
<https://www.daphealth.org/health-services/dental-care/>

Serves Borrego Springs

Eligibility Residents living in Borrego Springs. The clinic delivers care regardless of ability to pay. Most insurances are accepted, and a sliding fee scale is available for uninsured or underinsured individuals.

Woolcott Dental

Provides comprehensive dental care for children, adolescents, and adults in Borrego Springs and nearby communities. Offering services such as: • Exams • Cleanings • Fillings • Sealants • Endodontic treatments • Minor restorations

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 4/7/2025

Category Medical Services

Del Mar Community Connections

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
Office hours: 8:30 am-4:30 pm, Monday-Thursday; 8:30 am-4:00 pm, Friday; Online hours: 24 hours a day, 7 days a week
Variable fees depending on service. Some programs have no fees.

Last Update Date 10/29/2023

Easterseals Southern California

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. Supports vary from intense to moderate depending on the individual's needs. Service focuses primarily on: • Community engagement • Volunteerism • Employment • Building social networks and communication

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 11/7/2024

Easterseals Southern California

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

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 2/14/2025

Category Medical Services

Elizabeth Hospice

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 2/14/2025

Elizabeth Hospice

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 2/14/2025

Family Health Centers of San Diego

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

Serves San Diego County
Eligibility Most services are available to individuals of all ages. Free breast and cervical cancer screenings are offered to women without insurance who are California residents and meet low-income guidelines. Individuals must be 21 years or older for free cervical

Community Healthcare, Escondido Family Health Center

Provides high-quality and affordable primary care services tailored to comprehensive wellness needs, including general health, reproductive care, mental health services, and health education. Primary care offerings encompass sick visits, vaccinations, acute care, chronic disease management, ENT services, medication assistance, geriatric care, 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 and treatment, as well as vasectomy education and 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 3/18/2025

Family Health Centers of San Diego

(619) 255-8392
<https://www.fhcsd.org/vision-services/>

Serves San Diego County
Eligibility No age limitations for most services

Vision Care, Escondido Vision Clinic

Provides comprehensive vision care services to support eye health, including prescription glasses, contact lenses, and screenings for conditions such as cataracts, glaucoma, and retinal diseases. Offers routine and specialized eye exams, including annual dilated eye exams, diabetic retinopathy screenings, digital retina imaging, and visual field testing. Additional services include retina and optic nerve scans to aid in early detection and management of eye diseases.

Intake Procedure Online; Call for appointment
 8:30 am-5:00 pm, Monday
 Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 3/18/2025

Category Medical Services

First 5 San Diego

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

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

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

Category Medical Services

First 5 San Diego

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

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

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

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
 Office hours: 8:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 1/22/2024

Category Medical Services

Foundation for Senior Care

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

Fresh Start Surgical Gifts

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

George G. Glenner Alzheimer's Family Centers

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

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

Category Medical Services

Hospice of the North Coast

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

CARLSBAD, CA 92008

(760) 431-4100

<https://hospicenorthcoast.org/services/admission-to-hospice-care/>

Serves North Coastal Region 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

Indian Health Council, Inc.

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.

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

Indian Health Council, Inc.

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.

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

Category Medical Services

Indian Health Council, Inc.

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.

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

Indian Health Council, Inc.

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.

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

Interfaith Community Services

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 support for basic needs and access to additional community resources and referrals, including: • Emergency food • Hygiene packets • EFSP rental assistance • SDG&E utility assistance • Some crisis intervention • Eyeglass assistance (prescription required) • Diapers and baby formula (when available) • ID vouchers (subject to limits, criteria, and availability) • Partial financial assistance for applicable prescriptions Case management support is available by appointment for: • Employment • Housing stabilization • Self-sufficiency

Intake Procedure Email; Call for appointment; 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 on holidays; Closed 1st Friday of the Month
 No fees

Last Update Date 11/18/2024

Category **Medical Services**

Interfaith Community Services

ESCONDIDO, CA 92025
 (760) 489-6380
<https://interfaithservices.org/services/basic-needs/>

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 support for basic needs and access to additional community resources and referrals, including: • Family shelter • Emergency food • Hygiene packets • Access to benefits • Crisis intervention • EFSP rental assistance • Shower and laundry facilities • Clothing voucher to thrift store • Diapers and formula (when available) • Mailing address/PO Box services • EFSP funded emergency shelter • Day bus passes or gas vouchers for documented medical or job needs • Partial financial assistance for applicable prescriptions including vision • Partial assistance to pay for driver's license, ID, and birth certificates (subject to limits, criteria, and availability)

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 11/18/2024

Interfaith Community Services

OCEANSIDE, CA 92057
 (760) 721-2117
<https://interfaithservices.org/services/basic-needs/>

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 support for basic needs and access to additional community resources and referrals, including: • ID vouchers • Hygiene packets • Access to benefits • Crisis intervention • Eyeglass assistance • EFSP rental assistance • Mailing address/PO Box services • Social services such as emergency food • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions Some additional services require an appointment such as: • Utility assistance • Case management support is available for employment • Housing stabilization and self-sufficiency by appointment • Employment supports are also available for Case Managed clients • Rental assistance may be available for case-managed residents (subject to limits, criteria, and availability)

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

N/A

Last Update Date 11/18/2024

Jacobs and Cushman San Diego Food Bank

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 hours: 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

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 hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

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 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

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 hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

SAN MARCOS, CA 92078

(619) 226-7625

<https://sandiegofoodbank.org/programs/diaper-ba...>

Serves North Inland Region of San Diego County

Eligibility Families with infants and toddlers who need support for diapers 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 hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Category Medical Services

Legal Aid Society of San Diego

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 (CCHEA), North County Office

Offers free help to individuals seeking information about how they can get health benefits. Provides consumers with information about their health plans and educates them about their rights, including information on the Affordable Care Act (health care reform) and how it affects them. Advocates for those who have had their health services denied, reduced, or terminated, or who are unhappy with their health services. Provides investigation of mental health patient's complaints (is designated by the County of San Diego as a patients' rights advocate for outpatient mental health services). Free help with Medi-Cal and Covered California eligibility, Medi-Cal share of cost, benefits termination or any type of health related questions.

Intake Procedure Call for more information

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

No Fees

Last Update Date 6/4/2024

Maxim Healthcare Services

CARLSBAD, CA 92011
 (760) 710-2460
<https://www.maximhealthcare.com/in-home-care-services/aba-therapy/>

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

See Service Rules

Last Update Date 9/23/2022

Mental Health Systems, Inc.

ESCONDIDO, CA 92025
 (760) 480-2255
<https://www.mhsinc.org/listing/bpsr-kinesis-north-clinic-2/>

Serves North Inland Region of San Diego County

Eligibility Residents living in North Inland Region of San Diego County. 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

Category Medical Services

Mental Health Systems, Inc.

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.

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

Mental Health Systems, Inc.

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

Camp Pendleton, CA 92055
 (760) 725-5337
<https://www.nmcrs.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

Category Medical Services

Neighborhood Healthcare

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

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

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

Category Medical Services

North County LGBTQ Resource Center

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

Palomar Health

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

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

Category Medical Services

Palomar Health

ESCONDIDO, CA 92026
 (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

Provides screening, assessment, and treatment for infants, toddlers, and preschoolers with mild to moderate developmental or behavioral concerns who do not qualify for early intervention. This program offers personalized in-person and virtual services, including speech and language therapy, physical and occupational therapy, parenting classes, behavioral coaching, and care coordination. Designed to support each child's unique needs, the program equips parents and caregivers with essential resources to help children thrive in school and life.

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

Last Update Date 3/10/2025

Palomar Health

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

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

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

Planned Parenthood of the Pacific Southwest

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

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 hours: 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

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

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 hours: 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

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

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 hours: 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

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

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

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 hours: 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

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

Category Medical Services

Planned Parenthood of the Pacific Southwest

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

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 Online; Call for appointment; Walk-in for appointment

Adult Day Care: 9:00 am-3:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Accepts Long Term Insurance, Private Pay, call for information

Last Update Date 2/26/2025

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

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

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. 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 comprehensive healthcare and health education services to support low-income individuals and families in preventing illness, maintaining well-being, understanding health needs, and accessing community resources. Offers immunizations, tuberculosis skin tests, STD screenings, and HIV testing at designated public health centers. Provides public health nursing services focused on maternal, child, and communicable disease health in clinic or home settings. Also offers naloxone distribution during walk-in hours to support overdose prevention.

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 4/3/2025

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

OCEANSIDE, CA 92056
 (760) 967-4401
https://sandiegocounty.gov/content/sdc/hhsa/programs/phs/hiv_std_hepatitis_branch/std_clinical_services.html

Serves San Diego County

Eligibility Ages 12 years and older

Sexually Transmitted Disease Clinics, North Coastal Public Health Center

Offers confidential sexual health services for at-risk individuals, and insured patients or those with limited vaccine coverage that includes: • HIV testing • STD evaluation • Testing and treatment • Hepatitis A/B vaccinations and HPV vaccination • Education and assistance with HIV prevention • Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP)

Intake Procedure Call for more information; Walk-in for more information
 10:30 pm-5:30 pm, Wednesday

Fixed fee; Includes risk assessment, physical exam, 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 4/17/2025

Rady Children's Hospital and Health Center

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

Provides education and installation of child safety seats through the car seat program, ensuring parents understand vehicle safety and can properly install their car seat before leaving. Certified technicians also offer consultations for families with children who have special needs, providing adaptive seating for temporary post-operative situations and long-term needs, such as developmental delays.

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

Last Update Date 2/12/2025

Category Medical Services

Rady Children's Hospital and Health Center

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

Pediatric 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 2/14/2025

Rady Children's Hospital and Health Center

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

Pediatric 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-Sunday

Fees vary depending on service

Last Update Date 2/14/2025

Ramona Senior Center

RAMONA, CA 92065

(760) 789-0440

<https://www.ramonaseniorcenter.com>

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

Eligibility Adults age 60 and older residing in Ramona, Ranchita, Warner Springs, Valley Center, Pala, Rincon, Julian, or the Lake Henshaw area

Senior Center, Pacific Educational Facilities

Provides congregate meals, home-delivered meals, social activities, educational programs, and resource referrals for older adults. Offers a welcoming space for seniors to enjoy hot lunches, connect with peers, and participate in activities such as games, seasonal celebrations, and health-related workshops. Also offers computer classes to promote digital literacy and low-impact exercise sessions for physical wellness. Coordinates Meals on Wheels for eligible homebound seniors in the region. Helps connect older adults with local services and benefits.

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

Center hours: 8:30 am-4:00 pm, Monday-Friday; Closed holidays; Online hours: 24 hours a day, 7 days a week

Donations accepted

\$8.00 Non-Seniors

Last Update Date 4/2/2025

Rancho Bernardo Senior Services

SAN DIEGO, CA 92128

(858) 487-2640

<http://ranchobernardoseniorservices.com/>

Serves Rancho Bernardo; Poway

Eligibility Adults age 55 and older

Senior Services

Provides social, recreational, and educational referrals for older adults, as well as health insurance support and in-home care referrals. Helps connect individuals to community resources that promote social engagement, recreational activities, and educational opportunities. Services include: • Free consultations with a financial planner • Assistance with legal matters, income taxes, and health insurance • Telephone reassurance calls • Seasonal flu shots and monthly hearing tests • Monthly AARP "55 Alive" driving instruction course • 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 3/20/2025

Category Medical Services

Rancho Santa Fe Audiology

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

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

No fees for hearing test. Affordable fees for hearing aids and other services.

Last Update Date 5/16/2024

San Diego Center for the Blind and Vision Impaired

VISTA, CA 92084
(760) 758-5956
<https://www.sdcv.org/programs-overview>

Serves North Coastal Region 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

ESCONDIDO, CA 92025
(619) 662-4100
<https://www.syhealth.org/clinics/escondido-family-medicine>

Serves 92025

Eligibility Not limited

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 3/21/2025

San Ysidro Health

JULIAN, CA 92036
(619) 662-4100
<https://www.syhc.org/services/adult-medicine/>

Serves Julian

Eligibility Not limited

Medical Services, Julian Family Medicine

Provides general medical services for individuals and families of all ages, including acute care, sick visits, health screenings, STD testing, physical exams, immunizations, and chronic condition management. Offers pediatric services such as well-child visits and specialized women's health care, including prenatal and 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 3/21/2025

San Ysidro Health

VISTA, CA 92083
 (619) 205-4585
<http://www.syhcc.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 3/21/2025

Scripps Health

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

VISTA, CA 92083
 (760) 806-5500
<https://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 4/3/2025

Category Medical Services

Scripps Health

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

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

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

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
8:00 am-6:00 pm, Monday-Friday; Closed on Holidays
No fees

Last Update Date 4/8/2025

Category Medical Services

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

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
 8:00 am-6:00 pm, Monday-Friday; Closed on Holidays
 No fees

Last Update Date 4/8/2025

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

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
 8:00 am-6:00 pm, Monday-Friday; Closed on Holidays
 No fees

Last Update Date 4/8/2025

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

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

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
 8:00 am-6:00 pm, Monday-Friday; Closed on Holidays
 No fees

Last Update Date 4/8/2025

Category Medical Services

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

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. Must meet at least one of the following: • 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 • Under 19 year

Medi-Cal, Fallbrook Community Resource Center

Provides comprehensive medical coverage for California residents with limited income, including children and adults, through the state’s Medicaid program. Offers full-scope benefits regardless of immigration status, as long as individuals meet all other eligibility requirements.

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

Office hours: 7:00 am-5:00 pm, Monday-Friday; Closed on holidays; In person applications accepted until 3:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Free or low cost. Share of cost or low monthly premium determined during application process.

Last Update Date 4/9/2025

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

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. Must meet at least one of the following: • 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/expand

Medi-Cal, North Coastal Family Resource Center

Provides comprehensive medical coverage for California residents with limited income, including children and adults, through the state’s Medicaid program. Offers full-scope benefits regardless of immigration status, as long as individuals meet all other eligibility requirements.

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

Office hours: 7:00 am-5:00 pm, Monday-Friday; Closed on holidays; In person applications accepted until 2:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Free or low cost. Share of cost or low monthly premium determined during application process.

Last Update Date 4/9/2025

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

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. Must meet at least one of the following: • 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

Medi-Cal, North Inland Family Resource Center

Provides comprehensive medical coverage for California residents with limited income, including children and adults, through the state’s Medicaid program. Offers full-scope benefits regardless of immigration status, as long as individuals meet all other eligibility requirements.

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

Office hours: 7:00 am-5:00 pm, Monday-Friday; Closed on holidays; In person applications accepted until 3:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Free or low cost. Share of cost or low monthly premium determined during application process.

Last Update Date 4/9/2025

Category Medical Services

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

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 Ramona. Must meet at least one of the following: • 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 • Under 19 years o

Medi-Cal, Ramona Family Resource Center

Provides comprehensive medical coverage for California residents with limited income, including children and adults, through the state’s Medicaid program. Offers full-scope benefits regardless of immigration status, as long as individuals meet all other eligibility requirements.

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

Office hours: 7:00 am-5:00 pm, Monday-Friday; Closed on holidays; In person applications accepted until 2:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Free or low cost. Share of cost or low monthly premium determined during application process.

Last Update Date 4/9/2025

Sharp HealthCare

SAN DIEGO, CA 92127
 (858) 521-2300
<https://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 for individuals with urgent, non-life-threatening medical conditions, offering timely evaluation and treatment to address immediate health concerns.

Intake Procedure Walk-in for services

8:00 am-8:00 pm, Monday-Sunday
 Fixed fee depending on service

Last Update Date 4/2/2025

TERI, Inc.

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

Category Medical Services

TrueCare

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, 2024 to September 30, 2025 Household Size / Gross Monthly Income 1 / \$2,510 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 Online;Call for appointment;Walk-in for appointment

Office hours: 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 8/14/2024

TrueCare

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, 2024 to September 30, 2025 Household Size / Gross Monthly Income 1 / \$2,510 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 Medical Services

<p>TrueCare</p> <p>RAMONA, CA 92065 (760) 736-6734 https://truecare.org/</p> <p>Serves North Coastal and North Inland Regions of San Diego County</p> <p>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</p>	<p>CalFresh, Covered California and Medi-Cal Enrollment Services, Ramona</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 Online;Call for appointment;Walk-in for appointment Office hours: 8:00 am-12:00 pm and 1:00 pm-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week No fees</p> <p style="text-align: right;">Last Update Date 8/14/2024</p>
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<p>TrueCare</p> <p>SAN MARCOS, CA 92069 (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, 2024 to September 30, 2025 Household Size / Gross Monthly Income 1 / \$2,510 2 /</p>	<p>CalFresh, Covered California and Medi-Cal Enrollment Services, San Marcos</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 Online;Call for appointment;Walk-in for appointment Office hours: 8:00 am-7:30 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday; Closed for Lunch: 12:00 pm-1:00 pm; Online hours: 24 hours a day, 7 days a week No fees</p> <p style="text-align: right;">Last Update Date 8/14/2024</p>
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<p>TrueCare</p> <p>SAN MARCOS, CA 92069 (760) 736-6767 https://truecare.org/wellness-services/quickcare/</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>QuickCare, San Marcos</p> <p>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)</p> <p>Intake Procedure Online;Call for appointment;Walk-in for services Office hours: 8:00 am-8:00 pm, Monday-Friday; 8:00 am-5:00 pm, Saturday; Online hours: 24 hours a day, 7 days a week 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>
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Category Medical Services

TrueCare

OCEANSIDE, CA 92054
(760) 736-6767
<https://truecare.org/>

Serves North Inland and Coastal Regions 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 Online;Call for appointment;Walk-in for appointment

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

Low cost services; cash patients may qualify for a discount. Call for information.

Last Update Date 8/15/2024

TrueCare

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 Online;Call for appointment;Walk-in for appointment

Office hours: 8:00 am-5:00 pm, Monday-Saturday; Online hours: 24 hours a day, 7 days a week

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

Last Update Date 8/14/2024

United Cerebral Palsy Association of San Diego County

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 (VA)

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

Category Medical Services

United States Department of Veterans Affairs (VA)

Veterans Affairs Clinic, Oceanside Clinic

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

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

Primary Care Services, Encinitas

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.

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

Primary Care Services, Rancho Bernardo

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.

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

Primary Care Services, Vista

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.

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

Vista Community Clinic

OCEANSIDE, CA 92057

(844) 308-5003

www.vistacommunityclinic.org

Serves North Coastal and North Inland 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

Vista Community Clinic

VISTA, CA 92084

(844) 308-5003

<https://www.vistacommunityclinic.org/>

Serves North Coastal and North Inland 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 10/4/2024

Vista Community Clinic

OCEANSIDE, CA 92057

(844) 308-5003

www.vistacommunityclinic.org

Serves North Coastal and North Inland 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

Vista Community Clinic

VISTA, CA 92084

(844) 308-5003

<http://www.vistacommunityclinic.org/health-services/adults-and-families/>

Serves North Coastal and North Inland 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 10/4/2024

Vista Community Clinic

VISTA, CA 92083
 (760) 631-5000
<https://www.vistacommunityclinic.org/>

Serves North Coastal and North Inland 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

OCEANSIDE, CA 92057
 (760) 631-5000
www.vistacommunityclinic.org

Serves North Coastal and North Inland 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

OCEANSIDE, CA 92054
 (760) 631-5000
www.vistacommunityclinic.org

Serves North Coastal and North Inland 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

VISTA, CA 92084
 (760) 631-5000
<http://www.vistacommunityclinic.org/insurance-assistance/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Low-middle income individuals seeking health insurance or other benefit programs. Income and household size guidelines may apply depending on program.

Insurance and Benefits Enrollment Services, Vale Terrace

Provides assistance in enrolling patients in health insurance and public benefit programs that are available to low-middle income individuals. This includes Covered California and Medi-Cal insurance to help pay for medical and healthcare services and other benefits for nutrition and utilities such as CalFresh, WIC and SDG&E Care program enrollment.

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

No fees

Last Update Date 4/5/2024

Category Medical Services

Vista Community Clinic

VISTA, CA 92084

(844) 308-5003

<http://www.vistacommunityclinic.org>

Serves North Coastal and North Inland 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 4/1/2025

Vista Community Clinic

OCEANSIDE, CA 92054

(760) 631-5000

<https://www.vistacommunityclinic.org/>

Serves North Coastal and North Inland 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 10/4/2024

Vista Community Clinic

OCEANSIDE, CA 92057

(760) 631-5000

www.vistacommunityclinic.org

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Women seeking healthcare services living in North Coastal and North Inland Regions of San Diego County. 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; 8:00 am-12:00 pm, Thursday;
9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income.

Last Update Date 4/5/2024

Vista Community Clinic

VISTA, CA 92084

(760) 631-5000

<https://www.vistacommunityclinic.org/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Women seeking healthcare services living in North Coastal and North Inland Regions of San Diego County. 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.

Last Update Date 10/4/2024

Category Medical Services

Vista Hill

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

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 Mental Health Services

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

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 North Coastal Region of San Diego County

Eligibility Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of North Coastal Region of San Diego County 3. Must have a serious mental illness or co-occurring conditions 4. Uninsured, under-insured, Medi-Cal recipients

Adult Urgent Walk-In Services, MHS Vista Wellness Recovery Center

Provides outpatient treatment, recovery, and rehabilitation services for adults with severe mental illness or co-occurring conditions, including crisis intervention, behavioral health screening and assessment, homeless outreach services, group and individual short-term therapy, medication management, and case management. Services are offered by appointment or on a walk-in basis.

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

Office hours: 8:00 am-5:00 pm, Monday-Friday; Walk-in hours: 9:00 am-3:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Sliding scale fees based on family size and income

Last Update Date 4/22/2025

Category Mental Health Services

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

ESCONDIDO, CA 92025
(760) 747-3424
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/Outpatient_behavioral_health_centers.html

Serves North Inland Region of San Diego County

Eligibility Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of North Inland Region of San Diego County 3. Must have a serious mental illness or co-occurring conditions 4. Uninsured, under-insured, Medi-Cal recipients

Adult Urgent Walk-In Services, MHS, Escondido North Inland Clinic

Provides outpatient treatment, recovery, and rehabilitation services for adults with severe mental illness or co-occurring conditions, including crisis intervention, behavioral health screening and assessment, homeless outreach services, group and individual short-term therapy, medication management, and case management. Services are offered by appointment or on a walk-in basis.

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

Office hours: 8:00 am-5:00 pm, Monday-Friday; Walk-in hours: 8:00 am-4:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Sliding scale fees based on family size and income

Last Update Date 4/22/2025

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

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 North Inland Region of San Diego County

Eligibility Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of North Inland Region of San Diego County 3. Must have a serious mental illness or co-occurring conditions 4. Uninsured, under-insured, Medi-Cal recipients

Adult Urgent Walk-In Services, MHS, Kinesis North WRC, North Inland

Provides outpatient treatment, recovery, and rehabilitation services for adults with severe mental illness or co-occurring conditions, including crisis intervention, behavioral health screening and assessment, homeless outreach services, group and individual short-term therapy, medication management, and case management. Services are offered by appointment or on a walk-in basis.

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

Office hours: 8:00 am-5:00 pm, Monday-Friday; Walk-in hours: 9:00 am-3:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Sliding scale fees based on family size and income

Last Update Date 4/22/2025

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

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 North Coastal Region of San Diego County

Eligibility Must meet the following guidelines: 1. Adults 18 years and older 2. Must be a resident of North Coastal Region of San Diego County 3. Must have a serious mental illness or co-occurring conditions 4. Uninsured, under-insured, Medi-Cal recipients

Adult Urgent Walk-In Services, North Coastal Mental Health Clinic, Oceanside

Provides outpatient treatment, recovery, and rehabilitation services for adults with severe mental illness or co-occurring conditions, including crisis intervention, behavioral health screening and assessment, homeless outreach services, group and individual short-term therapy, medication management, and case management. Services are offered by appointment or on a walk-in basis.

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

Office hours: 8:00 am-5:00 pm, Monday-Friday; Walk-in hours: 8:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Sliding scale fees based on family size and income

Last Update Date 4/22/2025

Category Mental Health Services

City of Carlsbad

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

Office hours: 8:00 am-5:00 pm, Monday-Friday; 9:00 am-12:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only; Online hours: 24 hours a day, 7 days a week

Fixed fee depending on service

Last Update Date 10/26/2023

City of Encinitas

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

Office hours: 8:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee depending on service

Last Update Date 4/5/2024

Community Research Foundation

ESCONDIDO, CA 92025
 (760) 745-0281
<http://www.comresearch.org/services.php>

Serves North Inland Region of San Diego County

Eligibility Living in North Inland Region of San Diego County, 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; Evenings and Weekends by request

No fees

Last Update Date 10/22/2024

Exodus Recovery, Inc.

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.

Crisis Stabilization Unit (CSU), Oceanside

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

Exodus Recovery, Inc.

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), Vista

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
 Confidential
 (760) 758-1650
www.exodusrecovery.com/san-diego-mcrt/

Serves North Coastal of San Diego County

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

Family Health Centers of San Diego

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

Serves San Diego County

Eligibility Most services are available to individuals of all ages. Free breast and cervical cancer screenings are offered to women without insurance who are California residents and meet low-income guidelines. Individuals must be 21 years or older for free cervical

Community Healthcare, Escondido Family Health Center

Provides high-quality and affordable primary care services tailored to comprehensive wellness needs, including general health, reproductive care, mental health services, and health education. Primary care offerings encompass sick visits, vaccinations, acute care, chronic disease management, ENT services, medication assistance, geriatric care, 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 and treatment, as well as vasectomy education and 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 3/18/2025

Legal Aid Society of San Diego

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

Mental Health Systems, Inc.

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

Category Mental Health Services

Mental Health Systems, Inc.

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

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

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

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

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

Palomar Health

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

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

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

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 hours: 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

San Ysidro Health

JULIAN, CA 92036
 (619) 662-4100
<https://www.syhc.org/services/adult-medicine/>

Serves Julian

Eligibility Not limited

Medical Services, Julian Family Medicine

Provides general medical services for individuals and families of all ages, including acute care, sick visits, health screenings, STD testing, physical exams, immunizations, and chronic condition management. Offers pediatric services such as well-child visits and specialized women's health care, including prenatal and 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 3/21/2025

Category Mental Health Services

The North County Family Justice Center

SAN MARCOS, CA 92069
(760) 290-3690
<https://onesafepacenorth.org/>

Serves North County

Eligibility Individuals and families that have current service needs related to the following (No crime report required): • Victimization and relationship abuse • Child abuse • Elder abuse • Sexual assault • Domestic violence • Family violence • Human trafficking • H

One Safe Place

Provides no-cost services for individuals experiencing abuse or violence, including child abuse, elder abuse, sexual assault, domestic violence, human trafficking, and other forms of victimization. Services are offered in a safe, judgment-free environment without requiring a crime report, empowering individuals to rebuild their lives. Offender services are not provided. Service includes: • Restraining order clinic • Trauma therapy • Child advocacy • Forensic documentation • Peer support • Public assistance guidance • Transportation to the center for victims • Law enforcement and legal resources available onsite

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

Office hours: 8:00 am-6:00 pm, Monday-Friday; 8:00 am-12:00 pm, Every first Saturday of the month

No fees

Last Update Date 2/14/2025

TrueCare

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 Online;Call for appointment;Walk-in for appointment

Office hours: 8:00 am-5:00 pm, Monday-Saturday; Online hours: 24 hours a day, 7 days a week

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

Last Update Date 8/14/2024

Vista Community Clinic

OCEANSIDE, CA 92054
(760) 631-5000
<https://www.vistacommunityclinic.org/>

Serves North Coastal and North Inland 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 10/4/2024



2-1-1 San Diego North County Resource Guide

Category Mental Health Services

Vista Community Clinic

OCEANSIDE, CA 92057
(760) 631-5000
www.vistacommunityclinic.org

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Women seeking healthcare services living in North Coastal and North Inland Regions of San Diego County. 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; 8:00 am-12:00 pm, Thursday; 9:00 am-4:00 pm, Saturday

Insurance accepted. Sliding scale fees based on family size and income.

Last Update Date 4/5/2024

Vista Community Clinic

VISTA, CA 92084
(760) 631-5000
<https://www.vistacommunityclinic.org/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Women seeking healthcare services living in North Coastal and North Inland Regions of San Diego County. 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.

Last Update Date 10/4/2024

Your Safe Place

SAN DIEGO, CA 92101
(619) 533-6000
<https://www.sandiego.gov/yoursafeplace>

Serves San Diego County

Eligibility Not limited

Domestic Violence and Victim Advocacy

Provides confidential, coordinated safety planning, 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

Category

Military/Veteran Services

Aging and Independence Services (AIS), Health and Human Services Agency, County of San Diego

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

California State University San Marcos

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
Office hours: 8:00 am-5:00 pm, Monday-Thursday; 8:00 am-4:00 pm, Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/27/2024

Easterseals Southern California

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

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 4/24/2025

Interfaith Community Services

550 W WASHINGTON AVE Suite B
 ESCONDIDO, CA 92025
 (760) 489-6380
www.interfaithservices.org

Serves San Diego County

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

Veterans Employment and Training Services, Escondido

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

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

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

No fees

Last Update Date 9/14/2022

Interfaith Community Services

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



2-1-1 San Diego North County Resource Guide

Category Military/Veteran Services

Lifeline Community Services

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

Category Miscellaneous Services

Alternatives

ESCONDIDO, CA 92025
(760) 741-9796
<https://amc-ca.com/resource-program/>

Serves San Diego County

Eligibility Must enroll in the Earn While You Learn program

Parenting Education and Resources

Provides evidence-based parenting classes on pregnancy/birth, breastfeeding, parenting, fatherhood, life skills, sexual health, and many other topics. Completion of course material results in earning points that may be redeemed towards helpful resources including diapers, wipes, and clothing as available. Also provides basic emergency provisions for children ages 0-5 years old, including diapers, wipes, and limited quantities of baby formulas.

Intake Procedure Call for appointment

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

No fees

Last Update Date 1/28/2025

American Red Cross of San Diego and Imperial Counties

OCEANSIDE, CA 92054
(800) 500-6411
www.sandiegowic.org

Serves San Diego County

Eligibility Must meet one or more of the following: • Currently pregnant (counts as two people for household size) • Experienced a pregnancy loss/termination • Have given birth within the last six months • Are breastfeeding a baby under age 1 • Have a child under age

American Red Cross WIC, Oceanside

Provides supplemental nutrition assistance for individuals who are pregnant, infants, and children up to age 5, including checks for healthy foods, nutrition education, breastfeeding support, and community resource referrals. Clinics are located throughout San Diego County.

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

Office hours: 8:00 am-4:00 pm, Monday, Tuesday, Thursday, Friday; 9:45 am-4:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/1/2025

Category Miscellaneous Services

Brother Benno Foundation

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 Online;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

Interfaith Community Services

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 support for basic needs and access to additional community resources and referrals, including: • Emergency food • Hygiene packets • EFSP rental assistance • SDG&E utility assistance • Some crisis intervention • Eyeglass assistance (prescription required) • Diapers and baby formula (when available) • ID vouchers (subject to limits, criteria, and availability) • Partial financial assistance for applicable prescriptions Case management support is available by appointment for: • Employment • Housing stabilization • Self-sufficiency

Intake Procedure Email;Call for appointment;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 on holidays; Closed 1st Friday of the Month

No fees

Last Update Date 11/18/2024

Interfaith Community Services

ESCONDIDO, CA 92025

(760) 489-6380

<https://interfaithservices.org/services/basic-needs/>

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 support for basic needs and access to additional community resources and referrals, including: • Family shelter • Emergency food • Hygiene packets • Access to benefits • Crisis intervention • EFSP rental assistance • Shower and laundry facilities • Clothing voucher to thrift store • Diapers and formula (when available) • Mailing address/PO Box services • EFSP funded emergency shelter • Day bus passes or gas vouchers for documented medical or job needs • Partial financial assistance for applicable prescriptions including vision • Partial assistance to pay for driver's license, ID, and birth certificates (subject to limits, criteria, and availability)

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 11/18/2024

Interfaith Community Services

OCEANSIDE, CA 92057

(760) 721-2117

<https://interfaithservices.org/services/basic-needs/>

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 support for basic needs and access to additional community resources and referrals, including: • ID vouchers • Hygiene packets • Access to benefits • Crisis intervention • Eyeglass assistance • EFSP rental assistance • Mailing address/PO Box services • Social services such as emergency food • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions Some additional services require an appointment such as: • Utility assistance • Case management support is available for employment • Housing stabilization and self-sufficiency by appointment • Employment supports are also available for Case Managed clients • Rental assistance may be available for case-managed residents (subject to limits, criteria, and availability)

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

N/A

Last Update Date 11/18/2024

Interfaith Community Services

ESCONDIDO, CA 92025

(760) 489-6380

Serves Escondido, San Marcos, Poway, Valley Center, Fallbrook, Poway, Ramona, Julian, Borrego Springs

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

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 hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

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 hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

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 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

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 hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

SAN MARCOS, CA 92078

(619) 226-7625

<https://sandiegofoodbank.org/programs/diaper-ba...>

Serves North Inland Region of San Diego County

Eligibility Families with infants and toddlers who need support for diapers 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 hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

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 hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

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, Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jacobs and Cushman San Diego Food Bank

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

Office hours: 11:00 am-4:00 pm, Monday-Friday; 10:00 am-4:00 pm, Saturday-Sunday; Closed: 2/18-2/21, 3/31-4/4, 5/29-5/30, 6/19-6/20, 7/1-7/5, 9/3-9/5, 9/9-9/13, 9/23-9/26, 11/11-11/15, 11/22-1/10; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 9/1/2024

Jewish Family Service (JFS) of San Diego

OCEANSIDE, CA 92058

(858) 637-3210

<https://campendleton.asymca.org/services/emergency-assistance/>

Serves San Diego County

Eligibility For active-duty military families

Hand Up Food Pantry, Camp Pendleton

Provides non-perishable food, fresh produce, and hygiene items to active-duty service members of any rank and their dependents. Offers supplemental support to military families experiencing financial hardship

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

Pantry hours: 10:00 am-12:00 pm, 4th Friday of the month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/20/2025

Category **Miscellaneous Services**

Meals on Wheels San Diego County

SAN MARCOS, CA 92078
 (760) 736-9900
www.meals-on-wheels.org

Serves Cardiff; Carlsbad; Del Mar; Encinitas; Escondido; Oceanside; Poway; Rancho Santa Fe; San Marcos; Solana Beach; Vista; Carmel Valley; Rancho Bernardo; Rancho Penasquitos; San Dieguito; Sorrento Hills; Mira Mesa; Valley Center; Fallbrook

Eligibility Must reside in Cardiff, Carlsbad, Del Mar, Encinitas, Escondido, Oceanside, Poway, Rancho Santa Fe, San Marcos, Solana Beach, Vista, Carmel Valley, Rancho Bernardo, Rancho Penasquitos, San Dieguito, Sorrento Hills, Mira Mesa, Valley Center, Fallbrook.
 Ad

Home Delivered Meals, North County Service Center

Delivers 2 meals a day (1 hot and 1 cold), 7 days a week to seniors that like their meals delivered to their home. Also provides pet food once a week through the Ani-Meals Program (supplies to households with cats or dogs). All meal offerings are healthy and tasty with controlled sodium, fat, carbohydrates and calories. The menus are prepared by a registered dietitian to ensure balanced meals throughout the week. Offers Healthy Choice, Healthy Latino Cuisine and easy-to-chew menu options. The menu changes monthly.

Intake Procedure Call for more information
 8:00 am-4:30 pm, Monday-Friday

One time non-refundable fee of \$35 to begin meal delivery services. Fee reduction possible for meals following financial assessment, also for veterans.

Last Update Date 4/25/2025

Oceanside First Presbyterian Church

OCEANSIDE, CA 92054
 (760) 757-3560
www.oceansidepres.org

Serves 92054
Eligibility Not limited

Food Distribution

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

Intake Procedure Walk-in for services; Drive-thru
 9:30 am-10:30 am until the food runs out, 3rd Saturday of the Month
 No fees

Last Update Date 2/28/2025

Office of Social Outreach, Mission San Luis Rey Parish

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

Pathway Health Clinic

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

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

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

Oceanside, CA 92058

(619) 299-7012

<https://www.sdhumane.org/services/support-services/pantry-service.html>

Serves San Diego County

Eligibility Available to individuals in San Diego County who are experiencing financial hardship and need temporary assistance caring for their pets

Community Pet Pantry, Oceanside Campus

Distributes free pet food and supplies to support individuals experiencing financial hardship in caring for their companion animals. Helps prevent pet relinquishment by offering temporary assistance with food, basic supplies, and referrals to veterinary resources when needed. Supports pet owners with monthly pet food distributions through community outreach locations across San Diego County.

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

10:00 am-6:00 pm, Tuesday-Sunday; Closed on holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/24/2025

San Diego State University Research Foundation

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

Office hours: 8:00 am-4:30 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/11/2024

St Peter's Episcopal Church

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-10:00 am, Monday and Wednesday; Closed on holidays
No fees

Last Update Date 12/3/2024

The Salvation Army San Diego Regional Office

ESCONDIDO, CA 92026
(760) 745-8616
<https://escondido.salvationarmy.org/>

Serves Escondido; Poway; Ramona; San Marcos; Valley Center; Rancho Penasquitos; 92127; 92128

Eligibility Living in Escondido, Poway, Ramona, San Marcos, Valley Center, Rancho Penasquitos or zip codes 92127, 92128

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; 9:30 am-3:00 pm, Friday.

No fees

Last Update Date 6/5/2023

TrueCare

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

Office hours: 7:30 am-11:45 am and 12:45 pm-4:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/31/2024

TrueCare

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

Office hours: 7:30 am-4:30 pm, Monday-Friday; Closed for lunch: 11:45 am-12:45 pm; Call for Saturday appointments; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/31/2024

TrueCare**Women, Infants, and Children (WIC), Oceanside**

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

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

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

No fees

Last Update Date 5/31/2024

TrueCare**Women, Infants, and Children (WIC), Ramona**

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

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

Office hours: 8:00 am-4:45 pm, Monday-Friday; Closed: 12:00 pm-1:00 pm; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/31/2024

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

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

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

Office hours: 7:30 am-11:45 am and 12:45 pm-4:30 pm, Monday-Friday; Some lunch time, evening and Saturday appointments available; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/31/2024

Category Miscellaneous Services

TrueCare **Women, Infants, and Children (WIC), Valley Center**

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

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

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

No fees

Last Update Date 5/31/2024

Venture Church **Food and Diaper Distribution**

ENCINITAS, CA 92024
(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

Provides 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

6:45 am-Until food is gone, Every Wednesday

None

Last Update Date 4/23/2025

Youth and Family Services, YMCA of San Diego County **TAY Drop-in Center, Escondido**

ESCONDIDO, CA 92025
(760) 908-9373

<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be ages 14-25 and residing in North County

Provides a safe and inclusive drop-in resource center for youth and young adults to access trauma-informed services including clinical support, resource navigation, housing assistance, basic needs provision such as hygiene products, and vocational training opportunities. Additional services include: • Access to one-on-one coaching to develop a life plan • Access to a computer • Leadership and youth development activities • Skill development workshops, classes, and support groups

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

Drop-in Center hours: 1:00 pm-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 2/27/2025

Category Miscellaneous Services

Youth and Family Services, YMCA of San Diego County

OCEANSIDE, CA 92054
 (760) 908-9647
<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be ages 14-25 and residing in North County

TAY Drop-in Center, Oceanside

Provides a safe and inclusive drop-in resource center for youth and young adults to access trauma-informed services including clinical support, resource navigation, housing assistance, basic needs provision such as hygiene products, and vocational training opportunities. Additional services include: • Access to one-on-one coaching to develop a life plan • Access to a computer • Leadership and youth development activities • Skill development workshops, classes, and support groups • Mobile showers available Mondays

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

Drop-in Center hours: 12:00 pm-4:00 pm, Monday, Wednesday, Friday; Shower hours: 12:00 pm-3:00 pm, Monday; Showers closed during inclement weather events and holidays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 2/27/2025

Category Rapid Re-Housing Programs

Lifeline Community Services

VISTA, CA 92084
 (760) 726-4900
<https://www.lifelinecs.org/services>

Serves San Diego County

Eligibility Survivors of domestic violence

Project LIFE

Provides counseling, trauma-specific therapy, safety planning, crisis intervention, case management, and peer support for people impacted by human trafficking. Additional services include access to community resources, transitional housing coordination, residential support, and trauma-informed victim advocacy.

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

8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Friday; After-hours by appointment; Online hours: 24 hours a day 7 days a week

No fees

Last Update Date 3/25/2025

Category Substance Abuse/Recovery Programs and Counseling

Alpha Project for the Homeless

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

Offers a state-licensed residential drug and alcohol treatment program designed for individuals seeking to rebuild their lives as sober, law-abiding citizens. The program provides an intensive 12-week environment focused on teaching essential life skills through evidence-based curricula, including journaling, relapse prevention, 12-step activities, individual counseling, and employment preparation. Residents engage in a minimum of 20 hours of structured activities per week, including 5 mandatory clinical hours, with additional weekend treatment as required. Treatment levels are re-evaluated every 30 days to ensure appropriate care, with referrals made to lower levels of care when necessary.

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 2/20/2025

Alternative Recovery Solutions

Confidential
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

Boys & Girls Clubs of Greater San Diego

ESCONDIDO, CA 92025
(760) 745-0515
www.sdyouth.org

Serves San Diego County

Eligibility Must be ages 5-13 years old

Day Camp and After School Care, Baker Branch

Provides enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. Also provides an after-school program during the school year with activities including: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Day camp hours: 7:30 am-5:30 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

ESCONDIDO, CA 92025
(760) 746-3315
www.sdyouth.org

Serves San Diego County

Eligibility Must be ages 5-13 years old

Day Camp and After School Care, Conrad Prebys Escondido

Provides enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. Also provides an after-school program during the school year with activities including: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Day camp hours: 7:30 am-5:30 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

RAMONA, CA 92065
(760) 789-1416
www.sdyouth.org

Serves San Diego County

Eligibility Must be ages 5-13 years old

Day Camp and After School Care, Ramona Branch

Provides enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. Also provides an after-school program during the school year with activities including: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Day camp hours: 7:30 am-5:30 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

ESCONDIDO, CA 92025
 (760) 745-0515
<https://www.sdyouth.org/branch/neville-helen-baker-family-branch/>
Serves San Diego County
Eligibility Must be ages 6 -17 years old

Youth Development, Baker Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts
Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee
Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

BORREGO SPGS, CA 92004
 (760) 767-9989
<https://www.sdyouth.org/branch/borrego-springs-club/>
Serves San Diego County
Eligibility Must be ages 6 -17 years old

Youth Development, Borrego Springs Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts
Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 1:45 pm-6:00 pm, Monday; 3:00 pm-6:00 pm, Tuesday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee
Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

ESCONDIDO, CA 92025
 (760) 746-3315
<https://www.sdyouth.org/branch/conrad-prebys-escondido-branch/>
Serves San Diego County
Eligibility Must be ages 6 -17 years old

Youth Development, Escondido Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts
Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 2:00 pm-6:00 pm, Monday, Tuesday, Wednesday, Friday; 1:00 pm-6:00 pm, Thursday; Online hours: 24 hours a day, 7 days a week
 Fixed fee
Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

POWAY, CA 92064
 (858) 748-9933
<https://www.sdyouth.org/branch/sulpizio-family-branch/>
Serves San Diego County
Eligibility Must be ages 6 -17 years old

Youth Development, Poway Sulpizio Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts
Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee
Last Update Date 3/21/2025

Category Substance Abuse/Recovery Programs and Counseling

Boys & Girls Clubs of Greater San Diego

RAMONA, CA 92065
 (760) 789-1416
<https://www.sdyouth.org/branch/conrad-prebys-ramona-branch/>

Serves San Diego County

Eligibility Must be ages 6 -17 years old

Youth Development, Ramona Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 2:00 pm-6:00 pm, Monday, Tuesday, Thursday, Friday; 12:30 pm-6:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys & Girls Clubs of Greater San Diego

VALLEY CENTER, CA 92082
 (760) 749-9822
<https://www.sdyouth.org/branch/james-a-bronner-family-branch/>

Serves San Diego County

Eligibility Must be ages 6 -17 years old

Youth Development, Valley Center Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
 After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Boys and Girls Club of North County

FALLBROOK, CA 92028
 (760) 728-5871
<https://www.bgcnorthcounty.org/>

Serves San Diego County

Eligibility Must be ages 6-18 years old

Youth Services

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
 Office hours: 9:00 am-6:00 pm, Monday-Friday; After school program hours: 2:35 pm-6:00 pm, Monday-Friday during the school year; Summer camp hours: 6:30 am-6:00 pm, Monday-Friday during summer break; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/24/2025

Boys and Girls Club of San Marcos

SAN MARCOS, CA 92069
 (760) 471-2490
<https://www.boysgirlsclubsm.org/>

Serves San Diego County

Eligibility Must be ages 6-18 years old

Youth Services, San Marcos

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
 Office hours: 9:00 am-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

Fixed fee

Last Update Date 3/21/2025

Category Substance Abuse/Recovery Programs and Counseling

Boys and Girls Club of San Marcos

SAN MARCOS, CA 92069
(760) 402-2695
<https://www.boysgirlsclubsm.org/san-marcos-middle-school>

Serves San Diego County

Eligibility Must be ages 11-14 years old in 6th-8th grade

Youth Services, San Marcos Middle School

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
After school program hours: 2:00 pm-6:00 pm, Monday, Tuesday, Thursday, Friday; 1:00 pm-6:00 pm, Wednesday; Online hours: 24 hours a day, 7 days a week
No fees

Last Update Date 3/21/2025

Boys and Girls Club of Vista

VISTA, CA 92083
(760) 724-6606
www.bgcvista.org

Serves San Diego County

Eligibility Must be ages 5-18 years old

Youth Development

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Office Hours: 9:00 am-6:00 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/21/2025

Boys and Girls Clubs of Carlsbad

CARLSBAD, CA 92009
(760) 683-5003
www.bgccarlsbad.org

Serves San Diego County

Eligibility Must be: • Ages 6 to 18 years old for most programs • Ages 6 to 12 years old for summer program

Youth Development Program, Bressi Ranch Clubhouse

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Office hours: 9:00 am-6:00 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday during the school year; Summer camp hours: 7:30 am-6:00 pm, Monday-Friday during summer break; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/24/2025

Boys and Girls Clubs of Carlsbad

CARLSBAD, CA 92008
(760) 729-0956
<https://www.bgccarlsbad.org/>

Serves San Diego County

Eligibility Must be: • Ages 6 to 18 years old for most programs • Ages 6 to 12 years old for summer program

Youth Development Program, Village Clubhouse

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Office hours: 9:00 am-6:00 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday-Friday during the school year; Summer camp hours: 7:30 am-6:00 pm, Monday-Friday during summer break; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/24/2025

Boys and Girls Clubs of Oceanside

OCEANSIDE, CA 92054
(760) 433-8920
<https://bgcgreatertogether.org/locations/oceanside-clubhouse/>

Serves San Diego County

Eligibility Must be ages 5-18 years old

Afterschool and Camp Programs

Provides enrichment programs during intersession and school vacation periods, including art, physical education, health, nutrition, and drama. Offers field trips to local parks and attractions. Also provides an after-school program during the school year with activities including: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
Office hours: 10:00 am-6:00 pm, Monday-Friday; Summer and school break hours: 7:30 am-5:30 pm, Monday-Friday; After school program hours: 2:00 pm-6:00 pm, Monday, Tuesday, Thursday, Friday; 12:30 pm-6:00 pm, Wednesday; Online hours: 24 hours a day, 7 days
Fixed fee

Last Update Date 3/24/2025

Boys and Girls Clubs of San Dieguito

DEL MAR, CA 92014
(858) 481-4116
<https://bgcgreatertogether.org/locations/del-mar-clubhouse/>

Serves San Diego County

Eligibility Must be ages 5-12 years old

Youth Development, Del Mar Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
After school program hours: 12:30 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/21/2025

Boys and Girls Clubs of San Dieguito

ENCINITAS, CA 92024
(760) 753-6351
<https://bgcgreatertogether.org/locations/griset-clubhouse-teen-center/>

Serves San Diego County

Eligibility Must be ages 5-18 years old

Youth Development, Griset Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
After school program hours: 3:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/21/2025

Boys and Girls Clubs of San Dieguito

SOLANA BEACH, CA 92075
(858) 755-9373 Ext 301
<https://bgcgreatertogether.org/locations/harper-teen-center/>

Serves San Diego County

Eligibility Must be ages 13 -18 years old

Youth Development, Solana Beach Branch

Offers after-school and summer programs with supervised individual and group activities in character and leadership development, educational and career development, health and life skills, the arts, sports, and fitness. Activities include: • Homework help • Mentoring • Self-esteem training • Drug prevention programs • Individual and group sports • Arts and crafts

Intake Procedure Email;Online;Call for more information;Walk-in for more information
After school program hours: 3:00 pm-6:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
Fixed fee

Last Update Date 3/21/2025

Category Substance Abuse/Recovery Programs and Counseling

Choices in Recovery

VISTA, CA 92083
(760) 945-5290

Serves Escondido; Fallbrook; San Marcos; Valley Center

Eligibility Ages 18 years and older.

COMPACT

ESCONDIDO, CA 92025
(760) 839-4515
<https://www.educationcompact.org/>

Serves Escondido

Eligibility Parents of children ages 9-14 in the Escondido area

Green Oak Ranch Ministries Inc.

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.

HealthRIGHT 360

ESCONDIDO, CA 92025
(760) 317-9123
<https://www.healthright360.org/program/north-county-serenity-house-re-entry-and-recovery-housing/>

Serves San Diego County

Eligibility Adult males who are parolees or otherwise involved with the criminal justice system

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

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

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

Serenity House Men's Re-entry and Recovery Housing

Provides transitional housing and a sober living environment for adult males involved with the criminal justice system, including parolees and probationers. The program offers social support, re-entry services, and substance use disorder treatment in a residential setting.

Intake Procedure Online; Call for appointment

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

Call for details

Last Update Date 4/4/2025

Category Substance Abuse/Recovery Programs and Counseling

HealthRIGHT 360

ESCONDIDO, CA 92026
 (760) 317-9117
<https://www.healthright360.org/program/residential-treatment-services>

Serves City of 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

Interfaith Community Services

ESCONDIDO, CA 92025
 (760) 489-6380 Ext 246
<http://www.interfaithservices.org/program/clinical-behavioral-health/>

Serves North Coastal and North Inland Regions of San Diego 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. Services include: • 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 11/19/2024

Lifeline Community Services

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 6-17 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 Ce

Counseling Services

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

Intake Procedure Email; Call

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

No fees

Last Update Date 12/12/2024

Category Substance Abuse/Recovery Programs and Counseling

Lifeline Community Services

VISTA, CA 92084

(760) 842-6214

<https://lifelinecs.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;Call

Office hours: 8:30 am-5:30 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; After hour appointments available; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 12/11/2024

McAlister Institute for Treatment and Education

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

Provides an adult-specific treatment program offering non-residential alcohol and other drug/substance use disorder treatment and recovery services. Services include: • Family therapy • Case management • Life skills education • Addiction Education • Vocational counseling • Primary care coordination • Screening and assessment • Individual and group counseling • Referrals to community resources • Co-occurring mental health treatment and services 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 11/19/2024

McAlister Institute for Treatment and Education

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

Provides an adult-specific treatment program offering non-residential alcohol and other drug/substance use disorder treatment and recovery services. Services include: • Family therapy • Case management • Life skills education • Addiction Education • Vocational counseling • Primary care coordination • Screening and assessment • Individual and group counseling • Referrals to community resources • Co-occurring mental health treatment and services 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 11/19/2024

McAlister Institute for Treatment and Education

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

Provides an adult-specific treatment program offering non-residential alcohol and other drug/substance use disorder treatment and recovery services. Services include: • Family therapy • Case management • Life skills education • Addiction Education • Vocational counseling • Primary care coordination • Screening and assessment • Individual and group counseling • Referrals to community resources • Co-occurring mental health treatment and services 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 11/19/2024

McAlister Institute for Treatment and Education

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

Offers non-residential alcohol and other substance use disorder treatment and recovery services for pregnant and parenting women. Including transitional-age youth girls (ages 15 and over) and their dependent minor children (from birth through age 17). Services include: • Family therapy • On-site daycare • Parenting classes • Case management • Life skills education • Addiction education • Vocational counseling • Primary care coordination • Screening and assessment • Individual and group counseling • Referrals to community resources • Co-occurring services for mental health issues 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 11/19/2024

McAlister Institute for Treatment and Education

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

Mental Health Systems, Inc.

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.

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.

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

Provides assistance and guidance to individuals associated with alcohol, tobacco, and other drug use. Utilizes an environmental prevention strategy that can affect powerful long-term change in the community.

Intake Procedure Call for more information

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

Call for information

Last Update Date 11/22/2024

Category Substance Abuse/Recovery Programs and Counseling

North County LGBTQ Resource Center

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

OCEANSIDE, CA 92058

(760) 994-1690

www.ncresourcecenter.org

Serves North Coastal and North Inland Regions 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

Category Transitional Housing

HealthRIGHT 360

ESCONDIDO, CA 92025

(760) 317-9123

<https://www.healthright360.org/program/north-county-serenity-house-re-entry-and-recovery-housing/>

Serves San Diego County

Eligibility Adult males who are parolees or otherwise involved with the criminal justice system

Serenity House Men's Re-entry and Recovery Housing

Provides transitional housing and a sober living environment for adult males involved with the criminal justice system, including parolees and probationers. The program offers social support, re-entry services, and substance use disorder treatment in a residential setting.

Intake Procedure Online;Call for appointment

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

Call for details

Last Update Date 4/4/2025

Category **Transitional Housing**

Interfaith Community Services

ESCONDIDO, CA 92027
(760) 803-0877

Serves North Central, Coastal, and Inland Regions of San Diego

Eligibility Must meet the following guidelines: • Reside within the North County of San Diego • Families must be homeless or at risk of homelessness • Pass a background check • Meet the Housing and Urban Development (HUD) Requirements • Families must include one adult

Emergency Family Shelter

Provides a low-barrier family shelter that offers comprehensive support for housing stability and long-term self-sufficiency for families experiencing homelessness. Key objectives for homeless families include: • Addressing safety concerns • Increasing household income • Reducing homelessness duration • Enhancing child safety and educational goals • Services focus on fostering healthy lifestyles • Connecting families with resources to build stability and community support • Ensuring parents have support resources to create safe, stable environments for their children

Intake Procedure Email;Call

Office hours: 8:00 am-5:00 pm, Monday-Sunday; Phone line available: 24 hours a day, 7 days a week

None

Last Update Date 12/19/2024

Interfaith Community Services

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 Online;Walk-in for appointment;Call

Office Hours: 8:00 am-5:00 pm, Monday-Friday; Walk-in Hours: 9:00 am-3:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week; Closed for lunch: 12:00 pm-1:00 pm

No fees

Last Update Date 8/29/2023

Interfaith Community Services

OCEANSIDE, CA 92058
(760) 529-9979
<http://www.interfaithservices.org/program/housing-shelter/>

Serves North Coastal and North Inland Regions of San Diego County

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

Category Transitional Housing

Interfaith Shelter Network of San Diego

Confidential
 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

Lifeline Community Services

VISTA, CA 92084
 (760) 726-4900
www.nclifeline.org

Serves San Diego County

Eligibility Transitional Housing: 18-24 years of age who are former foster youth. Must have a County approved referral. Drop In Center: 16-27 years of age who are experiencing homelessness or who are at risk of homelessness.

LifeSpring

Transitional housing is up to 24 months (TYH & THP Plus) with additional supportive services (intensive case management, therapeutic services, education & employment assistance, etc.) for youth ages 18-24 who are former foster youth. Drop In Center "The House" is a safe, non-judgmental, and welcoming space for youth ages 16-27 who are experiencing homelessness or who are at risk of homelessness can have access to showers, laundry, a computer lab, food, and other basic needs items.

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

Transitional Housing Hours: 9:00 am-5:30 pm, Monday-Friday; Drop-in Center Hours: 10:00 am-2:00 pm, Monday-Friday

Rent fee

\$100

Last Update Date 11/27/2023

SBCS

Confidential
 Confidential
 (619) 420-3620

Serves San Diego County

Eligibility Includes individuals of any gender with minor children who are experiencing or fleeing domestic violence. To reduce barriers to safety, the shelter also accommodates extended family members and teenage sons.

Casa Seguras

Provides confidential emergency shelter and transitional housing for individuals and families experiencing domestic violence. Supportive services include case management, individual and group counseling, peer support groups, food and clothing assistance, and help obtaining temporary restraining orders. Participants receive guidance in developing independent living skills, securing stable housing, and accessing job readiness and parenting support. Services also promote healing and healthy development for children affected by domestic violence.

Intake Procedure Call for more information; Referral

Office hours: 8:30 am-7:00 pm, Monday-Thursday; 8:30 am-5:00 pm, Friday; Hotline hours: 24 hours a day, 7 days a week; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 3/26/2025

Category **Transitional Housing**

Solutions for Change

VISTA, CA 92083
(760) 941-6545
www.solutionsforchange.org

Serves Vista; Oceanside; Carlsbad; Encinitas; Escondido; San Marcos; 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

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

Youth and Family Services, YMCA of San Diego County

ESCONDIDO, CA 92025
(760) 908-9373
<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be ages 14-25 and residing in North County

TAY Drop-in Center, Escondido

Provides a safe and inclusive drop-in resource center for youth and young adults to access trauma-informed services including clinical support, resource navigation, housing assistance, basic needs provision such as hygiene products, and vocational training opportunities. Additional services include: • Access to one-on-one coaching to develop a life plan • Access to a computer • Leadership and youth development activities • Skill development workshops, classes, and support groups

Intake Procedure Email;Online;Call for more information;Walk-in for services
Drop-in Center hours: 1:00 pm-5:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
No fees

Last Update Date 2/27/2025

Youth and Family Services, YMCA of San Diego County

OCEANSIDE, CA 92054
(760) 908-9647
<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/youth-and-young-adult-development/tay-services>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Must be ages 14-25 and residing in North County

TAY Drop-in Center, Oceanside

Provides a safe and inclusive drop-in resource center for youth and young adults to access trauma-informed services including clinical support, resource navigation, housing assistance, basic needs provision such as hygiene products, and vocational training opportunities. Additional services include: • Access to one-on-one coaching to develop a life plan • Access to a computer • Leadership and youth development activities • Skill development workshops, classes, and support groups • Mobile showers available Mondays

Intake Procedure Email;Online;Call for more information;Walk-in for services
Drop-in Center hours: 12:00 pm-4:00 pm, Monday, Wednesday, Friday; Shower hours: 12:00 pm-3:00 pm, Monday; Showers closed during inclement weather events and holidays; Online hours: 24 hours a day, 7 days a week
No fees

Last Update Date 2/27/2025

Category Transportation Services

AALL Care In Home Services

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 1/17/2025

AirCare Ambulance

CARLSBAD, CA 92011
(877) 439-1445 Ambulance Dispatch
<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 in San Diego County.

Intake Procedure Email;Online;Call

Office hours: 8:00 am-5:00 pm, Monday-Friday; Ambulance dispatch hours: 24 hours a day, 7 days a week; Online hours: 24 hours a day, 7 days a week
Call for information

Last Update Date 4/11/2025

AmeriCare Adult Day Health Care Center

SAN MARCOS, CA 92069
(760) 682-2424
<https://www.americareadhcc.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 2/26/2025

Care Choice Home Care

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

Category Transportation Services

City of Carlsbad

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
 Office hours: 8:00 am-5:00 pm, Monday-Friday; 9:00 am-12:00 pm, Saturday; Evening, weekend classes, and rentals by appointment only; Online hours: 24 hours a day, 7 days a week
 Fixed fee depending on service

Last Update Date 10/26/2023

City of Carlsbad

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

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
 Office hours: 8:00 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 Fixed fee depending on service

Last Update Date 4/5/2024

City of Escondido

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

County of San Diego Senior Nutrition Center, Escondido

Offers nutritious, on-site lunches and transportation for seniors aged 60 and older, including those without a driver's license.
Intake Procedure Call for more information
 11:30 am-12:15 pm, Monday-Friday
 Fixed fee for 59 years and younger \$5

Last Update Date 2/4/2025

Category Transportation Services

City of Escondido

ESCONDIDO, CA 92025
 (760) 839-4688
<https://www.escondido.org/escondido-senior-center.aspx>

Serves North Inland Region of San Diego County

Eligibility Ages 50 years and older. Escondido residency not required. Lunch is for ages 60 years and older.

Escondido Senior Center

Provides a variety of programs and services including activities, exercise, dances, meetings, coffee lounge, shuffleboard, a library, billiards room, thrift shop, cafe, nutrition program, van service, volunteer opportunities, and hot meals deliver to homebound elderly seniors.

Intake Procedure Online;Call for more information;Walk-in for more information
 Office hours: 9:00 am-3:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week
 No fees

Last Update Date 12/14/2023

City of Oceanside

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; Online hours: 24 hours a day, 7 days a week
 Fixed fee depending on service. Senior scholarship program available

Last Update Date 8/14/2024

City of Vista

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

County of San Diego Senior Nutrition Center, Vista

Offers nutritious, on-site lunches and transportation for seniors aged 60 and older, including those without a driver's license.

Intake Procedure Call for appointment

12:00 pm-Until food runs out, Monday-Friday
 Donation

\$4.00-\$8.00

Last Update Date 2/4/2025

City of Vista

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 promoted independence and self-sufficiency among senior citizens by providing affordable and accessible transportation throughout the community. Transportation is provided to various special events, shopping, banking, and other point of interests. Program offers mileage reimbursement for volunteer drivers. Transportation is via private vehicle and travel may exceed city limits.

Intake Procedure Call

Office Hours: 7:30 am-11:30 am, Tuesday, Thursday and Friday
 Fixed fee depending on service

Last Update Date 8/14/2024



2-1-1 San Diego North County Resource Guide

Category Transportation Services

Community Resource Center

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

Office hours: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:00 pm, Fridays; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/9/2024

Del Mar Community Connections

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

Foundation for Senior Care

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

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

San Diego Center for the Blind and Vision Impaired

VISTA, CA 92084
 (760) 758-5956
<https://www.sdcdb.org/programs-overview>

Serves North Coastal Region 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

VISTA, CA 92083
 (619) 205-4585
<http://www.syhc.org/sdpac/>

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 3/21/2025

Category Transportation Services

VMC Home Care, LLC

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 (CUI)

(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. 2024 Monthly Utility Income Guidelines by Family Size: 1 / \$2,430.00 2 / \$3,286.67 3 / \$4,143.33 4 / \$5,000.00 5 / \$5,856.67 6 / \$6,713.33 7 / \$7,570.00 8 / \$8,426.67 Must

Home Energy Bill Assistance Program, San Diego Office (HEAP)

Provides one-time financial assistance, energy crisis support, utility payment help, weatherization referrals, and energy-related home repair support for low-income households. The program helps eligible individuals and families manage heating or cooling costs and prevent utility disconnection. Clients must continue making payments, as HEAP only assists with current bills. Offers limited propane assistance when funding is available. Due to high call volumes, clients should expect delays and may leave a message for a callback in the order 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 hours: 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 4/4/2025

Interfaith Community Services

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 support for basic needs and access to additional community resources and referrals, including: • Emergency food • Hygiene packets • EFSP rental assistance • SDG&E utility assistance • Some crisis intervention • Eyeglass assistance (prescription required) • Diapers and baby formula (when available) • ID vouchers (subject to limits, criteria, and availability) • Partial financial assistance for applicable prescriptions Case management support is available by appointment for: • Employment • Housing stabilization • Self-sufficiency

Intake Procedure Email;Call for appointment;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 on holidays; Closed 1st Friday of the Month

No fees

Last Update Date 11/18/2024

Category **Utility Assistance**

Interfaith Community Services

OCEANSIDE, CA 92057
 (760) 721-2117
<https://interfaithservices.org/services/basic-needs/>

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 support for basic needs and access to additional community resources and referrals, including: • ID vouchers • Hygiene packets • Access to benefits • Crisis intervention • Eyeglass assistance • EFSP rental assistance • Mailing address/PO Box services • Social services such as emergency food • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions Some additional services require an appointment such as: • Utility assistance • Case management support is available for employment • Housing stabilization and self-sufficiency by appointment • Employment supports are also available for Case Managed clients • Rental assistance may be available for case-managed residents (subject to limits, criteria, and availability)

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 N/A

Last Update Date 11/18/2024

Interfaith Community Services

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 ongo

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

Office hours: 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.; Online hours: 24 hours a day, 7 days a week

No fees No fee

Last Update Date 9/5/2024

Interfaith Community Services

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

Category **Utility Assistance**

Interfaith Community Services

ESCONDIDO, CA 92025
 (760) 489-6380
www.interfaithservices.org

Serves North Coastal and North Inland Regions of San Diego County

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

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

Navy-Marine Corps Relief Society, San Diego

Camp Pendleton, CA 92055
 (760) 725-7497
<https://www.nmcrs.org>

Serves San Diego County

Eligibility Active duty and retired Navy and Marine Corps personnel, their eligible family members, and survivors

Financial Assistance Counseling, Marine Corps Base Camp Pendleton North

Provides financial assistance, interest-free loans, grants, emergency support, and one-on-one financial counseling for active duty and retired Sailors, Marines, their families, and survivors. Services aim to improve financial stability and are tailored to each household's unique needs through personalized guidance and flexible aid options. Supports individuals facing unexpected or urgent expenses related to: • Rent, utilities, and food • Vehicle repairs and emergency transportation • Medical or dental costs • Funeral or burial expenses • Disaster relief and evacuation support Additional programs include: • Quick Assist Loans (QAL) for immediate small-dollar financial needs • Budget for Baby® workshops for expectant parents • Financial education and budget planning for long-term stability

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

Office hours: 8:30 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/17/2025



Navy-Marine Corps Relief Society, San Diego

Financial Assistance Counseling, Marine Corps Base Camp Pendleton South

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

Provides financial assistance, interest-free loans, grants, emergency support, and one-on-one financial counseling for active duty and retired Sailors, Marines, their families, and survivors. Services aim to improve financial stability and are tailored to each household's unique needs through personalized guidance and flexible aid options. Supports individuals facing unexpected or urgent expenses related to:

- Rent, utilities, and food
- Vehicle repairs and emergency transportation
- Medical or dental costs
- Funeral or burial expenses
- Disaster relief and evacuation support

Additional programs include:

- Quick Assist Loans (QAL) for immediate small-dollar financial needs
- Budget for Baby® workshops for expectant parents
- Financial education and budget planning for long-term stability

Serves San Diego County

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

Eligibility Active duty and retired Navy and Marine Corps personnel, their eligible family members, and survivors

Office hours: 8:30 am-4:00 pm, Monday-Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 4/17/2025