



North County Resource Guide

Printed July 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.

TABLE OF CONTENTS

CHILD CARE	1
CHILDREN AND FAMILY SERVICES	15
COMMUNITY SHELTERS	19
DOMESTIC VIOLENCE/SEXUAL ABUSE	21
EDUCATION AND TRAINING	23
EMPLOYMENT ASSISTANCE AND TRAINING	24
FINANICIAL GUIDANCE	30
FOOD STAMPS/SNAP APPLICATIONS	33
GENERAL COUNSELING	38
HUMAN TRAFFICKING SERVICE PROVIDER	43
IMMIGRATION SERVICES	44
LEGAL ASSISTANCE	45
LOW RENT PERMANENT HOUSING	
MEAL CENTERS, FOOD BANKS AND SENIOR FOOD PROGRAMS	49
MEDICAL SERVICES	83
MENTAL HEALTH SERVICES	120
MILITARY/VETERANS SERVICES	130
MISCELLANEOUS SERVICES	132
RAPID RE-HOUSING PROGRAMS	142
SUBSTANCE ABUSE/RECOVERY PROGRAMS AND COUNSELING	142
TRANSITIONAL HOUSING	153
TRANSPORTATION SERVICES	157
UTILITY ASSISTANCE	162



2-1-1 San Diego North County Resource Guide

Category

Child Care

Boys and Girls Club of North County

445 E Ivy St
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

1 Positive Pl
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

650 W Mission Rd
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

410 W California Ave
Vista, CA 92083
(760) 724-6606
<https://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

Category Child Care

Boys and Girls Clubs of Carlsbad

2730 Bressi Ranch Way
Carlsbad, CA 92009
(760) 683-5003
<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

Boys and Girls Clubs of Carlsbad

3110 Roosevelt St
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

Boys and Girls Clubs of Greater San Diego

835 W 15th Ave
Escondido, CA 92025
(760) 745-0515
<https://www.sdyouth.org/>

Serves San Diego County

Eligibility Must be ages 5-13 years old

Boys and Girls Clubs of Greater San Diego

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

Serves San Diego County

Eligibility Must be ages 5-13 years old

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

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

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

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

Category Child Care

Boys and Girls Clubs of Greater San Diego

622 E St
Ramona, CA 92065
(760) 789-1416
<https://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 and Girls Clubs of Greater San Diego

835 W 15th Ave
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 and Girls Clubs of Greater San Diego

630 Cahuilla Rd
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 and Girls Clubs of Greater San Diego

115 Woodward Ave
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

Category Child Care

Boys and Girls Clubs of Greater San Diego

12988 Bowron Rd
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 and Girls Clubs of Greater San Diego

622 E St
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 and Girls Clubs of Greater San Diego

28751 Cole Grade Rd
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 Clubs of Oceanside

401 Country Club Ln
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

14125 Mango Dr
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

1221 Encinitas Blvd
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

533 Lomas Santa Fe Dr
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

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

Serves San Diego County

Eligibility Requirements depend on program or service if any

Recreation Centers

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

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

Easterseals Southern California

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

Serves Encinitas; Solana Beach

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

Child Development Center

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

Intake Procedure Call

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

No fees

Last Update Date 5/16/2024

Easterseals Southern California

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

Serves Encinitas; Solana Beach

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

Child Development Center, Solana Beach

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

Intake Procedure Call

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

No fees

Last Update Date 11/7/2024

Educational Enrichment Systems, Inc.

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

Serves Vista

Eligibility Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size / Maximum Gross Monthly Income (before taxes) 2 / \$5,889 3 / \$6,511 4 / \$7,441 5 /

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

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

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

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

Educational Enrichment Systems, Inc.

836 Olive Ave
Vista, CA 92083
(760) 726-2170 ext. 81104
<http://www.educ-enrichment.org/north-county>

Serves Vista

Eligibility Children ages three to five years old. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Family Size / Maximum Gross Monthly Income (before taxes) 2 / \$5,889 3 / \$6,511 4 / \$7,441 5 /

Toddler and Preschool Center, Vista Innovation Early Education Center

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

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

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

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

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

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

Escondido Community Child Development Center, 9th Avenue

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

Intake Procedure Walk-in for more information;Call

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

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

Last Update Date 7/6/2023

Escondido Community Child Development Center

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

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

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

Escondido Community Child Development Center, Lincoln Avenue

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

Intake Procedure Walk-in for more information;Call

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

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

Last Update Date 7/6/2023

Fallbrook Child Development Center

320 Iowa St
Fallbrook, CA 92028
(760) 728-5402

Serves Bonsall; Fallbrook; Oceanside

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

Child Care Development, Fallbrook

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

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

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

Fees vary based on income and family size

Last Update Date 12/4/2023

Fallbrook Union Elementary School District

407 S Mission Rd
Fallbrook, CA 92028
(760) 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

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

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

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

Child Development Center, Escondido West Mission

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

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

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

1805 S Escondido Blvd
Escondido, CA 92025
(760) 745-1302
<https://www.sdnccs.org/preschool>

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

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

Child Development Center, Escondido, Eucalyptus

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

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

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

1317 Oak Hill Dr
Escondido, CA 92027
(760) 739-9195
<https://www.sdnccs.org/preschool>

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

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

Child Development Center, Escondido, Oakhill

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

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

709 San Diego St
Oceanside, CA 92058
(760) 757-1931
<https://www.sdnccs.org/preschool>

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

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

Child Development Center, Oceanside, Balderrama

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

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

1501 Kelly St
Oceanside, CA 92054
(760) 966-7135
<https://maacproject.org/headstart/>

Serves Oceanside

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Early Head Start North Coast

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

1410 Foothill Dr
Vista, CA 92084
(760) 639-4465
<https://maacproject.org/headstart/>

Serves Oceanside; Vista

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Early Head Start, Foothill

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

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

Serves Escondido

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

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

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

405 W Fallbrook St
Fallbrook, CA 92028
(760) 723-4189
<https://maacproject.org/headstart/>

Serves Fallbrook

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

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

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

139 Gosnell Way
San Marcos, CA 92069
(760) 736-3066
<https://maacproject.org/headstart/>

Serves San Marcos

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Early Head Start, Head Start and State Preschool, Gosnell

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

635 N Hickory St
Escondido, CA 92025
(760) 741-0541
<https://maacproject.org/headstart/>

Serves Escondido

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

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

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

33509 Valley Center Rd
Valley Center, CA 92082
(760) 749-5190
<https://maacproject.org/headstart/>

Serves Valley Center

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Early Head Start, Head Start Rincon

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

1307 Laurel Tree Ln
Carlsbad, CA 92011
(760) 930-0749
<http://www.maacproject.org/headstart>

Serves Carlsbad

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Early Head Start, Laurel Tree Carlsbad

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

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

Serves San Marcos

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Early Head Start, Linda Vista

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

415 Autumn Dr
San Marcos, CA 92069
(760) 631-2695
<https://maacproject.org/headstart/>

Serves San Marcos

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Early Head Start, Westlake

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

901 Alturas Rd # A
Fallbrook, CA 92028
(760) 731-2062
<https://maacproject.org/headstart/>

Serves Fallbrook

Eligibility Serves children ages 3-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Head Start and State Preschool Fallbrook View

Offers school readiness child development programs for children ages 3 to 5 years along with their families, with services including 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 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

3368 Eureka Pl
Carlsbad, CA 92008
(760) 720-4378
<https://maacproject.org/headstart/>

Serves Carlsbad

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Head Start and State Preschool, Eureka

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

2322 Catalina Cir
Oceanside, CA 92056
(760) 941-7616
<https://maacproject.org/headstart/>

Serves Camp Pendleton; Oceanside; Vista

Eligibility Serves children ages 0-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Head Start and State Preschool, Island Club Oceanside

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/8/2025

Metropolitan Area Advisory Committee (MAAC)

235 Via Pelicano
Oceanside, CA 92057
(760) 433-7589
<https://maacproject.org/headstart/>

Serves Oceanside

Eligibility Serves children ages 3-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Head Start Old Grove

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/19/2025

Metropolitan Area Advisory Committee (MAAC)

33158 Cole Grade Rd
Pauma Valley, CA 92061
(760) 615-2000
<https://maacproject.org/headstart/>

Serves Pauma

Eligibility Serves children ages 3-5 years, 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 CalFresh/CalWORKS/SSI are eligib

Head Start, Pauma

Offers school readiness child development programs for children ages 0 to 5 years along with their families, with services including 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 5/19/2025

Southern California Tribal Chairmen's Association

33509 Valley Center Rd
Valley Center, CA 92082
(760) 749-1080
<https://sctca.net/rincon-community-child-development-center/>

Serves Valley Center; Escondido; Pauma Valley; Pala; San Pasqual; Pechanga; Rincon; Fallbrook

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

Rincon Community Child Development Center

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

Intake Procedure Call for appointment;Walk-in for appointment

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

Sliding fee scale by income and family size

Last Update Date 5/4/2023

Together We Grow

2120 Thibodo Rd
Vista, CA 92081
(760) 757-6031
<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

121 E 31st St Ste A
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

3708 Ocean Ranch Blvd
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

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

1320 Union Plaza Ct
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

463 N Midway Dr Ste 200
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

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

17701 San Pasqual Valley Rd
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

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

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

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

Pregnancy Testing, Counseling and Referral, Escondido Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, infertility support and referral, fertility planning, 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;Fax;CIE Direct Referral

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 6/27/2025

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Vista Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, infertility support and referral, fertility planning, 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;Fax;CIE Direct Referral

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 6/27/2025

Polaris Project

(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

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

Serves Oceanside

Eligibility Law enforcement within the city of Oceanside

Oceanside Police Department

Provides law enforcement and crime prevention services in the City of Oceanside. Provides Live Scan fingerprinting services for the purposes of application for employment, adoption, volunteer work, foster care, or if the employer or agency requests the applicant be fingerprinted. Offers books and forms for registering alarm systems.

Intake Procedure Online;Call;Walk-in for services

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

Safe Families for Children of Olive Crest

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

Serves San Diego County

Eligibility Children from birth to 18 years old

Safe Families for Children

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

Intake Procedure Voice Message;Call

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

No fees

Last Update Date 1/12/2024

Category Children and Family Services

SBCS

(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.

251 Airport Rd
Oceanside, CA 92058
(760) 721-1706
<https://www.teriinc.org/>

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

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

Respite Services

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

Intake Procedure Referral;Call
8:00 am-5:00 pm, Monday-Friday

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

Last Update Date 5/22/2024

Together We Grow

2120 Thibodo Rd
Vista, CA 92081
(760) 757-6031
<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

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

2478 Impala Dr

Carlsbad, CA 92010

(760) 929-2322

<https://ccdsd.org/homeless-mens-services/>

Serves San Diego County

Eligibility Open to men who are experiencing homelessness or working as farm laborers. Participants must be at least 18 years old, able to live independently, and maintain sobriety. Program is not equipped to serve individuals with significant emotional or behavior

La Posada de Guadalupe

Provides overnight shelter, meals, showers, laundry access, case management, and housing navigation for men experiencing homelessness. Daytime drop-in services include access to basic needs, employment support, benefits assistance, and referrals to behavioral health and substance use services. Program aims to stabilize individuals by meeting immediate needs while supporting long-term housing goals. Additional services include: • Daily hot meals • Clean clothing • Clean bedding • Mailing address • Safe environment • Toiletries for personal hygiene • Health and nutrition education training • Medical referrals to local health providers ll

Intake Procedure Online;Call for appointment

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

No fees

Last Update Date 6/12/2025

San Diego Rescue Mission

3131 Oceanside Blvd

Oceanside, CA 92056

(760) 330-3564 Outreach Team

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

Serves Oceanside

Eligibility Open to adults 18 years and older and children 17 years or younger. Each individual must reside in Oceanside and be able to complete activities of daily living independently without assistance. Registered sex offenders and individuals with arson convict

North County Lighthouse Emergency Shelter, Oceanside

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 Online;Call for more information;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 6/27/2025

Category Domestic Violence/Sexual Abuse

Category Domestic Violence/Sexual Abuse

Center for Community Solutions

(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

(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

Jewish Family Service (JFS) of San Diego

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

Serves 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 6/12/2025

Category Domestic Violence/Sexual Abuse

SBCS

(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

YWCA of San Diego County

(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

2075 Las Palmas Dr

Carlsbad, CA 92011

(760) 795-6820

<https://www.miracosta.edu/academics/community-education-and-workforce-development/>

Serves San Diego County

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

Community Education and Workforce Development

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

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

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

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

Last Update Date 11/6/2023

Category Education and Training

Youth and Family Services, YMCA of San Diego County

150 La Terraza Blvd
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

205 Barnes St
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

103 Rancho Del Oro Dr Bldg A
Oceanside, CA 92057
(760) 295-4600
<https://www.casadeamparo.org/programs/new-directions/>

Serves San Diego County

Eligibility Current or emancipated youth in foster care ages 18-25 years old. Clients are referred by San Diego County Child Welfare Services or self-referral.

New Directions

Provides a transitional housing program that equips youth with the necessary skills and resources to make a successful transition from foster care to independent living, available for young adults, ages 18 to 25, who are in or emancipated from foster care, who can participate in New Directions. Program offers services that include: • Stable housing • Rental Assistance • Furnishings • Basic necessities • Support for medical and mental health care • Employment assistance • Education and career planning • Money management • Life skills training • Relationship mediation • Emancipation funds available upon graduation • Optional matched savings program • Parenting skill building for participants with children

Intake Procedure Call for more information

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

No fees

Last Update Date 7/25/2024



2-1-1 San Diego North County Resource Guide

Category Employment Assistance and Training

Department of Rehabilitation, State of California

570 Rancheros Dr Ste 170
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

649 W Mission Ave Unit 2400
Escondido, CA 92025
(760) 631-6150
<https://www.edd.ca.gov/jobs.htm>

Serves San Diego County

Eligibility Ages 16 years and older

Placement Services for Job Seekers, North County Inland Career Center

Offers a comprehensive range of employment and training services through collaboration with state and local agencies and organizations, supporting job seekers, laid-off workers, youth, currently employed individuals, veterans, and people with disabilities.

Intake Procedure Call for more information

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

No fees

Last Update Date 6/30/2025

Goodwill Industries of San Diego County

315 W Washington Ave
Escondido, CA 92025
(760) 739-0600
<https://sdgoodwill.org/jobs/community-employment-centers/>

Serves San Diego County

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

Goodwill Employment Center, Escondido

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

Category Employment Assistance and Training

Goodwill Industries of San Diego County

414 N Coast Hwy
Oceanside, CA 92054
(760) 722-8582
<https://sdgoodwill.org/jobs/community-employment-centers/>

Serves San Diego County

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

Goodwill Employment Center, Oceanside

Provides free job search assistance, including one-on-one appointments, job readiness workshops to job seekers in the community. Partners with local employers and community agencies, job seekers may participate in the job readiness certificate program. Workshop topics include: • Resume Building • Interview Training • Job-seeking assistance • Conflict Resolution • Workplace Communication Offers a 3-6 month paid training program designed to train and prepare youth 16-18 years old for the workforce. Individuals who successfully complete the training will be considered employment at good will or may receive free job search assistance.

Intake Procedure Online;Walk-in for services

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

Interfaith Community Services

550 W Washington Ave
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

Category Employment Assistance and Training

Interfaith Community Services

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

Serves North Coastal San Diego County

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

Computer Lab, Carlsbad

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

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

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

No fees

No fees

Last Update Date 9/5/2024

Interfaith Community Services

550 W Washington Ave
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

Building 13150
Camp Pendleton, CA 92055
(760) 725-4199 (Transition)
<https://pendleton.usmc-mccs.org/marine-family-support/military-family-life/family-member-employment-assistance-program>

Serves San Diego County

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

Employment Services

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

Intake Procedure Call for more information

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

Call for information

Last Update Date 6/12/2023

Mental Health Systems, Inc.

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

Serves North Inland and Coastal Regions of San Diego County

Eligibility Adults 18 years and older with severe mental illness

North Coastal Mental Health Center

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

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

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

Sliding scale based on family size and income

Last Update Date 3/27/2024

Mental Health Systems, Inc.

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

Serves North Inland and Coastal Regions of San Diego County

Eligibility Adults 18 years and older with severe mental illness

North Inland Mental Health Center

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

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

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

Sliding scale based on family size and income

Last Update Date 3/27/2024

Miracosta College

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

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

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

Adult Community Education, San Elijo Campus

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

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

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

2075 Las Palmas Dr
Carlsbad, CA 92011
(760) 795-6820
<https://www.miracosta.edu/academics/community-education-and-workforce-development/>

Serves San Diego County

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

Community Education and Workforce Development

Offers opportunities for students to gain real-world work experiences through hands-on training, online classes, 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

1919 Apple St
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

1140 W Mission Rd
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

Category Financial Guidance

Casa de Amparo

103 Rancho Del Oro Dr Bldg A
Oceanside, CA 92057
(760) 295-4600
<https://www.casadeamparo.org/programs/new-directions/>

Serves San Diego County

Eligibility Current or emancipated youth in foster care ages 18-25 years old. Clients are referred by San Diego County Child Welfare Services or self-referral.

New Directions

Provides a transitional housing program that equips youth with the necessary skills and resources to make a successful transition from foster care to independent living, available for young adults, ages 18 to 25, who are in or emancipated from foster care, who can participate in New Directions. Program offers services that include: • Stable housing • Rental Assistance • Furnishings • Basic necessities • Support for medical and mental health care • Employment assistance • Education and career planning • Money management • Life skills training • Relationship mediation • Emancipation funds available upon graduation • Optional matched savings program • Parenting skill building for participants with children

Intake Procedure Call for more information

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

No fees

Last Update Date 7/25/2024

Christian Credit Counselors

5838 Edison Pl Ste 130
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

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

Serves Encinitas; Carlsbad

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

Housing and Supportive Services Program

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

Intake Procedure Online; Call; Walk-in for services

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

Interfaith Community Services

550 W Washington Ave
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

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

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

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

Communities in Action, Financial Literacy Services

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

Intake Procedure Call

Office Hours: 8:30 am-5:00 pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; Workshop times: 8:30 am-5:00pm, Monday-Thursday; 8:30 am-2:30 pm, Friday; Evening workshops are available

No fees

Last Update Date 5/31/2024

Marc Sigmon Insurance Agency LLC

1051 Emelita St
Fallbrook, CA 92028
(760) 645-3585
<http://www.marcsigmon.com>

Serves San Diego County

Eligibility Adults transitioning from the military, active duty or veterans

Financial Education

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

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

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

Navy-Marine Corps Relief Society, San Diego

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

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

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

Serves San Diego County

Eligibility Military individuals, Veterans and their families

Boost For Our Heroes

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

Intake Procedure Email;Call

7:00 am-5:00 pm, Monday-Thursday 7:00 am-4:00 pm Friday

No fees

Last Update Date 7/31/2023

Category Financial Guidance

San Diego Financial Literacy Center

1835a S Centre City Pkwy # 508
Escondido, CA 92025
(858) 810-7007
<http://www.sdfc.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

1835a S Centre City Pkwy # 508
Escondido, CA 92025
(858) 810-7007
<http://www.sdfc.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

202 W College St
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

3708 Ocean Ranch Blvd
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

649 W Mission Ave
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

1521 Main St
 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

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents, and meet low-income guidelines: CalFresh Annual Income Guidelines: October 1, 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

Category Food Stamps/SNAP Applications

TrueCare

605 Crouch St
Oceanside, CA 92054
(760) 736-6734
<https://truecare.org/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents, and meet low-income guidelines: CalFresh Annual Income Guidelines: October 1, 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

220 Rotanzi St
Ramona, CA 92065
(760) 736-6734
<https://truecare.org/>

Serves North Coastal and North Inland Regions of San Diego County

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

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

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

Intake Procedure 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

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents, and meet low-income guidelines: CalFresh Annual Income Guidelines: October 1, 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

134 Grapevine Rd
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

4700 N River Rd
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 Food Stamps/SNAP Applications

Vista Community Clinic

818 Pier View Way
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

1000 Vale Terrace Dr
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

1122 Broadway
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

Category

General Counseling

AmeriCare Adult Day Health Care Center

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

Serves San Diego County

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

Adult Day Health Care

Provides a safe and nurturing environment for adults with a medical condition that offers:
• Social activities • Occupational • Physical and speech therapy • Nursing services • Counseling • Social services/case management • Hot meals and nutritional counseling • Transportation to and from the center

Intake Procedure Call for more information

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

Insurance accepted. Payments from the San Diego Regional Center accepted. Call for Fixed fee schedule prices.

Last Update Date 2/26/2025

Lifeline Community Services

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

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

Eligibility Youth ages 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

Building 130193
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

425 N Date St # 219

Escondido, CA 92025

(833) 867-4642

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

Serves Escondido; Pauma Valley; Poway; San Marcos; Valley Center; Vista; El Cajon; Lakeside; Santee; 92003; 92028; 92059; 92060; 92061; 92020; 92040; 92590; 92586; 92543

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

Behavioral Health Services, Ray M Dickinson Wellness Center

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

Intake Procedure Call for appointment

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

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

Last Update Date 7/31/2025

Neighborhood Healthcare

460 N Elm St

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 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; Closed for lunch: 12:00 pm- 1:00 pm, Monday, Tuesday, Thursday, Friday; 12:00 pm to 1:30 pm, Wednesday

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 6/3/2025

Neighborhood Healthcare

728 E Valley Pkwy

Escondido, CA 92025

(833) 867-4642

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

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

Eligibility No age or income limitations

Community Health Center, Escondido Valley Parkway

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

Intake Procedure Call for appointment

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

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

Last Update Date 6/3/2025

Neighborhood Healthcare

13010 Poway Rd
Poway, CA 92064
(858) 218-3000
<https://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 6/3/2025

Palomar Family Counseling Service, Inc.

1002 E Grand Ave
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.

120 W Hawthorne St
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.

945 Vale Terrace Dr
Vista, CA 92084
(760) 630-3505
<https://www.palomarfamilycounseling.com>

Serves North Coastal Region of San Diego County

Eligibility Not limited

Counseling Services, Vista

Offers counseling services including individual, family, and couple counseling for all ages. Play therapy is available for children as young as three years old. Also provides school-based counseling services to students attending specified schools in the North County area.

Intake Procedure Call for appointment

8:30 am-7:00 pm, Monday-Friday

Sliding scale fees. Call for information.

Last Update Date 11/26/2024

Category General Counseling

Palomar Health

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

Serves San Diego County

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

Outpatient Behavioral Health Services, Poway

Offers a community-based adult psychiatric treatment program where patients can live independently in the community while participating daily in a highly individualized treatment program. Services at the day program include: • Comprehensive assessment • Treatment for adults and older adults • Group and individual therapy • Medication management

Intake Procedure Call/Walk-in for services

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

Fees vary depending on type of service. Please call insurance company for more information.

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

Last Update Date 6/21/2024

United States Department of Veterans Affairs (VA)

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

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Oceanside Clinic

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

Intake Procedure Call for appointment

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

Fees range depending on service

Last Update Date 5/31/2024

Vista Hill

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

Serves Escondido

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

Learning Assistance Center, Escondido Union District, Lincoln Annex

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

Intake Procedure Call for appointment

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

No fees charged for Medi-Cal clients or AB2726 children. Sliding scale fees based on family size and income for uninsured clients.

Last Update Date 1/8/2024

Vista Hill

1012 Main St Ste 101
Ramona, CA 92065
(760) 788-9724
<http://www.vistahill.org/programs-services/learning-assistance-center-lac-county/>

Serves Borrego Springs; Julian; Ramona; Warner Springs

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

Learning Assistance Center, North Inland

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

Intake Procedure Call for more information;Call for appointment

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

No fees charged for Medi-Cal clients or ERMHS children. Sliding scale fees based on family size and income for uninsured clients.

Last Update Date 1/8/2024

Category Human Trafficking Service Provider

Category Human Trafficking Service Provider

Children of the Immaculate Heart

(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.sdcda.org/preventing/human-trafficking/>

Serves San Diego County

Eligibility Not limited

Human Trafficking Webpage

A website that provides information and education on human trafficking. Includes information on how to identify victims of human trafficking, as well as identify potential perpetrators of human trafficking. Includes links to local community resources and initiatives and contact information on how to report cases of human trafficking.

Intake Procedure Email;Online;Call for more information

24 hours a day, 7 days a week

No fees

Last Update Date 8/12/2024

Lifeline Community Services

200 Michigan Ave

Vista, CA 92084

(760) 726-4900

<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

(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

Health and Human Services Agency, County of San Diego

649 W Mission Ave
Escondido, CA 92025
(619) 731-3371
<https://www.sandiegocounty.gov/content/sdc/OIRA.html>

Serves San Diego County

Eligibility Limited to immigrants and refugees who have newly arrived to San Diego County.

Immigrant and Refugee Welcome Center, Escondido

Offers newly arrived immigrant and refugee families support by connecting them to resources for employment, family health and wellness, older adults and persons living with disabilities, youth education, food and nutrition, and public assistance benefits programs.

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

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 6/16/2025

Interfaith Community Services

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

Serves North Coastal Region of San Diego County

Eligibility No age limitations, however, minors must be accompanied by an adult relative or counselor. Eligibility documentation required for certain services/supports. Must be in the North Coastal Region of San Diego County.

Basic Needs Walk-in Services, Carlsbad

Provides support for basic needs such as ID vouchers, emergency food, crisis intervention, and hygiene packets, and offers access to additional community resources and referrals. Additional services include: • Access to benefits • Eyeglass assistance • Mailing address/PO Box services • Social services • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions The following services are offered by appointment only: • Utility payment assistance • Employment case management and resources • Housing stabilization and self-sufficiency

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

1:00 pm-3:00 pm, Tuesday-Thursday

No fees

Last Update Date 7/23/2025

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Call for information

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

North County LGBTQ Resource Center

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

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

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

Immigration Advocacy

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

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

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

No fees

Last Update Date 8/28/2024

Category Immigration Services

Pathways to Citizenship

120 Stevens Ave
Solana Beach, CA 92075
(858) 509-2589
<https://pathwayssd.org/>

Serves North County San Diego

Eligibility Available to individuals residing in San Diego County who are eligible for U.S. naturalization. Individuals must meet residency and legal status requirements. Additional eligibility criteria may apply depending on the type of service requested.

Immigration Services

Provides free naturalization assistance, legal consultations, and citizenship application support for individuals seeking to become U.S. citizens. Offers access to study materials, English language preparation, and support with the following applications: • Naturalization Application (Form N-400) • DACA Renewal (Form I-821D) • Replacement Permanent Resident Card (Form I-90) • Freedom of Information Act (FOIA) Request • Certificate of Citizenship (Form N-600) Services are offered on a low-cost or pro bono basis.

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

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

Fees range depending on service

Last Update Date 5/16/2025

Unitarian Universalist Refugee and Immigrant Services and Education

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

Serves San Diego County

Eligibility Immigrants and refugees

Immigration Services

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

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

9:00 am–3:00 pm, Monday–Friday

Nominal fees

Last Update Date 5/10/2023

Category Legal Assistance

California Western Community Law Project

936 Genevieve St
Solana Beach, CA 92075

<https://cwclp.org/>

Serves North Coastal Region of San Diego County

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

Legal Assistance, Solana Beach

Offers free legal advice, referrals and consultations on a wide-variety of legal issues such as, immigration, family law, housing, employment, public benefits, criminal, taxes, and more. California Western Community Law Project does not offer legal representation but will provide referrals to other providers that offer legal representation. All services are provided in person only.

Intake Procedure Email;Online;Walk-in for services

Office hours; 5:30 pm–7:30 pm, one Wednesday every month; Dates listed on website;

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

No fees

Last Update Date 9/9/2024

Category Legal Assistance

City of Carlsbad

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

Serves Carlsbad

Eligibility Seniors adults 50 years and older

Recreation Services, Senior Center

Provides continuum of services for adults at all stages of life. Whether learning how to care of an aging parent or finding ways to stay active as an older adult. Offers Information, resources and free low cost services are available, including legal assistance and medical screenings. Transportation services available.

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

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

Ed Brown Senior Center for Active Adults

18402 W Bernardo Dr
San Diego, CA 92127
(858) 487-9324
www.edbrowncenter.org

Serves 92127; 92128; 92129; Rancho Bernardo; Escondido; Poway; Rancho Penasquitos; 4S Ranch; Del Dios; Carmel Mountain; Sabre Springs; San Pasqual Valley

Eligibility Ages 50 years and older. Bingo is open to the public, most activities are available to non members

Ed Brown Senior Center for Active Adults

Provides a variety of recreational, social, and educational programs for seniors. Exercise and fitness programs also legal counseling with an attorney (must make an appointment).

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

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

Fixed fee

\$65 Membership

Last Update Date 8/21/2023

Interfaith Community Services

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Adults ages 18 years and older

Legal Aid Clinic

Retired attorneys are available to provide assistance with general law assessments and guidance.

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

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

No fees

Last Update Date 7/31/2024

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Call for information

Consumer Protection Help, North County Office

Provides FREE help including counseling, advice, and/or representation in court to eligible people for debt collection, identity theft, car loans, auto repossessions, door to door sales, warranty issues, home solicitation contracts, debt collection harassment, credit reporting problems such as identity theft, medical debts, student loans, auto repair problems, auto loans, lawsuits for cars, and lawsuits for debts.

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

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

No Fees

Last Update Date 6/4/2024

Category Legal Assistance

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Call for information

Fair Housing Help, North County Office

Provides free help including counseling, advice, and/or representation in court to eligible people in helping with housing discrimination.

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

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Call for information

Federal Tax Disputes, North County Office

Provides legal services to low-income taxpayers who have questions or problems concerning their federal income taxes. When appropriate, also represents taxpayers before the Internal Revenue Service or in court to help taxpayers pursue their rights under federal tax law or resolve problems (including tax debts) with the IRS.

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

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Call for information.

Public Benefit Help, North County Office

Provides FREE help including counseling, advice, and/or representation in hearings to eligible people in helping with denials, questions, terminations, overpayment, over issuance, reduction and notices of actions of CalWorks, CalFresh, General Relief, Welfare to Work, ancillary services for Welfare to Work, CAPI, Foster Care, and Adoptive Assistance.

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

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Call for information

Public Housing Tenant Help, North County Office

Provides FREE 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

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

Serves San Diego County

Eligibility Call for information

Shriver Tenant Eviction Defense, North County Office

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

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

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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

Serves San Diego County

Eligibility Child must be a resident of San Diego County, have a qualifying disability and meet financial eligibility criteria. Call for more information.

SSI Child Free Help, North County Office

Provides FREE help to children who have a mental and/or physical condition, expected to last twelve months or more, to get Supplemental Security Income (SSI). Offers a toll-free telephone number at 844-774-5463 that serves all of San Diego County. Experienced advocates and attorneys will represent applicants at all stages of the SSI eligibility process including initial applications, re-considerations, hearings, appeals, federal court appeals, disability reviews, and disability termination cases. Advocates and attorneys complete all forms, file appeals with SSA, gather medical records and other evidence, and represents individuals at hearings. All services are free of charge.

Intake Procedure Call for more information

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

No Fees

Last Update Date 6/4/2024

Legal Aid Society of San Diego

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

Serves North Inland and North Coastal Region of San Diego County

Eligibility Available to Individuals residing in San Diego County who need assistance with housing-related legal issues

Tenant Help, North County Office

Provides free assistance including counseling, legal advice, and representation in court for eligible individuals facing eviction, security deposit disputes, habitability concerns, landlord conflicts, notices, and other housing-related legal issues.

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

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 6/12/2025

Ramona Senior Center

434 Aqua Ln
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

728 N Broadway
Escondido, CA 92025
(760) 480-0611
<https://www.escondido-senior-services.org/services>

Serves Escondido; Fallbrook; San Marcos; Valley Center

Eligibility Ages 50 years and older for most programs

Senior Service Council

Provides computer classes and tutoring, tax preparation assistance, legal aid, wills and notary public, taxi vouchers, and can apply for an home energy assistance credit.

Intake Procedure Call

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

Fixed fee depending on service

Last Update Date 1/18/2024

Category Legal Assistance

The North County Family Justice Center

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

Serves North County

Eligibility Individuals and families 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

1122 Broadway
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

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

Serves Vista; Oceanside; San Marcos

Eligibility Not limited

All Saints Episcopal Church Food Pantry

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

Intake Procedure Walk-in for services

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

Free

Last Update Date 4/18/2023

Category Meal Centers, Food Banks and Senior Food Programs

American Red Cross of San Diego and Imperial Counties

1906 Oceanside Blvd
Oceanside, CA 92054
(800) 500-6411
<https://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

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

Serves San Diego County

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

Adult Day Health Care

Provides a safe and nurturing environment for adults with a medical condition that offers:

• Social activities • Occupational • Physical and speech therapy • Nursing services • Counseling • Social services/case management • Hot meals and nutritional counseling • Transportation to and from the center

Intake Procedure Call for more information

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

Insurance accepted. Payments from the San Diego Regional Center accepted. Call for Fixed fee schedule prices.

Last Update Date 2/26/2025

Brain Balance of Greater San Diego

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

Serves San Diego county

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

Brain Balance of Encinitas

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

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

Office hours: 11:00 am-7:30 pm, Tuesday-Thursday; 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

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

Serves San Diego County

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

Brain Balance of San Diego

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

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

Office hours: 11:00 am-7:30 pm, Monday-Thursday; 11:00 am-6:30 pm, 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

3260 Production Ave
Oceanside, CA 92058
(760) 439-1244
<https://www.brotherbenno.org/the-brother-benno-center/>

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

Eligibility For emergency food, no age limitations however, shirt and shoes are required to receive meal. Individual must be sober.

Brother Benno's Center

Offers a drop-in center that provides services to homeless and low-income people. Offers meals including breakfast and sack lunches during the week and a Saturday brunch. Distributes food boxes, clothing, and basic toiletries, and provides showers 4 days a week.

Intake Procedure 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

114 14th St Ste D
Ramona, CA 92065
(760) 789-6031
<https://www.ccramona.com/>

Serves Ramona

Eligibility Must be a resident of Ramona

Sowed

Provides a bi-monthly food distribution to the residents of Ramona that are in need of food.

Intake Procedure Call;Walk-in for services

9:00 am-11:00 am, every other Saturday

No fees

Last Update Date 6/28/2024

City of Encinitas

1140 Oakcrest Park Dr
Encinitas, CA 92024
(760) 943-2250
<https://www.encinitasca.gov/government/departments/parks-recreation-cultural-arts/recreation-programs/senior-citizens/community-senior-center>

Serves Encinitas

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

Senior Center

Provides nutrition lunch program, billiards game room, living room/activity room, computer stations with free tutoring, drop in use instruction, offices for screenings, counseling, tax assistance, transportation and other services.

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

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

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

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

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

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

210 E Park Ave
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

1400 Vale Terrace Dr
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

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

Serves North County

Eligibility Not limited

Organic Food Pay-What-You-Can Farm Stand

Coastal Roots Farm's Pay-What-You-Can Farm Stand offers fresh and certified-organic vegetables free of cost (up to \$30 in value) to anyone in need. The Farm Stand is open to community members of all backgrounds and identities. For additional questions about Farm Stand, please contact Garth Denton-Borhaug at garth@coastalrootsfarm.org.

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

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

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

Last Update Date 8/16/2023

Category Meal Centers, Food Banks and Senior Food Programs

Community Resource Center

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

Serves Encinitas

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

Food Pantry

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

Intake Procedure Call;Walk-in for services

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

No fees

Last Update Date 7/30/2024

Community Resource Center

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

Serves Encinitas

Eligibility No residency requirements for food programs.

Monthly Emergency Food Assistance

Monthly emergency food assistance consisting of a 2 to 3-day supply of food for individuals and families in need. USDA food commodities program available during business hours until that month's allotment is gone. A Registered Dietitian is also available for a one-on-one nutrition consultation.

Intake Procedure Call;Walk-in for services

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

No fees

Last Update Date 11/26/2024

Community Resource Center

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

Serves Encinitas

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

Supportive Services

Individuals who need employment assistance, housing resources, financial literacy, or any other social service-related resources are eligible to receive weekly food assistance as they work with a case manager to gain self-sufficiency. Clients in this program meet with a case manager to assess needs and develop a plan of action focused on self-sufficiency goals. Seniors and individuals who cannot work can utilize this resource on a longer-term basis. A registered dietitian is also available for a one-on-one nutrition consultation.

Intake Procedure Email;Referral;Call

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

No fees

Last Update Date 10/4/2023

Faith Lutheran Church of Vista

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

Serves North Inland Region of San Diego County

Eligibility No requirements.

Food Distribution

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

Intake Procedure Drive-thru

3:30 pm-4:30 pm, 2nd and 4th Friday of 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

140 N Brandon Rd
Fallbrook, CA 92028
(760) 728-7608

<https://www.fallbrookfoodpantry.org/need-food.html>

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

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

Food Shelf

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

399 Heald Ln
Fallbrook, CA 92028
(760) 728-4498
www.fallbrookseniorcenter.com/

Serves Fallbrook

Eligibility Seniors ages 50 years and older

Senior Nutrition and Transportation

Offers a nutrition program that provides home-delivered meals and a daily congregate meal that is served to the Fallbrook Community Center.

Intake Procedure Call for more information

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

Donations

Last Update Date 12/20/2023

Family Health Centers of San Diego

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

Serves San Diego County

Eligibility 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

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

Serves San Diego County

Eligibility Not limited

Food Distribution, Brother Benno Foundation

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

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 6/3/2025

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

650 2nd St
Encinitas, CA 92024
(760) 300-3238
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Feeding San Diego

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

Serves San Diego County

Eligibility Not limited

Feeding San Diego

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

Serves San Diego County

Eligibility Not limited

Feeding San Diego

200 Watson Way
Vista, CA 92083
(760) 599-4282
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility For seniors 50 and over

Food Distribution, Community Resource Center

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

No fees

Last Update Date 6/3/2025

Food Distribution, Faith Lutheran

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

Intake Procedure Email;Online;Call for more information;Drive-thru

Distribution Hours: 4:00 pm-5:00 pm, 2nd and 4th Monday of the Month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/3/2025

Food Distribution, Foundry Food Pantry

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

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 6/3/2025

Food Distribution, Gleaning Field Foundation

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

Intake Procedure Email;Online;Call

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

No fees

Last Update Date 6/3/2025

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

1191 Meadowlark Way
Ramona, CA 92065
(760) 789-0866
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Feeding San Diego

2898 Hwy 79
Julian, CA 92036
(760) 765-0114
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Feeding San Diego

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

Serves San Diego County

Eligibility Not limited

Feeding San Diego

13541 Stoney Creek Rd
San Diego, CA 92129
(858) 324-0490
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Mountain View Community Church Ramona

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

Intake Procedure Email;Online;Call for appointment

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

No fees

Last Update Date 6/3/2025

Food Distribution, Mt. Manna

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

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 6/3/2025

Food Distribution, North County LGBTQ Resource Center

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

Distribution Hours: 1:00 pm-2:00 pm, Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/3/2025

Food Distribution, Our Lady of Mt. Carmel Church

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

Distribution Hours: 7:30 am-9:00 am, 3rd Saturday of the Month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/3/2025

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

773 Main St
Ramona, CA 92065
(760) 789-4458
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Ramona Food and Clothes Closet

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

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 6/3/2025

Feeding San Diego

1301 Las Villas Way
Escondido, CA 92026
(760) 745-8616
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Salvation Army Escondido

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

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 6/3/2025

Feeding San Diego

3935 Lake Blvd
Oceanside, CA 92056
(760) 631-8212
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, Salvation Army Oceanside (SAO)

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

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 6/3/2025

Feeding San Diego

363 Woodland Pkwy
San Marcos, CA 92069
(760) 744-9777
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, San Marcos Seventh-day Adventist Church

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

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 6/3/2025

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

890 Balour Dr
Encinitas, CA 92024
(760) 753-3017
<https://feedingsandiego.org/need-help/food-distributions/>

Serves San Diego County

Eligibility Not limited

Food Distribution, St. Andrew's

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

Distribution Hours: 2:00 pm-4:00 pm, Thursday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/3/2025

Feeding San Diego

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

Serves Valley Center

Eligibility Valley Center residents only

Food Distribution, St. Stephen's

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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

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

No fees

Last Update Date 6/3/2025

Feeding San Diego

4980 Sweetgrass Ln
Bonsall, CA 92003
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>

Serves Bonsall

Eligibility Not limited

Mobile Pantry, Bonsall

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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 6/3/2025

Feeding San Diego

587 Palm Canyon Dr
Borrego Spgs, CA 92004
(619) 948-5900
<https://feedingsandiego.org/need-help/food-distributions/>

Serves Borrego Springs

Eligibility Not limited

Mobile Pantry, Borrego Springs

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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 6/3/2025

Category Meal Centers, Food Banks and Senior Food Programs

Feeding San Diego

5306 N River Rd
Oceanside, CA 92057
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>

Serves Oceanside

Eligibility Not limited

Mobile Pantry, Oceanside

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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 6/3/2025

Feeding San Diego

16650 Highway 76
Pauma Valley, CA 92061
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>

Serves Pauma Valley

Eligibility Not limited

Mobile Pantry, Pauma

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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 6/3/2025

Feeding San Diego

7217 Great Sthrn Overland Stg Rt
Julian, CA 92036
(858) 452-3663
<https://feedingsandiego.org/need-help/food-distributions/>

Serves Julian

Eligibility Not limited

Mobile Pantry, Shelter Valley

Provides free monthly food distribution to individuals and families facing food insecurity across San Diego County, offering fresh produce, pantry staples, and retail rescue items based on availability. Based on availability, distribution includes a variety of bakery, dairy, meat, produce, and prepared or perishable foods through multiple sites countywide.

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 6/3/2025

First Christian Church of Oceanside

204 S Freeman St
Oceanside, CA 92054
(760) 470-6992
<https://fcccoceanside.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

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

Serves Ramona

Eligibility Not limited

Free Farmers Market

A monthly food distribution of fresh fruits, vegetables, and non-perishables.

Intake Procedure Walk-in for more information

1:30 pm-3:30 pm, Friday before the 4th Saturday of the Month

No fees

Last Update Date 2/3/2020

Category Meal Centers, Food Banks and Senior Food Programs

His Church International Ministries

1130 N Melrose Dr
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

Holiness Ministries Coalition

1120 Highland Dr
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

5731 Palmer Way Ste A
Carlsbad, CA 92010
(760) 448-5696
Serves North Coastal Region of San Diego County
Eligibility No age limitations, however, minors must be accompanied by an adult relative or counselor. Eligibility documentation required for certain services/supports. Must be in the North Coastal Region of San Diego County.

Basic Needs Walk-in Services, Carlsbad

Provides support for basic needs such as ID vouchers, emergency food, crisis intervention, and hygiene packets, and offers access to additional community resources and referrals. Additional services include: • Access to benefits • Eyeglass assistance • Mailing address/PO Box services • Social services • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions The following services are offered by appointment only: • Utility payment assistance • Employment case management and resources • Housing stabilization and self-sufficiency
Intake Procedure Email; Call for appointment; Walk-in for services
1:00 pm-3:00 pm, Tuesday-Thursday
No fees
Last Update Date 7/23/2025

Interfaith Community Services

550 W Washington Ave
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 such as family shelter, ID vouchers, emergency food, crisis intervention, and hygiene packets, and offers access to additional community resources and referrals. Additional services include: • Access to benefits • Shower and laundry facilities • Clothing voucher to thrift store • Diapers and formula (when available) • Mailing address/PO Box services • Day bus passes or gas vouchers for documented medical or job needs • Partial financial assistance for applicable prescriptions including vision
Intake Procedure Online; Call for more information; Walk-in for services
Program hours: 8:00 am-10:00 am, Monday, Wednesday, Friday; Food Distribution hours: 8:00 am-10:00 am Tuesday and Thursday; Closed: 1st Friday of the Month; Online hours: 24 hours a day, 7 days a week
No fees
Last Update Date 6/30/2025

Category Meal Centers, Food Banks and Senior Food Programs

Interfaith Community Services

550 W Washington Ave
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

650 2nd St
Encinitas, CA 92024
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92024; 92007

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3 /
\$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 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

9:00 am-2:00 pm, Monday-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 6/4/2025

Jacobs and Cushman San Diego Food Bank

140 N Brandon Rd
Fallbrook, CA 92028
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92003; 92028; 92055

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3 /
\$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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, 6/20

No fees

Last Update Date 6/4/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

1307 Laurel Tree Ln
Carlsbad, CA 92011
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92008; 92009; 92010; 92011; 92091

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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 5/19/2025

Jacobs and Cushman San Diego Food Bank

13230 Pomerado Rd
Poway, CA 92064
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92064

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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 5/19/2025

Jacobs and Cushman San Diego Food Bank

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

Serves Vista

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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 5/19/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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

Serves San Diego County

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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 dates: 1/1, 1/20, 2/17, 3/31, 5/22-24, 5/26, 6/20, 6/21, 6/26, 7/4-5, 7/24, 8/28, 8/29, 8/30, 9/1, 9/25, 10/11, 10/13, 10/23, 11/8, 11/10, 11/27-29, 12/24-25

No fees

Last Update Date 7/8/2025

Jacobs and Cushman San Diego Food Bank

2020 Chestnut Ave
Carlsbad, CA 92008
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92008; 92009; 92010; 92011

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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

Last Update Date 5/19/2025

Jacobs and Cushman San Diego Food Bank

773 Main St
Ramona, CA 92065
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92004; 92036; 92060; 92065; 92066; 92070; 92086

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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

Last Update Date 5/19/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

31020 Cole Grade Rd
Valley Center, CA 92082

(866) 350-3663

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

Serves 92059; 92060; 92061; 92082

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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; Closed for May 2025

No fees

Last Update Date 5/19/2025

Jacobs and Cushman San Diego Food Bank

7217 Great Sthrn Overland Stg Rt
Julian, CA 92036

(866) 350-3663

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

Serves 92036

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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 5/19/2025

Jacobs and Cushman San Diego Food Bank

587 Palm Canyon Dr # 125
Borrego Spgs, CA 92004

(866) 350-3663

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

Serves 92002; 92004; 92059; 92066

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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

No fees

Last Update Date 5/22/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

14047 Twin Peaks Rd
Poway, CA 92064
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92064; 92127; 92128; 92129; 92131

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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 5/19/2025

Jacobs and Cushman San Diego Food Bank

120 N Ash St
Escondido, CA 92027
(866) 350-3663
<https://sandiegofoodbank.org/programs/emergency-food-assistance-program/>

Serves 92025; 92026; 92027; 92029; 92030; 92046; 92082; 92091

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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

Last Update Date 5/19/2025

Jacobs and Cushman San Diego Food Bank

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

Serves North Inland Region of San Diego County

Eligibility Must meet the following income guidelines:
Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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

Last Update Date 5/19/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

30950 Ca-79

Warner Springs, CA 92086

(760) 782-0670

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

Serves 92059; 92066; 92070; 92086

Eligibility Must meet the following income guidelines:

Household Size / Monthly HH Income / Annual 1 /
\$3,064.79 / \$36,777.50 2 / \$4,141.88 / \$49,702.50 3
/ \$5,218.96 / \$62,627.50 4 / \$6,296.04 / \$75,552.50
5 / \$7,373.13 / \$88,477.50 6 / \$8,450.21 /
\$101,402.50 7 /

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

Last Update Date 5/19/2025

Jacobs and Cushman San Diego Food Bank

1717 E Lincoln Ave

Escondido, CA 92027

(866) 350-3663

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

Serves Escondido

Eligibility Living in Escondido

Neighborhood Distribution Program, Apostolic Assembly Church

Provides fresh fruits, vegetables, and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

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

Distribution hours: 9:30 am-10:30 am, 3rd Saturday of Month; 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

5211 5th St

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, Vallecitos Elementary School

Provides fresh fruits, vegetables, and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

Intake Procedure 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

140 N Brandon Rd

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 2025

No fees

Last Update Date 7/1/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

439 Iowa St
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 7/1/2025

Jacobs and Cushman San Diego Food Bank

855 E Barham Dr
San Marcos, CA 92078
(866) 350-3663

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

Serves North 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 7/1/2025

Jacobs and Cushman San Diego Food Bank

1703 E Valley Pkwy
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, Every other Tuesday

No fees

Last Update Date 5/30/2025

Jacobs and Cushman San Diego Food Bank

4070 Mission Ave
Oceanside, CA 92057
(866) 350-3663

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

Serves North Coastal Region San Diego County

Eligibility Living in North Coastal Region of San Diego County

Neighborhood Distribution Program, Mission San Luis Rey Parish

Provides fresh fruits, vegetables, and bread as well as a few other items at various distribution sites throughout the county. Distributions are open to everyone. No documentation or ID is required to receive food assistance. There are no income or asset restrictions for this program.

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

Distribution hours: 8:00 am-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

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

11717 Poway Rd
Poway, CA 92064
(866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North 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 7/1/2025

Jacobs and Cushman San Diego Food Bank

32077 Community Church Dr
Pauma Valley, CA 92061
(866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North 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 7/1/2025

Jacobs and Cushman San Diego Food Bank

933 Farr Ave
Escondido, CA 92026
(866) 350-3663
<https://sandiegofoodbank.org/programs/neighborhood-distribution-program/>
Serves North Inland 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

890 Balour Dr
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 7/1/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

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

Serves San Diego County

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

North County Food Bank

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

Intake Procedure Walk-in for services

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

No fees

Last Update Date 2/14/2024

Jacobs and Cushman San Diego Food Bank

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

Serves Carlsbad

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,957 / \$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

11740 Bernardo Plaza Ct
San Diego, CA 92128
(866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves Rancho Bernardo

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,957 / \$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

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

140 N Brandon Rd
Fallbrook, CA 92028
(858) 863-5127
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves Fallbrook

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,957 / \$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

Jacobs and Cushman San Diego Food Bank

1400 Vale Terrace Dr
Vista, CA 92084
(866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves Vista

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,957 / \$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

1607 Grandon Ave
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

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

537 E St
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

Jacobs and Cushman San Diego Food Bank

13230 Pomerado Rd
Poway, CA 92064
(866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves Poway

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

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, 7/17, 8/21, 9/17, 10/15, 11/19, 12/17

No fees

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

3030 Enterprise Ct Ste A
Vista, CA 92081
(866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves Vista

Eligibility Individuals age 60 or older with low income who reside in San Diego County and meet the income guidelines listed 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. Me

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;Walk-in for appointment

By appointment: 9:00 am-12:00 pm, Monday-Friday; Reschedule Dates: 1/14, 2/11, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/14, 10/14, 11/11, 12/9

No fees

Last Update Date 1/15/2025

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

455 Country Club Ln
Oceanside, CA 92054
(760) 435-5285
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves Oceanside

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

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

Last Update Date 1/15/2025

Jacobs and Cushman San Diego Food Bank

3839 Lake Blvd
Oceanside, CA 92056
(866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves 92056

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,957 / \$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

210 E Park Ave
Escondido, CA 92025
(866) 350-3663
<https://sandiegofoodbank.org/programs/senior-food-program/>

Serves Escondido

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,957 / \$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

Category Meal Centers, Food Banks and Senior Food Programs

Jacobs and Cushman San Diego Food Bank

890 Balour Dr
Encinitas, CA 92024
(866) 350-3663

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

Serves Encinitas

Eligibility Low-income seniors age 60 years and older. Must reside in San Diego County and must meet the income guidelines below. Monthly / Yearly Income by Household Size: 1 / \$1,957 / \$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

Jacobs and Cushman San Diego Food Bank

30950 Hwy 79
Warner Springs, CA 92086
(866) 350-3663

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

Serves North Inland 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

1600 W 9th Ave
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

Category Meal Centers, Food Banks and Senior Food Programs

Mountain Manna

2898 Highway 78

Julian, CA 92036

(760) 765-0114

<http://www.julianmethodistchurch.org/>

Serves Julian; Santa Ysabel; Warner Springs; Ranchita

Eligibility Must be low-income and reside in Julian, Santa Ysabel, Warner Springs, Ranchita area.

Food Pantry, Community United Methodist Church of Julian

Provides a monthly distribution and emergency food pantry to low-income individuals and families that live in the service area. Food offered can include protein, carbohydrates, fresh fruits, vegetables and canned food.

Intake Procedure Call for appointment; Walk-in for services

Food Distribution: 9:00 am-10:30 am, 4th Saturday of the Month; Emergency Food

Pantry: Call for appointment 9:00 am-1:00 pm, Monday, Wednesday, Friday

No fees

Last Update Date 6/28/2024

Neighborhood Healthcare

460 N Elm St

Escondido, CA 92025

(833) 867-4642

<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 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; Closed for lunch: 12:00

pm- 1:00 pm, Monday, Tuesday, Thursday, Friday; 12:00 pm to 1:30 pm, Wednesday

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 6/3/2025

Neighborhood Healthcare

728 E Valley Pkwy

Escondido, CA 92025

(833) 867-4642

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

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

Eligibility No age or income limitations

Community Health Center, Escondido Valley Parkway

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

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 9:00 am-5:00 pm, Wednesday;

Closed for lunch: 12:00 pm-1:00 pm

Insurance accepted. Sliding scale fees based on

family size and income. No patient will be turned

away based on an inability to pay.

Last Update Date 6/3/2025

Category Meal Centers, Food Banks and Senior Food Programs

Neighborhood Healthcare

13010 Poway Rd
Poway, CA 92064
(858) 218-3000
<https://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 6/3/2025

Oceanside First Presbyterian Church

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

Serves 92054

Eligibility Not limited

Food Distribution

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

Intake Procedure Walk-in for services; 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

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

Serves North Inland Region of San Diego County

Eligibility Must meet the following: • Mothers and their newborns • May be required to meet additional criteria such as age, income level, or residency within a specific service area • Must meet any program-specific documentation or health-related requirements

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

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

Serves San Marcos

Eligibility Anyone in need of food

Food Distribution, Escondido

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

Intake Procedure Walk-in for services

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

\$5 dollar box packing fee

Last Update Date 7/18/2024

Category Meal Centers, Food Banks and Senior Food Programs

Ramona Food and Clothes Closet, Inc.

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

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

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

Emergency Services

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

Ramona Senior Center

434 Aqua Ln
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

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

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

Eligibility No requirements

San Marcos Food Distribution

Drive-thru style food distribution open to anyone.

Intake Procedure Drive-thru
12:00 pm-until supplies last, 1st Thursday of the Month

No fees

Last Update Date 10/26/2023

San Diego Oasis

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

Serves San Diego County

Eligibility Ages 50 years and older.

Oasis Senior Educational Programs

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

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

1031 S Santa Fe Ave Ste F
Vista, CA 92083
(888) 999-6897
sdsuwic.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

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

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

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

Serves Pauma Valley; Valley Center

Eligibility Residents in Pauma Valley and Valley Center

Food Pantry, St Stephens

Provides emergency food to Pauma Valley and Valley Center areas.

Intake Procedure Call for appointment;Walk-in for appointment

8:30 am-9:30 am, Saturday

No fees

Last Update Date 1/22/2025

St Andrew's Episcopal Church

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

Serves San Diego County

Eligibility Anyone in need

Community Meal & Showers of Blessings

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

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

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

No fees

Last Update Date 5/22/2024



2-1-1 San Diego North County Resource Guide

Category Meal Centers, Food Banks and Senior Food Programs

St Andrew's Episcopal Church

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

Serves San Diego County

Eligibility Individuals and families in need

Food Pantry

Provides a shopping-style food pantry; offers both perishable and non-perishable food items once a week to individuals and families in need.

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

2:00 pm-4:00 pm, Thursday

No fees

Last Update Date 5/22/2024

St. John the Evangelist Catholic Parish Food Pantry

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

Serves North Coastal Region San Diego County

Eligibility Must reside within the North Coastal Region San Diego County

Food Pantry

Provides food distribution primarily through drive-through pick-up, with walk-up access available for individuals without vehicles.

Intake Procedure Email; Walk-in for services

9:00 am-11:15 am, Monday; Closed on Holidays

No fees

Last Update Date 3/3/2025

The Foundry Community Church

120 N Ash St
Escondido, CA 92027
(442) 777-2081
<http://thefoundryescondido.com/foundry-outreach>

Serves Escondido

Eligibility Anyone in need

Food Pantry Ministry

Provides a weekly food distribution to Escondido residents in need of food. Distribution is held once a week. Clients are able to receive food once a week.

Intake Procedure Walk-in for services

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

No fees

Last Update Date 10/10/2023

The Movement Church

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

Serves North Region of San Diego County

Eligibility Not limited

Community Food Distribution, the Movement

Offers a monthly food distribution for anyone in need.

Intake Procedure Walk-in for services

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

No fees

Last Update Date 6/27/2024

The Salvation Army San Diego Regional Office

1301 Las Villas Way
Escondido, CA 92026
(760) 745-8616
<https://escondido.salvationarmy.org/>

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

Eligibility 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

Category Meal Centers, Food Banks and Senior Food Programs

The Salvation Army San Diego Regional Office

3935 Lake Blvd
Oceanside, CA 92056
(760) 631-8212 EXT208
<https://oceanside.salvationarmy.org/>

Serves North Coastal Region of San Diego County

Eligibility Adults ages 60 years and older living in North Coastal Region of San Diego County

TrueCare

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

Serves Carlsbad; Encinitas; Solana Beach; Del Mar

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

TrueCare

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

Serves Escondido; San Marcos; Valley Center; Vista

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

Senior Nutrition Sites Club 60, Oceanside Corps

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.

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

\$4.00 non-seniors

Last Update Date 3/17/2025

Women, Infants, and Children (WIC), Encinitas

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local resources.

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 5/12/2025

Women, Infants, and Children (WIC), Escondido

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local 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 5/12/2025

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

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

Serves Encinitas; Carlsbad; Oceanside; Vista; San Dieguito

Eligibility 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

Women, Infants, and Children (WIC), Oceanside

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local resources.

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 5/12/2025

TrueCare

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

Serves Ramona

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

Women, Infants, and Children (WIC), Ramona

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local resources.

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

In-person hours: 8:00 am-4:45 pm, Tuesday-Thursday; Remote appointment: 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 5/12/2025

TrueCare

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

Serves Escondido; San Marcos; Valley Center; Vista

Eligibility 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

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

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local resources.

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 5/12/2025

Category Meal Centers, Food Banks and Senior Food Programs

TrueCare

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Women of all ages

Women's Health Center, San Marcos

Offers complete pregnancy and delivery care, services are provided at low to no cost to qualifying patients. Services include: • Childbirth education classes • Family planning and birth control • Well-women annual exams • Cervical and breast cancer screenings • Behavioral health services

Intake Procedure 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

777 Santa Fe Dr
Encinitas, CA 92024
(760) 452-0893
<https://venturechurch.tv/events/lovethethe760-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

134 Grapevine Rd
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

4700 N River Rd
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

818 Pier View Way
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

1000 Vale Terrace Dr
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

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

Serves Oak Grove; Sunshine Summit; Warner Springs; Ranchita; Lake Henshaw; Santa Ysabel; Julian; Borrego Springs

Eligibility Single households and families living in Oak Grove, Sunshine Summit, Warner Springs, Ranchita, Lake Henshaw, Santa Ysabel, Julian, and Borrego Springs

Monthly Food Bank Distribution

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

Intake Procedure Walk-in for services; Drive-thru

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

No fees

Last Update Date 1/17/2024

Your Safe Place

1122 Broadway
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

Youth and Family Services, YMCA of San Diego County

150 La Terraza Blvd
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

205 Barnes St
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

Alternatives

231 S Juniper St
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

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

Serves San Diego County

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

Adult Day Health Care

Provides a safe and nurturing environment for adults with a medical condition that offers:
• Social activities • Occupational • Physical and speech therapy • Nursing services • Counseling • Social services/case management • Hot meals and nutritional counseling • Transportation to and from the center

Intake Procedure Call for more information

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

Insurance accepted. Payments from the San Diego Regional Center accepted. Call for Fixed fee schedule prices.

Last Update Date 2/26/2025

Amyotrophic Lateral Sclerosis Association

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

Serves San Diego County

Eligibility Persons with Amyotrophic Lateral Sclerosis (ALS)

Patient Services

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

Intake Procedure Call for more information

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

No fees

Last Update Date 7/9/2025

Arc of San Diego

1336 Rancheros Dr Ste 100
San Marcos, CA 92069
(760)740-6800
<https://www.arc-sd.com/>

Serves San Diego County

Eligibility Ages 18 years and older, must be diagnosed with a developmental disability.

Adult Development, North County Training Center

Provide support with essential life skills and combines classroom instruction with community integration and vocational development for adults with developmental disabilities. The program integrates classroom knowledge with practical use, with a curriculum focused on communication, safety, money management, personal and social concerns, and life skills. Transition training is also offered from the classroom to more fully integrated community environments. Assists adults in developing abilities to become as independent as possible, maintaining current placement, or moving to a higher level program.

Intake Procedure Call for appointment

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

Fixed fee schedule. Fees are usually paid through the San Diego Regional Center.

Last Update Date 7/14/2023

Arc of San Diego

1336 Rancheros Dr Ste 100
San Marcos, CA 92069
(760) 740-6800
<https://www.arc-sd.com/>

Serves San Diego County

Eligibility Ages 50 years and older, must be diagnosed with a developmental disability.

Senior Transition, North County Training Center

Provides ongoing training and services for adults with developmental disabilities (aimed at those ages 50 years and older, but individuals are assessed on a case-by-case basis). Offers recreation, leisure, arts and crafts, food preparation, and other classroom curricula to help the individual transition into senior living. Provides vocational opportunities. Offers information about community programs for seniors.

Intake Procedure Call for appointment

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

Fixed fee schedule. Fees are usually paid through the San Diego Regional Center.

Last Update Date 7/24/2023

Birth Choice of San Marcos

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

Serves San Diego County

Eligibility Men and women facing an unplanned pregnancy

Birth Choice of San Marcos

Offers free support services related to pregnancy and sexual health for men and women in a confidential and compassionate environment. Supportive services include: • Abortion Information • Options Counseling • Pregnancy Tests • Ultrasounds • After Abortion Care • Community Resources • Prenatal and Parenting guidance • Adoption Info • Sexual Health

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

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

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

Serves San Diego county

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

Brain Balance of Encinitas

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

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

Office hours: 11:00 am-7:30 pm, Tuesday-Thursday; 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

Brain Balance of Greater San Diego

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

Serves San Diego County

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

Brain Balance of San Diego

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

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

Office hours: 11:00 am-7:30 pm, Monday-Thursday; 11:00 am-6:30 pm, 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

Category Medical Services

City of San Marcos

184 Santar Pl
San Marcos, CA 92069
(760) 744-1050 Ext 3400
<https://www.san-marcos.net/departments/public-safety/fire-department/public-education/cpr>
Serves San Diego County
Eligibility Individuals ages 12 and older looking for a basic adult, child, and infant CPR certification

CPR Class

Offers a fee based CPR class to the public on the second Saturday of specified months. This class is for basic adult, child, and infant CPR. This is NOT a health provider certification class. Upon completion of the course, all participants will receive a CPR certification that will be valid for two years.

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

Office Hours: 7:30 am-5:30 pm, Monday-Friday; Closed: Every other Friday
Fixed fee \$65 per month

Last Update Date 9/20/2023

Community Research Foundation

337 W Mission Ave
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

DAP Health, Inc.

4343 Yaqui Pass Rd
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 surrounding areas, offering care regardless of ability to pay. Specialties include: • Family practice • Internal medicine • Pediatrics • Obstetrics-gynecology • Dental care • Behavioral health Services encompass diagnosis and management of general health concerns, treatment for injuries, immunizations, wellness care, and referrals to specialists.

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

Category Medical Services

DAP Health, Inc.

1121 E Washington Ave
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 personalized primary and urgent care services focused on diagnosing and managing general health concerns, injuries, immunizations, preventive care, wellness, specialist referrals, and routine checkups. Primary care specialties include family practice, internal medicine, pediatrics, obstetrics-gynecology, dental care, and 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.

590 Palm Canyon Dr # 212
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

Del Mar Community Connections

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

Serves Del Mar

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

Del Mar Community Services

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

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

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

401 S Ivy St
Escondido, CA 92025
(760) 737-3990
<https://www.easterseals.com/southernca/our-programs/adult-services/>

Serves Carlsbad; Escondido; Oceanside; San Marcos; Vista

Eligibility Adults with developmental/Physical Disabilities

Adult Day Services, North Inland

Provides hands-on support to ensure adults with developmental and physical disabilities have the opportunity to access their community and gain valuable skills essential to everyday life. 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

Category Medical Services

Easterseals Southern California

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

Serves San Diego County

Eligibility Individuals with autism spectrum disorder and similar disabilities

Autism Therapy Services

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

Intake Procedure Referral required

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

Co-pays vary

Last Update Date 5/20/2024

Elizabeth Hospice

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

Serves San Diego County

Eligibility Serves children, teens and adults with a diagnosis of a life limiting illness and a prognosis of 6 months or less

Medical Care

Offers medical care, pain and symptom management, and emotional support tailored to the patient's needs and wishes. Support services are available for the entire family, including individual and family counseling for children and adults and bereavement support groups.

Intake Procedure Call

24 hours a day, 7 days a week

Fees range depending on service. Patients are admitted regardless of their ability to pay. Fees usually covered by some form of insurance or community donations.

Last Update Date 2/14/2025

Elizabeth Hospice

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

Serves San Diego County

Eligibility People with a serious or life-limiting illness

Palliative Care

Specialized medical care for people living with serious illness or life-limiting condition who may continue to receive curative treatment. Focus is on pain and symptom

Intake Procedure Call

24 hours a day, 7 days a week

Fees range depending on service

Last Update Date 2/14/2025

Elizabeth Hospice

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

Serves San Diego County

Eligibility Veterans ages 18 years and older

Veterans Program

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

Intake Procedure Call

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

No fees

Last Update Date 2/14/2025

Family Health Centers of San Diego

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

Serves San Diego County

Eligibility 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

128 N Broadway
Escondido, CA 92025
(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

Foundation for Care Integration

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

Serves San Diego County

Eligibility Must be a senior seeking financial assistance for home care.

Home Care

Provides resources to at risk populations such as disabled, infirmed and older adults. Enabling them to stay safely in their home in lieu of institutionalization. Services include: • Meal delivery programs • Medical alert services • Hospice resources • Senior and Regional centers • Legal services • Estate planners • Realtors • Integrated health professionals • Pertinent resources

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

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

Foundation for Senior Care

135 S Mission Rd
Fallbrook, CA 92028
(760) 723-7570
<https://foundationforseniorcare.org/>

Serves Fallbrook; Rainbow; Bonsall; De Luz

Eligibility Senior Citizen or adult with a physical or mental disability

Care Advocate Program

Provides information and referral services to healthcare and social service programs in Fallbrook and surrounding communities. Program is to help seniors and people with health challenges to maintain their independence and remain safely in their homes by connecting them with resources in the community.

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

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

No fees. Donation Only.

Last Update Date 6/8/2023

Fresh Start Surgical Gifts

2011 Palomar Airport Rd Ste 206
Carlsbad, CA 92011
(760) 944-7774
<https://www.freshstart.org>

Serves California

Eligibility Infants, children, or teens that have a physical or cosmetic deformity caused by birth, disease, accident, or abuse. Must be uninsured, partially uninsured where the procedure is not covered by insurance, or if the family is experiencing financial hardship

Medical Treatments for Children, Reconstructive and Plastic Surgery

Provides reconstructive and plastic surgery for children, babies, and teens who require such interventions due to abuse, accidents, birth defects, or disease. Fresh Start goes beyond surgical interventions and provides related medical treatments such as: • Scar revision • Port-wine stain • Birthmark removal • Dental treatments • Orthodontic services In addition to life-transforming reconstructive surgery, supply food, non-medical transportation, and lodging for out-of-town is offered to patients.

Intake Procedure Call

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

No fees

Last Update Date 4/26/2024

George G. Glenner Alzheimer's Family Centers

335 Saxony Rd
Encinitas, CA 92024
(760) 635-1895
www.glenner.org

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

Eligibility Age 60 years and older, adults with Alzheimer's and other forms of memory impairment diseases

Adult Day Care Healthcare Center - Encinitas

Program provides affordable and accessible adult day care and support services to families affected by Alzheimer's and other memory impairment diseases. The programs offer innovative adult daycare programs, family support, case management, crisis intervention, family and community education, advocacy, information and referrals.

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

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

Fixed fee schedule. Private Pay Rates: Full day and \$100 full, \$70 half day, Long Term Care Insurance, VA. PACE Programs

Last Update Date 3/26/2024

Heritage Senior Care

2775 Jefferson Street #101
Carlsbad, CA 92008
(760) 720-7740
http://www.heritageseniorcare.com/long-term-care-policy_review.html

Serves San Diego County

Eligibility Not limited

Long Term Care Insurance

Provides long term care insurance, policy review, claims resolutions, claims reporting, policy sales, billing and review.

Intake Procedure Call for more information

Office hours: 9:00 am-12:00 pm and 1:00 pm-4:00 pm, Monday-Friday

First complimentary review is free. Fixed fee for insurance claim resolution.

Last Update Date 8/1/2023

Category Medical Services

Hospice of the North Coast

2525 Pio Pico Dr Ste 301

Carlsbad, CA 92008

(760) 431-4100

<https://hospicenorthcoast.org/services/hope-bereavement-center/>

Serves Carlsbad; Del Mar; Escondido; Fallbrook; Oceanside; Rancho Sante Fe; San Marcos; Solana Beach; Vista; San Diego; Fallbrook; 92055; 92672

Eligibility Not limited. Residence must be in the boundaries that extends from Interstate 52 north to Camp Pendleton and the coast to Interstate 15.

Bereavement Services

Provides counseling and support services to help with some of the challenges of grieving as a person adjusts to his/hers loss. Bereavement support groups facilitated by professional grief counselors that meet weekly.

Intake Procedure Call for more information; Call for appointment

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

No fees

Last Update Date 1/16/2024

Hospice of the North Coast

2525 Pio Pico Dr Ste 301

Carlsbad, CA 92008

(760) 431-4100

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

Serves North 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.

50100 Golsh Rd

Valley Center, CA 92082

(760) 749-1410

<https://www.indianhealth.com/dental>

Serves La Jolla; Los Coyotes; Mesa Grande; Pala; Pauma; Rincon; San Pasqual; Santa Ysabel

Eligibility No age limitations except for orthodontics (age 16 years and younger). Must be Native American with tribal verification/BIA verification.

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.

1 Schoolhouse Canyon Rd

Santa Ysabel, CA 92070

(760) 765-4203

<https://www.indianhealth.com/dental>

Serves La Jolla; Los Coyotes; Mesa Grande; Pala; Pauma; Rincon; San Pasqual; Santa Ysabel

Eligibility No age limitations except for orthodontics (age 16 years and younger). Must be Native American with tribal verification/BIA verification.

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.

50100 Golsh Rd
Valley Center, CA 92082
(760) 749-1410
<https://www.indianhealth.com/medical>

Serves La Jolla; Los Coyotes; Mesa Grande; Pala; Pauma; Rincon; San Pasqual; Santa Ysabel

Eligibility Must be Native American with tribal verification/BIA verification. Free breast cancer screening is available for all women who meet eligibility requirements and who do not have health insurance.

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.

110 1/2 Schoolhouse Canyon Rd
Santa Ysabel, CA 92070
(760) 765-4203
<https://www.indianhealth.com/medical>

Serves Inaja-Cosmit; La Jolla; Los Coyotes; Mesa Grande; Pala; Pauma; Rincon; San Pasqual; Santa Ysabel

Eligibility Must be Native American with tribal verification/BIA verification. Free breast cancer screening is available for all women who meet eligibility requirements and who do not have health insurance.

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

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

Serves North Coastal Region of San Diego County

Eligibility No age limitations, however, minors must be accompanied by an adult relative or counselor. Eligibility documentation required for certain services/supports. Must be in the North Coastal Region of San Diego County.

Basic Needs Walk-in Services, Carlsbad

Provides support for basic needs such as ID vouchers, emergency food, crisis intervention, and hygiene packets, and offers access to additional community resources and referrals. Additional services include: • Access to benefits • Eyeglass assistance • Mailing address/PO Box services • Social services • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions The following services are offered by appointment only: • Utility payment assistance • Employment case management and resources • Housing stabilization and self-sufficiency

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

1:00 pm-3:00 pm, Tuesday-Thursday

No fees

Last Update Date 7/23/2025

Category Medical Services

Interfaith Community Services

550 W Washington Ave
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 such as family shelter, ID vouchers, emergency food, crisis intervention, and hygiene packets, and offers access to additional community resources and referrals. Additional services include: • Access to benefits • Shower and laundry facilities • Clothing voucher to thrift store • Diapers and formula (when available) • Mailing address/PO Box services • Day bus passes or gas vouchers for documented medical or job needs • Partial financial assistance for applicable prescriptions including vision

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

Program hours: 8:00 am-10:00 am, Monday,Wednesday,Friday; Food Distribution hours: 8:00 am-10:00 am Tuesday and Thursday; Closed: 1st Friday of the Month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/30/2025

Jacobs and Cushman San Diego Food Bank

32077 Community Church Drive
Pauma Valley, CA 92061
(760) 724-6700
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North Inland Region of San Diego County
Eligibility Families who need support for diapers and menstrual supplies living in the North Inland Region of San Diego County

Diaper and Menstrual Supplies Distribution Site North Coast Church

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

2:00 pm-3:00 pm, 4th Wednesday of each month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

610 N Redondo Dr Ste A
Oceanside, CA 92057
(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.

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

11:00 am - 5:00 pm Monday - Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

956 Vale Terrace Dr
Vista, CA 92084
(760) 471-4210

Serves North Region of San Diego County
Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, MAAC Project Vista

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

Distribution hours: Every 1st and 3rd Wednesdays, 7:30 am-9:30 am, 4:00 pm-6:00 pm; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Category Medical Services

Jacobs and Cushman San Diego Food Bank

773 Main St
Ramona, CA 92065
(760) 789-4458
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North 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

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

Intake Procedure Online;Walk-in for services

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 7/21/2025

Jacobs and Cushman San Diego Food Bank

1370 W San Marcos Blvd
San Marcos, CA 92078
(619) 226-7625
<https://sandiegofoodbank.org/programs/diaper-ba...>

Serves North Inland 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

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

Intake Procedure Online;Walk-in for services

Distribution hours: 12:00 pm-1:30 pm, 1st Thursday of the Month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

1305 Deodar Rd
Escondido, CA 92026
(760) 707-6681
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves Escondido

Eligibility Families who need support for diapers and menstrual supplies living in the Escondido

Diaper and Menstrual Supplies Distribution Site, The San Diego Christian Center

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

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

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

605 San Diego St
Oceanside, CA 92058
(760)631-5000 x1011
<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 Regions of San Diego County

Diaper and Menstrual Supplies Distribution Site, Vista Community Clinic

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

Intake Procedure Online;Call for appointment;Voice Message

Every 2nd Thursday of the month, 1:30 pm-3:30 pm; Every 3rd Friday of the month, 9:00 am-12:00 pm; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Category Medical Services

Legal Aid Society of San Diego

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 734-3258
www.lassd.org/health-care-and-coverage/

Serves San Diego County

Eligibility Call for information

Consumer Center For Health Education and Advocacy (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

2141 Palomar Airport Rd Ste 350
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

Provides behavioral assessments and individualized support plans developed by a licensed Board Certified Behavior Analyst (BCBA) to help children engage in or maintain goal-directed behaviors. Services include structured activities, ongoing behavioral support, and collaboration with parents, guardians, or primary caregivers to reinforce positive outcomes.

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

24 hours a day, 7 days a week

Fees range depending on service

Last Update Date 6/27/2025

Mental Health Systems, Inc.

474 W Vermont Ave Ste 101
Escondido, CA 92025
(760) 480-2255
<https://www.mhsinc.org/listing/bpsr-kinesis-north-clinic-2/>

Serves North Inland 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

Mental Health Systems, Inc.

1328 S Mission Rd
Fallbrook, CA 92028
(760) 480-2255
<https://turnbhs.org/location/kinesis-north-fallbrook/>

Serves Fallbrook

Eligibility Must be at least 18 years old and a resident of the Fallbrook area with a severe, chronic and persistent mental illness. Must be Medi-Cal and/or Medicare insured or have no insurance.

Kinesis North-Fallbrook Clinic

Provides outpatient/rehabilitation services for populations with serious and persistent mental health issues, substance abuse issues, rehabilitation and community integration services that meet the individual needs of the client. Services include individual, family and group therapy, employment assistance, peer specialists, case management and medication management & evaluation.

Intake Procedure Call for more information;Walk-in for more information;Referral
Mental Health Appointments: 8:00 am-5:00 pm, Monday-Friday
Sliding Scale

Last Update Date 7/14/2023

Mental Health Systems, Inc.

1521 Main St
Ramona, CA 92065
(760) 480-2255
<https://turnbhs.org/location/kinesis-north-ramona/>

Serves Ramona

Eligibility Must be at least 18 years old and a resident of the Ramona area with a severe, chronic and persistent mental illness. Must be Medi-Cal and/or Medicare insured or have no insurance.

Kinesis North-Ramona Clinic

Provides outpatient/rehabilitation services for populations with serious and persistent mental health issues, substance abuse issues, rehabilitation and community integration services that meet the individual needs of the client. Services include individual, family and group therapy, employment assistance, peer specialists, case management and medication management & evaluation.

Intake Procedure Call for more information;Walk-in for more information;Referral
8:00 am-5:00 pm, Monday-Friday
Sliding Scale

Last Update Date 7/14/2023

Mental Health Systems, Inc.

474 W Vermont Ave Ste 104
Escondido, CA 92025
(760) 432-9884
<https://turnbhs.org/location/north-star-act>

Serves San Diego County

Eligibility Ages 25-59 years old. Must have a severe, chronic and persistent mental illness and is homeless and has been frequently hospitalized. No parolees or Prop 36 clients.

North Star Assertive Community Treatment

Provides intensive and all-inclusive case management and outpatient/rehabilitation services with a supported housing component, for those who have been or are homeless and have been frequently hospitalized due to their illness.

Intake Procedure Call for more information;Referral
8:00 am-5:00pm, Monday-Friday
Housing fees may apply

Last Update Date 5/16/2024

Navy-Marine Corps Relief Society, San Diego

Navy And Marine Corps, Building 1121
Camp Pendleton, CA 92055
(760) 725-5337
<https://www.nmcrrs.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

460 N Elm St
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 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; Closed for lunch: 12:00 pm- 1:00 pm, Monday, Tuesday, Thursday, Friday; 12:00 pm to 1:30 pm, Wednesday
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 6/3/2025

Neighborhood Healthcare

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

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

Eligibility No age or income limitations

Community Health Center, Escondido Valley Parkway

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

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday, Tuesday, Thursday, Friday; 9:00 am-5:00 pm, Wednesday; Closed for lunch: 12:00 pm-1:00 pm
Insurance accepted. Sliding scale fees based on family size and income. No patient will be turned away based on an inability to pay.

Last Update Date 6/3/2025

Neighborhood Healthcare

13010 Poway Rd
Poway, CA 92064
(858) 218-3000
<https://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 6/3/2025

Category Medical Services

Neighborhood Healthcare

910 E Ohio Ave

Escondido, CA 92025

(760) 520-8330 Dental Line

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

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

Eligibility Provides dental services to adults and children of all ages

Dental Care, Escondido

Provides basic dental care services for children and adults. Services include preventive and restorative oral health services such as: • Dental Exams • Cleanings • Oral hygiene education • Simple extractions • Prophylaxis • Scaling and root planning • Fillings • Sealants • Space maintainers • Emergency dental services

Intake Procedure Online; Call for appointment

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

Sliding scale fees based on income and family size

Last Update Date 7/31/2025

North County LGBTQ Resource Center

3220 Mission Ave Ste 2

Oceanside, CA 92058

(760) 420-6838

www.ncresourcecenter.org

Serves Oceanside; Carlsbad; Vista; Leucadia; Encinitas; San Marcos; Escondido; Rancho Santa Fe; Camp Pendleton; Bonsall; Fallbrook

Eligibility Anyone who has been mandated by the court to have an HIV class

Court-Mandated HIV Classes

Individual classes for court-mandated HIV classes.

Intake Procedure Call for appointment

LGBTQ Center Hours: 12:00 pm-8:00 pm, Monday-Friday; 12:00 pm-6:00 pm, Saturday

Fixed fee

\$40

Last Update Date 7/21/2023

Palomar Health

2185 Citracado Pkwy

Escondido, CA 92029

(442) 281-5000

<https://www.palomarhealth.org/facilities/palomar-medical-center>

Serves North Inland Region of San Diego County

Eligibility Provides healthcare services for individuals of all ages. Eligibility for financial assistance programs may vary based on the following criteria: • Household income • Family size • Insurance status • Residency within specific service areas • Enrollment in

Acute Care Hospital Services, Medical Center Escondido

A full-service acute care hospital with a 24-hour emergency room. Offers diagnostic and treatment services as well as emergency and critical care services for people who may have a variety of illnesses or injuries that required immediate, short-term intervention. Facility services include: • Emergency Services • Trauma Center • Cardiology and Cardiac Catheterization • Birth Center • Vascular Services • Neurosciences Services • Interventional Radiology • Rehabilitation Services • Medical Oncology • GYN Oncology Surgery In addition, outpatient services include: • Pulmonary Testing • Laboratory • Imaging • Outpatient Pharmacy

Intake Procedure Call; Walk-in for services

24 hours a day, 7 days a week

Fees vary depending on type of service. Please call insurance company for more information.

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

Last Update Date 6/28/2024

Palomar Health

15615 Pomerado Rd
Poway, CA 92064
(858) 613-4000
<https://www.palomarhealth.org/facilities/palomar-poway-outpatient>

Serves North Inland Region of San Diego County

Eligibility Fees vary depending on the type of service. Clients are encouraged to contact their insurance provider for coverage details. Financial assistance is available for uninsured individuals based on the following criteria: • Total household income • Number of

Acute Care Hospital Services, Medical Center Poway

A full-service acute care hospital with a 24-hour emergency room. Offers diagnostic and treatment services as well as emergency and critical care services for people who may have a variety of illnesses or injuries that required immediate, short-term intervention. In addition to general medical and surgical services also include: • 24-hour Emergency Services • Family-Friendly Birth Center with Private Patient Rooms • Level II Neonatal Intensive Care Unit • Cardiac and Vascular Care • Wound Health Center • GeroPsychiatric Unit • Behavioral Medicine Center • Surgical Weight Loss Program • Rehabilitation Services • Corporate Health Services • Jean McLaughlin Women's Center for Health and Healing • Laboratory Services

Intake Procedure Call;Walk-in for services

24 hours a day, 7 days a week

Fees vary depending on type of service. Please call insurance company for more information.

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

Last Update Date 6/28/2024

Palomar Health

1029 N Broadway
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

120 Craven Rd Ste 205
San Marcos, CA 92078
(800) 525-3010
<https://www.palomarhealth.org/palomar-health-home-health-services/palomar-health-home-health-services-home>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Patients of all ages and their families in need of home health services

Home Health Care

Provides home health services for patients due to illness, injury, or following surgery. Licensed specialists provide certified home health care for physical, emotional, cultural, social, and environmental needs. Programs include: • Nursing care • Physical/Occupational • Speech therapy • Maternal infant programs • Assistance with personal care • Changing post-surgical dressings • Self-care education • Caregiver services that provide medication and intravenous therapies

Intake Procedure Call for more information

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

Fees vary depending on service. Most insurance accepted, Call insurance company for more information.

Last Update Date 6/6/2024

Palomar Health

15615 Pomerado Rd

Poway, CA 92064

(858) 613-4910

<https://www.palomarhealth.org/facilities/palomar-poway-outpatient/>

Serves San Diego County

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

Outpatient Behavioral Health Services, Poway

Offers a community-based adult psychiatric treatment program where patients can live independently in the community while participating daily in a highly individualized treatment program. Services at the day program include: • Comprehensive assessment • Treatment for adults and older adults • Group and individual therapy • Medication management

Intake Procedure Call/Walk-in for services

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

Fees vary depending on type of service. Please call insurance company for more information.

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

Last Update Date 6/21/2024

Pathway Health Clinic

1830 Hacienda Dr Ste 8

Vista, CA 92081

(760) 945-4673

<https://pathway-healthclinic.com/>

Serves San Diego County

Eligibility Not limited

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-abortion 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

9:00 am-4:00 pm, Monday and Wednesday; 9:00 am-8:00 pm, Tuesday; 1:00 pm-8:00 pm, Thursday; 9:00 am-4:00 pm, Saturday

No fees

Last Update Date 7/3/2025

Planned Parenthood of the Pacific Southwest

347 W Mission Ave

Escondido, CA 92025

(888) 743-7526

<https://www.plannedparenthood.org/health-center/california/escondido/92025/escondido-health-center-2331-90110/birth-control>

Serves San Diego County

Eligibility Not limited

Contraceptive Clinics and Counseling, Escondido Center

Provides birth control services, counseling, and fertility awareness methods. Birth control methods offered: • Birth Control Counseling • Emergency contraception pills • Fertility Awareness Methods (FAMs) • 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 (Phexxi)

Intake Procedure Online;Call for appointment;Walk-in for appointment;Fax;CIE Direct Referral

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 7/10/2025

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

Contraceptive Clinics and Counseling, Vista Center

Provides birth control services, counseling, and fertility awareness methods. Birth control methods offered: • Birth Control Counseling • Emergency contraception pills • Fertility Awareness Methods (FAMs) • 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 (Phexxi)

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

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 7/10/2025

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

HIV/AIDS Testing and Counseling, Escondido Center

Provides confidential HIV testing and counseling, treatment support and referrals, and screening and evaluation services for PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis). Offers PrEP to help reduce the risk of HIV before exposure, and nPEP to lower the chance of infection after a potential exposure.

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

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 7/10/2025

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Escondido Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, infertility support and referral, fertility planning, 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;Fax;CIE Direct Referral

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 6/27/2025

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Vista Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, infertility support and referral, fertility planning, 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;Fax;CIE Direct Referral

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 6/27/2025

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

Sexually Transmitted Infections Testing and Treatment, Escondido Center

Offers STD testing and treatment, with resources and information provided by staff to support STD prevention. Provides HIV testing, counseling, screening, and evaluation services for PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) to prevent HIV. Provides testing and treatment services for: • Chlamydia • Genital warts • Gonorrhea • Hepatitis B vaccine (first dose) • Herpes • Pubic lice (correct spelling) • Syphilis • Trichomoniasis (trich) • HPV vaccine • Condoms • General STD testing • Other STD services

Intake Procedure Online;Call for appointment;Walk-in for appointment;Fax;CIE Direct Referral

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 7/10/2025

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

Sexually Transmitted Infections Testing and Treatment, Vista Center

Offers STD testing and treatment, with resources and information provided by staff to support STD prevention. Provides HIV testing, counseling, screening, and evaluation services for PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) to prevent HIV. Provides testing and treatment services for: • Chlamydia • Genital warts • Gonorrhea • Hepatitis B vaccine (first dose) • Herpes • Pubic lice (correct spelling) • Syphilis • Trichomoniasis (trich) • HPV vaccine • Condoms • General STD testing • Other STD services

Intake Procedure Online;Call for appointment;Walk-in for appointment;Fax;CIE Direct Referral

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 7/10/2025

Poway Adult Day Health Care, LLC

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

Serves 92131; 92126; 92127; 92128; 92129; 92064

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

Adult Day Care

Provides adult day care services in a group setting with a structured, individualized program of therapeutic activities developed to enhance functioning. The program increases social opportunities for those who may experience memory loss or physical decline. Nursing and social services designed to provide week day care giving to older adults who like to continue living at home for as long as possible. Transportation to and from program based on availability.

Intake Procedure 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

649 W Mission Ave Ste 2
Escondido, CA 92025
(760) 740-3000 Clinic Line
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/immunization_branch/immunization_clinic_schedule.html

Serves North Inland Region of San Diego County

Eligibility The following individuals are eligible to receive immunizations at County Public Health Centers: • Children and adults who do not have health insurance (adults-only certain vaccines available) • Adults whose health insurance does not include vaccines (onl

Immunization Clinic, North Inland Public Health Center

Provides routine childhood and adolescent vaccines to protect against: • Polio (IPV) • Tetanus (Td) • Varicella (Var) • Rotavirus (RV) • Shingles (Shingrix) • Measles, Mumps, Rubella (MMR) • Haemophilus Influenza Type B (Hib) • Hepatitis A (Hep A)/ Hepatitis B (Hep B) • Pneumococcal Diseases (PCV13, PCV23) • Diphtheria, Tetanus and Pertussis (DTaP/Tdap) Adults with certain health conditions/risks may be eligible for the pneumococcal vaccine and hepatitis B vaccine. Influenza vaccines for persons 6 months and older are available each year beginning in the fall on a walk-in basis. Tdap (tetanus, pertussis, and diphtheria) vaccines are also available to eligible persons. Naloxone distribution is available during walk-in hours. For emergencies, please call 9-1-1.

Intake Procedure Call for appointment

8:00 am-5:00 pm, Monday-Friday; ; Closed for lunch 11:00 am-1:00 pm Facility; Closed on Holidays

No fees

Last Update Date 6/26/2025

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

3609 Ocean Ranch Blvd Ste 104
Oceanside, CA 92056
(760) 967-4401
https://www.sandiegocounty.gov/content/sdc/hhsa/facilities/north_coastal/north_coastal_public_health_center.html

Serves Bonsall; Camp Pendleton; Cardiff by the Sea; Carlsbad; Del Mar; Fallbrook; Oceanside; Pala; Solana Beach La Costa; Leucadia; Rainbow; San Dieguito; Bonsall; Fallbrook; Pala; 92055; 92672

Eligibility Eligibility requirements vary by type of service. 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

Category Medical Services

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

3609 Ocean Ranch Blvd
Oceanside, CA 92056
(760) 967-4401
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

3605 Vista Way Ste 201
Oceanside, CA 92056
(858) 966-8235
<https://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 Call
8:00 am-5:00 pm, Monday-Friday
No fees

Last Update Date 2/12/2025

Rady Children's Hospital and Health Center

625 Citracado Pkwy Ste 100
Escondido, CA 92025
(760) 739-1543
<https://www.rchsd.org/locations/urgent-care/>

Serves North Inland Region of San Diego County

Eligibility Urgent care services for children from birth to 17 years old

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

3605 Vista Way Ste 172
Oceanside, CA 92056
(760) 547-1000
<https://www.rchsd.org/locations/urgent-care/>

Serves North Coastal Region of San Diego County

Eligibility Urgent care services for children from birth to 17 years old

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

434 Aqua Ln
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

16769 Bernardo Center Dr # K14
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

Rancho Santa Fe Audiology

6037 La Granada
Rancho Santa Fe, CA 92067
(858) 759-8922
<https://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 7/28/2025

Category Medical Services

San Diego Center for the Blind and Vision Impaired

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

Serves North 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

704 E Grand Ave
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

2721 Washington St
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

1840 West Dr
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

354 Santa Fe Dr
Encinitas, CA 92024
(760) 633-6501
<https://www.scripps.org/locations/hospitals/scripps-memorial-hospital-encinitas?tab=overview>

Serves San Diego County

Eligibility Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies.

Acute Care Hospital Services, Scripps Memorial Hospital Encinitas

Provides full-service acute care, including a 24-hour emergency room and a Level II trauma center, for individuals requiring immediate, short-term medical intervention. Offers comprehensive diagnostic, treatment, emergency, and critical care services for a wide range of illnesses and injuries.

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 6/26/2025

Scripps Health

130 Cedar Rd
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

2205 Vista Way
Oceanside, CA 92054
(760) 806-5400
<https://www.scripps.org/services/urgent-care>

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

Eligibility Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies. Accepts those with no insurance, payments determined based on family size and income.

Urgent Care, Scripps Clinic Jefferson

Provides care to patients of all ages with minor illnesses and conditions that are urgent but not life-threatening on a walk-in basis. Urgent care is a good option when there is a medical problem that needs to be addressed by a doctor within 24 hours.

Intake Procedure Walk-in for services
8:00 am-8:00 pm, Monday-Sunday

Fees vary depending on type of service. Please call insurance company for more information.
Financial assistance based on family size and income for those with no insurance.

Last Update Date 6/26/2025

Scripps Health

15004 Innovation Dr
San Diego, CA 92128
(858) 605-7171
<https://www.scripps.org/services/urgent-care>

Serves Carmel Mountain Ranch; Del Sur; Black Mountain Ranch; 4S Ranch; Poway; Rancho Penasquitos; Sabre Springs; Scripps Ranch; Mira Mesa and Ramona

Eligibility Healthcare services for individuals of all ages. Eligibility to qualify for financial assistance programs varies. Accepts those with no insurance, payments determined based on family size and income.

Urgent Care, Scripps Clinic Rancho Bernardo

Provides care to patients of all ages with minor illnesses and conditions that are urgent but not life-threatening on a walk-in basis. Urgent care is a good option when there is a medical problem that needs to be addressed by a doctor within 24 hours.

Intake Procedure Walk-in for services
8:00 am-8:00 pm, Monday-Sunday

Fees vary depending on type of service. Please call insurance company for more information.
Financial assistance based on family size and income for those with no insurance.

Last Update Date 6/26/2025

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

202 W College St
Fallbrook, CA 92028
(800) 430-4263 State HCO
<https://www.healthcareoptions.dhcs.ca.gov/>

Serves Fallbrook

Eligibility Residents living in Fallbrook. Most people who have Medi-Cal must enroll in a medical plan. Must choose a medical plan if: • Receive CalWorks benefits (cash aid, CalFresh) • Receive Medi-Cal only and do not have a share of the cost • Receive Medi-Cal and

Health Care Options Counselor, Fallbrook Community Resource Center

Provides Californians with access to affordable, integrated health care, including medical, dental, mental health, substance use treatment, and long-term care. Health Care Options main functions are to: • Coordinate activities in the managed care counties that include outreach and education in Social Service and Community-Based Organization locations • Give oversight of informing materials mailed to members • Monitor and evaluate the Contractor's operations and systems

Intake Procedure Call for more information; Mail
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

3708 Ocean Ranch Blvd
Oceanside, CA 92056
(800) 430-4263 State HCO
<https://www.healthcareoptions.dhcs.ca.gov/>

Serves North Coastal Region of San Diego County

Eligibility Residents living in North Coastal Region of San Diego County. Most people who have Medi-Cal must enroll in a medical plan. Must choose a medical plan if: • Receive CalWorks benefits (cash aid, CalFresh) • Receive Medi-Cal only and do not have a share of

Health Care Options Counselor, North Coastal Family Resource Center

Provides Californians with access to affordable, integrated health care, including medical, dental, mental health, substance use treatment, and long-term care. Health Care Options main functions are to: • Coordinate activities in the managed care counties that include outreach and education in Social Service and Community-Based Organization locations • Give oversight of informing materials mailed to members • Monitor and evaluate the Contractor's operations and systems

Intake Procedure Call for more information;Mail

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

649 W Mission Ave Ste 3
Escondido, CA 92025
(800) 430-4263 State HCO
<https://www.healthcareoptions.dhcs.ca.gov/>

Serves North Inland Region of San Diego County

Eligibility Residents living in North Inland Region of San Diego County. Most people who have Medi-Cal must enroll in a medical plan. Must choose a medical plan if: • Receive CalWorks benefits (cash aid, CalFresh) • Receive Medi-Cal only and do not have a share of t

Health Care Options Counselor, North Inland Family Resource Center

Provides Californians with access to affordable, integrated health care, including medical, dental, mental health, substance use treatment, and long-term care. Health Care Options main functions are to: • Coordinate activities in the managed care counties that include outreach and education in Social Service and Community-Based Organization locations • Give oversight of informing materials mailed to members • Monitor and evaluate the Contractor's operations and systems

Intake Procedure Call for more information;Mail

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

1521 Main St
Ramona, CA 92065
(800) 430-4263 State HCO
<https://www.healthcareoptions.dhcs.ca.gov/>

Serves Ramona

Eligibility Residents living in Ramona. Most people who have Medi-Cal must enroll in a medical plan. Must choose a medical plan if: • Receive CalWorks benefits (cash aid, CalFresh) • Receive Medi-Cal only and do not have a share of the cost • Receive Medi-Cal and Me

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

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

202 W College St
Fallbrook, CA 92028
(866) 262-9881 Access Call Center
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html

Serves Fallbrook

Eligibility Residents living in Fallbrook. 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.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

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

Serves North Coastal Region of San Diego County

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

649 W Mission Ave Ste 3
Escondido, CA 92025
(866) 262-9881 Access Call Center
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html

Serves North Inland Region of San Diego County

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

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

1521 Main St
Ramona, CA 92065
(866) 262-9881 Access Call Center
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/medi-cal_program.html

Serves Ramona

Eligibility Residents living in 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_medi-cal.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

16899 W Bernardo Dr
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.

305 Airport Rd
Oceanside, CA 92058
(760) 721-1706
<https://www.teriinc.org/>

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

Eligibility 1. Adults with a developmental advisability 2. Must be referred by San Diego Regional Center and/or school district

Development Center

Serves adults with a developmental disability in either a community-based training or behavior management program. Specializes in serving adults who have severe behavior disorders or who, due to the level of functioning or other limitations, have difficulty finding placement in other less-structured environments. Provides training in the areas of self-help, gross and fine motor skills, communication, independent living, functional academics, basic reading, and community awareness. Off-site pre-vocational training is offered, as well as personal interest programs such as woodworking, aerobics, and music. Provides transportation within the North County area to individuals attending the development center. Also offers participants a food pantry every other Wednesday.

Intake Procedure Call for more information;Referral

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

Fixed fee

Last Update Date 1/28/2022

Category

Medical Services

TrueCare

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents, and meet low-income guidelines: CalFresh Annual Income Guidelines: October 1, 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

605 Crouch St
Oceanside, CA 92054
(760) 736-6734
<https://truecare.org/>

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents, and meet low-income guidelines: CalFresh Annual Income Guidelines: October 1, 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

220 Rotanzi St
Ramona, CA 92065
(760) 736-6734
<https://truecare.org/>

Serves North Coastal and North Inland Regions of San Diego County

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

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

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

Intake Procedure 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

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Medi-Cal Enrollment is all year and clients must be medically uninsured, California residents, and meet low-income guidelines: CalFresh Annual Income Guidelines: October 1, 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

TrueCare

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Available to: • Individuals and families of all ages • Residents within the designated service area • Those who meet any program-specific requirements, such as income limits or insurance status Eligibility may vary depending on the type of healthcare ser

QuickCare, San Marcos

Offers same-day medical appointments for acute care illnesses or injuries, sick visits and physical exams for individuals of any age. Offers treatment for a broad range of symptoms, conditions, and injuries that don't require emergency action or specialist care such as: • Ear, eye, nose and throat conditions • COVID testing and treatment • PEP (post-exposure prophylaxis) prescription • Flu, coughs, colds and other related ailments • Minor injuries such as sprains, fractures, and burns • Skin conditions such as lesions, rashes, warts, infections • Respiratory conditions such as allergies, sinus infections and bronchitis • Testing for flu, strep, UTI (urinary tract infection) or STI (sexually transmitted infections)

Intake Procedure 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.

Last Update Date 8/14/2024

TrueCare

605 Crouch St
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

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Women of all ages

Women's Health Center, San Marcos

Offers complete pregnancy and delivery care, services are provided at low to no cost to qualifying patients. Services include: • Childbirth education classes • Family planning and birth control • Well-women annual exams • Cervical and breast cancer screenings • Behavioral health services

Intake Procedure 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

Category Medical Services

United Cerebral Palsy Association of San Diego County

205 W Mission Ave Ste G
Escondido, CA 92025
(760) 743-1050
www.ucpsdtechcenter.org

Serves San Diego County

Eligibility Not limited

Assistive Technology Center, North County Center

Offers lab times to allow individuals to explore augmentative communication devices, Internet access equipment, and computer access equipment (no appointment necessary, call for open lab schedule or list of complete services).

Intake Procedure Call; Walk-in for services

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

Fees vary based on service. Many services are free. Have extensive equipment loan program.

Last Update Date 7/26/2019

United States Department of Veterans Affairs (VA)

815 E Pennsylvania Ave
Escondido, CA 92025
(760) 466-7020
<https://www.va.gov/san-diego-health-care/locations/escondido-va-clinic/>

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Escondido Clinic

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

Intake Procedure Call for appointment

Office hours: 7:30 am-4:30 pm, Monday-Friday; Lab hours: 7:30 am-3:00 pm, Monday-Friday

Fees range depending on service

Last Update Date 5/31/2024

United States Department of Veterans Affairs (VA)

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

Serves San Diego County

Eligibility Must be a Veteran

Veterans Affairs Clinic, Oceanside Clinic

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

Intake Procedure Call for appointment

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

Fees range depending on service

Last Update Date 5/31/2024

University of California San Diego Health

1505 Encinitas Blvd
Encinitas, CA 92024
(800) 926-8273 Appointment line
<https://health.ucsd.edu/specialties/primary-care/Pages/default.aspx>

Serves San Diego County

Eligibility Healthcare services for individuals and families of all ages.

Primary Care Services, Encinitas

Offers general medical services to individuals and families of all ages. Services include: • Acute care • Sick visits • General healthcare screenings • Physical exams • Immunizations • Chronic condition care and management

Intake Procedure Call for appointment

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

Fees vary depending on type of service. Please call insurance company for more information.

Last Update Date 10/2/2023

Category Medical Services

University of California San Diego Health

16950 Via Tazon
San Diego, CA 92127
(800) 926-8273 Appointment line
https://healthlocations.ucsd.edu/san-diego/16950-via-tazon?utm_source=googlemybusiness&utm_medium=listings
Serves San Diego County

Eligibility Healthcare services for individuals and families of all ages.

Primary Care Services, Rancho Bernardo

Offers general medical services to individuals and families of all ages. Services include: • Acute care • Sick visits • General healthcare screenings • Physical exams • Immunizations • Chronic condition care and management

Intake Procedure Call for appointment

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

Fees vary depending on type of service. Please call insurance company for more information.

Last Update Date 10/2/2023

University of California San Diego Health

910 Sycamore Ave Ste 270
Vista, CA 92081
(800) 926-8273 Appointment line
<https://healthlocations.ucsd.edu/vista/910-sycamore-ave>
Serves San Diego County

Eligibility Healthcare services for individuals and families of all ages.

Primary Care Services, Vista

Offers general medical services to individuals and families of all ages. Services include: • Acute care • Sick visits • General healthcare screenings • Physical exams • Immunizations • Chronic condition care and management

Intake Procedure Call for appointment

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

Fees vary depending on type of service. Please call insurance company for more information.

Last Update Date 10/2/2023

Vista Community Clinic

4700 N River Rd
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

1000 Vale Terrace Dr
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

Category Medical Services

Vista Community Clinic

4700 N River Rd
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

1000 Vale Terrace Dr
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

134 Grapevine Rd
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

4700 N River Rd
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 Medical Services

Vista Community Clinic

818 Pier View Way
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

1000 Vale Terrace Dr
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

Vista Community Clinic

1000 Vale Terrace Dr
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

517 N Horne St
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

4700 N River Rd
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

1000 Vale Terrace Dr
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

Vista Hill

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

Serves Escondido

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

Learning Assistance Center, Escondido Union District, Lincoln Annex

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

Intake Procedure Call for appointment

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

No fees charged for Medi-Cal clients or AB2726 children. Sliding scale fees based on family size and income for uninsured clients.

Last Update Date 1/8/2024

Vista Hill

1012 Main St Ste 101
Ramona, CA 92065
(760) 788-9724
<http://www.vistahill.org/programs-services/learning-assistance-center-lac-county/>

Serves Borrego Springs; Julian; Ramona; Warner Springs

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

Learning Assistance Center, North Inland

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

Intake Procedure Call for more information; Call for appointment

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

No fees charged for Medi-Cal clients or ERMHS children. Sliding scale fees based on family size and income for uninsured clients.

Last Update Date 1/8/2024

Category Mental Health Services

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

550 W Vista Way Ste 407
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

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

221 W Crest St Ste 210
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

474 W Vermont Ave
Escondido, CA 92025
(760) 480-2255
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html

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

Category Mental Health Services

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

1701 Mission Ave Ste 230
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

City of Carlsbad

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

Serves Carlsbad

Eligibility Seniors adults 50 years and older

Recreation Services, Senior Center

Provides continuum of services for adults at all stages of life. Whether learning how to care of an aging parent or finding ways to stay active as an older adult. Offers Information, resources and free low cost services are available, including legal assistance and medical screenings. Transportation services available.

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

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

1140 Oakcrest Park Dr
Encinitas, CA 92024
(760) 943-2250
<https://www.encinitasca.gov/government/departments/parks-recreation-cultural-arts/recreation-programs/senior-citizens/community-senior-center>

Serves Encinitas

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

Senior Center

Provides nutrition lunch program, billiards game room, living room/activity room, computer stations with free tutoring, drop in use instruction, offices for screenings, counseling, tax assistance, transportation and other services.

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

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

337 W Mission Ave
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.

1701 Mission Ave Ste 130
Oceanside, CA 92058
(760) 305-4848
www.exodusrecovery.com/north-coastal-crisis-stabilization-unit-csu/

Serves San Diego County

Eligibility Adults 18 years and older who are experiencing a mental health crisis or urgent need for mental health services. Services are targeted to individuals with Medi-Cal and those medically indigent.

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.

524 W Vista Way
Vista, CA 92083
(760) 305-4900
www.exodusrecovery.com/sd-vista-csu/

Serves San Diego County

Eligibility San Diego County residents experiencing a behavioral health crisis, a deterioration in level of functioning and/or unable to access traditional outpatient services.

Crisis Stabilization Unit (CSU), 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

Category Mental Health Services

Family Health Centers of San Diego

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

Serves San Diego County

Eligibility 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

100 E San Marcos Blvd Ste 308
San Marcos, CA 92069
(877) 734-3258
www.lassd.org/health-care-and-coverage/

Serves San Diego County

Eligibility Call for information

Consumer Center For Health Education and Advocacy (CCEA), North County Office

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

Intake Procedure Call for more information

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

No Fees

Last Update Date 6/4/2024

Mental Health Systems, Inc.

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

Serves North Inland and Coastal Regions of San Diego County

Eligibility Adults 18 years and older with severe mental illness

North Coastal Mental Health Center

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

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

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

Sliding scale based on family size and income

Last Update Date 3/27/2024

Category Mental Health Services

Mental Health Systems, Inc.

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

Serves North Inland and Coastal Regions of San Diego County

Eligibility Adults 18 years and older with severe mental illness

North Inland Mental Health Center

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

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

Sliding scale based on family size and income

Last Update Date 3/27/2024

Neighborhood Healthcare

425 N Date St # 219
Escondido, CA 92025
(833) 867-4642
<https://www.nhcare.org/health-services/behavioral/>

Serves Escondido; Pauma Valley; Poway; San Marcos; Valley Center; Vista; El Cajon; Lakeside; Santee; 92003; 92028; 92059; 92060; 92061; 92020; 92040; 92590; 92586; 92543

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

Behavioral Health Services, Ray M Dickinson Wellness Center

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

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

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

Last Update Date 7/31/2025

Neighborhood Healthcare

460 N Elm St
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 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; Closed for lunch: 12:00 pm- 1:00 pm, Monday, Tuesday, Thursday, Friday; 12:00 pm to 1:30 pm, Wednesday
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 6/3/2025

Category Mental Health Services

Neighborhood Healthcare

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

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

Eligibility No age or income limitations

Neighborhood Healthcare

13010 Poway Rd
Poway, CA 92064
(858) 218-3000
<https://www.nhcare.org/>

Serves Poway

Eligibility No age or income limitations

Palomar Health

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

Serves San Diego County

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

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 6/3/2025

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 6/3/2025

Outpatient Behavioral Health Services, Poway

Offers a community-based adult psychiatric treatment program where patients can live independently in the community while participating daily in a highly individualized treatment program. Services at the day program include: • Comprehensive assessment • Treatment for adults and older adults • Group and individual therapy • Medication management

Intake Procedure Call/Walk-in for services

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

Fees vary depending on type of service. Please call insurance company for more information. Financial assistance based on family size and income for those with no insurance.

Last Update Date 6/21/2024

Category Mental Health Services

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Escondido Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, infertility support and referral, fertility planning, 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; Fax; CIE Direct Referral

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 6/27/2025

Planned Parenthood of the Pacific Southwest

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

Serves San Diego County

Eligibility Not limited

Pregnancy Testing, Counseling and Referral, Vista Center

Provides pregnancy testing, counseling, and referrals regarding all options, including planning pregnancy, infertility support and referral, fertility planning, 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; Fax; CIE Direct Referral

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 6/27/2025

San Ysidro Health

2721 Washington St
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

The North County Family Justice Center

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

Serves North County

Eligibility Individuals and families 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

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

Serves North Coastal and North Inland Regions of San Diego County

Eligibility Women of all ages

Women's Health Center, San Marcos

Offers complete pregnancy and delivery care, services are provided at low to no cost to qualifying patients. Services include: • Childbirth education classes • Family planning and birth control • Well-women annual exams • Cervical and breast cancer screenings • Behavioral health services

Intake Procedure 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

517 N Horne St
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

Category Mental Health Services

Vista Community Clinic

4700 N River Rd
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

1000 Vale Terrace Dr
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

1122 Broadway
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

649 W Mission Ave
Escondido, CA 92025
(866) 726-8831
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ssp/veterans_services.html

Serves San Diego County

Eligibility Limited to veterans, dependents of veterans, or survivors of veterans.

Office of Military and Veterans Affairs, Escondido Veteran Services

Provides professional services for military veterans and their dependents and survivors are entitled to benefits from the United States Department of Veteran Affairs, the State of California, and other agencies as applicable. Services offered are: • Comprehensive benefits counseling • Claims preparation and submission • Claims follow-up to ensure that final decisions • Initiate and develop appeals when appropriate • Networking and advocacy with federal, state, and local agencies Information and referral for the following public assistance, Veterans Affairs medical care, military installations retired activities office, homeless issues, disability transition assistance counseling at the Naval Medical Hospital, San Diego, certification of discharge papers (DD-214) for filing claims with the VA.

Intake Procedure Call for appointment

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

No fees

Last Update Date 9/6/2024

California State University San Marcos

Craven Hall 5115
San Marcos, CA 92069
(760) 750-4827
<https://www.csusm.edu/veterans/index.html>

Serves San Diego County

Eligibility Ages 18 years and older or a high school graduate. Must be a veteran, veteran's dependent, or reservist intending to apply for VA educational benefits.

Veterans Services

Provides opportunities to Veterans for mentorship and professional development, networking and portfolio building, and to meet with VA claims representatives and university deans.

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

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

401 S Ivy St
Escondido, CA 92025
(760) 737-3990
<https://www.easterseals.com/southernca/programs-and-services/employment-training/>

Serves Southern California

Eligibility Must have a referral from the Department of Rehabilitation or a Regional Center.

Employment Services

Provides customized employment support services to individuals with disabilities.

Intake Procedure Email;Call for more information

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

No fees

Last Update Date 5/16/2024

Category Military/Veteran Services

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

1617 Mission Ave
 Oceanside, CA 92058
 (760) 529-9979
<http://www.interfaithservices.org/program/housing-shelter/>

Serves North Coastal Region of San Diego County

Eligibility All gender veterans who are homeless or at risk of homelessness, ages 18 years and older. Cannot have a dishonorable discharge, or was discharged or dismissed from the Armed Forces by reason of the sentence of a general court-martial.

Housing Stability Case Management

Assists homeless veterans or veterans at imminent risk of losing housing, that are not already enrolled in a housing program, connect to safe, stable, long-term housing or programs. The program focuses on helping homeless veterans, veterans at risk of homelessness, those who may not qualify for GPD (grant per diem) services (either because they need a higher level of care or treatment, need financial assistance for housing stability, have a family they do not want to separate from or if the VA liaison has concerns) or are currently on the GPD waitlist or another housing waitlist but still have not been connected with a case manager to assist with their needs and housing.

Intake Procedure 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

550 W Washington Ave
 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

Category Military/Veteran Services

Interfaith Community Services

4700 N River Rd Ste A
Oceanside, CA 92057
(760) 721-2117

Serves San Diego County

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

Veterans Employment and Training Services, Oceanside & Escondido

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

Intake Procedure Email;Call for more information;Call for appointment;Walk-in for appointment;Call;CIE Direct Referral

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

No fees

Last Update Date 5/8/2025

Lifeline Community Services

200 Michigan Ave
Vista, CA 92084
(760) 726-4900
<https://lifelinecs.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

Veterans Association of North County

(760) 722-1277
www.vancnorthcounty.org

Serves North Coastal and North Inland Regions of San Diego County

Eligibility All branches of retired, active, and reserve military personnel and their families to meet and receive needed support

Veterans Association of North County

Provides information about social services, hosts classes, and delivers other support for those who serve the country.

Intake Procedure Online;Call for more information

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 8/18/2023

Category Miscellaneous Services

Category Miscellaneous Services

Alternatives

231 S Juniper St
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

1906 Oceanside Blvd
Oceanside, CA 92054
(800) 500-6411
<https://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

Brother Benno Foundation

3260 Production Ave
Oceanside, CA 92058
(760) 439-1244
<https://www.brotherbenno.org/the-brother-benno-center/>

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

Eligibility For emergency food, no age limitations however, shirt and shoes are required to receive meal. Individual must be sober.

Brother Benno's Center

Offers a drop-in center that provides services to homeless and low-income people. Offers meals including breakfast and sack lunches during the week and a Saturday brunch. Distributes food boxes, clothing, and basic toiletries, and provides showers 4 days a week.

Intake Procedure 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

Category

Miscellaneous Services

Interfaith Community Services

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

Serves North Coastal Region of San Diego County

Eligibility No age limitations, however, minors must be accompanied by an adult relative or counselor. Eligibility documentation required for certain services/supports. Must be in the North Coastal Region of San Diego County.

Basic Needs Walk-in Services, Carlsbad

Provides support for basic needs such as ID vouchers, emergency food, crisis intervention, and hygiene packets, and offers access to additional community resources and referrals. Additional services include: • Access to benefits • Eyeglass assistance • Mailing address/PO Box services • Social services • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions The following services are offered by appointment only: • Utility payment assistance • Employment case management and resources • Housing stabilization and self-sufficiency

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

1:00 pm-3:00 pm, Tuesday-Thursday

No fees

Last Update Date 7/23/2025

Interfaith Community Services

550 W Washington Ave
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 such as family shelter, ID vouchers, emergency food, crisis intervention, and hygiene packets, and offers access to additional community resources and referrals. Additional services include: • Access to benefits • Shower and laundry facilities • Clothing voucher to thrift store • Diapers and formula (when available) • Mailing address/PO Box services • Day bus passes or gas vouchers for documented medical or job needs • Partial financial assistance for applicable prescriptions including vision

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

Program hours: 8:00 am-10:00 am, Monday,Wednesday,Friday; Food Distribution hours: 8:00 am-10:00 am Tuesday and Thursday; Closed: 1st Friday of the Month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 6/30/2025

Interfaith Community Services

550 W Washington Ave
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

Category Miscellaneous Services

Jacobs and Cushman San Diego Food Bank

32077 Community Church Drive

Pauma Valley, CA 92061

(760) 724-6700

<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North Inland Region of San Diego County

Eligibility Families 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

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

2:00 pm-3:00 pm, 4th Wednesday of each month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

610 N Redondo Dr Ste A

Oceanside, CA 92057

(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.

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

11:00 am - 5:00 pm Monday - Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

956 Vale Terrace Dr

Vista, CA 92084

(760) 471-4210

Serves North Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, MAAC Project Vista

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

Distribution hours: Every 1st and 3rd Wednesdays, 7:30 am-9:30 am, 4:00 pm-6:00 pm; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

773 Main St

Ramona, CA 92065

(760) 789-4458

<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies Distribution Site, Ramona Food and Clothes Closet

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

Intake Procedure Online;Walk-in for services

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 7/21/2025

Category

Miscellaneous Services

Jacobs and Cushman San Diego Food Bank

1370 W San Marcos Blvd
San Marcos, CA 92078
(619) 226-7625
<https://sandiegofoodbank.org/programs/diaper-ba...>

Serves North Inland 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

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

Intake Procedure Online;Walk-in for services

Distribution hours: 12:00 pm-1:30 pm, 1st Thursday of the Month; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

1305 Deodar Rd
Escondido, CA 92026
(760) 707-6681
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves Escondido

Eligibility Families who need support for diapers and menstrual supplies living in the Escondido

Diaper and Menstrual Supplies Distribution Site, The San Diego Christian Center

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

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

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

605 San Diego St
Oceanside, CA 92058
(760)631-5000 x1011
<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 Regions of San Diego County

Diaper and Menstrual Supplies Distribution Site, Vista Community Clinic

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

Intake Procedure Online;Call for appointment;Voice Message

Every 2nd Thursday of the month, 1:30 pm-3:30 pm; Every 3rd Friday of the month, 9:00 am-12:00 pm; Online hours: 24 hours a day, 7 day a week

No fees

Last Update Date 7/21/2025

Jacobs and Cushman San Diego Food Bank

439 Iowa St
Fallbrook, CA 92028
(760) 468-4783
<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North Region of San Diego County

Eligibility Families who need support for diapers and menstrual supplies living in the North Region of San Diego County

Diaper and Menstrual Supplies, Fallbrook Spanish Seventh-day Adventist Church

Provides diapers to families with infants and toddlers experiencing need, and distributes 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 7/1/2025

Category Miscellaneous Services

Jacobs and Cushman San Diego Food Bank

1450 E Vista Way

Vista, CA 92084

(760) 724-0077

<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North Inland Region of San Diego County

Eligibility Families with infants and toddlers who need support for diapers living in North Inland Region of San Diego County

Diaper Distribution Site, Grace Presbyterian Church

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

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

Distribution hours: 8:00 am-9:00 pm, Tuesday and Friday; Online hours: 24 hours a day, 7 days a week

No fees

Last Update Date 5/15/2025

Jacobs and Cushman San Diego Food Bank

272 E Via Rancho Pkwy # 157

Escondido, CA 92025

(619) 519-9090

<https://sandiegofoodbank.org/programs/diaper-bank-program/>

Serves North Inland Region of San Diego County

Eligibility Families with infants and toddlers who need support for diapers living in North Inland Region of San Diego County

Diaper Distribution Site, Shaback Resource Center

Provides diapers to families with infants and toddlers experiencing need, and distributes menstrual supplies when available.

Intake Procedure Online;Walk-in for services

11:00 am-4:00 pm, Monday, Tuesday, Thursday and Friday; 10:00 am-1:30 pm, Wednesday and Saturday; Online: 24 hours a day, 7 days a week

No fees

Last Update Date 7/21/2025

Lived Experiences

610 N Redondo Dr Ste A

Oceanside, CA 92057

(442) 266-2083

<https://www.livedexperiences.org/communitycenter>

Serves Oceanside

Eligibility Must be a mother residing in Oceanside

Diaper Bank

Offers diapers to families with infants and toddlers experiencing financial hardship, with a limit of two packages per person per visit. Also provides CalFresh application assistance.

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

10:00 am-8:00 pm, Monday-Friday

None

Last Update Date 7/3/2025

Oceanside First Presbyterian Church

2001 S El Camino Real

Oceanside, CA 92054

(760) 757-3560

www.oceansidepres.org

Serves 92054

Eligibility Not limited

Food Distribution

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

Intake Procedure Walk-in for services;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

Category Miscellaneous Services

Office of Social Outreach, Mission San Luis Rey Parish

4070 Mission Ave
Oceanside, CA 92057
(760) 54-70708
<https://sanluisreyparish.org/>

Serves Camp Pendleton; Oceanside

Eligibility Low-income or homeless families, homeless individuals, migrants. Demonstrated need.

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

1830 Hacienda Dr Ste 8
Vista, CA 92081
(760) 945-4673
<https://pathway-healthclinic.com/>

Serves San Diego County

Eligibility Not limited

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-abortion 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

9:00 am-4:00 pm, Monday and Wednesday; 9:00 am-8:00 pm, Tuesday; 1:00 pm-8:00 pm, Thursday; 9:00 am-4:00 pm, Saturday

No fees

Last Update Date 7/3/2025

R.A.W. Ruth Anointed World Ministries

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

Serves San Marcos

Eligibility Anyone in need of food

Food Distribution, Escondido

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

Intake Procedure Walk-in for services

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

\$5 dollar box packing fee

Last Update Date 7/18/2024

San Diego Humane Society

3500 Burnet Dr
Escondido, CA 92027

www.sdhumane.org

Serves San Diego County

Eligibility Not limited

Community Pet Pantry, Escondido Campus

San Diego Humane Society supports families and their pets who need a little extra help. Through the Community Pet Pantry, anyone can visit our campuses in El Cajon, Escondido, Oceanside or San Diego to pick up a bag of dog or cat food and other supplies, as available. No appointment is needed for this service.

Intake Procedure Walk-in for services

10:00 am-6:00 pm, Tuesday-Sunday

No fees

Last Update Date 10/9/2023

San Diego Humane Society

572 Airport Rd
Oceanside, CA 92058
(619) 299-7012
<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

1031 S Santa Fe Ave Ste F
Vista, CA 92083
(888) 999-6897
sdsuwic.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

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

334 14th St
Del Mar, CA 92014
(858) 755-1616
<https://www.stpetersdelmar.net/outreach>

Serves Del Mar

Eligibility For homeless men, women, and children

Helping Hands, St Peter's Episcopal Church, Del Mar

Provides sack lunches, clothing, and hygiene products to homeless individuals in the community. Not a food pantry.

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

9:00 am-10:00 am, Monday and Wednesday; Closed on holidays

No fees

Last Update Date 12/3/2024

Category

Miscellaneous Services

The Salvation Army San Diego Regional Office

1301 Las Villas Way
Escondido, CA 92026
(760) 745-8616
<https://escondido.salvationarmy.org/>

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

Eligibility 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

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

Serves Carlsbad; Encinitas; Solana Beach; Del Mar

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

Women, Infants, and Children (WIC), Encinitas

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local resources.

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 5/12/2025

TrueCare

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

Serves Escondido; San Marcos; Valley Center; Vista

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

Women, Infants, and Children (WIC), Escondido

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local 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 5/12/2025

Category

Miscellaneous Services

TrueCare

2210 Mesa Dr Ste 100

Oceanside, CA 92054

(888) 477-6333

<https://truecare.org/programs-resources/wic/>

Serves Encinitas; Carlsbad; Oceanside; Vista; San Dieguito

Eligibility 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

Women, Infants, and Children (WIC), Oceanside

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local resources.

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 5/12/2025

TrueCare

220 Rotanzi St

Ramona, CA 92065

(888) 477-6333

Serves Ramona

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

Women, Infants, and Children (WIC), Ramona

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local resources.

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

In-person hours: 8:00 am-4:45 pm, Tuesday-Thursday; Remote appointment: 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 5/12/2025

TrueCare

150 Valpreda Rd Ste 102

San Marcos, CA 92069

(888) 477-6333

<https://truecare.org/location/truecare-san-marcos-wic-office/>

Serves Escondido; San Marcos; Valley Center; Vista

Eligibility 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

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

Provides no-cost nutrition support, education, and community referrals to pregnant individuals, infants, and children up to age five who meet eligibility requirements. Services include a debit card for purchasing healthy foods, nutrition education, breastfeeding support, and assistance with accessing health insurance and local resources.

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 5/12/2025

Category Miscellaneous Services

Venture Church

777 Santa Fe Dr
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

We See You San Diego

725 N Escondido Blvd
Escondido, CA 92025
(619) 643-8153
<https://www.weseeyousandiego.com/needhelp>

Serves San Diego County

Eligibility Must meet the following to participate: • Must be 18 years and older • Must commit to a 6-12 month program for sponsorship • Must attend one dinner party and meet with the Recovery Team • For inpatient medical detox sponsorship- must be chronically homeless

Detox and Recovery Sponsorships, Escondido Blvd

Provides faith-based recovery inpatient medical detox services, with the guidance of a sponsor to assist chronically homeless individuals battling drug and alcohol addiction. Recovery programs are based on individual needs, abilities, and current situations. Assist in offering for those transitioning out of treatment, such as: • Sober living options • Assistance in looking for jobs • Acquiring necessary legal documents • Financial sponsorship • Community support • Opportunity to join the team and use their story of transformation to help encourage others Additional services such as: • Weekly dinner party • Clothing • Hygiene supplies • Bicycle repair services

Intake Procedure Online; Call; Walk-in for services

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

No fees

Last Update Date 7/2/2025

Youth and Family Services, YMCA of San Diego County

150 La Terraza Blvd
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

Category Miscellaneous Services

Youth and Family Services, YMCA of San Diego County

205 Barnes St
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

200 Michigan Ave
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

993 Postal Way
Vista, CA 92083
(760) 630-9922
<http://www.alphaproject.org/programs/residential-treatment>

Serves San Diego County

Eligibility Accepts single men ages 18 years and older, must meet medical necessity through the ASAM criteria for level 3.1 residential services. This is verified through a substance use disorder intake and assessment and LHPA diagnosis. Also no sex or arson offenders

Casa Raphael

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

Category Substance Abuse/Recovery Programs and Counseling

Boys and Girls Club of North County

445 E Ivy St
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

1 Positive Pl
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

650 W Mission Rd
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

410 W California Ave
Vista, CA 92083
(760) 724-6606
<https://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

Category Substance Abuse/Recovery Programs and Counseling

Boys and Girls Clubs of Carlsbad

2730 Bressi Ranch Way
Carlsbad, CA 92009
(760) 683-5003
<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, 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

3110 Roosevelt St
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 Greater San Diego

835 W 15th Ave
Escondido, CA 92025
(760) 745-0515
<https://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 and Girls Clubs of Greater San Diego

115 Woodward Ave
Escondido, CA 92025
(760) 746-3315
<https://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

Category Substance Abuse/Recovery Programs and Counseling

Boys and Girls Clubs of Greater San Diego

622 E St
Ramona, CA 92065
(760) 789-1416
<https://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 and Girls Clubs of Greater San Diego

835 W 15th Ave
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 and Girls Clubs of Greater San Diego

630 Cahuilla Rd
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 and Girls Clubs of Greater San Diego

115 Woodward Ave
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

Category Substance Abuse/Recovery Programs and Counseling

Boys and Girls Clubs of Greater San Diego

12988 Bowron Rd
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 and Girls Clubs of Greater San Diego

622 E St
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 and Girls Clubs of Greater San Diego

28751 Cole Grade Rd
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 Clubs of Oceanside

401 Country Club Ln
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

Category Substance Abuse/Recovery Programs and Counseling

Boys and Girls Clubs of San Dieguito

14125 Mango Dr
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

1221 Encinitas Blvd
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

533 Lomas Santa Fe Dr
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

Choices in Recovery

733 S Santa Fe Ave
Vista, CA 92083
(760) 945-5290

Serves Escondido; Fallbrook; San Marcos; Valley Center

Eligibility Ages 18 years and older.

Alcohol and Drug Treatment

Provides a 4-12 month adult outpatient drug and alcohol residential treatment program through 7 different homes. Follows a 12-step social model program. No doctors on site or medications prescribed, does offer medication management. Call (760) 855-2528 to inquire about available Naloxone distribution.

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

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

Fixed fees

\$1900.00/ month

Last Update Date 4/14/2023

COMPACT

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

Serves Escondido

Eligibility Parents of children ages 9-14 in the Escondido area

Guiding Good Choices

5-week Parenting Program that teaches research and evidence-based strategies to parents of children ages 9-14. The focus of the workshops is to help families prevent their children from becoming involved with drugs and alcohol.

Intake Procedure Email;Call for more information

8:00 am-6:00 pm, Monday-Thursday; 8:00 am-5:00 pm, Friday (alternating)

No Fees

Last Update Date 5/3/2023

Category Substance Abuse/Recovery Programs and Counseling

Green Oak Ranch Ministries Inc.

1237 Green Oak Rd
Vista, CA 92081
(760) 727-0251
<https://www.greenoakranchrecovery.org/>

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

Eligibility Men ages 18 to 50 years with alcohol and drug use disorder issues. Residents must be 100% clean upon admission. Residents must also agree to drug/alcohol testing at any time during their stay, and upon returning to the Ranch from any offsite visit.

Green Oak Ranch Healing Community

Provides a long term, Christian-based social model, residential substance abuse treatment program for men with drug or alcohol use disorder issues. Offers social and spiritual counseling.

Intake Procedure Email;Call;Mail

Office Hours: 8:00 am-5:00 pm, Monday-Friday, Residential Facility: 24 hours a day, 7 days a week

Fixed fee schedule

\$400/ month

Last Update Date 9/12/2023

HealthRIGHT 360

123 S Elm St
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

HealthRIGHT 360

1341 N Escondido Blvd
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

550 W Washington Ave
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

Category Substance Abuse/Recovery Programs and Counseling

Lifeline Community Services

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

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

Eligibility Youth ages 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

Lifeline Community Services

200 Michigan Ave
Vista, CA 92084
(760) 842-6214
<https://lifelinescs.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

1701 Mission Ave Ste 310
Oceanside, CA 92058
(760) 721-2781
<https://www.mcalisterinc.org/programs/>

Serves North Coastal Region of San Diego County

Eligibility Substance using adults, ages 18 and older

Adult Outpatient Treatment, North Coastal Regional Recovery Center, Oceanside

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

Category Substance Abuse/Recovery Programs and Counseling

McAlister Institute for Treatment and Education

1211 W Vista Way # C
Vista, CA 92083
(760) 721-2781
<https://www.mcalisterinc.org/programs/>

Serves North Coastal Region of San Diego County

Eligibility Substance using adults, ages 18 and older

Adult Outpatient Treatment, North Coastal Regional Recovery Center, Vista

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

200 E Washington Ave Ste 100
Escondido, CA 92025
(760) 741-7708
<https://www.mcalisterinc.org/programs/>

Serves North Inland Region of San Diego County

Eligibility Substance using adults, ages 18 and older

Adult Outpatient Treatment, North Inland Regional Recovery Center

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

751 Rancheros Dr Ste 3
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

3355 Mission Ave Ste 239
Oceanside, CA 92058
(760) 462-5581
<https://www.mcalisterinc.org/programs/>

Serves North Costal Region of San Diego County

Eligibility Substance using female adults and pregnant and/or parenting adolescent females (age 15 and older) and their dependent minor children (from birth through age 17).

North Costal Women/Adolescents Recovery

Gender-specific program offering non-residential alcohol and other substance use disorder treatment and recovery services for pregnant and parenting women. Transitional age youth girls (ages 15 and over) and their dependent minor children (from birth through age 17). Services include on-site day care, addiction education, vocational counseling, life skills education, case management, screening and assessment, individual and group counseling, co-occurring services for mental health issues, family therapy, primary care coordination, parenting classes, and linkages/referrals to community resources.

Intake Procedure Call for appointment;Walk-in for services

9:00 am-7:00 pm, Monday-Wednesday, 9:00 am-5:30 pm, Thursday and Friday

No one is refused service for the inability to pay.

Last Update Date 7/25/2023

Mental Health Systems, Inc.

1100 Sportfisher Dr
Oceanside, CA 92054
(760) 439-6702
<https://turnbhs.org/location/family-recovery-center/>

Serves San Diego County

Eligibility Pregnant mothers with a history of drug or alcohol use, mothers of newly delivered children who have tested positive for drugs, and mothers with a drug/alcohol use problem. Must be 18 years old or older and must be pregnant or a parenting mother with a ch

Family Recovery Center

A residential and outpatient treatment program dedicated to assisting women recovering from substance use while promoting healthy family reunification. There are four components: residential treatment, day treatment, outpatient treatment and the child development center. Provides a 6 to 9 month day treatment program serving pregnant mothers with a history of drug or alcohol use, mothers of newly delivered children who have tested positive for drugs, and mothers with a drug/alcohol use problem. Curriculum offers parenting classes, drug and alcohol education and relapse prevention, life skills, vocational assessment, HIV education, and twelve-step meetings. Clients are urine-tested twice weekly. Individual, group, and family counseling are also provided within the program. Child care, two daily meals are provided and some transportation is available. A sober living environment is also available to women in the program at reduced rent.

Intake Procedure Call for more information;Referral

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

No fees

Last Update Date 6/29/2023

Mental Health Systems, Inc.

504 W Vista Way
Vista, CA 92083
(760) 940-1836
<https://turnbhs.org/location/north-county-center-for-change/>

Serves San Diego North County

Eligibility Ages 18 to 75 years old. The program only serves convicted felons and misdemeanants who have been screened and referred through the drug court system.

North County Center For Change

Is the case management and treatment provider for San Diego's North County Division Adult Drug Court. The program serves individuals who have a substance abuse issue in conjunction with criminal charges. Provides a minimum of 12-months of intensive drug abuse treatment and testing service followed by six months of aftercare supportive service. Clients will participate in group and individual counseling, drug education, 12-step meetings, and random drug testing. Throughout the 18-month program, the individual will make regularly scheduled appearances before the drug court judge.

Intake Procedure Call for more information;Referral required

7:00 am-8:00 pm, Monday-Wednesday and Friday: 8:30 am-5:30 pm, Thursday
Sliding Scale

Last Update Date 9/12/2023

Category Substance Abuse/Recovery Programs and Counseling

Mental Health Systems, Inc.

12344 Oak Knoll Rd Ste G
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

North County LGBTQ Resource Center

3220 Mission Ave Ste 2
Oceanside, CA 92058
(760) 994-1690
<https://www.ncresourcecenter.org/12-step-programs>

Serves Oceanside; Carlsbad; Vista; Leucadia; Encinitas; San Marcos; Escondido; Rancho Santa Fe; Camp Pendleton; Bonsall; Fallbrook

Eligibility Ages 15 years old and up interested in becoming clean and sober from the use of narcotics

Narcotics Anonymous Open Meeting

A twelve-step program to assist former users of narcotics to remain clean and sober.

Intake Procedure Call for more information

LGBTQ Center Hours: 12:00 pm-8:00 pm, Monday-Friday; 12:00 pm-6:00 pm, Saturday

No fees. Donations accepted.

Last Update Date 6/1/2023

North County LGBTQ Resource Center

3220 Mission Ave Ste 2
Oceanside, CA 92058
(760) 994-1690
www.ncresourcecenter.org

Serves North 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

Category Transitional Housing

HealthRIGHT 360

123 S Elm St

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

Interfaith Community Services

250 N Ash St

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

1617 Mission Ave

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

(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

302 N Indiana Ave
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

(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

722 W California Ave

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

Youth and Family Services, YMCA of San Diego County

150 La Terraza Blvd

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

205 Barnes St

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

Category Transportation Services

AALL Care In Home Services

1030 La Bonita Dr Ste 338
San Marcos, CA 92078
(619) 297-9601
<https://aallcare.com/>

Serves San Diego County

Eligibility Services are targeted for individuals such as: • Elderly patients • Disabled patients • Alzheimer's patients • Parkinson's patients • Veterans patients

AALL Care In Home Services, North County San Diego

Offers hourly in-home services that include: • Bathing • Personal care • Safety supervision • Toileting/incontinence care • Assistance with ambulation • Laundry/linen change • Light housekeeping • Shopping and errands • Medication reminders • After-surgery care • Respite for family caregivers • Companionship care • Care management services

Intake Procedure Email;Online;Call for more information;Walk-in for more information
24 hours a day, 7 days a week; On call after 5:00 pm
Sliding scale depending on service Start at \$36 per hr

Last Update Date 1/17/2025

AirCare Ambulance

2105 Camino Vida Roble Ste A
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

340 Rancheros Dr Ste 196
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

338 Via Vera Cruz Ste 120
San Marcos, CA 92078
(760) 798-4508
<https://www.carechoicehomecare.com/>

Serves San Diego County

Eligibility Any person in need of in-home personal care services, respite, and, companion services

Home Care

Provides non-medical in-home support services including: • Personal care • Meal preparation • Transportation • Shopping • Respite • Care management

Intake Procedure Call for appointment

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

Last Update Date 7/19/2024

Category Transportation Services

City of Carlsbad

799 Pine Ave
Carlsbad, CA 92008
(442) 339-2650
<http://www.carlsbadca.gov/departments/parks-recreation/adults-50>
Serves Carlsbad
Eligibility Seniors adults 50 years and older

Recreation Services, Senior Center

Provides continuum of services for adults at all stages of life. Whether learning how to care of an aging parent or finding ways to stay active as an older adult. Offers Information, resources and free low cost services are available, including legal assistance and medical screenings. Transportation services available.
Intake Procedure Online;Call for more information;Walk-in for more information
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

1200 Carlsbad Village Dr
Carlsbad, CA 92008
(442) 339-2650
<https://www.carlsbadca.gov/departments/parks-recreation/adults-50/transportation>
Serves Carlsbad
Eligibility Seniors 60 years and older who can no longer drive

Transportation

Transportation to the lunch program is available on Monday - Wednesday for Carlsbad residents 60+ who do not have a driver's license. Shopping options available after lunch to registered riders the 1st and 3rd Wednesday of each month.
Intake Procedure Call for more information;Call for appointment
8:00 am-5:00 pm, Monday-Friday
Donations \$4

Last Update Date 10/26/2023

City of Encinitas

1140 Oakcrest Park Dr
Encinitas, CA 92024
(760) 943-2250
<https://www.encinitasca.gov/government/departments/parks-recreation-cultural-arts/recreation-programs/senior-citizens/community-senior-center>
Serves Encinitas
Eligibility Seniors ages 50 years and older residing in the City of Encinitas.

Senior Center

Provides nutrition lunch program, billiards game room, living room/activity room, computer stations with free tutoring, drop in use instruction, offices for screenings, counseling, tax assistance, transportation and other services.
Intake Procedure Online;Call for more information;Walk-in for more information
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

210 E Park Ave
Escondido, CA 92025
(760) 839-4688
<https://www.escondido.org/facilities/facility/details/parkavenuecommunitycenter-3>
Serves Escondido; Fallbrook; San Marcos; Valley Center; Vista Fallbrook; Valley Center
Eligibility Seniors age 60 years and older residing within the City of Escondido

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

210 E Park Ave

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

455 Country Club Ln

Oceanside, CA 92054

(760) 435-5250

<https://www.ci.oceanside.ca.us/government/parks-recreation/senior-centers-services/country-club-senior-center>

Serves Oceanside

Eligibility Seniors ages 55 years and older for most programs. Seniors ages 60 and older are issued an ID card and are admitted to the nutrition program. However, other organizations using the center may have 50 years as their minimum age. Must be a resident of Ocean

Senior Center, Country Club

Provides to seniors computer access, workshops, lunch, LIFE program (Learning is for Everyone) and adult dance classes. Offers information for support groups, transportation, volunteer opportunities, case management home care, and other community services.

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

Office hours: 8:30 am-4:00 pm, Monday-Thursday; 8:30 am-12:30 pm, Friday; 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

1400 Vale Terrace Dr

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

1400 Vale Terrace Dr

Vista, CA 92084

(760) 643-5284

<https://www.cityofvista.com/departments/recreation-comm-services/senior-services/out-about-transportation-program>

Serves 92081; 92083; 92084

Eligibility Must be 60 years or older and a Vista resident

Out and About Vista

To 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

Category Transportation Services

Community Resource Center

650 2nd St
Encinitas, CA 92024
(760) 300-3238
<https://csrcnc.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

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

Serves Del Mar

Eligibility Must be a resident of the City of Del Mar, 60 years and older or has a special need and is permanently or temporarily unable to drive.

Del Mar Transportation Services

Offers a variety of transportation services for seniors and others who have limited mobility. Provides a van shuttle for local grocery shopping automobile rides for medical services and necessary errands. In addition, provides personalized transportation for those who use wheelchairs in the Foxy Flyer program.

Intake Procedure Call for more information

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

No fees

Last Update Date 4/26/2023

Foundation for Senior Care

135 S Mission Rd
Fallbrook, CA 92028
(760) 723-7570
<https://foundationforseniorcare.org/our-services/transportation/>

Serves Bonsall; Fallbrook; DeLuz; Rainbow

Eligibility Seniors 55 years and older and adults with disabilities

Care Van and Expanded Rides Transportation Services

Transportation and Paratransit (wheelchairs accessibility) for the elderly and disabled adults in the greater Fallbrook, Bonsall, Rainbow and DeLuz areas for medical and dental appointments, ancillary health providers (physical therapy, pharmacies, podiatrist, etc), access to food (grocery stores, Fallbrook Food Pantry), and Fallbrook Adult Day Care Center. Expanded Rides supports rides to out of area medical appointments (up to a 55 mile radius).

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

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

Fixed fee. Requests for local round trip and for expanded rides. Donations accepted. \$10-\$65

Last Update Date 6/8/2023

Fresh Start Surgical Gifts

2011 Palomar Airport Rd Ste 206
Carlsbad, CA 92011
(760) 944-7774
<https://www.freshstart.org>

Serves California

Eligibility Infants, children, or teens that have a physical or cosmetic deformity caused by birth, disease, accident, or abuse. Must be uninsured, partially uninsured where the procedure is not covered by insurance, or if the family is experiencing financial hardship

Medical Treatments for Children, Reconstructive and Plastic Surgery

Provides reconstructive and plastic surgery for children, babies, and teens who require such interventions due to abuse, accidents, birth defects, or disease. Fresh Start goes beyond surgical interventions and provides related medical treatments such as: • Scar revision • Port-wine stain • Birthmark removal • Dental treatments • Orthodontic services In addition to life-transforming reconstructive surgery, supply food, non-medical transportation, and lodging for out-of-town is offered to patients.

Intake Procedure Call

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

No fees

Last Update Date 4/26/2024

San Diego Center for the Blind and Vision Impaired

1385 Bonair Rd
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

1840 West Dr
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

5055 Avenida Encinas
Carlsbad, CA 92008
(760) 828-5201
<https://getgoldencare.com>

Serves San Diego County

Eligibility Adult 18 years and older who requires assistance with ADL

Golden Care

Provides non-medical ADL care to adults 18 years and older at a fixed rate. Services include: • Personal home care • Placement services • Companion care • Care Coordination • Alzheimer's home care • Parkinson's home care • Respite care • Light housekeeping • Meal preparation • Assistance with bathing and dressing • Standby assistance • Nonmedical transportation • Companionship

Intake Procedure Call;Walk-in for services

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

\$37-\$45 Hourly

Last Update Date 5/22/2024

Category Utility Assistance

Campesinos Unidos, Inc. of San Diego (CUI)

(619) 391-9790
<https://campesinosunidos.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. **Due to limited funding and a high demand for HEAP, a priority plan has been implemented to serve those with the most critical needs. Interested individuals are encouraged to apply; however, meeting the income eligibility guidelines does not guarantee assistance.

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

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

Serves North Coastal Region of San Diego County

Eligibility No age limitations, however, minors must be accompanied by an adult relative or counselor. Eligibility documentation required for certain services/supports. Must be in the North Coastal Region of San Diego County.

Basic Needs Walk-in Services, Carlsbad

Provides support for basic needs such as ID vouchers, emergency food, crisis intervention, and hygiene packets, and offers access to additional community resources and referrals. Additional services include: • Access to benefits • Eyeglass assistance • Mailing address/PO Box services • Social services • Immigration and legal aid service referrals • Diapers and baby food (based on availability) • Partial financial assistance for applicable prescriptions The following services are offered by appointment only: • Utility payment assistance • Employment case management and resources • Housing stabilization and self-sufficiency

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

1:00 pm-3:00 pm, Tuesday-Thursday

No fees

Last Update Date 7/23/2025

Interfaith Community Services

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

Serves San Diego County

Eligibility Must meet the following: • The customer must attempt to receive services through Campesinos Unidos first. If customer is low income and has not received LIHEAP assistance in the past year, the customer is referred to a LIHEAP agency first • Customers do

Neighbor to Neighbor, Carlsbad

Provides financial help to people who cannot pay their energy bills. Helps customers who do not qualify for any other assistance programs, such as LIHEAP/HEAP, but who cannot pay their SDG&E bill due to temporary financial hardship. Provides assistance up to \$300 per household per year (minimum is \$50). If the customer owes more than \$300, a co-payment and/or a payment agreement on the difference is required. NTN program manager will consider exceptions to the \$300 limit on a case-by-case basis. SDG&E customers who reside in the company's service territory in San Diego County can apply for the program.

Intake Procedure Call for appointment;Walk-in for services

Call for appointment or walk-in hours

No fees. However, a payment for a the remainder balance of the utility bill is required to receive assistance.

Last Update Date 7/19/2024

Interfaith Community Services

550 W Washington Ave Ste B
Escondido, CA 92025
(760) 489-6380
www.interfaithservices.org

Serves North 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

Category Utility Assistance

Navy-Marine Corps Relief Society, San Diego

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

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