

## Info Line 211

[www.211sandiego.org](http://www.211sandiego.org)

### Shelters

<p><b>Info Line 211 –</b> if calling from inside the Hospital dial 858-300-1211 Mon-Fri: 8am-9pm Weekends/Holidays: 10am-9pm</p>	<p><b>The Salvation Army</b> 825 7<sup>th</sup> Avenue 619-699-2200 Single; males/Employment shelter program</p>	<p><b>St. Vincent de Paul Village</b> 619-233-8500 or call Info line. Women/families check in with Dianne/Day Center @ 7:00am</p>
<p><b>Rachel's Women's Day Center Females Only.</b> 619-696-0873, 759 8th Ave. 7am-5pm For those with tickets lunch served at 11:30am</p>	<p><b>Rachel's Women's Day Center "Night Drop In"</b> 827 F Street, SD Be at Rachel Women's Day Ctr from 7am-9am to get ticket</p>	<p><b>Neil Good Day Center</b> 299 17<sup>th</sup> Street Males check in at 8am if name on list at 9:30am if not on list M-F 619-234-3041</p>
<p><b>Brother Benno</b> 760-439-1244 3260 Production Ave. Oceanside Shelter for battered women Men &amp; Women sober living Call for other resources.</p>	<p><b>San Diego Rescue Mission</b> 619-687-3720 120 Elm Street Women and children only Check in time is 5:30pm (first come/first serve)</p>	<p><b>Alpha Project – various locations in SD County</b> Info. Only at this #619-542-1877 Winter Shelter – call for exact dates. Uptown location: 4101 30<sup>th</sup> St. 619-281-8411</p>
<p><b>Transitional Center (Women) Salvation Army</b> Kearny Mesa 858-505-3965 *Wait list</p>	<p><b>San Diego Rescue Mission</b> 619-687-3720 120 Elm Street Men check in Monday 10-11am. Also Tues. if availability.</p>	

### Meal/Food Resource Centers

<p><b>San Diego Catholic Worker at St. Vincent de Paul Village</b> 619-233-8500, 1501 Imperial Ave. Lunch is served Mon-Sat: 11:00am-12:30pm Sunday: 9:30am-11am.</p>	<p><b>First Presbyterian Church</b> 232-7513, 320 Date St. Sundays only arrive by 2pm. Emergency food on 2<sup>nd</sup> &amp; 4<sup>th</sup> Saturday of Month 8:30am-10:30am</p>	<p><b>Presbyterian Crisis Center</b> 619.232.2753 2459 Market Mon-Thurs 9:00-11:30am &amp; 1:00-2:30pm; Fri 9:00-11:30am (Closed 11:30-1:00) Food Pantry Closed 1<sup>st</sup> Friday of each Month</p>
<p><b>Uptown Faith Community Services</b> 619-281-8411 – Call in Advance Food Tues &amp; Thurs at 8am Only when available</p>	<p><b>First Lutheran Church</b> 619-234-6749 1420 Third Ave. S.D. 92101 Every Mon 4pm &amp; Fri 9am</p>	<p><b>Golden SHARE</b> 619-590-1692, 1280 N.Johnson #101, El Cajon M-F: 8am-4pm Food packs range from \$17-\$35</p>
<p><b>Brother Benno</b> 760-439-1244 3260 Production Ave Oceanside M-F 6:30-8:00am Breakfast Sat. 10:00-11:30am Brunch</p>	<p><b>Catholic Charities</b> 619-231-2828 349 Cedar St M-F 9-11:30am, 1-1:30pm Need ID (including children)</p>	<p><b>EMERGENCY FOOD</b> Info line 211 -if calling from inside Hospital dial 858-300-1211</p>
<p><b>Bayside Community Center</b> <b>CALL FIRST</b> 858-278-0771 Canned food no charge, also Senior lunches for \$3.50</p>	<p><b>WIC</b> (Women/Infant/Children) Low income pregnant women or families with children 800-500-6411</p>	<p><b>San Diego Food Bank</b> 800-350-FOOD (3663) Various locations &amp; times. Call for Info.</p>
<p><b>Mission Hills United Church</b> – 4070 Jackdaw St., SD 92103 Free Grocery distribution Every 4<sup>th</sup> Tues. of ea/month from 12-2pm. MUST BRING OWN BAGS</p>		

### Clothing

<p><b>Presbyterian Crisis Center</b> 619-232-2753, 2459 Market St., M-Th 9:00-11:30am &amp; 1-2:30pm; (Closed 11:30-1:00) Fri 9:00-11:30am clothing</p>	<p><b>Brother Benno</b> 760-439-1244 3260 Production Ave. Oceanside, Clothing 6:30-8:30am</p>	<p><b>Uptown Faith Community Service Center</b> 619-281-8411 4101 30<sup>th</sup> Avenue, #B S.D. 92104 Vouchers Monday 8am first come first serve</p>
<p><b>Neil Good Day Center</b> 299 17<sup>th</sup> Street 619-234-3041 Clothing vouchers, need SS card &amp; picture ID.</p>		

## Clinics

<p><b>Pacific Beach Clinic</b> Pacific Beach Methodist Church 1561 Thomas St., S.D. 92109 (near corner of Grand Ave. &amp; Ingraham St., Wed: 6:30-9:30pm (registration begins at 5:30pm) Dental Clinic</p> <p>Free clinic project of San Diego</p>	<p><b>Downtown Clinic</b> First Lutheran Church 1420 Third Ave. S.D. 92101 (corner of Third Ave &amp; Ash St.) Mondays 5:30pm</p> <p>Free clinic project of San Diego</p>	<p><b>Baker Elementary School Clinic</b> Baker Montessori Elementary School 4041 T St. S.D. 92113, Tuesdays 12:30-5pm &amp; Thursdays 8:30am-12pm</p> <p>Free clinic project of San Diego</p>
<p><b>Family Health Centers of San Diego:</b>                  Beach Area 619-515-2444                  Downtown 619-515-2625                  East County (EC) 619-515-2499                  Spring Valley 619-515-2555                  City Heights: 619-515-2400                  Diamond Neighborhood (Euclid): 619-515-2560                  Logan Heights 619-515-2300                  Chula Vista 619-515-2500                  North Park: 619-515-2424</p> <p style="text-align: right;">→ *</p>	<p>→ * <b>Family Health Centers of San Diego (cont.):</b>                  Sherman Heights: 619-515-2435                  Teen Health Center: 619-515-2333                  *Various hours for all locations. Please call in advance – Sliding Scale Fee  <b>For other locations or more info. Call 619-515-2300 or go to <a href="http://www.fhcsd.org">www.fhcsd.org</a></b></p>	<p><b>Areta Crowell Center</b>                  619-233-7757 Out Patient Mental Health Clinic Tues. &amp; Fri. 8:30am</p>
<p><b>St. Vincent de Paul</b> 233-8500                  1501 Imperial Ave. S.D. 92101                  primary care, dental care, other health services.</p>		

## Other Services

<p><b>Neil Good Day Center</b> 234-3041, 299 17<sup>th</sup> St. S.D. 92101, mail and message services, showers, laundry, storage, transportation on Mondays 9am for DMV &amp; Medical must show proof of appt. (from center to appointment location).</p>	<p><b>Brother Benno</b> 760-439-1244                  3260 Production Ave. Oceanside, CA 92054. Showers (6:30-9am), mail, telephone, ID cards, bus passes for appt's, hair cuts, laundry, call for list of other services</p>	<p><b>Uptown Faith Community Service Center</b> 619-281-8411                  4101 30<sup>th</sup> St. #B San Diego 92104                  Bus passes for disabled &amp; seniors 60+ only, mail services, hygiene</p>
<p><b>Presbyterian Crisis Center</b>                  619-232-2753 2459 Market St                  Mon-Thurs 9:00-11:30am &amp; 1:00-2:30pm; Fri 9:00-11:30am (Closed 11:30-1:00)                  Closed 1<sup>st</sup> Friday of each Month                  CA ID's, hygiene kits, bus passes w/proof of appt's only.</p>		