

## Info Line 211

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

### Shelters

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

### Meal/Food Resource Centers

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

### Clothing

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

## Clinics

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| <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><br/>         Beach Area 619-515-2444<br/>         Downtown 619-515-2625<br/>         East County (EC) 619-515-2499<br/>         Spring Valley 619-515-2555<br/>         City Heights: 619-515-2400<br/>         Diamond Neighborhood (Euclid): 619-515-2560<br/>         Logan Heights 619-515-2300<br/>         Chula Vista 619-515-2500<br/>         North Park: 619-515-2424</p> <p style="text-align: right;">→ *</p> | <p>→ * <b>Family Health Centers of San Diego (cont.):</b><br/>         Sherman Heights: 619-515-2435<br/>         Teen Health Center: 619-515-2333<br/>         *Various hours for all locations. Please call in advance – Sliding Scale Fee<br/> <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><br/>         619-233-7757 Out Patient Mental Health Clinic Tues. &amp; Fri. 8:30am</p>   |
| <p><b>St. Vincent de Paul</b> 233-8500<br/>         1501 Imperial Ave. S.D. 92101<br/>         primary care, dental care, other health services.</p>  |  |   |

## Other Services

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| <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<br/>         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<br/>         4101 30<sup>th</sup> St. #B San Diego 92104<br/>         Bus passes for disabled &amp; seniors 60+ only, mail services, hygiene</p> |
| <p><b>Presbyterian Crisis Center</b><br/>         619-232-2753 2459 Market St<br/>         Mon-Thurs 9:00-11:30am &amp; 1:00-2:30pm; Fri 9:00-11:30am (Closed 11:30-1:00)<br/>         Closed 1<sup>st</sup> Friday of each Month<br/>         CA ID's, hygiene kits, bus passes w/proof of appt's only.</p> |   |   |