

Lemon Grove Homeless Services Resources

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

- For emergencies, dial **9-1-1** For non-emergency disturbances, dial **(619) 579-3311**
- For quick resource information on cell phones, text “**connectEC**” to **77453**
- For access to additional **El Cajon Resources** including jobs, legal services and senior programs, see www.ecassist.org

TABLE OF CONTENTS

Hotlines.....	2
East Co. Public Assistance.....	3
Healthcare Services.....	4
Mental Health Services/Substance Abuse.....	5
Shelters/Housing/Case Management.....	7
Safe Parking.....	7
Legal Services.....	8
Reunification Programs.....	9
Mobile Showers.....	9
Veterans.....	9
Youth/Teen Services and Shelters.....	10
Job Assistance/Temporary Agencies.....	12
Colleges/Adult Schools.....	12
Library.....	13
Churches/Faith-Based Organizations.....	13
Gym.....	15
Thrift Stores.....	15
Pawnshops.....	16
Recycling Centers.....	16
Laundromat.....	16
Pet Shelters.....	17

Hotlines

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

East County Public Assistance

Site Name	Contact Information	Service Hours/Information
<p>HHS Family Resource Center This office offers: CalWORKs, CalFresh, Medi-Cal & General Relief</p>	<p>7065 Broadway Lemon Grove, CA 91945 (866) 262-9881 ACCESS www.sandiegocounty.gov</p>	<p><u>Monday-Friday</u> 7:00am – 5:00pm ACCESS Customer Service Center <u>Monday-Friday</u> 7:00am – 5:00pm</p>
<p>U.S. Social Security Administration</p>	<p>CARD SERVICES 810 Arnele Ave. El Cajon, CA 92020 (800) 772-1213 OTHER SERVICES 7961 University Ave. La Mesa, CA 91942 (800) 772-1213 www.ssa.gov</p>	<p><u>Monday-Friday</u> 9:00am – 4:00pm <u>Mon, Tues, Thurs, Fri</u> 9:00am – 4:00pm <u>Wednesday</u> 9:00am – 12:00pm</p>
<p>WIC Women, Infants & Children (Monthly checks to purchase healthy foods for new babies & young children)</p>	<p>9621 Campo Rd. Spring Valley, CA 91977 (888) 999-6897 Appointments www.sdsuwic.com</p>	<p><u>Mon., Tues., Thurs., Friday</u> 8:00am – 5:00pm <u>Wednesday</u> Closed</p>
<p>East Region Public Health Center (Immunizations, TB Medication, STD Testing & Hep A Vaccinations)</p>	<p>367 N. Magnolia Ave., Suite 101 El Cajon, CA 92020 (619) 441-6500 www.sandiegocounty.gov</p>	<p><u>Mon., Tues., Wed., Friday</u> 8:00am – 11:00am 1:00pm – 4:00pm <u>Thursday</u> 1:00pm – 4:00pm</p>
<p>San Diego County Sheriff's Lemon Grove Substation (Report non-emergency disturbances, loitering & complaints)</p>	<p>3240 Main St. Lemon Grove, CA 91945 9-1-1 Emergency (619) 337-2000 Non-Emergency www.sdsheriff.net</p>	

Healthcare Services

Site Name	Contact Information	Service Hours/Information
Lemon Grove Family Health Center (Comprehensive medical & developmental services)	7592 Broadway Lemon Grove, CA 91945 (619) 515-2550 www.fhcsd.org	<u>Monday-Friday</u> 8:30am – 5:30pm Closed for lunch 12:30pm – 1:30pm
East Region Public Health Center (Immunizations, TB Medication, STD Testing & Hep A Vaccinations)	367 N. Magnolia Ave., Suite 101 El Cajon, CA 92020 (619) 441-6500 www.sandiegocounty.gov	<u>Mon., Tues., Wed., Friday</u> 8:00am – 10:30am 1:00pm – 3:30pm <u>Thursday</u> 1:00pm – 3:30pm Does not accept Healthy Families insurance
La Maestra Community Health (Dental Services)	7967 Broadway Ave. Lemon Grove, CA 91945 (619) 741-3045 7139 Broadway Ave. Lemon Grove, CA 91945 (619) 255-9160 www.lamaestra.org	<u>Monday-Friday</u> 8:00am – 5:00pm Closed for lunch 12:00pm – 1:00pm <u>Tuesday & Thursday</u> 8:00am – 5:00pm
U.S. HealthWorks Urgent Care	8090 Parkway Dr. La Mesa, CA 91942 (619) 697-3093 www.ushealthworks.com/Medical-Center/California/La-Mesa.html	<u>Monday-Friday</u> 8:00am – 5:00pm <ul style="list-style-type: none"> • Most major insurance accepted • HMO Members: To avoid delays in treatment or denial of service, please verify that this U.S. HealthWorks location is contracted with your insurance plan for Urgent Care services before arriving
Rady Children's Urgent Care	5565 Grossmont Center Dr., Building 2, Suite 2 La Mesa, CA 91942 (619) 713-5375 www.rchsd.org/locations/satellite-locations/la-mesa/	<u>Monday-Friday</u> 4:00pm – 10:00 pm <u>Saturday & Sunday</u> 1:00pm – 10:00pm <u>Summer holiday hours</u> 1:00pm – 10:00 pm (call to confirm) <u>Winter holiday hours</u> 4:00pm – 10:00 pm (call to confirm)

<p>Sharp Rees-Stealy La Mesa Urgent Care</p>	<p>5525 Grossmont Center Dr. La Mesa, CA 91942 (619) 644-6625 www.sharp.com</p>	<p><u>Monday-Sunday (including holidays)</u> 8:00am – 8:00pm For more information about Sharp Rees-Stealy La Mesa Urgent Care, call Sharp Rees-Stealy customer service at (858) 499-2600, 24 hours a day</p>
---	---	---

Mental Health Services/Substance Abuse

Site Name	Contact Information	Service Hours/Information
<p>East County Mental Health Clinic</p>	<p>1000 Broadway, Suite 210 El Cajon, Ca 92021 (619) 401-5500 www.sdcounty.ca.gov/hhsa</p>	<p><u>Monday- Friday</u> 8:00am – 5:00pm For adults, seniors, co-occurring alcohol/substance abuse Not currently accepting new patients; contact Heartland Wellness Recovery Center at (619) 440-5133</p>
<p>Heartland Wellness Recovery Center</p>	<p>460 Magnolia Ave #110 El Cajon, CA 92020 (619) 440-5133</p>	<p><u>Mon., Tues., Thurs., Friday</u> 9:00am – 5:00pm <u>Wednesday</u> 9:00am – 7:00pm</p>
<p>Volunteers of America Troy Center for Supportive Living</p>	<p>8627 Troy St. Spring Valley, CA 91977 (619) 465-8792 www.voa.org</p>	<p>40-bed residential treatment facility for adults with chronic mental illness & disabling conditions; contact the property manager onsite for information at (619) 465-8792</p>
<p>Lemon Grove Family Health Center (Substance use disorder & mental health services)</p>	<p>7592 Broadway Lemon Grove, CA 91945 (619) 515-2550 www.fhcsd.org</p>	<p><u>Monday-Friday</u> 8:30am – 5:30pm Closed for lunch 12:30pm – 1:30pm</p>
<p>Mental Health Systems – ACTION East (Serves homeless adults who need a higher level of</p>	<p>10201 Mission Gorge Rd. Santee, CA 92071 (619) 383-6868</p>	<p>Call for an appointment or referral General Information: contact@mhsinc.org</p>

support than that which is offered at traditional outpatient mental health or substance abuse treatment programs)	www.mhsinc.org/listing/action-east	
San Diego Youth Services (Mental health services & drop-in centers for LGBTQ youth up to age 21 & their families)	(619) 221-8600 Main Line (888) 724-7240 Crisis Help Line Our Safe Place Mental Health Clinic 3427 4th Ave. 2nd Floor San Diego, CA 94103 SDYS Central Drop-in Center 2220 Broadway San Diego, CA 92102 www.sdyouthservices.org	<u>Monday-Friday</u> 9:00am – 6:00pm Evenings & weekend by appointment Open 7 days a week Call (619) 525-9903 for more information
Halcyon Center (Short-term residential treatment for those in crisis)	1664 Broadway El Cajon, CA 92021 (619) 579-8685 www.comresearch.org	Open 24 hours, 7 days a week No one is refused service due to inability to pay; insurances accepted include Medi-Cal, Medi-Cal/Medicare, Kaiser, Aetna, Healthnet, & the VA
East County Outpatient Counsel	7339 El Cajon Blvd., #K La Mesa, CA 91942 (619) 668-6200	<u>Monday-Sunday</u> 8:00am – 6:00pm

Shelters/Housing/Case Management

Site Name	Contact Information	Service Hours/Information
2-1-1 Shelter Referral (Emergency shelters, supportive housing, transitional housing options & resources)	Dial 2-1-1	24-hour confidential shelter referral service for San Diego Co.

Online Homeless Shelter Sites	www.homelessshelterdirectory.org	View nearby shelters online
Crisis House (Crisis intervention, case management, counseling, emergency food assistance, homeless day storage, mail service & telephone access)	1034 N. Magnolia Ave. El Cajon, CA 92020 (619) 444-1194 www.crisishouse.com	<u>Monday-Friday</u> 8:30am – 11:30am 1:00pm – 5:00pm Onsite housing navigator
Interfaith Shelters (Seasonal shelters in local churches)	Referrals only through Crisis House (619) 444-1194 or Volunteers in Medicine (619) 440-4591	Seasonal during winter months

Safe Parking

Site Name	Contact Information	Service Hours/Information
Dreams for Change – Safe Parking Program (Safe environment as well as supportive services for transitional homeless people who are living in their vehicles)	San Diego Lot 766 28th St. San Diego, CA 92102 Balboa Avenue Lot Jewish Family Services 8804 Balboa Ave. San Diego, CA 92123 www.dreamsforchange.org/the-safe-parking-program	Please call (619) 497-0236 before arriving at a location 7 nights a week, 365 days a year starting at 6:00pm

Legal Services

Site Name	Contact Information	Service Hours/Information
ElderHelp (Elder Law provides legal services for seniors (60+ years) for wills, landlord/tenant issues, Medicare & Medi-Cal issues)	(858) 565-1392, ext. 200 www.elderhelpofsandiego.org	<u>2nd Wednesday</u> 1:30pm – 4:00 pm Renette Park Community Center Services are free; must call for an appointment

<p>Legal Aid Society of San Diego (Free legal help with housing, eviction, housing discrimination, access to CalWorks/CalFresh, child custody/visitation, and SSI)</p>	<p>(877) 534-2524 General Info (866) 244-0101 Eviction (844) 449-3500 Fair Housing Center www.lassd.org</p>	<p>Call for more information</p>
<p>Think Dignity</p> <ul style="list-style-type: none"> ▪ Call-In Legal Clinic & Referrals: Attorney on staff can answer any legal questions ▪ Homeless Youth & Legal Advocacy Program (HYLAP): Homeless & at-risk youth ages 14-27 receive direct representation for criminal defense matters as well as direct connection to an advocate to receive social services 	<p>3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line (619) 354-9879 Call-In Legal Clinic & Referrals www.thinkdignity.org/</p>	<p>Every <u>Thursday</u>, except for the first Thursday 6:00pm – 7:00pm</p>

Reunification Program

Site Name	Contact Information	Service Hours/Information
<p>Salvation Army “A Way Back Home” Program (Case management, transportation & needs arrangements, travel assistance, connection to services upon arrival)</p>	<p>1011 E. Main St. El Cajon, CA 92021 (619) 440-4683 elcajon.salvationarmy.org</p>	<p>Family Services <u>Mon., Tues., Thursday</u> 1:30pm—4:00pm <u>Friday</u> 1:30pm—3:00pm</p>

Mobile Showers

Site Name	Contact Information	Service Hours/Information
Think Dignity (Fresh Start Showers)	The Temple of Christ Church 726 Grand Ave. Spring Valley, CA 91977 (619) 589-7892 www.thinkdignity.org/sites/default/files/documents/FSS%20Schedule_Updated%202018-02-27.pdf	See calendar for additional locations <u>2nd Wednesday of the Month</u> 10:00am – 1:00pm

Veterans

Site Name	Contact Information	Service Hours
Veterans Village of San Diego (Assistance with housing, substance abuse recovery, mental health services, food, legal services)	4141 Pacific Hwy. San Diego, CA 92110 (619) 393-2000 General (619) 961-2165 Supportive Services for Veteran Families https://vvsd.net/	For more information or to make an appointment, please call
Courage to Call (Mental Health Systems —Guidance, information, referral services to veterans, active duty, reservists & families)	9445 Farnham St. San Diego, CA 92123 (877) 698-7838 Hotline (858) 300-1200 Resource Team www.courage2call.org	Call for more information
Veteran Community Services of San Diego (Services help veterans seek employment, identify benefits & obtain housing)	Main Office – San Diego 5605 El Cajon Blvd. San Diego, CA 92115 (800) 974-9909 www.ccvcs.net/	Call for more information

Youth/Teen Services and Shelters

Site Name	Contact Information	Service Hours
San Diego Youth Services (Mental health services & drop-in centers for LGBTQ youth up	(619) 221-8600 Main Line (888) 724-7240 Crisis Help Line	<u>Monday-Friday</u> 9:00am – 6:00pm Evenings & weekend

<p>to age 21 & their families. Case management, resources, support groups, drug/alcohol abuse programs & more.)</p>	<p>Our Safe Place Mental Health Clinic 3427 4th Ave. 2nd Floor San Diego, CA 94103</p> <p>SDYS Central Drop-in Center 2220 Broadway San Diego, CA 92102</p> <p>www.sdyouthservices.org</p>	<p>by appointment</p> <p>Open 7 days a week</p> <p>Call (619) 525-9903 for more information</p>
<p><u>San Diego Youth Services</u> Street Outreach: Meets and engages runaway and homeless youth across San Diego County to connect them with resources, including transportation to shelter, housing referrals, safer sex kits, food, hygiene items, seasonal items such as blankets and case management services</p> <p>TAY Academy: Combines a drop-in center with structured learning and recreational opportunities for transition aged youth (ages 14-25), including foster youth, former foster youth, out-of-home probation youth, and homeless and runaway youth</p> <p>Transitional Housing Continuum: Provides affordable housing, independent living skills training, life planning and comprehensive support services to break the cycle of homelessness and create hope and self-sufficiency for youth</p>	<p>2220 Broadway San Diego, CA 92102 (619) 232-8126</p> <p>www.centerforchildren.org/resources/san-diego-youth-services-tay-academy/</p> <p>(866) 752-2327 Youth Hotline</p>	<p><u>Monday-Friday</u> 11:00am – 3:00pm</p> <p>7 days a week</p>

<p>ages 16-24 transitioning into adulthood</p> <p>Youth Emergency Shelter: Emergency night shelter program and drop-in center for homeless, runaway and “street” youth, providing a safe home and support services to help youth return to their families or find alternative safe living arrangements</p>	<p>(866) 752-2327 Youth Hotline</p>	<p>7 days a week</p>
<p>Home Start, Inc.</p> <p>Maternity Shelter Program: Provides pregnant or parenting homeless women ages 18-24 and their children with housing and wrap-around supportive services</p> <p>Mental Health Services: Provides therapy services to children, families, and adults, both in the community and at the Home Start Inc. Counseling Center; most services are FREE to clients</p> <p>Rapid Rehousing TAY: Assist youth with finding affordable housing in the community & provide assistance with a portion of the rent for up to a year; pregnant or parenting females only</p>	<p>Earlene Adams, Residential Shelter Manager (619) 906-4401</p> <p>Intake line at (619) 692-0727 ext. 118</p> <p>Earlene Adams, Residential Shelter Manager (619) 906-4401</p>	<p>Call for availability or for more information</p> <p>Leave message and a therapist will return your call</p> <p>Call for availability and for more information</p>
<p>Heartland YouthBuild San Diego</p> <p>Training low-income youth between the ages 16-24 in construction & green building skills while they earn their high school diplomas. Health services, counseling, job training, community planning and supportive services.</p>	<p>5280 Orange Ave. San Diego, CA 92115 (619) 546-9259 Text “YouthBuild” to 31996</p> <p>http://heartlandyouthbuild.org/</p>	<p>Call or text for more information</p>

Job Assistance/Temporary Agencies

Site Name	Contact Information	Service Hours
PCG – Public Consulting Group (Employment Services)	7065 Broadway Lemon Grove, CA 91945 (617) 270-4000 www.publicconsultinggroup.com/	<u>Monday-Friday</u> 8:00am – 5:00pm Education/Employment office *CalWORKs recipients transitioning to self-sufficient status

Colleges/Adult School Locations

Site Name	Contact Information	Service Hours
San Diego City College	1313 Park Blvd. San Diego, CA 92101 (619) 388-3400 www.sdcity.edu	See website for additional information
La Mesa Adult Enrichment Center	8450 La Mesa Blvd. La Mesa, CA 91942 (619) 667-1322 www.cityoflamesa.us/	<u>Monday-Friday</u> 8:00am – 5:00pm Closed Holidays

Library

Site Name	Contact Information	Service Hours
Lemon Grove Branch Library	3001 School Ln. Lemon Grove, CA 91945 (619) 463-9819 www.sdcl.org	<u>Monday & Thursday</u> 9:30am – 6:00pm <u>Tuesday & Wednesday</u> 9:30am – 8:00pm <u>Friday & Saturday</u> 9:30am – 5:00pm <u>Sunday</u> Closed

Churches/Faith-Based Organizations

Site Name	Contact Information	Service Hours
-----------	---------------------	---------------

<p>Lemon Grove Community Church</p>	<p>3122 Main St. Lemon Grove, CA 91945 (619) 466-0503</p> <p>www.lemongrovecommunitychurch.com/</p>	<p><u>Sunday Services</u> 9:00am Adult Bible Study 10:00am Morning Worship 10:00am Children's Ministry (K-6th grade) 11:00am Fellowship w/ Refreshments 1:30pm Spanish Worship Service</p> <p><u>Thursday Services</u> 5:30pm – 6:00pm All-Church Potluck Supper 6:15pm Clean Up 6:30pm Men's Bible Study 6:30pm Women's Fellowship 6:30pm Youth Group 6:30pm Child Care - Nursery 7:35pm Adult Choir Rehearsal</p> <p>See calendar for more information: lemongrovecommunitychurch.nextmeta.com/calendar</p>
<p>Christian Church of Lemon Grove</p>	<p>6970 San Miguel Ave. Lemon Grove, CA 91945 (619) 465-1888</p> <p>www.christianchurchlemongrove.com/</p>	<p><u>Sunday Worship</u> 10:30am</p> <p><u>Office Hours: Monday-Friday</u> 9:00am – 3:00pm</p>
<p>St. John of the Cross Catholic Community</p>	<p>8086 Broadway Lemon Grove, CA 91945 (619) 466-3209</p> <p>www.sjcparish.com</p>	<p>Mass Schedule <u>Monday-Friday</u> 6:30am, 8:00am <u>Saturday</u> 8:00am, 5:30pm <u>Sunday</u> 7:00am, 8:30am, 10:00am, 12:00pm (Spanish), 5:30pm, 7:00pm (Spanish)</p> <p><u>Office Hours: Monday-Friday</u> 8:00am – 5:00pm Closed for lunch 12:00pm – 1:00pm</p>

<p>Lighthouse Baptist Church</p>	<p>1345 Skyline Dr. Lemon Grove, CA 91945 (619) 461-5561</p> <p>www.lighthousebaptist.com/</p>	<p><u>Sunday</u> 9:30am Bible Study 11:00am Morning Services 5:30pm Evening Services</p> <p><u>Thursday</u> 7:00pm Midweek Service</p>
<p>St. Philip's Episcopal Church</p>	<p>2660 Hardy Dr. Lemon Grove, CA 91945 (619) 466-8055</p> <p>www.stphililemongrove.com</p>	<p>Mass Schedule <u>Sunday</u> 9:30am (English), 11:00am (Spanish)</p> <p>See calendar for more information: www.stphililemongrove.com/events</p>
<p>North Park Apostolic Church</p>	<p>2515 Lemon Grove Ave. Lemon Grove, CA 91945 (619) 229-2800</p> <p>www.npacministries.org/</p>	<p><u>Sunday Services</u> 8:00am, 11:00am, 6:00pm</p> <p><u>Wednesday Services</u> 12:00pm, 7:00pm</p>
<p>Salvation Army</p>	<p>The Salvation Army Kroc Center 6845 University Ave, San Diego, CA 92115 (619) 287-5762</p> <p>www.sd.kroccenter.org/worship.html</p>	<p><u>Sunday Worship</u> 10:00am</p> <p>See website for additional information</p>

Gym

Site Name	Contact Information	Service Hours
-----------	---------------------	---------------

<p>Body By Discipline</p>	<p>7865 Broadway Ave. Lemon Grove, CA 91945 (619) 713-1338</p>	<p><u>Mon., Tues., Thurs</u> 6:00am – 8:00pm <u>Wednesday</u> 9:00am – 8:00pm <u>Friday</u> 9:00am – 6:00pm <u>Saturday</u> 8:00am – 2:00pm <u>Sunday</u> 10:00am – 1:00pm</p>
----------------------------------	--	--

Thrift Stores

Site Name	Contact Information	Service Hours
<p>Goodwill Store & Donation Center</p>	<p>7875 Broadway Lemon Grove, CA 91945 (619) 225-2200 www.sdgoodwill.org/</p>	<p><u>Monday-Saturday</u> 9:00am – 8:00pm <u>Sunday</u> 10:00am – 6:00pm</p>
<p>Team Amvets Thrift Store</p>	<p>999 Cardiff St. San Diego, CA 92114 (619) 697-9796 www.amvetsnsf.org/thrift-stores/</p>	<p><u>Monday-Saturday</u> 8:00am – 7:00pm <u>Sunday</u> 10:00am – 7:00pm</p>
<p>Veterans Thrift Stores</p>	<p>1049 Elkelton Blvd. Spring Valley, CA 91977 (619) 337-9244 www.davveteransthiftstores.com</p>	<p><u>Monday-Saturday</u> 8:00am – 6:30pm <u>Sunday</u> 10:00am – 5:00pm</p>

Pawnshops

Site Name	Contact Information	Service Hours
Lemon Grove Pawnbroker	7771 Broadway Lemon Grove, CA 91945 (619) 465-2960 http://lemongropepawn.com/	<u>Monday-Friday</u> 9:00am – 6:00pm <u>Saturday</u> 9:00am – 4:00pm <u>Sunday</u> Closed
Simon's Loan and Jewelry	7771 Broadway Lemon Grove, CA 91945 (619) 462-6866 www.simonsloanandjewelry.com	<u>Monday-Friday</u> 9:30am – 6:00pm <u>Saturday</u> 9:30am – 4:00pm <u>Sunday</u> Closed

Recycling Centers

Site Name	Contact Information	Service Hours
Troy Recycling	8743 Troy St. Spring Valley, CA 91977 (619) 466-2363 www.troy4recycling.com/	<u>Monday-Friday</u> 9:00am – 5:00pm <u>Saturday</u> 9:00am – 3:00pm <u>Sunday</u> Closed
EDCO Recycling BuyBack Center	6700 Federal Blvd. Lemon Grove, CA 91945 (619) 287-7555 www.edcodisposal.com/	<u>Monday- Sunday</u> 8:00am – 4:00pm

Laundromat

Site Name	Contact Information	Service Hours
Lemon Grove Coin Laundry	7973 Broadway Lemon Grove, CA 91945 (619) 589-0576 www.lgcoinlaundry.com/	<u>Monday-Sunday</u> 5:30am – 10:30pm Last wash at 9:30pm

Pet Shelters

<p>National Cat Protection Society</p>	<p>9031 Birch St. Spring Valley, CA 91977 (619) 469-8771 www.natcat.org/</p>	<p><u>Tuesday- Saturday</u> 12:00pm – 4:30pm <u>Sunday & Monday</u> Closed</p>
<p>San Diego Humane Society</p>	<p>5500 Gaines St. San Diego, CA 92110 (619) 299-7012 www.sdhumane.org/</p>	<p><u>Monday- Sunday</u> 9:00am – 6:00pm</p>