

## La Mesa / Spring Valley 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](mailto:ecassistwebsite@gmail.com). A copy of this resource guide can be located at [www.ecassist.org](http://www.ecassist.org).

- For emergencies, dial **9-1-1** For non-emergency disturbances, **La Mesa- dial (619) 667-1400**
- For emergencies, dial **9-1-1** For non-emergency disturbances, **Spring Valley- dial (858) 565-5200**
- For quick resource information on cell phones, text **“connectEC” to 77453**
- For access to additional resources including jobs, legal services and senior programs, see <https://211sandiego.org/> or call 2-1-1.
- For access to food resources, including a list of pantries, see the **Food Resource Guide** at [www.ecassist.org](http://www.ecassist.org) website.

### TABLE OF CONTENTS

Hotlines.....	2
East Co. Public Assistance.....	3
Healthcare Services.....	4
Mental Health Services/Substance Abuse.....	5
Shelters/Housing/Case Management.....	6
Safe Parking.....	6
Legal Services.....	6
Veterans.....	7
Youth/Teen Services and Shelters.....	7
Job Assistance/Temporary Agencies.....	9
Colleges/Adult Schools.....	10
Libraries.....	10
Churches/Faith-Based Organizations.....	11
Gyms.....	13
Thrift Stores.....	13
Pawnshops.....	14
Recycling Centers.....	14
Laundromats.....	15

**Hotlines**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
<b>Adult &amp; Elder Abuse</b>	San Diego County (800) 510-2020	24 Hour Hotline
<b>Alcohol &amp; Drug Services</b> (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 and Spanish
<b>Child Abuse</b>	(858) 560-2191	24 Hour Hotline
<b>Crime Tip Hotline</b>	(888) 580-8477	24 Hour Hotline
<b>Domestic Violence /Sexual Assault</b>	(888) DVLINKS or (888) 385-4657	24 Hour Hotline
<b>Domestic Violence Shelters</b>	(888) 385-4657 Domestic Violence Shelter Aid	Listen to the prompts
<b>General Resource Help &amp; Information</b>	2-1-1	24 Hour Hotline (2-1-1)
<b>Legal Aid</b>	(877) 534-2524	Listen to the prompts
<b>Narcotics Anonymous</b>	(800) 479-0062 English (800) 546-0774 Spanish (Both in San Diego)	24 Hour Hotline
<b>Poison Control</b>	(800) 222-1222	24 Hour Hotline
<b>San Diego County Public Assistance ACCESS line</b>	(866) 262-9881	Monday-Friday 8:00am – 5:00pm
<b>San Diego ACCESS &amp; Crisis Hotline Mental Health and Suicide Prevention</b>	(888) 724-7240	24 Hour Hotline

## La Mesa / Spring Valley - East County Public Assistance

Site Name	Contact Information	Service Hours
<b>US Social Security Administration</b>	7961 University Ave La Mesa, CA 91941 (800) 772-1213	Monday-Friday 9:00am – 4:00pm Wednesday 9:00am – 12:00pm
<b>W I C</b> Women, Infants & Children (Monthly checks to purchase healthy foods for new babies and young children)	9621 Campo Rd. Ste G Spring Valley, CA 91977 (888) 999-6897 <a href="http://www.sdsuwic.com">www.sdsuwic.com</a>	Mon, Tue, Thurs, Fri** 8:00am-5:00pm, Closed 12:00-1:00pm **Closed Wednesdays Education/Voucher office *By appointment only For store location visit website
<b>American Red Cross WIC Program - Spring Valley Office</b> Special checks, also called vouchers, for nutritious food; Nutrition classes; Individual nutrition counseling; Breastfeeding support; Community referrals	8810 Jamacha Blvd. Spring Valley, CA 91977 (800) 500-6411 <a href="http://www.sandiegowic.org">www.sandiegowic.org</a>	Mon, Wed, Thurs: 8:00am - 4:30pm Tues: 9:00am - 5:30pm; Fri: 10:00am - 4:00pm; Sat: Twice monthly
<b>East Co. Public Health Center</b> (Immunizations, TB Medication, STD Testing & Hep A Vaccinations)	367 N. Magnolia Ste. 101 El Cajon, CA 92020 (619) 441-6500	Mon, Tue, Wed, Fri 8:00am – 11:00am Closed for lunch 12:00pm—1:00pm 1:00pm-4:00pm Thursday 1:00pm-4:00pm only
<b>La Mesa Police Department</b> (Report non-emergency disturbances, loitering & complaints)	8085 University Ave La Mesa, CA 91941 (619) 667-1400 Non-emergency <a href="http://9-1-1.org">9-1-1 Emergency</a>	Monday-Friday 8:00am – 5:00pm Lobby and alternate Fridays
<b>San Diego County Sheriff's Department Rancho San Diego Station</b> (Report non-emergency disturbances, loitering & complaints)	11486 Campo Rd Spring Valley, CA 91979 Dispatch (858) 565-5200 Non-emergency Business (619)660-7090 <a href="http://9-1-1.org">9-1-1 Emergency</a>	Monday-Friday 8:00am – 5:00pm

## Healthcare Services

Site Name	Contact Information	Service Hours
<p><b>Grossmont Spring Valley Family Health Center FHCS D</b> (Comprehensive medical, family, counseling, women’s health services. Provides healthcare services to people experiencing homelessness.)</p>	<p>8788 Jamacha Rd. Spring Valley, CA 91977 (619) 515-2555 <a href="http://www.fhcsd.org">www.fhcsd.org</a></p>	<p>Monday-Friday 8:30am—5:30pm Closed for lunch 12:30-1:30pm Tuesday 8:30am-7:00pm</p> <p>Provides healthcare services to people experiencing homelessness.</p>
<p><b>Borrego Healthcare Women’s Health &amp; Wellness Center</b> (Comprehensive medical services)</p>	<p>8851 Center Dr. Ste. 210 La Mesa, CA 91942 (619)463-7775</p>	<p>Monday – Friday 8:00am – 5:00pm</p>
<p><b>East Co. Public Health Center</b> (Immunizations, TB Medication, STD Testing &amp; Hep A Vaccinations)</p>	<p>367 N. Magnolia Ste. 101 El Cajon, CA 92020 (619) 441-6500</p>	<p>Mon, Tue, Wed, Fri 8:00am – 11am Closed for lunch 12:00pm-1:00pm 1PM-4PM Thursday 1:00pm-4:00pm only</p>
<p><b>Rady Children’s Urgent Care</b></p>	<p>5565 Grossmont Center Dr., Building 2, Suite 2 La Mesa, CA 91942 (619) 713-5375 <a href="http://www.rchsd.org/locations/satellite-locations/la-mesa/">www.rchsd.org/locations/satellite-locations/la-mesa/</a></p>	<p>Monday-Friday 4:00pm – 10:00pm Saturday &amp; Sunday 1:00pm – 10:00pm</p> <p>Summer holiday hours 1:00pm – 10:00pm (call to confirm) Winter holiday hours 4:00pm – 10:00pm (call to confirm)</p>
<p><b>Sharp Rees-Sealy La Mesa Urgent Care</b></p>	<p>5525 Grossmont Center Dr. La Mesa, CA 91942 (619) 644-6625 <a href="http://www.sharp.com">www.sharp.com</a></p>	<p><u>Monday-Sunday (including holidays)</u> 8:00am – 8:00pm</p> <p>For more information about Sharp Rees-Sealy La Mesa Urgent Care, call Sharp Rees-Sealy customer service at (858) 499-2600, 24 hours a day</p>

<p><b>U.S. HealthWorks Urgent Care</b></p>	<p>8090 Parkway Dr. La Mesa, CA 91942 (619) 697-3093 <a href="http://www.ushealthworks.com/Medical-Center/California/La-Mesa.html">www.ushealthworks.com/Medical-Center/California/La-Mesa.html</a></p>	<p>Monday-Friday 8:00am – 5:00pm</p> <ul style="list-style-type: none"> <li>• Most major insurance accepted</li> <li>• 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</li> </ul>
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**Mental Health Services /Substance Abuse**

Site Name	Contact Information	Service/Information service
<p><b>Grossmont Family Counseling Center</b> Behavioral Health Clinic</p>	<p>Grossmont Medical Arts Bldg 8851 Center Dr., Suite 312 La Mesa, CA 91942 (619) 515-2383 <a href="http://www.fhcsd.org">www.fhcsd.org</a></p>	<p>Monday- Wednesday 8:30am – 5:30pm Thursday 10:30am-5:30pm Closed Fridays</p>
<p><b>Heartland Wellness Recovery Center</b></p>	<p>460 Magnolia Ave #110 El Cajon, CA 92020 (619) 440-5133</p>	<p>Mon, Tues, Thurs, Fri 9:00am – 5:00pm Wednesday 9:00am – 7:00pm</p>
<p><b>Spring Valley Family Counseling Center</b> Healthcare and supportive services</p>	<p>3845 Spring Dr Spring Valley, Ca 91977 (619) 515-2380 <a href="http://www.fhcsd.org">www.fhcsd.org</a></p>	<p>Monday-Tuesday 8:30am—5:00pm Wednesday 1:00pm-5:00pm CLOSED Thursday &amp; Friday</p>
<p><b>Adult Mental Health Services, La Mesa</b> Behavioral Health System</p>	<p>7050 Parkway Dr Ste 113 La Mesa, CA 91942 (619) 667 6125. 24-hour/7-day Program</p>	<p><b>Intake Hours of Operation</b> 8:00am--5:00pm Monday-Friday; 9:00am--1:00pm, Saturday and Sunday</p>
<p><b>McAlister Institute</b> <b>Institute operates 26 treatment and recovery programs</b> (Substance abuse treatment, drug intervention, recovery support services, and detox)  Emergency /After Hours Phone</p>	<p>1400 N. Johnson Ave Ste 101. El Cajon, CA 92020 (619) 442-0277 <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a> (619) 987-6393</p>	<p>Monday-Friday 9:00am—7:00pm Saturday 10:00am--2:00pm CLOSED Sunday</p>
<p><b>Volunteers of America</b> Carlton G. Luhman Center For Supportive Living</p>	<p>290 S. Magnolia Ave El Cajon, CA 92020 (619) 447-2428 <a href="http://www.voa.org">www.voa.org</a></p>	<p>56-bed residential treatment facility for adults with mental disorders. Contact the property manager onsite for information</p>

**Shelters/Housing/Case Management**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service/Information service</b>
<b>2-1-1 Shelter Referrals</b> (Emergency shelters, supportive housing, transitional housing options & resources)	Dial 2-1-1	24-hour confidential shelter referral service for San Diego Co.
<b>Online Homeless Shelter Sites</b>	www. homelesshelterdirectory.org	View nearby shelters online

**Safe Parking**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service/Information service</b>
<b>Dreams for Change—Safe Parking</b> (Safe parking environment as well as supportive services for transitional homeless people who are living in their vehicles)	<b>San Diego Lot</b> 766 28th St. San Diego, 92102  <b>Balboa Lot</b> Jewish Family Services 8804 Balboa Ave., S.D. 92123  <b>RV Parking Lot</b> 5605 Imperial Ave., S.D. 92114	Please call (619) 497-0236 before arriving at a location 7 nights a week, 365 days a year starting at 6:00pm

**Legal Services**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
<b>ElderHelp</b> (Elder Law provides legal services for seniors (60+ years) for wills, landlord/tenant issues, Medicare and Medi-Cal issues)	(858) 565-1392 x 200	2 <sup>nd</sup> Wednesday 1:30pm-4:00pm Renette Park Community Center Services are free Must call for an appointment
<b>Legal Aid Society</b> ( Legal help with housing, debt, collection, repossession, housing, discrimination, family law, immigration, federal tax problems, CalWORKs/CalFresh/General Relief, SSI, Restraining orders)	(877) 534-2524 General Info (866) 244-0101 Evictions (844) 449-3500 Fair Housing/Discrimination	Call for more information
<b>Think Dignity</b> ▪ Call-In Legal Clinic & Referrals: Attorney on staff can answer any legal	3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line (619) 354-9879 Call-In Legal	Every Thursday, except for the first Thursday 6:00pm – 7:00pm

<p>questions</p> <ul style="list-style-type: none"> <li>Homeless Youth &amp; Legal Advocacy Program (HYLAP): Homeless &amp; 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</li> </ul>	<p>Clinic &amp; Referrals <a href="http://www.thinkdignity.org/">www.thinkdignity.org/</a></p>	
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**Veterans**

Site Name	Contact Information	Service Hours
<p><b>La Mesa Adult Enrichment Center</b> VA Benefit Filing</p>	<p>8450 La Mesa Blvd. La Mesa, CA 91942 (858) 527-5822</p>	<p>Fridays 9:00am-- 3:00pm</p>
<p><b>Veterans Village of San Diego</b> (Assistance with housing, substance abuse recovery, mental health services, food, legal services)</p>	<p>4141 Pacific Hwy. San Diego, CA 92110 (619) 393-2000 General (619) 961-2165 Supportive Services for Veteran Families</p>	<p>* For more information or to make an appointment, please call</p>
<p><b>Courage to Call</b> (Mental Health Systems— Guidance, information, referral services to veterans, active duty, reservists and families)</p>	<p>2165 Kurtz St. San Diego, CA 92110 (619) 209-4682 <a href="http://www.mhsinc.org/courage-to-call">www.mhsinc.org/courage-to-call</a></p>	<p>Call for more information</p>
<p><b>Veteran Community Services of San Diego</b> (Services help veterans seek employment, identify benefits and obtain housing)</p>	<p>Main Office--San Diego 5605 El Cajon Blvd. San Diego, CA 92115 (800) 974-9909 <a href="http://www.ccvcs.net">www.ccvcs.net</a></p>	<p>Call for more information</p>

**Youth/Teen Services and Shelters**

Site Name	Contact Information	Service Hours
<p><b>San Diego Youth Services</b> (Mental health services and drop-in centers for LGBTQ youth up to age 21 and their families. Case management, resources, support groups, drug/alcohol abuse programs and more)</p>	<p><b>Our Safe Place Mental Health Clinic</b> 3427 4th Avenue, 2nd Floor San Diego, CA 94103</p> <p><b>SDYS Central Drop-in Center</b> 2220 Broadway San Diego, CA 92102</p>	<p>Monday-Friday 9:00am—6:00pm</p> <p>Open 7 days a week</p>

<p><b>San Diego Youth Services</b>  <b>Street Outreach:</b> (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><b>TAY Academy:</b> (Combines a drop-in center with structured learning and recreational opportunities for Transition Age Youth (ages 16-24), including foster youth, former foster youth, out-of-home probation youth, and homeless and runaway youth)</p> <p><b>Transitional Housing Continuum:</b> (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 ages 16-24 transitioning into adulthood)</p> <p><b>Youth Emergency Shelter:</b> (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>(619) 221-8600 Main line</p> <p>2220 Broadway          San Diego, CA 92102          (619) 232-8126  <a href="http://www.sdyouthservices.org">www.sdyouthservices.org</a>          Ages 14-25</p> <p>(866) 752-2327          Youth Hotline</p> <p>(866) 752-2327          Youth Hotline</p>	<p>See program hours below</p> <p>Tuesday-Saturday          12:00pm—8:00pm</p> <p>7 days a week</p> <p>7 days a week</p>
<p><b>Home Start, Inc.</b>  <b>Maternity Shelter Program</b>          (Provides pregnant or parenting homeless women ages 18-24 and their children with housing and wrap-around supportive services)</p>	<p>Earlene Adams, Residential Shelter Manager          (619) 906-4401  <a href="mailto:eadams@home-start.org">eadams@home-start.org</a></p>	<p>Call for availability or for more information</p>



<p><b>Mental Health Services</b> (The Mental Health team at Home Start 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><b>Rapid Rehousing TAY</b> (Assist youth find affordable housing in the community, and provide assistance with a portion of the rent for up to a year) Pregnant or parenting females only</p>	<p>Intake line at (619) 692-0727 ext. 118</p> <p>Earlene Adams, Residential Shelter Manager (619) 906-4401 <a href="mailto:eadams@home-start.org">eadams@home-start.org</a></p>	<p>Leave message and a therapist will return your call</p> <p>Call for availability and for more information</p>
<p><b>Heartland Youth Build San Diego</b> Training low-income youth between the ages 16 and 24 in construction and 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 Email: <a href="mailto:info@heartlandyouthbuild.org">info@heartlandyouthbuild.org</a> Text: "YouthBuild" to 31996</p>	<p>Call or text for more information</p>

**Job Assistance/Temporary Agencies**

Site Name	Contact Information	Service Hours
<p><b>Volt Services Group</b></p>	<p>8911 La Mesa Blvd Ste. 105 La Mesa, CA 91941 (619) 464-7081</p>	<p>Monday-Friday 9:00am – 5:00pm</p>

**Colleges/Adult School Locations**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
<b>Cuyamaca College</b>	900 Rancho San Diego Pkwy El Cajon, CA 92019 *Rancho San Diego City (619) 660-4000 <a href="http://www.cuyamaca.edu">www.cuyamaca.edu</a> Student Services: Bldg A-300 Career Center Services: A-221	Monday 8:00am – 6:00pm Tuesday-Thursday 8:00am – 5:00pm Friday 9:00am – 1:00pm *See website for additional weekend hours/information
<b>Grossmont College</b>	8800 Grossmont College Dr. El Cajon, CA 92021 (619) 644-7000 <a href="http://www.grossmont.edu">www.grossmont.edu</a> Student Services: Bldg 10 Career Center: Bldg 60 Rm 140	Monday- & Tuesday 8:00am – 6:00pm Wednesday & Thursday 8:00am – 5:00pm Friday 8:00am – 1:00pm *See website for additional weekend hours/information
<b>Access, Inc.</b> Immigration Services community-based organization that provides job training, education, empowerment services, and immigration assistance to low-income residents.	2612 Daniel Ave San Diego, CA 92111  (858) 560-0871	Monday –Friday 8:00am–5:00pm

**Libraries**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
<b>La Mesa Branch Library</b>	8074 Allison Ave La Mesa, CA 91942 (619) 469-2151 <a href="http://Sdcl.org">Sdcl.org</a>	Monday-Thursday 9:30am – 8:00pm Friday & Saturday 9:30am – 5:00pm Sunday 12:00pm – 5:00pm
<b>Casa de Oro Branch Library</b>	9805 Campo Rd., #180 Spring Valley, CA 91977 (619) 463-3236 <a href="http://Sdcl.org">Sdcl.org</a>	Monday & Wednesday 9:30am – 6:00pm Tuesday & Thursday 9:30am – 8:00pm Friday & Saturday 9:30am – 5:00pm CLOSED Sunday

<b>Spring Valley Branch Library</b>	836 Kempton St. Spring Valley, CA 91977 (619) 463-3006 <a href="http://Sdcl.org">Sdcl.org</a>	Monday & Thursday 9:30am – 6:00pm Tuesday & Wednesday 9:30am – 8:00pm Friday & Saturday 9:30am – 5:00pm CLOSED Sunday
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**Churches/Faith-based Organizations**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
<b>Crosspointe Life Church</b> (Christian)	8809 La Mesa Blvd La Mesa, CA 91942 (619) 464-3077 <a href="mailto:info@crosspointelife.org">info@crosspointelife.org</a>	Sunday 10:30AM  Food Distribution Kitchen Every Tuesday and Thursday 10:00am - 11:00pm Please get there before 10:00am. First come first serve.
<b>Journey Community Church</b> (Christian) Please be in line by the start time and bring bags. Anyone is welcome, there are no income requirements.	8363 Center Drive Suite 6C La Mesa, CA 91942 619-464-4544 <a href="http://www.Journeycommunitychurch.com">www.Journeycommunitychurch.com</a>	Fridays at 7:00pm Sundays at 9:00am & 11:00pm  Food Program 1st Thursday of the month at 6:30pm 2nd Friday of the month at 9:00am, <b>produce only.</b> 3rd Saturday of the month at 8:30am 4th Thursday of the month at 6:30pm
<b>La Mesa Seventh Day Adventist Community Church</b> (Christian)	4207 Spring Gardens Dr. La Mesa, CA 91941 (619)461-5703	Sunday 11:00dam  Food Program Monday, Tuesday, and Thursday, 9:00am-12:00pm
<b>Skyline Church</b> (Christian)	11330 Campo Road La Mesa, CA 619.660.5000 <a href="http://www.skylinechurch.org">www.skylinechurch.org</a>	Sunday 9:00am, 11:00am & 6:00pm
<b>New Seasons Church</b> (Baptist)	2300 Bancroft Drive Spring Valley CA 9977 (619) 463-0725	Sunday 9:00am, 11:00am (English)

<p><b>Heaven's Windows</b>          Programs include Child Nutrition Program, Seasoned with Love Hot Meals, Food Pantry &amp; Clothes Closet, Community Food Distribution</p>	<p>2820 Via Orange Way Ste. W,          Spring Valley, CA 91978          (619) 303-7806  <a href="mailto:info@heavenswindows.org">info@heavenswindows.org</a></p>	<p>Sunday's 9:00am, 11:00am           SEASONED WITH LOVE HOT MEALS          New Seasons Church,          2300 Bancroft Drive          Spring Valley, CA 91977  <b>Wednesdays at 6:00pm</b>          Distributing fresh produce monthly at New Season Church          4<sup>th</sup> Tuesday 9:00am, until food is gone           Community Food Distribution and Betty's Closet          New Seasons Church          2300 Bancroft Drive          Spring Valley, CA 91977          Tuesday, Thursday, Friday 9:00am - 1:00pm</p>
<p><b>Faith Chapel</b>          (Christian)</p>	<p>9400 Campo Rd.          Spring Valley, CA 91977          619-461-7451</p>	<p>Sunday 10:30am           Food Program          3rd Wednesday 10:00am until food is gone</p>
<p><b>Santa Sophia Church</b>          (Catholic)          St. Vincent de Paul Food Pantry. provide food staples and perishable once month to people in Spring Valley in the 91977 &amp; 91978</p>	<p>9800 San Juan St.          Spring Valley, CA 91977          (619) 463-6629</p>	<p>Sunday          8:00am and 11:00am           Food Program          Tuesday and Thursday –          9:30am to 11:00am and Saturday -          9:00am to 11:00am.</p>
<p><b>Spring Valley Community Church</b>          (Christian)</p>	<p>3310 Bancroft Dr.          Spring Valley, CA 91977          (619)342-1414</p>	<p>Sunday 10:00am          Food Program          Thursday and Friday 9:00am-12:00pm; Before or after services          Wednesday 6:00pm-8:00pm and          Sunday 10:00am-12:00pm</p>
<p><b>Stepping Higher Inc</b></p>	<p>2778 Sweetwater Springs Blvd. #J          Spring Valley, CA 91977          (619)825-3930</p>	<p>Food Program          Thursday 5:30pm-7:00pm</p>
<p><b>Streets of Hope San Diego Jericho Christian Fellowship</b>          Outreach, food, clothing to the streets of El Cajon</p>	<p>9407 Jericho Rd.          La Mesa, CA 91942          (619) 590-0700</p>	<p>Call for hours of distribution</p>

**Gyms**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
<b>24-hour Fitness</b>	3633 Avocado Blvd La Mesa, CA 91941 (619) 660-5024 <a href="http://24hourfitness.com">24hourfitness.com</a>	Open 24 Hours Showers
<b>24-hour Fitness</b>	5601 Grossmont Center Dr, La Mesa, CA 91942 619-667-7607 <a href="http://24hourfitness.com">24hourfitness.com</a>	Open 24 Hours Showers
<b>Chuze Fitness</b>	5500 Grossmont Center Dr La Mesa, CA 91942 (619) 741-7600	Hours vary Showers
<b>McGrath Family YMCA</b>	12006 Campo Road Spring Valley, CA 91978 (619) 462-9622	Hours vary Showers

**Thrift Stores**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
<b>Twice Treasured Thrift Store Journey Community Church (Christian)</b>	8363 Center Drive La Mesa, CA 91942 (619) 741-0290	Monday – Saturday: 10am – 6:00pm Sunday: 10:30am – 1:30pm
<b>Thrift Korral Grossmont Hospital Auxiliary</b>	8693 La Mesa Blvd Ste A La Mesa, CA 91942 (619) 828-0095	Monday – Saturday 9:30am – 4:00pm
<b>Cory's Closet Rancho San Diego Village</b>	3745 Avocado Blvd La Mesa, CA 91941 (619) 660-1235 <a href="http://corysclosetchildrensresale.com">corysclosetchildrensresale.com</a>	Monday-Thursday 10:00am – 6:00pm Friday & Saturday 10:00am – 5:00pm Sunday 11:00am – 5:00pm

<b>Goodwill Thrift Stores</b> <b>La Mesa :</b>  <b>Lake Murray</b>	8250 La Mesa Blvd La Mesa CA 91942 (619) 713-2380 6127 Lake Murray Blvd La Mesa, Ca 91942 (619) 713-6165 <a href="http://sdgoodwill.org">sdgoodwill.org</a>	Monday-Saturday 9:00am – 8:00pm Sunday 9:00am – 6:00pm
<b>Goodwill Thrift Store</b> <b>Rancho San Diego Village</b>	3713 Avocado Blvd La Mesa, CA 91941 (619) 741-2739	Monday-Saturday 9:00am – 8:00pm Sunday 9:00am – 6:00pm
<b>DAV Veterans Thrift Store</b>	Jamacha Rd. & Elkelton Blvd. 1049 Elkelton Blvd. Spring Valley, CA 91977 619-337-9244 800-894-2486	Monday –Saturday 8:00am – 6:30pm Sunday 10:00am – 5:00pm

#### Pawnshops

Site Name	Contact Information	Service Hours
<b>Spring Valley Pawn Shop</b>	9517 Jamacha Blvd, Spring Valley, CA 91977	Monday-Saturday 11:00am-5:00pm CLOSED Sunday

#### Recycling Centers

Site Name	Contact Information	Service Hours
<b>Campo Recycling Center</b>	8927 Campo Rd, Spring Valley, CA 91977 (619) 383-5234	Monday- Friday 8:30am – 5:00pm Saturday -Sunday 8:30am – 2:00pm
<b>Spring Valley Recycling</b>	1069 Elkelton Blvd, Spring Valley, CA 91977 (619) 461-0619	Monday-Sunday 8:30am- 5:00pm
<b>Troy Recycling</b>	8743 Troy Street Spring Valley, CA 91977 (619) 466-2363	Monday Friday 9:00am- 5:00pm Saturday 9:00am-3:00pm CLOSED Sunday
<b>San Diego County Metals &amp; Recycling</b>	3974 Spring Dr Spring Valley, CA 91977 (619) 741-9780	Monday- Friday 9:00am – 5:00pm Saturday 9:00am – 3:00pm

		CLOSED Sunday
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**Laundromats**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
<b>Sudz Laundromat</b>	5104 Jackson Dr, La Mesa, CA 91942 (619) 589-8956	Monday- Sunday 6:30am – 10:00pm
<b>Coin Laundry</b>	8733 Broadway La Mesa, CA 91941	Monday- Sunday 6:00am – 10:00pm
<b>Casa De Oro Coin Laundry</b>	9750 Campo Rd, Spring Valley, CA 91977 (619) 203-4170	Monday- Friday 6:00am – 10:00pm Saturday 6:30am -10:00pm Sunday 6:00am – 10:00pm