

## Santee / Lakeside 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).

- **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 resources including jobs, legal services and senior programs, contact 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).

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**Hotlines**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/ Information</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	<u>Monday-Friday</u> 8:00 am – 5:00pm
<b>San Diego ACCESS &amp; Crisis Hotline Mental Health &amp; Suicide Prevention</b>	(888) 724-7240	24 Hour Hotline

## East County Public Assistance

Site Name	Contact Information	Service Hours/Information
<b>HHS Family Resource Center</b> <u>This office offers:</u> CalWORKs, CalFresh, MediCal and General Relief	220 S. 1 <sup>st</sup> Street El Cajon, CA 92019  (866) 262-9881 ACCESS	<u>Monday-Friday</u> 7:00am – 5:00pm <u>Monday-Friday</u> ACCESS customer service center 8:00am – 5:00pm
<b>US Social Security Administration</b>	810-846 Arnele Ave El Cajon, CA 92020 (800) 772-1213 Bldg 810: SS card replacement center	<u>Monday-Friday</u> 9:00am – 4:00pm <u>Wednesday</u> 9:00am – 12:00pm
<b>W I C</b> Women, Infants & Children (Monthly checks to purchase healthy foods for new babies and young children)	American Red Cross- Lakeside Community Center- 9841 Vine St. Lakeside, CA 92040 (800) 500-6411	Education/Voucher office *By appointment only For store location visit website
<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	<u>Monday-Friday</u> 8:00am – 11am <u>Mon., Tues., Wed., Friday</u> 1:00pm-4:00pm
<b>Santee Sheriff's San Diego Co. Substation</b> (Report non-emergency disturbances, loitering & complaints)	8811 Cuyamaca St. Santee, CA 92071 Dispatch: (858) 565-5200 Business: (619) 956-4000 <b>Emergencies Dial 9-1-1</b>	Call for hours.
<b>Lakeside Sheriff's San Diego Co. Substation</b> (Report non-emergency disturbances, loitering & complaints)	12365 Parkside St. Lakeside, CA 92040 Dispatch: (858) 565-5200 Business: (619) 938-1360 <b>Emergencies Dial 9-1-1</b>	Call for hours.

## Healthcare Services

Site Name	Contact Information	Service Hours/Information
<b>Neighborhood Healthcare</b> (Comprehensive medical, dental and developmental services)	10039 Vine St. Lakeside, CA 92040 (619) 390-9975 <a href="http://www.nhc.org">www.nhc.org</a>	<u>Monday-Friday</u> 8:00am-5:00pm <u>Saturday</u> 8:00am-2:00pm <u>Sunday</u> Closed Call for an appointment
<b>Santee Family Medicine Mountain Health &amp; Community Services</b> (Comprehensive medical and	120 Town Center Pkwy. Santee, CA 92071 (619) 445-6200 <a href="http://www.mtnhealth.org">www.mtnhealth.org</a>	<u>Monday-Friday</u> 8:00am—5:00pm Medi-Cal accepted Call for an appointment

behavioral services)		
<b>Scripps Clinic- Santee</b> (Primary care, pediatrics, lab and imaging)	278 Town Center Pkwy #105, Santee, CA 92071 (619) 713-7880 <a href="https://www.scripps.org/locations">https://www.scripps.org/locations</a>	<b>Primary Care Hours</b> <u>Monday and Thurs</u> 7:00am-7:00pm <u>Tues, Wed, Fri</u> 7:00am-5:00pm  <b>Pediatric Hours</b> <u>Monday</u> 8:00am-5:00pm <u>Tues-Friday</u> 8:00am-5:00pm  <b>Lab Hours</b> <u>Monday-Friday</u> 7:30am-4:45pm Call for an appointment
<b>AFC Urgent Care- Santee</b> (Primary and Urgent Care for all ages)	10538 Mission Gorge Rd. #100, Santee, CA 92071 (619) 456-0033	<u>Monday-Sunday</u> 8:00am-8:00pm No appointment needed Most insurances accepted
<b>East Region Public Health Center</b> (Immunizations, TB medication, STD Testing, Hep A Vaccinations)	367 N Magnolia Suite 101 El Cajon, CA 92020 (619) 441-6500	<u>Monday, Tuesday, Thursday, Friday</u> 8:30am—4:00pm Closed for lunch
<b>Volunteers In Medicine</b> (Primary medical services for working non-insured adults)	1457 E Madison El Cajon, CA 92020 (619) 440-4591	<u>Wednesday</u> 4:00pm—8:00pm <u>Saturday</u> 8:00am—12:00pm *By appointment only for uninsured

**Mental Health Services /Substance Abuse**

Site Name	Contact Information	Service Hours/Information
<b>East County Mental Health Clinic</b>	1000 Broadway Ste 210 El Cajon, Ca 92021 (619) 401-5500 <a href="http://www.sdcounty.ca.gov/hhsa">www.sdcounty.ca.gov/hhsa</a>	<u>Monday- Friday</u> 8:00am – 5:00pm For adults, seniors, co-occurring alcohol/substance abuse
<b>Halcyon Center</b> (Short term residential treatment for those in crisis)	1664 Broadway El Cajon, CA 92021 (619) 579-8685	No one is refused service due to inability to pay. Insurances include Medi-Cal, Medicare/Medi-Cal, Aetna & Kaiser
<b>Heartland Wellness Recovery Center</b>	460 Magnolia Ave #110 El Cajon, CA 92020 (619) 440-5133	<u>Mon., Tues., Thurs., Friday</u> 9:00am – 5:00pm <u>Wednesday</u> 9:00am – 7:00pm

<p><b>McAlister Institute</b> (Substance abuse treatment, drug intervention, and recovery support services)</p>	<p>1400 N. Johnson Ave. El Cajon, CA 92020 (619) 442-0277 <a href="http://www.mcalisterinc.org">www.mcalisterinc.org</a> Kiva Learning Center- Women &amp; Children Residential Treatment Program (619) 465-7303  New Connections- Short-term residential program (619) 465-7303</p>	<p><u>Monday-Friday</u> 9:00am—7:00pm <u>Saturday</u> 10:00am--2:00pm <u>Sunday</u> Closed</p>
<p><b>MHS—ACTION East</b> (Serves homeless adults who need a higher level of support than that which is offered at traditional outpatient mental health or substance abuse treatment programs)</p>	<p>10201 Mission Gorge Rd. Santee, CA 92071 (619) 383-6969 <a href="http://www.mhsinc.org/listing/action-east">www.mhsinc.org/listing/action-east</a></p>	<p>Call for an appointment or referral</p>
<p><b>Mental Health Systems</b> (Mental health and drug and alcohol rehabilitation services)</p>	<p>900 Cuyamaca St. El Cajon, CA 92020 (619) 448-0420 <a href="http://www.mhsinc.org">www.mhsinc.org</a></p>	<p>Call for an appointment</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

Site Name	Contact Information	Service Hours/Information
<p><b>2-1-1 Shelter Referrals</b> (Emergency shelters, supportive housing, transitional housing options &amp; resources)</p>	<p>Dial 2-1-1</p>	<p>24-hour confidential shelter referral service for San Diego Co.</p>
<p><b>Online Homeless Shelter Sites</b></p>	<p><a href="http://www.homelesshelterdirectory.org/">www.homelesshelterdirectory.org/</a></p>	<p>View nearby shelters online</p>
<p><b>Crisis House</b> (Housing assistance, ID, mail service, resources and domestic violence shelter)</p>	<p>1034 N. Magnolia Ave. El Cajon, CA 92020 (619) 444-1194 <a href="http://www.crisishouse.com">www.crisishouse.com</a></p>	<p><u>Monday-Friday</u> 8:30am—5:00pm Onsite Housing Navigator</p>

<p><b>East Co. Transitional Living Center</b> (Emergency shelter, transitional living &amp; homeless services)</p>	<p>1527 E. Main St. El Cajon, CA 92020 (619) 442-0457 <a href="http://www.ectlc.org">www.ectlc.org</a></p>	<p>Call for appointment</p>
<p><b>Interfaith Shelters</b> (Seasonal shelters in local churches)</p>	<p>Referrals only through Crisis House-(619) 444-1194 or Volunteers in Medicine (619) 440-4591</p>	<p>Seasonal during winter months</p>
<p><b>PCG—Pacific Consulting Group</b> (Comprehensive consulting and operational support for Temporary Assistance for Needy Families (TANF), Supplemental Nutritional Assistance Program (SNAP), and other programs)</p>	<p>*CalWORKS Recipients Only Human Services 151 Van Houten Avenue El Cajon, CA 92020 Toll Free: (800)-210-6113 Phone: (619) 270-4000</p>	<p>Onsite Housing Navigator Call for an appointment</p>

**Safe Parking**

Site Name	Contact Information	Service Hours/Information
<p><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)</p>	<p><b>San Diego Lot</b> 766 28th St. San Diego, 92102</p> <p><b>Balboa Lot</b> Jewish Family Services 8804 Balboa Ave., S.D. 92123</p> <p><b>RV Parking</b> 5605 Imperial Ave., S.D. 92114</p>	<p>Please call (619) 497-0236 before arriving at a location <u>7 nights a week</u>, 365 days a year starting at 6:00 pm</p>

**Legal Services**

Site Name	Contact Information	Service Hours/Information
<p><b>ElderHelp</b> (Elder Law provides legal services for seniors (60+ years) for wills, landlord/tenant issues, Medicare and Medi-Cal issues)</p>	<p>(858) 565-1392 x 200</p>	<p><u>2<sup>nd</sup> Wednesday</u> 1:30-4:00 p.m. Renette Park Community Center Services are free Must call for an appointment</p>

<p><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)</p>	<p>(877) 534-2524 General Info (866) 244-0101 Evictions (844) 449-3500 Fair Housing/Discrimination</p>	<p>Call for more information</p>
<p><b>Think Dignity</b></p> <ul style="list-style-type: none"> <li>▪ Call-In Legal Clinic &amp; Referrals: Attorney on staff can answer any legal questions</li> <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>3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line (619) 354-9879 Call-In Legal Clinic &amp; Referrals <a href="http://www.thinkdignity.org/">www.thinkdignity.org/</a></p>	<p>Every <u>Thursday</u>, except for the first Thursday 6:00pm – 7:00pm</p> <p>HYLAP clients email: <a href="mailto:mitchelle@thinkdignity.org">mitchelle@thinkdignity.org</a></p>

**Reunification Program**

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

**Mobile Showers**

Site Name	Contact Information	Service Hours/Information
<p><b>Think Dignity</b> (2 Shower Mobile Unit)</p>	<p><a href="http://www.thinkdignity.org/calendar">www.thinkdignity.org/calendar</a></p>	<p>See calendar for additional locations</p>
<p><b>Crisis House</b></p>	<p>1034 Magnolia Ave. El Cajon, CA 92020</p>	<p><u>2<sup>nd</sup> Wednesday of the Month</u> 1:00pm—4:00pm</p>
<p><b>Newbreak or The Rock Church</b></p>	<p>Alternates each week *see church listings</p>	<p><u>3<sup>rd</sup> Saturday of the Month</u> 1:00pm—3:00pm</p>

<b>Meridian Church</b>	660 S. 3 <sup>rd</sup> St. El Cajon, CA 92021	<u>4th Wednesday of the Month</u> 3:30pm - 5:30pm
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**Veterans**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>VA Benefits Filing-HHSA</b> El Cajon Library (In-person VA Benefit counseling)	201 E Douglas El Cajon, CA 92020 (619) 588-3718	<u>2<sup>nd</sup> and 4<sup>th</sup> Monday</u> 9:30am-1:00pm
<b>VA Benefits Filing-HHSA</b> Rancho San Diego Library (In-person VA Benefit counseling)	11555 Via Rancho San Diego El Cajon, CA 92019 (619) 660-5370	<u>2<sup>nd</sup> Thursday</u> 9:30am-1:00pm
<b>Veterans Village of San Diego</b> (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	* For more information or to make an appointment, please call
<b>Courage to Call</b> (Mental Health Systems— Guidance, information, referral services to veterans, active duty, reservists and families)	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>	Call for more information
<b>Veteran Community Services of San Diego</b> (Services help veterans seek employment, identify benefits and obtain housing)	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>	Call for more information

**Youth/Teen Services and Shelters**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<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)	<b>Our Safe Place Mental Health Clinic</b> 3427 4th Avenue, 2nd Floor San Diego, CA 94103  <b>SDYS Central Drop-in Center</b> 2220 Broadway San Diego, CA 92102	<u>Monday-Friday</u> 9:00am—6:00pm  Open 7 days a week



<p><b>San Diego Youth Services 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><u>Tuesday-Saturday</u> 12:00pm—8:00pm</p> <p>7 days a week</p> <p>7 days a week</p>
<p><b>Eastern Lights</b> Temporary Youth Shelter Ages 18-25</p>	<p><b>Meridian Church</b> 660 S. 3<sup>rd</sup> St. El Cajon, CA 92019 (305) 934-8887 <a href="mailto:Lindsey5889@gmail.com">Lindsey5889@gmail.com</a></p>	<p><u>1<sup>st</sup> and 3<sup>rd</sup> Fridays of each month</u> 5:30pm Friday Check-in 9:00am Saturday Check-out</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><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>Earlene Adams, Residential Shelter Manager          (619) 906-4401  <a href="mailto:eadams@home-start.org">eadams@home-start.org</a></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>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><b>Heartland Youth Build San Diego</b>          Training low-income youth between the ages 16 and 24 in construction and green building skills — <i>while they earn their high school diplomas.</i> 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>
<p><b>Teen Challenge</b>          Faith-based drug education and prevention, food distributions, clubs and a learning center for children, juvenile hall and jail ministry, crisis counseling, evangelism, and more.</p>	<p>P.O. Box 15637          San Diego, CA 92175          (619) 265-0337  <a href="https://www.teenchallenge.org/centers/san-diego-county/">https://www.teenchallenge.org/centers/san-diego-county/</a></p>	<p>Call for more information</p>

**Job Assistance/Temporary Agencies**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>P C G Public Consulting Group (Employment Services)</b>	151 Van Houten Ave El Cajon, CA 92020 (619) 270-4000 <a href="http://www.publicconsultinggroup.com">www.publicconsultinggroup.com</a>	<u>Monday-Friday</u> 8:00am – 5:00pm Education/Employment office *CalWORKs recipients transitioning to self-sufficient status
<b>X L Staffing Inc.</b>	450 Fletcher Pkwy Ste 204 El Cajon, CA 92020 (619) 579-0442 (619) 276-8677 Fax <a href="http://xlstaffing.com">xlstaffing.com</a>	<u>Monday-Friday</u> 9:00am – 5:00pm
<b>Volt Services</b>	450 Fletcher Pkwy Ste 213 El Cajon, CA 92020 (619) 427-0200	<u>Monday-Friday</u> 9:00 am – 5:00pm
<b>People Ready</b>	1027 Broadway El Cajon, CA 92021 (619) 444-7877 <a href="http://www.peopleready.com">www.peopleready.com</a>	<u>Monday-Friday</u> 5:30am – 6:00pm <u>Saturday</u> 7:00am – 11:00am
<b>E Z Staffing</b>	1423 Broadway El Cajon, CA 92021 (619) 749-3835 (619) 299-0055	<u>Monday-Friday</u> 8:00am – 5:00pm *Health-care job placement only

**Colleges/Adult School Locations**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</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	<u>Monday</u> 8:00am – 6:00pm <u>Tuesday-Thursday</u> 8:00am – 5:00pm <u>Friday</u> 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	<u>Monday- &amp; Tuesday</u> 8:00 am – 6:00pm <u>Wednesday &amp; Thursday</u> 8:00 am – 5:00pm <u>Friday</u> 8:00am – 1:00pm *See website for additional weekend hours/information

<b>Foothills Adult Center</b>	1550 Melody Ln El Cajon, CA 92019 (619) 588-3500	<u>Monday-Saturday</u> 8:00am – 9:00pm
<b>KRA--East County Career Center</b> (Employment & Education Services)	PCG Building 151 Van Houten Ave. El Cajon, CA 92020 (619) 270-4000	<u>Monday-Friday</u> 8:00am – 5:00pm *Call for an appointment

**Libraries**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Santee Branch Library</b>	9225 Carlton Hills Blvd # 17, Santee, CA 92071 (619) 448-1863 <a href="http://Sdcl.org">Sdcl.org</a>	<u>Monday, Wednesday, Thursday</u> 9:30am – 8:00pm <u>Friday-Saturday</u> 9:30am – 5:00pm <u>Sunday</u> 12:00pm – 5:00pm
<b>Lakeside Branch Library</b>	9225 Carlton Hills Blvd # 17, Santee, CA 92071 (619) 443-1811 <a href="http://Sdcl.org">Sdcl.org</a>	<u>Wednesday</u> 9:30am – 8:00pm <u>Monday &amp; Thursday</u> 9:30am – 6:00pm <u>Friday &amp; Saturday</u> 9:30am – 5:00pm <u>Sunday</u> Closed

**Churches/Faith-based Organizations**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>The Love of Christ (TLC) Homeless Ministry</b> (Christian)	9626 Carlton Hills Blvd. Santee, CA 92071 (619) 449-1269 Reference TLC Ministries)	Call for hours Adults only please
<b>Lakeside Christian Help Center</b>	9931 Channel Rd. Lakeside, CA 92040 (619) 561-3488	<u>Monday-Thursday</u> 10:00am-12:00pm Closed Friday, Saturday, Sunday
<b>Pathways Community Church</b> (Christian) Recovery Support Groups, The Love of Christ (TLC) Homeless Ministry	9626 Carlton Hills Blvd, Santee, CA 92071 (619) 449-1269 <a href="http://www.pathways.cc">www.pathways.cc</a>	TLC Ministry 3 <sup>rd</sup> Saturday of month for lunches and hygiene bags Arrive 8:30am to 11:00am Summer months Arrive 7:30am to 10:00am Adults only Church Services Saturdays at 5:00pm and Sundays at 9:00am & 10:45am

<p><b>Sonrise Community Church</b> (Christian) Outreach programs</p>	<p>8805 Magnolia Ave. Santee, CA 92071 (619) 596-7667 <a href="http://www.sonrise.net">www.sonrise.net</a></p>	
<p><b>The Rock Church</b> (Christian) (Home Team serves to connect those who have experienced homelessness, including Veterans with appropriate services, safe shelter and life skills while nurturing with God's love)</p>	<p>808 Jackman St El Cajon, CA 92020 (619) 226-7625</p>	<p><u>Sundays</u> 8:00, 10:00, 12:00, 4:00, 6:00  Call for information or to connect with homelessness services</p>
<p><b>Salvation Army</b> (Universal Christian Church) Counseling, Housing/Residence services, youth, adult rehabilitation, DV, Seniors, Emergency Assistance</p>	<p>1011 E. Main St El Cajon, CA 92021 (619) 440-4683 <a href="http://elcajon.salvationarmy.org/elcajon_corps/">elcajon.salvationarmy.org/elcajon_corps/</a></p>	<p><u>Sundays</u> 10:45am Service <b>Food Pantry</b> <u>Monday</u> 1:30 pm to 4:00 pm; <u>Tuesday</u> 1:30 pm-4:00 pm; <u>Wednesday</u> 9:30 am-10:30 am; <u>Thursday</u> 1:30 pm-4:00 pm; <u>Friday</u> 1:30 pm-3:00 pm <b>Senior Meals- 50+</b> <u>Monday-Friday</u> Doors Open 10:30am Lunch Served 11:00am <b>Social Services</b> <u>Monday, Tuesday, Thursday</u> 1:30pm—4:00pm <u>Friday</u> 1:30pm—3:00pm</p>

**Gyms**

Site Name	Contact Information	Service Hours/Information
<p><b>24-hour Fitness</b></p>	<p>198 W. Main St. El Cajon, CA 92021 (619) 442-0293 <a href="http://24hourfitness.com">24hourfitness.com</a></p>	<p>Open 24 Hours Showers</p>
<p><b>Crunch Gym</b> Parkway Plaza Mall</p>	<p>565 Fletcher Pkwy El Cajon, CA 92020 (619) 749-6939 <a href="http://crunchgym.com">crunchgym.com</a></p>	<p>Open 24 Hours Showers</p>

<b>Crunch Gym</b>	522 Jamacha Road El Cajon, CA 92021 (619) 579-1818	<u>Monday-Friday</u> 5:00am – 10:00pm <u>Saturday &amp; Sunday</u> 7:00am – 7:00pm
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**Thrift Stores**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Empire Thrift Store</b>	1090 E. Main Street El Cajon, CA 92021 (619) 579-7009	<u>Monday-Saturday</u> 9:00am – 7:00pm <u>Sunday</u> 9:00am – 6:00pm
<b>Cory's Closet</b> Rancho San Diego Village	3745 Avocado Blvd La Mesa, CA 91941 (619) 660-1235 <a href="http://corysclosetchildrensresale.com">corysclosetchildrensresale.com</a>	<u>Monday-Thursday</u> 10:00am – 6:00pm <u>Friday &amp; Saturday</u> 10:00am – 5:00pm <u>Sunday</u> 11:00am – 5:00pm
<b>Goodwill Thrift Stores</b>	420 N. 2 <sup>nd</sup> Street El Cajon, CA 92021 (619) 328-6807 9575 Mission Gorge Rd Santee. CA 92071 (619) 258-1937	<u>Monday-Saturday</u> 9:00am – 8:00pm <u>Sunday</u> 9:00am – 6:00pm
<b>Quality Thrift Store</b>	841 E. Main Street El Cajon, CA 92020 (619) 588-9191	<u>Monday-Saturday</u> 11:00am – 5:30pm
<b>Mc Alister Institute Thrift</b>	993 E. Main Street El Cajon, CA 92021 (619) 442-0212	<u>Monday-Friday</u> 9:00am – 9:00pm <u>Saturday &amp; Sunday</u> 10:00am – 7:00pm
<b>Father Joe's Village</b>	2325 Fletcher Pkwy El Cajon, CA 92021 (619) 465-5840	<u>Monday-Saturday</u> 9:00am – 9:00pm <u>Sunday</u> 10:00am – 7:00pm

## Pawnshops

Site Name	Contact Information	Service Hours/Information
<b>El Cajon Jewelry &amp; Loan</b>	935 E. Main Street El Cajon, CA 92021 (619) 440-8252 <a href="http://elcajonjewelryandloan.com">elcajonjewelryandloan.com</a>	<u>Monday-Friday</u> 9:30am – 6:00pm <u>Saturday</u> 9:30am – 5:00pm
<b>East County Pawn Shop</b>	941 Broadway El Cajon, CA 92021 (619) 588-4207 <a href="http://eastcountypawnshop.com">eastcountypawnshop.com</a>	<u>Monday-Friday</u> 9:00am – 6:00pm <u>Saturday</u> <u>Sunday</u> 9am – 5pm                      11:30am- 4:30pm
<b>AAA Discount Auto Pawn</b>	1440 E. Main Street El Cajon, CA 92021 (619) 590-2400	<u>Monday-Friday</u> 9:30am – 5:00pm <u>Saturday</u> 9:30am – 3:00pm
<b>Golden Pawnshop</b>	1246 E. Main Street #111 El Cajon, CA 92021 (619) 593-7739	<u>Monday-Friday</u> 9:00am – 5:00pm
<b>Spanky's</b>	555 El Cajon Blvd El Cajon, CA 92020 (619) 444-4448	<u>Monday-Friday</u> 10:00am – 6:00pm <u>Saturday</u> 10:00am – 3:00pm
<b>Top Dollar</b>	1150 N. 2 <sup>nd</sup> Street El Cajon, CA 9021 (619) 440-6411	<u>Monday-Friday</u> 9:30am – 5:30pm <u>Saturday</u> 9:30am – 1:00pm
<b>Auto Pawn Company</b>	715 E. Main Street El Cajon, CA 92020 (619) 590-1500	<u>Monday-Saturday</u> 10:00am – 7:00pm *Loan agency

## Recycling Centers

Site Name	Contact Information	Service Hours
<b>American Recycling</b>	210 El Cajon Blvd El Cajon, CA 92020 (619) 593-0089 <a href="http://www.recycleforcash.net">www.recycleforcash.net</a>	<u>Monday- Sunday</u> 8:00am – 5:30pm
<b>California Metals &amp; Electronics El Cajon-Miller Metals</b>	636 Front St. El Cajon, CA 92020 (619) 444-3111 (619) 444-2136 <a href="http://www.recycle4life.com">www.recycle4life.com</a>	<u>Monday- Friday</u> 8:00am – 5:00pm

<b>All Ways Recycling</b>	1425 N. Magnolia Ave El Cajon, CA 92020 (619) 390-6637 <a href="http://Alwaysrecycling.com">Alwaysrecycling.com</a>	<u>Monday- Friday</u> 8:00am – 5:00pm <u>Saturday</u> 8:00am – 1:00pm
<b>Greenfield Recycling Center</b>	1235 Greenfield Drive El Cajon, CA 92021 (619) 441-0399	<u>Monday- Saturday</u> 8:00am – 5:00pm

**Laundromats**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Maytag Coin Laundry</b>	1154 E. Main St. El Cajon, CA 92021 (858) 525-1684 (619) 444-4975 Fax	<u>Monday- Sunday</u> 7:00am – 9:00pm
<b>Super Laundry</b> Town & Country Shopping Center	2890 Fletcher Pkwy El Cajon, Ca 92021 (619) 465-6943	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>Valley Coin Laundry</b>	880 N. Mollison Ave El Cajon, CA 92021 (619) 588-4640	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>El Cajon Launderland</b>	112 W. Washington Ave El Cajon, Ca 92021 (619) 334-0098	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>TLC Cleaners &amp; Coin Laundry</b>	412 W. Chase Ave El Cajon, Ca 92020 (619) 441-4959 tlccleanerselcajon.com	<u>Monday- Sunday</u> 7:00am – 9:30pm
<b>El Cajon Eco Laundry</b>	1043 E. Main St. El Cajon, CA 92020 (619) 328-6665	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>University Cleaners</b>	450 Fletcher Pkwy #115 El Cajon, Ca 92020 (619) 447-1964	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>El Cajon Valley Highlander</b>	8061 Winter Gardens Blvd El Cajon, CA 92021 (619) 561-4745	<u>Monday- Sunday</u> 7:00am – 10:00pm
<b>One Stop Laundry</b>	1104 E. Washington Ave El Cajon, CA 92019 (619) 590-0370	<u>Monday- Sunday</u> 6:00am – 10:00pm



**Pet Shelter**

Site Name	Contact Information	Service Hours/Information
<p><b>El Cajon Animal Shelter</b>                      (Program to shelter pets for individuals experiencing homelessness for a limited time.)</p>	<p>1373 N Marshall Ave.                      El Cajon, CA 92020                      (619) 441-1580</p>	<p><u>Tuesday- Saturday</u>                      10:00am – 5:30pm</p>