

**North Central Region Resources:**

This list is organized by the location where the service or resource can be accessed. Each listing contains the type of service or resource, the time, place and location where they can be utilized and the contact information for the organization providing them. The list is organized by the community in which the resource is offered. The communities are organized in alphabetical order. The order in which the resources are listed within the community does not denote the value or accessibility of the resource.

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## Allied Gardens

| <b>Organization Name and Address</b>  | <b>What's available?</b>                             | <b>What days and times?</b>   | <b>Where can I find more info?</b>  |
|---|--|---|---|
| <p><i>Metro United Methodist</i></p> <p>6154 Mission Gorge Rd # 104<br/>San Diego, CA 92120</p> | <p>Sack Lunch</p> <p>One per person per day</p>      | <p>Available on Mondays from 9:00am-5:00pm in the Church office</p>   | <p>Church Phone Number:<br/>619-285-5556</p> <p>Church Website:<br/><a href="https://metrocommunityministries.org/">https://metrocommunityministries.org/</a></p>   |
| <p><i>Edwin A. Benjamin Library</i></p> <p>5188 Zion Ave.<br/>San Diego, CA 92120</p>           | <p>Library services including internet and email</p> | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library Phone Number:<br/>619-533-3970</p> <p>Library Website:<br/><a href="https://www.sandiego.gov/public-library/locations/allied-gardens-benjamin-library">https://www.sandiego.gov/public-library/locations/allied-gardens-benjamin-library</a></p> |

## Carmel Valley

| <b>Organization Name and Address</b>  | <b>What's available?</b>                             | <b>What days and times?</b>   | <b>Where can I find more info?</b>   |
|---|--|---|--|
| <p><i>Carmel Valley Library</i></p> <p>3919 Townsgate Dr.<br/>San Diego, CA 92130</p> | <p>Library services including internet and email</p> | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:<br/>858-552-1668</p> <p><a href="https://www.sandiego.gov/public-library/locations/carmel-valley-library">https://www.sandiego.gov/public-library/locations/carmel-valley-library</a></p> |

## Clairemont

| <b>Organization Name and Address</b>  | <b>What's available?</b>  | <b>What days and times?</b>  | <b>Where can I find more info?</b>  |
|---|---|--|---|
| <p><i>Community Christian Church</i></p> <p>4167 Rappahannock Ave<br/>San Diego, CA 92117</p>         | <p>Food Pantry: One per month maximum, may request up to six times per year.</p> <p>Meals: Breakfast, lunch and dinner. Maximum of one meal per week</p> <p>Other aid including emergency food and clothing and transportation assistance in the form of bus tokens for medical appointments or employment search. Financial aid to help people obtain their birth certificate, get a California Identification card, and occasionally prescription medicines or other emergency needs, as evaluated by the agency. They provide layettes to low-income new mothers. Information and resource counseling are available along with limited case management and referrals to shelter and other agencies or sources of help.</p> | <p>Monday- Friday<br/>9:30am-4:00pm</p>  | <p>Church phone number:<br/>858-274-2271</p> <p>Resource website:<br/><a href="http://www.ccsasandiego.org/">http://www.ccsasandiego.org/</a></p>                             |
| <p><i>Boys and Girls Club Clairemont</i></p> <p>4635 Clairemont Mesa Blvd<br/>San Diego, CA 92117</p> | <p>Senior Food Pantry</p>   | <p>The second Friday of every month, distribution times are 9:00am-11:00am</p> | <p>Boys and Girls Club Clairemont phone number and website:<br/><br/>858-866-0591<br/><a href="https://www.sdyouth.org/clairemont">https://www.sdyouth.org/clairemont</a></p> |
| <p><i>YMCA OZ Center</i></p> <p>3304 Idlewild Way<br/>San Diego, CA 92117</p>                         | <p>Short-term residential care for teens 12-17 in crisis.</p>   | <p>Monday-Friday 9:00am-5:00pm.</p>  | <p>YMCA Oz Center<br/>Phone Number and website:</p>   |

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|--|---|---|--|
|  | <p>Includes shelter availability and counseling.</p> <p>Cost is assessed on a sliding scale that is determined during intake.</p> | <p>For additional shelter information and hours please contact the YMCA OZ Center office.</p>   | <p>858-270-8213</p> <p><a href="https://www.ymca.org/community-support/ymca-youth-and-family-services">https://www.ymca.org/community-support/ymca-youth-and-family-services</a></p>   |
| <p><i>SAY SD FSS Program</i></p> <p>4340 Genesee Ave.<br/>Ste. 207<br/>San Diego, CA 92117</p> | <p>Job training for those receiving Section 8 housing vouchers</p>  | <p>For additional information please visit the website or contact the phone number provided.</p>  | <p>SAY SD Phone Number and Website:</p> <p>858-974-3603</p> <p><a href="https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance/current-participants/fss.html">https://www.sandiegocounty.gov/content/sdc/sdhcd/rental-assistance/current-participants/fss.html</a></p> |
| <p><i>North Clairemont Library</i></p> <p>4616 Clairemont Dr.<br/>San Diego, CA 92117</p>      | <p>Library services including internet and email</p>  | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:</p> <p>858-581-9931</p> <p><a href="https://www.sandiego.gov/public-library/locations/north-clairemont-library">https://www.sandiego.gov/public-library/locations/north-clairemont-library</a></p>  |
| <p><i>Balboa Library</i></p> <p>4255 Mt. Abernathy Ave<br/>San Diego, CA 92117</p>             | <p>Library services including internet and email</p>  | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:</p> <p>858-573-1390</p> <p><a href="https://www.sandiego.gov/public-library/locations/balboa-library">https://www.sandiego.gov/public-library/locations/balboa-library</a></p>  |

## La Jolla

| <b>Organization Name and Address</b>   | <b>What's available?</b>                             | <b>What days and times?</b>   | <b>Where can I find more info?</b>  |
|--|--|---|---|
| <p><i>St. James by-the-Sea Episcopal Church</i></p> <p>743 Prospect Street<br/>San Diego, CA 92037</p> | <p>Sack Lunch with water and coffee</p>              | <p>Sack lunches served after Sunday church service</p>  | <p>Church phone number and website:</p> <p>858-459-3421<br/><a href="http://www.sjbts.org">http://www.sjbts.org</a></p>   |
| <p><i>La Jolla Riford Library</i></p> <p>7555 Draper Ave.<br/>San Diego, CA 92037</p>                  | <p>Library services including internet and email</p> | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:</p> <p>858-552-1657</p> <p><a href="https://www.sandiego.gov/public-library/locations/la-jolla-riford-library">https://www.sandiego.gov/public-library/locations/la-jolla-riford-library</a></p> |
| <p><i>Astor Judaica Library</i></p> <p>4126 Executive Dr<br/>San Diego, CA 92037</p>                   | <p>Library services including internet and email</p> | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>858-457-3030</p> <p><a href="https://www.lfjcc.org/jewishlearning/library.aspx">https://www.lfjcc.org/jewishlearning/library.aspx</a></p>  |

## Kearny Mesa & Sera Mesa

| <b>Organization Name and Address</b>  | <b>What's available?</b>   | <b>What days and times?</b>   | <b>Where can I find more info?</b>  |
|---|--|---|---|
| <p><i>Linda Vista United Methodist Church</i></p> <p>6869 Tait St<br/>San Diego, CA 92111</p> | <p>Senior Food Pantry:</p> <p>To qualify, you must be 60 or older</p>  | <p>4<sup>th</sup> Wednesday of every month, 1:30pm-3:30pm.</p>  | <p>Church phone number and website:</p> <p>858-277-1518<br/><a href="https://lindavistaumc.org/">https://lindavistaumc.org/</a></p>   |
| <p><i>Bayside Community Center</i></p> <p>2202 Comstock Street,<br/>San Diego, CA 92111</p>   | <p>Senior Meals:</p> <p>For persons 60 or older.</p>   | <p>Lunch served daily from 11:30am-12:30pm</p>  | <p>Community Center phone number and website:</p> <p>858-278-0771<br/><a href="https://www.baysidecc.org/">https://www.baysidecc.org/</a></p>   |
| <p><i>Kairos Christian Church</i></p> <p>7875 Convoy Ct #3<br/>San Diego, CA 9211</p>         | <p>Evening Meal</p>  | <p>Last two Fridays of every month. Meal service begins at 5:30pm.</p>  | <p>Church phone number and website:</p> <p>858-836-1022<br/><a href="https://kairoschurch.org/">https://kairoschurch.org/</a></p>   |
| <p><i>San Diego Family Care Campus</i></p> <p>6973 Linda Vista Rd<br/>San Diego, CA 92111</p> | <p>Low/No-cost healthcare.</p> <p>Medi-Cal is accepted</p> <p>General medical care including behavioral and substance use disorder care.</p> | <p>Monday-Friday</p> <p>8:30am-5:00pm</p>   | <p>Resource phone number and website:</p> <p>858-279-0925<br/><a href="https://sdfamilycare.org/">https://sdfamilycare.org/</a></p>   |
| <p><i>Linda Vista Library</i></p> <p>2160 Ulric St.<br/>San Diego, CA 92111</p>               | <p>Library services including internet and email</p>   | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:</p> <p>858-573-1399<br/><a href="http://www.sandiego.gov/public-library/locations/linda-vista-library">www.sandiego.gov/public-library/locations/linda-vista-library</a></p> |

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| <p><i>Mission Village Christian</i></p> <p>2650 Melbourne Dr.<br/>San Diego, CA 92123</p>                              | <p>Food Pantry</p> <p>Only available to those persons living in the 92123 area.</p>  | <p>Every Wednesday 10:00am-2:00pm</p>  | <p>Resource phone number and website:</p> <p>619-770-8517<br/><a href="http://www.missionvillage.church/">http://www.missionvillage.church/</a></p>  |
| <p><i>Jewish Family Services</i></p> <p>8804 Balboa Ave. San Diego, CA 92123</p>                                       | <p>Food Pantry: Number of items based on amount of need.</p> <p>Bag Lunch: Available in the lobby during regular business hours.</p> | <p>Food Pantry Hours:</p> <p>Monday: 1:00pm-3:00pm</p> <p>Tuesday: 10:00am-Noon, 1:00pm-3:00pm</p> <p>Wednesday: 10:00am-Noon</p> <p>Thursday: 4:00pm-6:00pm</p> <p>Friday: 10:00am-Noon</p> | <p>JFS phone number and website:</p> <p>858-637-3088<br/><a href="https://jfssd.org/">https://jfssd.org/</a></p>   |
| <p><i>Ronald McDonald House Charities</i></p> <p>2929 Children's Way<br/>San Diego, CA 92123</p>                       | <p>Free meals to families with valid hospital issued ID</p>  | <p>If eligible, contact the hospital for meal times</p>  | <p>Resource phone number and website:</p> <p>858-292-7413 ext 2429<br/><a href="https://rmhcsd.org/">https://rmhcsd.org/</a></p>   |
| <p><i>Transitional Living Center for Women, Door of Hope</i></p> <p>2799 Health Center Dr.<br/>San Diego, CA 92123</p> | <p>Women's shelter and transitional housing.</p>   | <p>Office Hours: Monday-Friday 8:30am-5:00pm</p> <p>Call for availability</p>  | <p>Resource phone number and website:</p> <p>858-279-1100<br/><a href="https://doorofhope.salvationarmy.org/">https://doorofhope.salvationarmy.org/</a></p>                                    |
| <p><i>Salvation Army 2799 Health Center Dr.</i></p> <p>Center Dr.<br/>San Diego, CA 92123</p>                          | <p>Shelter</p>   | <p>Office Hours: Monday-Friday 8:30am-5:00pm</p> <p>Call for availability</p>  | <p>Salvation Army phone number and website:</p> <p>858-279-1100<br/><a href="https://sandiego.salvationarmy.org/">https://sandiego.salvationarmy.org/</a></p>                                  |
| <p><i>Serra Mesa- Kearny Mesa Library</i></p> <p>9005 Aero Dr.<br/>San Diego, CA 92123</p>                             | <p>Library services including internet and email</p>   | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p>  | <p>Library phone number and website:</p> <p>858-573-1396<br/><a href="https://www.sandiego.gov/public-library/locations/serra">https://www.sandiego.gov/public-library/locations/serra</a></p> |

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|  |  | Friday 9:30am-6:00pm<br>Saturday: 9:30am-6:00pm<br>Closed Sunday | <a href="http://www.a-mesa-kearny-mesa-library.com">a-mesa-kearny-mesa-library</a> |
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## Midway District and Old Town

| <b>Organization Name and Address</b>   | <b>What's available?</b>  | <b>What days and times?</b>   | <b>Where can I find more info?</b>  |
|--|---|---|---|
| <i>St. David's Episcopal Church</i><br><br>5050 Milton St.<br>San Diego, CA 92110      | Food Pantry<br><br>No residency documentation required  | Food Pantry is open after Sunday Church service, Noon-12:45pm                             | Church phone number and website:<br><br>619-276-4567<br><a href="http://www.saintdavidchurch.com/index.html">http://www.saintdavidchurch.com/index.html</a>                       |
| <i>Metropolitan Community Church</i><br><br>2633 Denver Street<br>San Diego, CA 92110  | Sack Lunches available upon request<br><br>One sack lunch per day maximum   | Sack lunches available from Monday -Thursday<br><br>9:00am-4:00pm                         | Church phone number and website:<br><br>619-521-2222<br><a href="http://themetchurch.org/">http://themetchurch.org/</a>   |
| <i>Veterans Village</i><br><br>4141 Pacific Hwy.<br>San Diego, CA 92110                | Comprehensive services for veterans ranging from housing assistance to meals and medical care. Includes transitional housing for persons at risk of becoming homeless | Please call Veterans Village or visit the website for further information                 | Resource phone number and website:<br><br>619-393-2000<br><a href="https://vvsd.net/">https://vvsd.net/</a>   |
| <i>IMPACT</i><br><br>1260 MORENA BLVD<br>Suite 100 SAN DIEGO, CA 92110                 | Mental Health Crisis services.<br><br>Mental Health case management and care.<br><br>Accepts Medi-Cal   | Monday-Friday<br><br>8:30am-5:00pm  | Resource phone number and website:<br><br>619-398-0355<br><a href="http://www.comreearch.org/serviceDetails.php?id=Mw==">http://www.comreearch.org/serviceDetails.php?id=Mw==</a> |
| <i>Serial Inebriate Program (SIP)</i><br><br>3340 Kemper Street<br>San Diego, CA 92110 | Includes intensive case management, treatment and recovery services, housing support and additional supportive services, Arrested                                     | Please contact SIP for further information regarding eligibility and program requirements | Resource phone number and website:<br><br>619-523-8121  |



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|  | for drunk in public times in the last month. Most courts accept this as treatment for SUD.  |  | <a href="http://www.mhsinc.org/wp-content/uploads/2015/07/SIP-Brochure-Final_web_2012.pdf">http://www.mhsinc.org/wp-content/uploads/2015/07/SIP-Brochure-Final_web_2012.pdf</a>   |
| <i>Goodwill</i><br>3663 ROSECRANS ST<br>San Diego, CA 92110                        | Offers free job search assistance, including one-on-one counseling and guidance.  | Please contact Goodwill for further information              | Resource phone number and website:<br><br>619-225-2200<br><a href="https://sdgoodwill.org/goodwill-search/?shcate=22">https://sdgoodwill.org/goodwill-search/?shcate=22</a>   |
| <i>San Diego Rescue Mission</i><br>3601 Sports Arena Blvd<br>San Diego, CA 92110   | Emergency shelter for women and women with children.<br><br>Children must be younger than 18 and a referral is required prior to admittance | Shelter Hours:<br>Monday-Sunday<br><br>7:00pm-7:00am         | Resource phone number and website:<br><br>619-819-1845<br><a href="https://www.sdrescue.org/our-programs/emergency-shelter-for-women-and-children/">https://www.sdrescue.org/our-programs/emergency-shelter-for-women-and-children/</a> |
| <i>San Diego Youth Services</i><br>3255 Wing St<br>San Diego, CA 92110             | Emergency shelter for kids ages 12-17. Includes mental health support.<br><br>Must be screened prior to admittance.                         | Please contact San Diego Youth Services for more information | Resource phone number and website:<br><br>619-221-8600<br><a href="https://sdyouthservices.org/">https://sdyouthservices.org/</a>   |
| <i>Legal Aid Society of San Diego</i><br>1764 San Diego Ave<br>San Diego, CA 92110 | Free legal assistance.<br><br>Call for availability and eligibility.  | Monday-Friday<br><br>9:00am-5:00pm                           | Resource phone number and website:<br><br>877-534-2524<br><a href="https://www.lassd.org/">https://www.lassd.org/</a>   |
| <i>USD Legal Clinics</i><br>5998 Alcalá Park<br>San Diego, CA 92110                | Free legal assistance.<br><br>Call for availability and eligibility.  | Monday-Friday<br><br>9:00am-5:00pm                           | Resource phone number and website:<br><br>619-260-7470<br><a href="https://www.sandiego.edu/law/free-legal-assistance/">https://www.sandiego.edu/law/free-legal-assistance/</a>   |

## Mira Mesa

| <b>Organization Name and Address</b>  | <b>What's available?</b>  | <b>What days and times?</b>   | <b>Where can I find more info?</b>   |
|---|---|---|--|
| <p><i>Mira Mesa Senior Center</i></p> <p>8460 Mira Mesa Blvd.<br/>San Diego, CA 92126</p>   | <p>Senior Lunch</p> <p>Senior Food Pantry</p>                       | <p>The food pantry is open on the third Wednesday of every month from 9:00am-Noon</p> <p>Lunch is available daily</p>   | <p>Senior Center phone number and website:</p> <p>858-860-5355<br/><a href="https://miramesacenter.org/">https://miramesacenter.org/</a></p>   |
| <p><i>Douglas Young Clinic</i></p> <p>10717 Community Ruiz #207<br/>San Diego, CA 92126</p> | <p>Behavioral Health including Substance Use Disorder treatment</p> | <p>Clinic is open Monday-Wednesday-Friday, 9:00am-5:00pm</p> <p>Thursday Noon-8:00pm</p>  | <p>Resource phone number and website:</p> <p>858-695-2211<br/><a href="http://www.comreearch.org/serviceDetails.php?id=NQ==">http://www.comreearch.org/serviceDetails.php?id=NQ==</a></p>                              |
| <p><i>Mira Mesa Library</i></p> <p>8405 New Salem St.<br/>San Diego, CA 92126</p>           | <p>Library services including internet and email</p>                | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:</p> <p>858-538-8165<br/><a href="https://www.sandiego.gov/public-library/locations/mirameesa-library">https://www.sandiego.gov/public-library/locations/mirameesa-library</a></p> |

## Mission Valley

| <b>Organization Name and Address</b>                        | <b>What's available?</b>                                     | <b>What days and times?</b>              | <b>Where can I find more info?</b>  |
|---|--|--|---|
| <p><i>Veterans' Village Of San Diego – Cohen Clinic</i></p> | <p>Mental healthcare for veterans who served after 9/11.</p> | <p>Monday-Friday<br/>10:00am-2:00pm.</p> | <p>Resource phone number and website:</p> <p>619-393-2031<br/><a href="https://vvsd.net/">https://vvsd.net/</a></p> |

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| 8885 Rio San Diego Drive<br>San Diego, CA 92108   | Services are not dependent on discharge status  |  |  |
| <i>Interfaith Shelter Network</i><br><br>3530 Camino del Rio North<br>San Diego, CA 92108 | Homeless shelter network.<br><br>Contact for eligibility requirements and shelter locations<br><br>Persons looking for a shelter must be screened before being admitted | Location of open shelters varies depending on the date   | Shelter network phone number and website:<br><br>619-702-5399<br><a href="http://interfaithshelter.org/">http://interfaithshelter.org/</a>   |
| <i>Mission Valley Branch Library</i><br><br>2123 Fenton Pkwy.<br>San Diego, CA 92108      | Library services including internet and email   | Monday: 9:30am-6:00pm<br>Tuesday: 11:30am-6:00pm<br>Wednesday 11:30am-6:00pm<br>Thursday 9:30am-6:00pm<br>Friday 9:30am-6:00pm<br>Saturday: 9:30am-6:00pm<br>Closed Sunday | Library phone number and website:<br><br>858-573-5007<br><br><a href="https://www.sandiego.gov/public-library/locations/mission-valley-library">https://www.sandiego.gov/public-library/locations/mission-valley-library</a> |

## Ocean Beach

| <b>Organization Name and Address</b>   | <b>What's available?</b>   | <b>What days and times?</b>         | <b>Where can I find more info?</b>   |
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| <i>OB One Church Healthcare Clinic</i><br><br>4790 Santa Monica Ave<br>San Diego, CA 92107 | Free Healthcare during clinic hours<br><br>Services Offered: <ul style="list-style-type: none"> <li>• Health screenings and testing</li> <li>• Chronic disease management</li> <li>• Prescription assistance</li> <li>• Laboratory services</li> </ul> | Every Wednesday:<br><br>Noon-4:00pm | Church phone number:<br>619-208-1898<br><br>Clinic Website:<br><a href="https://www.csusm.edu/nursing/studenthealthproject/index.html">https://www.csusm.edu/nursing/studenthealthproject/index.html</a> |

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|  | <ul style="list-style-type: none"> <li>Wellness education and disease prevention</li> <li>Help accessing healthcare resources</li> <li>Social services and case management</li> </ul>  |   |   |
| <p><i>Episcopal Church Center Healthcare Clinic</i></p> <p>2083 Sunset Cliffs Blvd<br/>San Diego, CA 92107</p> | <p>Free Healthcare during clinic hours</p> <p>Services Offered:</p> <ul style="list-style-type: none"> <li>Health screenings and testing</li> <li>Chronic disease management</li> <li>Prescription assistance</li> <li>Laboratory services</li> <li>Wellness education and disease prevention</li> <li>Help accessing healthcare resources</li> <li>Social services and case management</li> </ul> | <p>Every Wednesday: 5:30pm-7:00pm</p>   | <p>Church Phone Number:<br/>619-208-1898</p> <p>Clinic website:<br/><a href="https://www.csusm.edu/nursing/studenthealthproject/index.html">https://www.csusm.edu/nursing/studenthealthproject/index.html</a></p>       |
| <p><i>Ocean Beach Library</i></p> <p>4801 Santa Monica Ave.<br/>San Diego, CA 92107</p>                        | <p>Library services including internet and email</p>   | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:<br/>619-531-1532<br/><a href="https://www.sandiego.gov/public-library/locations/ocean-beach-library">https://www.sandiego.gov/public-library/locations/ocean-beach-library</a></p> |
| <p><i>James Edgar &amp; Jean Jessop Hervey Library</i></p> <p>3701 Voltaire St.<br/>San Diego, CA 92107</p>    | <p>Library services including internet and email</p>   | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p>   | <p>Library phone number and website:<br/>619-531-1539<br/><a href="https://www.sandiego.gov/public-">https://www.sandiego.gov/public-</a></p>   |

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|  |  | Thursday 9:30am-6:00pm<br>Friday 9:30am-6:00pm<br>Saturday: 9:30am-6:00pm<br>Closed Sunday | <a href="#">library/locations/point-loma-hervey-library</a> |
|--|--|--|---|

## Pacific Beach

| <b>Organization Name and Address</b>  | <b>What's available?</b>  | <b>What days and times?</b>  | <b>Where can I find more info?</b>  |
|---|---|--|---|
| <i>PB United Methodist Church</i><br><br>1561 Thomas Ave.<br>San Diego, CA 92109            | Evening meal<br><br>No documentation necessary<br><br>Free medical and dental clinic<br><br>Monthly meal for teens in emergency shelter.                    | Dinner is served every Wednesday at 5:30pm<br><br>Sign up for the clinic prior to the meal.  | Church phone number and website:<br><br>360-276-0600<br><a href="https://www.pbumc.org/">https://www.pbumc.org/</a>               |
| <i>Christ Lutheran Church</i><br><br>4761 Cass St<br>San Diego, CA 92109                    | Lunch and showers available to anyone.<br><br>Hot showers are available prior to the meal. Soap and shampoo are included.<br><br>Max 20 people in total.    | First Friday of every month. Showers are at 9:00am. Lunch is served at 11:30.<br><br>It is recommended to call in advance to check availability. | Church phone number and website:<br><br>858-483-2300<br><a href="https://www.christpb.org/">https://www.christpb.org/</a>         |
| <i>Beach Area Family Health Center</i><br><br>3705 Mission Boulevard<br>San Diego, CA 92109 | Pediatric services, adult services, women's services, mental health services, prenatal services, patient care support services, STD screening and treatment | Monday-Friday 9:00am-5:00pm  | Resource phone number and website:<br><br>619-515-2444<br><a href="https://www.fhcsd.org/">https://www.fhcsd.org/</a>             |
| <i>Family Care Center</i><br><br>3705 MISSION BLVD<br>San Diego, CA 92109                   | Comprehensive medical clinic<br><br>Accepts Medi-Cal  | Monday-Friday 8:30am-5:00pm  | Resource phone number and website:<br><br>619-515-2551<br><a href="https://www.fhcsd.org/beach/">https://www.fhcsd.org/beach/</a> |
| <i>Earl &amp; Birdie Taylor Library</i>   | Library services including internet and email   | Monday: 9:30am-6:00pm  | Library phone number and website:   |

|   |  |   |   |
|---|--|---|---|
| <p>4275 Cass St.<br/>San Diego, CA 92109</p>  |  | <p>Tuesday: 11:30am-6:00pm<br/>Wednesday 11:30am-6:00pm<br/>Thursday 9:30am-6:00pm<br/>Friday 9:30am-6:00pm<br/>Saturday: 9:30am-6:00pm<br/>Closed Sunday</p> | <p>858-581-9934<br/><a href="https://www.sandiego.gov/public-library/locations/pacific-beach-taylor-library">https://www.sandiego.gov/public-library/locations/pacific-beach-taylor-library</a></p> |
| <p><i>CCSA Pacific Beach Service Center</i><br/><br/>1675 Garnet Ave.<br/>San Diego, CA 92109</p> | <p>Provide emergency and transitional support on a walk-in basis to people in need of assistance. Services include emergency food and clothing and transportation assistance in the form of bus tokens for medical appointments or employment search. Provide financial aid to help people obtain their birth certificate, get a California Identification card, and occasionally prescription medicines or other emergency needs, as evaluated by the agency. They provide layettes to low-income new mothers. Information and resource counseling are available along with limited case management and referrals to shelter and other agencies or sources of help.</p> | <p>Call for availability and times</p>  | <p>Resource phone number and website:<br/><br/>858-272-0163<br/><a href="http://www.ccsasandiego.org/services/emergency-services">http://www.ccsasandiego.org/services/emergency-services</a></p>   |

## Point Loma

| Organization Name and Address:  | What's available?   | What days and times?   | Where can I find more info?  |
|---|---|--|--|
| <p><i>OB Emergency Food Inc.</i></p> <p>2083 Sunset Cliffs Blvd San Diego, CA 92106</p> | <p>Food Pantry</p> <p>Availability limited to those living in the following zip codes: 92107, 92106, 92110.</p> <p>Maximum times the food pantry can be accessed by an individual is 12 per year.</p> | <p>Monday 9:30am-11:30pm</p> <p>Wednesday 9:30am-11:30am</p> <p>Friday: 9:30am-11:30pm</p> | <p>Resource phone number and website:</p> <p>619-222-0628</p> <p><a href="https://www.sdloavesfishes.org/ob-emergency-food-inc/">https://www.sdloavesfishes.org/ob-emergency-food-inc/</a></p> |

## San Carlos

| Organization Name and Address  | What's available?                                    | What days and times?  | Where can I find more info?   |
|--|--|---|---|
| <p><i>San Carlos Library</i></p> <p>7265 Jackson Dr.<br/>San Diego, CA 92119</p> | <p>Library services including internet and email</p> | <p>Monday: 9:30am-6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:</p> <p>619-527-3430</p> <p><a href="https://www.sandiego.gov/public-library/locations/san-carlos-library">https://www.sandiego.gov/public-library/locations/san-carlos-library</a></p> |

## Sorrento Valley

| <b>Organization Name and Address</b>  | <b>What's available?</b>   | <b>What days and times?</b>  | <b>Where can I find more info?</b>  |
|---|--|--|---|
| <p><i>Mt Moriah Christian Church</i></p> <p>7055 Carroll Rd<br/>San Diego, CA 92121</p>         | <p>Food Pantry</p>   | <p>Food is distributed at the Church every Saturday from 9:00am-11:00am.</p>   | <p>Church phone number and website:</p> <p>858-695-9692<br/><a href="http://mtmoriahcc.org/">http://mtmoriahcc.org/</a></p>                                 |
| <p><i>San Diego Food Bank</i></p> <p>9850 Distribution Ave<br/>San Diego, CA 92121</p>          | <p>Food Pantry</p> <p>No documentation necessary</p> <p>Place and time of food distribution varies. Please contact San Diego Food Bank for the most accurate information</p> | <p>Please call or contact San Diego Food Bank for further information on distribution sites and dates.</p>   | <p>Resource phone number and website:</p> <p>858-527-1419<br/><a href="https://sandiegofoodbank.org/">https://sandiegofoodbank.org/</a></p>                 |
| <p><i>San Diego Mesa College</i></p> <p>7250 Mesa College<br/>San Diego, CA 92121</p>           | <p>Food Pantry</p>   | <p>Food is distributed on the third Thursday of every month.</p>   | <p>College phone number and website:</p> <p>619-388-2600<br/><a href="http://www.sdmesa.edu">www.sdmesa.edu</a></p>   |
| <p><i>Good Samaritan Episcopal Church</i></p> <p>4321 Eastgate Mall<br/>San Diego, CA 92121</p> | <p>Lunch and showers available to anyone.</p> <p>Hot showers are available prior to the meal. Soap and shampoo are included.</p> <p>Max 20 people in total.</p>              | <p>Third Saturday of every month.</p> <p>Showers are at 9:00am. Lunch is served at 11:30.</p> <p>It is recommended to call in advance to check availability.</p> | <p>Church phone number and organizing partners website:</p> <p>858-458-1501<br/><a href="http://www.ccsasandiego.org/">http://www.ccsasandiego.org/</a></p> |



# Tierrasanta

| <b>Organization Name and Address</b>  | <b>What's available?</b>   | <b>What days and times?</b>   | <b>Where can I find more info?</b>   |
|---|--|---|--|
| <p><i>Armed Services YMCA</i></p> <p>3239 Santo Rd.<br/>San Diego, CA 92124</p>                             | <p>Services include transpiration, emergency food vouchers, warrior care imitative and counseling for veterans</p> | <p>Please call or contact the Armed Services YMCA for more information</p>  | <p>Resource phone number and website:</p> <p>858-751-5755<br/><a href="https://www.asymca.org/san-diego-home">https://www.asymca.org/san-diego-home</a></p>  |
| <p><i>Operation Homefront Village</i></p> <p>6530 Reflection Dr.<br/>Suite 2164<br/>San Diego, CA 92124</p> | <p>Rent free transitional housing program for veterans</p>   | <p>Please call or contact Operation Homefront Village for more information</p>  | <p>Resource phone number and website:</p> <p>619-738-8014<br/><a href="https://www.operationhomefront.org/custompagelid=2428">https://www.operationhomefront.org/custompagelid=2428</a></p>  |
| <p><i>Tierrasanta Library</i></p> <p>4985 La Cuenta Dr.<br/>San Diego CA 92124</p>                          | <p>Library services including internet and email</p>   | <p>Monday: 9:30am-6:00pm<br/>Tuesday: 11:30am-6:00pm<br/>Wednesday 11:30am-6:00pm<br/>Thursday 9:30am-6:00pm<br/>Friday 9:30am-6:00pm<br/>Saturday: 9:30am-6:00pm<br/>Closed Sunday</p> | <p>Resource phone number and website:</p> <p>858-573-1384<br/><a href="https://www.sandiego.gov/public-library/locations/tierrasanta-library">https://www.sandiego.gov/public-library/locations/tierrasanta-library</a></p>                      |
| <p><i>JFS Murphy Canyon Chapel</i></p> <p>3200 Santo Rd<br/>San Diego, CA 92124</p>                         | <p>Food Pantry<br/>Active duty military only</p>   | <p>Second Thursday of every month</p>   | <p>JFS Food pantry phone number and website:</p> <p>858-268-2213<br/><a href="https://jfssd.org/our-services/food-meals/hand-up-food-pantry-corner-market/">https://jfssd.org/our-services/food-meals/hand-up-food-pantry-corner-market/</a></p> |

## University City

| <b>Organization Name and Address</b>   | <b>What's available?</b>                             | <b>What days and times?</b>  | <b>Where can I find more info?</b>  |
|--|--|--|---|
| <p><i>North University Community Branch Library</i></p> <p>8820 Judicial Dr.<br/>San Diego, CA 92122</p> | <p>Library services including internet and email</p> | <p>Monday: 9:30am- 6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:</p> <p>858-581-9637</p> <p><a href="https://www.sandiego.gov/public-library/locations/north-university-community-library">https://www.sandiego.gov/public-library/locations/north-university-community-library</a></p> |
| <p><i>University Community Library</i></p> <p>4155 Governor Dr.<br/>San Diego, CA 92122</p>              | <p>Library services including internet and email</p> | <p>Monday: 9:30am- 6:00pm</p> <p>Tuesday: 11:30am-6:00pm</p> <p>Wednesday 11:30am-6:00pm</p> <p>Thursday 9:30am-6:00pm</p> <p>Friday 9:30am-6:00pm</p> <p>Saturday: 9:30am-6:00pm</p> <p>Closed Sunday</p> | <p>Library phone number and website:</p> <p>858-552-1655</p> <p><a href="https://www.sandiego.gov/public-library/locations/university-community-library">https://www.sandiego.gov/public-library/locations/university-community-library</a></p>             |