

## Alpine / Mountain Empire 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 **(858) 565-5200 Sheriff's**
- For quick resource information on cell phones, text **"connectEC" to 77453**
- For access to additional resources 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).

### TABLE OF CONTENTS

Hotlines.....	2
East County Public Assistance.....	3
Healthcare Services.....	4
Mental Health Services/Substance Abuse.....	4
Shelters/Housing/Case Management.....	5
Legal Services.....	5
Reunification Programs.....	6
Veterans.....	6
Youth/Teen Services and Shelters.....	7
Colleges/Adult Schools.....	9
Libraries.....	9
Churches/Faith-Based Organizations.....	11
Gyms.....	12
Thrift Stores.....	12
Laundromats.....	12

**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>HHSA 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)	SDSU- 301 N. Magnolia Ave #101 El Cajon, CA 92020 (888) 999-6897 <a href="http://www.sdsuwic.com">www.sdsuwic.com</a> American Red Cross WIC 564 N. 2 <sup>nd</sup> St. El Cajon, CA 92021	<u>Monday-Friday</u> 8:00am – 5:00pm 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>San Diego County Sheriff Alpine Substation</b> (Report non-emergency disturbances, loitering & complaints)	2751 Alpine Blvd. Alpine, CA 90910 (858) 565-5200 Dispatch (619) 659-2600 Business Non-emergency <u>9-1-1 Emergency</u>	Call for hours.
<b>San Diego County Sheriff Boulevard Substation</b> (Report non-emergency disturbances, loitering & complaints)	39919 CA Hwy 94 Boulevard, CA 91905 (858) 565-5200 Dispatch (619) 766-4585 Business Non-emergency <u>9-1-1 Emergency</u>	Call for hours.
<b>San Diego County Sheriff Pine Valley Substation</b> (Report non-emergency disturbances, loitering & complaints)	28696 Old Hwy 80 Pine Valley, CA 91962 (858) 565-5200 Dispatch (619) 938-8400 Business Non-emergency <u>9-1-1 Emergency</u>	Call for hours.

## Healthcare Services

Site Name	Contact Information	Service Hours/Information
<b>Alpine Family Medicine Mountain Health</b> (Comprehensive medical and behavioral services)	1620 Alpine Blvd. Alpine, CA 91901 (619) 445-6200 <a href="http://www.mtnhealth.org">www.mtnhealth.org</a>	<u>Monday-Friday</u> 8:00am—5:00pm Every other <u>Saturday</u> 8:00am—5:00pm
<b>Mountain Health Family Medicine</b> (Comprehensive medical and counseling)	1388 Buckman Springs Rd. Campo, CA 91906 (619) 445-6200 <a href="http://www.mtnhealth.org">www.mtnhealth.org</a>	<u>Monday-Friday</u> 8:00am—5:00pm
<b>Southern Indian Health Council</b> (Comprehensive medical and dental services)	4058 Willows Rd. Alpine, CA 91901 (619) 445-1188 x 400 <a href="http://www.sihc.org">www.sihc.org</a>	<u>Monday-Friday</u> 8:00am—4:30pm
<b>Southern Indian Health Council</b> (Comprehensive medical and dental services)	36350 BIA Rd. 10 Campo, CA 92906 (619) 445-1188 x 700 <a href="http://www.sihc.org">www.sihc.org</a>	<u>Monday--Friday</u> 8:00am—4:30pm
<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

**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>Freedom Ranch</b> 120-day addiction treatment center for men.	1777 Buckman Springs Rd. Campo, CA 91906 (619) 478-5696 <a href="http://www.sdfreedomranch.org">www.sdfreedomranch.org</a>	Call for availability.
<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

**Shelters/Housing/Case Management**

Site Name	Contact Information	Service Hours/Information
<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>	<a href="http://www.homelessshelterdirectory.org/">http://www.homelessshelterdirectory.org/</a>	View nearby shelters online
<b>East Co. Transitional Living Center</b> (Emergency shelter, transitional living & homeless services)	1527 E. Main St. El Cajon, CA 92020 (619) 442-0457 <a href="http://www.ectlc.org">www.ectlc.org</a>	Call for appointment
<b>Interfaith Shelters</b> (Seasonal shelters in local churches)	Referrals only through Crisis House-(619) 444-1194 or Volunteers in Medicine (619) 440-4591	Seasonal during winter months

**Legal Services**

Site Name	Contact Information	Service Hours/Information
<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	<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
<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

<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</p> <p><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>
--	---	---

**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/el_cajon_corps/">elcajon.salvationarmy.org/el_cajon_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>

**Veterans**

Site Name	Contact Information	Service Hours/Information
<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/Information
<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><u>Monday-Friday</u> 9:00am—6:00pm</p> <p>Open 7 days a week</p>
<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</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><u>Tuesday-Saturday</u> 12:00pm—8:00pm</p> <p>7 days a week</p>

<p>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>(866) 752-2327 Youth Hotline</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><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</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><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>



## Colleges/Adult School Locations

Site Name	Contact Information	Service Hours/Information
<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

Site Name	Contact Information	Service Hours/Information
<b>San Diego County Library Alpine Branch</b>	1752 Alpine Blvd. Alpine, CA 91901 (619) 445-4221 <a href="http://www.sdcl.org">www.sdcl.org</a>	<u>Monday, Wednesday</u> 9:30am – 6:00pm <u>Tuesday, Thursday</u> 9:30am—8:00pm <u>Friday-Saturday</u> 9:30am – 5:00pm <u>Sunday</u> Closed
<b>San Diego County Library Campo / Lake Morena Village Branch</b>	31356 Hwy. 94 Campo, CA 91906 (619) 478-5945 <a href="http://www.sdcl.org">www.sdcl.org</a>	<u>Sunday, Monday</u> Closed <u>Tuesday, Wednesday</u> 9:30am – 6:00pm <u>Thursday</u> 12:00pm—8:00pm <u>Friday</u> 9:00am – 5:00pm

		<u>Saturday</u> 9:00am – 4:00pm
<b>San Diego County Library Descanso Branch</b>	9645 River Dr. Descanso, CA 91916 (619) 445-5279 <a href="http://www.sdcl.org">www.sdcl.org</a>	<u>Sunday, Monday</u> CLOSED <u>Tuesday, Wednesday</u> 9:00am – 6:00pm <u>Thursday</u> 12:00pm – 8:00pm <u>Friday</u> 9:00am – 5:00pm <u>Saturday</u> 9:00am—4:00pm
<b>San Diego County Library Jacumba Branch</b>	44605 Old Hwy. 80 Jacumba, CA 91934 (619) 766-4608 <a href="http://www.sdcl.org">www.sdcl.org</a>	<u>Sunday, Monday</u> CLOSED <u>Tuesday</u> 12:00pm – 8:00pm <u>Wednesday &amp; Thursday</u> 9:00am – 6:00pm <u>Friday</u> 9:00am—5:00pm <u>Saturday</u> 9:00am – 4:00pm
<b>San Diego County Library Pine Valley Branch</b>	28804 Old Hwy. 80 Pine Valley, CA 91962 (619) 473-8022 <a href="http://www.sdcl.org">www.sdcl.org</a>	<u>Sunday, Monday</u> CLOSED <u>Tuesday</u> 12:00pm—8:00pm <u>Wednesday, Thursday</u> 9:00am—6:00pm <u>Friday</u> 9:00am—5:00pm <u>Saturday</u> 9:00am—4:00pm
<b>San Diego County Library Potrero Branch</b>	24883 Potrero Valley Rd. Potrero, CA 91963 (619) 478-5978 <a href="http://www.sdcl.org">www.sdcl.org</a>	<u>Sunday, Monday</u> CLOSED <u>Tuesday</u> 9:00am—6:00pm <u>Wednesday</u> 12:00om—8:00pm <u>Thursday</u> 9:00am—6:00pm <u>Friday</u> 9:00am—5:00pm <u>Saturday</u> 9:00am—4:00pm

--	--	--

**Churches/Faith-based Organizations**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>First Baptist Church of Alpine</b> Food Pantry with Feeding America and Outreach	1912 Arnold Way Alpine, CA 91901 (619) 445-2338	Call for hours
<b>Bethel Assembly of God</b> Food Pantry and Outreach	1929 Arnold Way Alpine CA 91901 (619) 445-5508	Call for hours
<b>Our Lady of Light Catholic Church</b> Outreach	9136 Riverside Dr. Descanso, CA 91916 (619) 445-3620	Call for hours
<b>Lake Morena Community Church</b> Outreach	29765 Oak Dr. Lake Morena, CA 91906 (619) 478-5917	Call for hours
<b>Campo Southern Baptist</b> Outreach	429 Jeb Stuart Rd. Campo, CA 91906 (619) 478-1017	Call for hours
<b>St. Adelaide of Burgundy Catholic Church</b> Outreach	1347 Dewey Pl. Campo, CA 91906 (619) 478-1017	Call for hours

**Gyms**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Alpine Fitness Club</b>	1620 Alpine Blvd. Alpine, CA 91901 (619) 445-0285	Call for hours and prices

**Thrift Stores**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Goodwill Industries</b>	1834 Alpine Blvd. Alpine, CA 91901 (619) 225-2200	<u>Sunday</u> 10:00am—5:00pm <u>Monday—Saturday</u> 9:00am—7:00pm
<b>Homemaker’s Thrift Store</b>	987 Custer Rd. Campo, CA 91906 No phone listed	<u>Tuesday—Saturday</u> 10:00am—2:00pm

**Laundromats**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours/Information</b>
<b>Launderland</b>	2745 Alpine Blvd. Alpine, CA 91901 No phone listed	<u>Monday--Sunday</u> 6:30am-8:00pm