

## Lemon Grove Homeless Services Resources

This list is organized by type of resource including businesses that benefit individuals experiencing homelessness. This list, originally compiled in spring 2018, is updated monthly and is subject to change. If you have information regarding new resources, or if you are affiliated with any of these organizations and have updated information, please contact us at [ecassistwebsite@gmail.com](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, dial **(619) 579-3311**
- For quick resource information on cell phones, text **“connectEC” to 77453**
- For access to additional **El Cajon Resources** including jobs, legal services and senior programs, see [www.ecassist.org](http://www.ecassist.org)

### TABLE OF CONTENTS

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

**Hotlines**

<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 & 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> 8:00am – 5:00pm
<b>San Diego ACCESS &amp; Crisis Hotline Mental Health</b>	(888) 724-7240	24 Hour Hotline
<b>Suicide/Mental Health Crisis</b>	(888) 724-7240	24 Hour Hotline

**East County Public Assistance**

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

**Healthcare Services**

Site Name	Contact Information	Service Hours/Information
<b>Lemon Grove Family Health Center</b> (Comprehensive medical & developmental services)	7592 Broadway Lemon Grove, CA 91945 (619) 515-2550 <a href="http://www.fhcsd.org">www.fhcsd.org</a>	<u>Monday-Friday</u> 8:30am – 5:30pm Closed for lunch 12:30pm – 1:30pm
<b>East Region Public Health Center</b> (Immunizations, TB Medication, STD Testing & Hep A Vaccinations)	367 N. Magnolia Ave., Suite 101 El Cajon, CA 92020 (619) 441-6500 <a href="http://www.sandiegocounty.gov">www.sandiegocounty.gov</a>	<u>Mon., Tues., Wed., Friday</u> 8:00am – 10:30am 1:00pm – 3:30pm <u>Thursday</u> 1:00pm – 3:30pm  Does not accept Healthy Families insurance
<b>La Maestra Community Health</b> (Dental Services)	7967 Broadway Ave. Lemon Grove, CA 91945 (619) 741-3045  7139 Broadway Ave. Lemon Grove, CA 91945 (619) 255-9160  <a href="http://www.lamaestra.org">www.lamaestra.org</a>	<u>Monday-Friday</u> 8:00am – 5:00pm Closed for lunch 12:00pm – 1:00pm  <u>Tuesday &amp; Thursday</u> 8:00am – 5:00pm
<b>U.S. HealthWorks Urgent Care</b>	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>	<u>Monday-Friday</u> 8:00am – 5:00pm  <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>
<b>Rady Children's Urgent Care</b>	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>	<u>Monday-Friday</u> 4:00pm – 10:00 pm <u>Saturday &amp; Sunday</u> 1:00pm – 10:00pm  <u>Summer holiday hours</u> 1:00pm – 10:00 pm (call to confirm) <u>Winter holiday hours</u> 4:00pm – 10:00 pm (call to confirm)

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

Site Name	Contact Information	Service Hours/Information
<b>East County Mental Health Clinic</b>	1000 Broadway, Suite 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  Not currently accepting new patients; contact Heartland Wellness Recovery Center at (619) 440-5133
<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
<b>Volunteers of America</b> Troy Center for Supportive Living	8627 Troy St. Spring Valley, CA 91977 (619) 465-8792  <a href="http://www.voa.org">www.voa.org</a>	40-bed residential treatment facility for adults with chronic mental illness & disabling conditions; contact the property manager onsite for information at (619) 465-8792
<b>Lemon Grove Family Health Center</b> (Substance use disorder & mental health services)	7592 Broadway Lemon Grove, CA 91945 (619) 515-2550  <a href="http://www.fhcsd.org">www.fhcsd.org</a>	<u>Monday-Friday</u> 8:30am – 5:30pm Closed for lunch 12:30pm – 1:30pm
<b>Mental Health Systems – ACTION East</b> (Serves homeless adults who need a higher level of	10201 Mission Gorge Rd. Santee, CA 92071 (619) 383-6868	Call for an appointment or referral  General Information: <a href="mailto:contact@mhsinc.org">contact@mhsinc.org</a>

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

**Shelters/Housing/Case Management**

Site Name	Contact Information	Service Hours/Information
<b>2-1-1 Shelter Referral</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">www.homelessshelterdirectory.org</a>	View nearby shelters online
<b>Crisis House</b> (Crisis intervention, case management, counseling, emergency food assistance, homeless day storage, mail service & telephone access)	1034 N. Magnolia Ave. El Cajon, CA 92020 (619) 444-1194  <a href="http://www.crisishouse.com">www.crisishouse.com</a>	<u>Monday-Friday</u> 8:30am – 11:30am 1:00pm – 5:00pm  Onsite housing navigator
<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

**Safe Parking**

Site Name	Contact Information	Service Hours/Information
<b>Dreams for Change – Safe Parking Program</b> (Safe 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, CA 92102  <b>Balboa Avenue Lot</b> Jewish Family Services 8804 Balboa Ave. San Diego, CA 92123  <a href="http://www.dreamsforchange.org/the-safe-parking-program">www.dreamsforchange.org/the-safe-parking-program</a>	Please call (619) 497-0236 before arriving at a location  7 nights a week, 365 days a year starting at 6:00pm

**Legal Services**

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

<b>Legal Aid Society of San Diego</b> (Free legal help with housing, eviction, housing discrimination, access to CalWorks/CalFresh, child custody/visitation, and SSI)	(877) 534-2524 General Info (866) 244-0101 Eviction (844) 449-3500 Fair Housing Center  <a href="http://www.lassd.org">www.lassd.org</a>	Call for more information
<b>Think Dignity</b> <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>	3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line (619) 354-9879 Call-In Legal Clinic & Referrals  <a href="http://www.thinkdignity.org/">www.thinkdignity.org/</a>	Every <u>Thursday</u> , except for the first Thursday 6:00pm – 7:00pm

### Reunification Program

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

**Mobile Showers**

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

**Veterans**

Site Name	Contact Information	Service Hours
<b>Veterans Village of San Diego</b> (Assistance with housing, substance abuse recovery, mental health services, food, legal services)	<p>4141 Pacific Hwy. San Diego, CA 92110 (619) 393-2000 General (619) 961-2165 Supportive Services for Veteran Families</p> <p><a href="https://vvsd.net/">https://vvsd.net/</a></p>	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 & families)	<p>9445 Farnham St. San Diego, CA 92123 (877) 698-7838 Hotline (858) 300-1200 Resource Team</p> <p><a href="http://www.courage2call.org">www.courage2call.org</a></p>	Call for more information
<b>Veteran Community Services of San Diego</b> (Services help veterans seek employment, identify benefits & obtain housing)	<p>Main Office – San Diego 5605 El Cajon Blvd. San Diego, CA 92115 (800) 974-9909</p> <p><a href="http://www.ccvcs.net/">www.ccvcs.net/</a></p>	Call for more information

**Youth/Teen Services and Shelters**

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

<p>to age 21 &amp; their families. Case management, resources, support groups, drug/alcohol abuse programs &amp; more.)</p>	<p><b>Our Safe Place Mental Health Clinic</b> 3427 4th Ave. 2nd Floor San Diego, CA 94103</p> <p><b>SDYS Central Drop-in Center</b> 2220 Broadway San Diego, CA 92102</p> <p><a href="http://www.sdyouthservices.org">www.sdyouthservices.org</a></p>	<p>by appointment</p> <p>Open 7 days a week</p> <p>Call (619) 525-9903 for more information</p>
<p><b><u>San Diego Youth Services</u></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 aged youth (ages 14-25), 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</p>	<p>2220 Broadway San Diego, CA 92102 (619) 232-8126</p> <p><a href="http://www.centerforchildren.org/resources/san-diego-youth-services-tay-academy/">www.centerforchildren.org/resources/san-diego-youth-services-tay-academy/</a></p> <p>(866) 752-2327 Youth Hotline</p>	<p><u>Monday-Friday</u> 11:00am – 3:00pm</p> <p>7 days a week</p>

<p>ages 16-24 transitioning into adulthood</p> <p><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><u>Home Start, Inc.</u></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> 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 with finding affordable housing in the community &amp; 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>Heartland YouthBuild San Diego</b> Training low-income youth between the ages 16-24 in construction &amp; green building skills while they earn their high school diplomas. Health services, counseling, job training, community planning and supportive services.</p>	<p>5280 Orange Ave. San Diego, CA 92115 (619) 546-9259 Text “YouthBuild” to 31996 <a href="http://heartlandyouthbuild.org/">http://heartlandyouthbuild.org/</a></p>	<p>Call or text for more information</p>

**Job Assistance/Temporary Agencies**

Site Name	Contact Information	Service Hours
<b>PCG – Public Consulting Group</b> (Employment Services)	7065 Broadway Lemon Grove, CA 91945 (617) 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

**Colleges/Adult School Locations**

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

**Library**

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

**Churches/Faith-Based Organizations**

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

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

**Gym**

Site Name	Contact Information	Service Hours
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<b>Body By Discipline</b>	7865 Broadway Ave. Lemon Grove, CA 91945 (619) 713-1338	<u>Mon., Tues., Thurs</u> 6:00am – 8:00pm <u>Wednesday</u> 9:00am – 8:00pm <u>Friday</u> 9:00am – 6:00pm <u>Saturday</u> 8:00am – 2:00pm <u>Sunday</u> 10:00am – 1:00pm
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**Thrift Stores**

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

**Pawnshops**

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

**Recycling Centers**

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

**Laundromat**

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

**Pet Shelters**

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