

Food & Material Goods/ Comida & Articulos Materiales

Heavens Windows

Food Distribution
8848 Troy St, Spring Valley, 91977
(619) 825-8489

Journey Community Church Food & Clothing Bank

8363 Center Dr, La Mesa, 91942
(619) 464-4544

Rock Church, Home Delivered Food, East County

808 Jackman Street, El Cajon, 92020
(619) 226-7625

The Salvation Army San Diego Regional Office, East County

Red Shield- Food distribution & resource center
1025 E Main St, El Cajon, 92021
(619) 440-4683 Ext 216

Samoa Independent Full Gospel Church, Food Distribution

2055 Skyline Dr, Lemon Grove, 91945
(619) 251-6834

Crosspointe Life Church

Food Distribution
8809 La Mesa Blvd, La Mesa, 91942
(619) 464-3077

Jacobs & Cushman San Diego Food Bank, Diaper

Distribution Sites- Diapers for infants and toddlers
Good Shepherd Ministry Center/Little Lambs Diaper Program
772 S. Johnson Avenue, El Cajon, 92020
(619) 442-9491
Salvation Army El Cajon
1011 E Main St, El Cajon, 92021
(619) 440-4683
Joseph's Storehouse at Spring Valley Community Church
3310 Bancroft Drive, Spring Valley, 91977
(619) 342-1414
Ministerio Tiempo Nuevo
8179 Broadway, Lemon Grove, 91945
(619) 765-9454
Journey Community Church
8363 Center Dr, La Mesa, 91942
(619) 464-4544
Military Outreach Ministries
4426 Harbinson Ave, La Mesa, 91942
(619) 461-4164
Julian Pathway's, Inc.
1704 Cape Horn, Julian, 92036
(760) 765-0661 x6

Employment Services/ Servicios de Empleo

San Diego Workforce Partnership, Employment & Training

151 Van Houten Ave, El Cajon, 92020
(619) 873-9300

Veterans/ Veteranos

Southwest Veterans Business Resource Center

Where Communities Serve Veterans
Online Vocational Training
(760) 468-1315

Volunteers of America Southwest, Hawley Veterans Services Center

9980 Hawley Rd., El Cajon, 92021
(619) 561-9808

Grossmont-Cuyamaca Community College District, Veterans Services, Grossmont College

8800 Grossmont College Dr., El Cajon, 92020
(619) 644-2237

Military Health System, Reference Center

Provides advocacy & referral for military, veterans and their families
(760) 643-2049

Last Updated: November 2021

East San Diego County Directory

Selected services, including shelter, food assistance, and healthcare
Servicios seleccionados que incluyen albergues, asistencia de comida, u cuidado de salud



**In partnership with
Regional Task Force on Homelessness**

To find the most up-to-date information, visit
211sandiego.org or dial 2-1-1
Para encontrar la información más actualizada, visite 211sandiego.org o llame al 2-1-1

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Stepping Higher, Inc, Community Food Distribution

138 28th Street, San Diego, 92102
(619) 825-3930

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Healthcare/ Cuidado de la salud

Family Health Centers of San Diego- Healthcare for the Homeless