

El Cajon Homeless Services Resources (www.ECAssist.org)

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. A copy of this resource guide can be located at www.ecassist.org.

- For emergencies, dial **9-1-1** For non-emergency disturbances, dial (619) 579-3311.
- For access to additional resources including jobs, legal services, and senior programs, see <https://211sandiego.org/> or dial 2-1-1.
- For access to food resources, including a list of pantries, see the **Food Resource Guide** at <https://ecassist.org/el-cajon-food-resources/>

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Hotlines

Site Name	Contact Information	Service Hours/ Information
Adult & Elder Abuse	San Diego County (800) 510-2020	24 Hour Hotline
Alcohol & Drug Services (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
Child Abuse	(858) 560-2191	24 Hour Hotline
Crime Tip Hotline	(888) 580-8477	24 Hour Hotline
Domestic Violence /Sexual Assault	(888) DVLINKS or (888) 385-4657	24 Hour Hotline
Domestic Violence Shelters	(888) 385-4657 Domestic Violence Shelter Aid	Listen to the prompts
General Resource Help & Information	2-1-1	24 Hour Hotline (2-1-1)
Legal Aid	(877) 534-2524	Listen to the prompts
Narcotics Anonymous	(800) 479-0062 San Diego	24 Hour Hotline
Poison Control	(800) 222-1222	24 Hour Hotline
San Diego County Public Assistance ACCESS line	(866) 262-9881	<u>Monday-Friday</u> 8:00 am – 5:00pm
San Diego ACCESS & Crisis Hotline Mental Health & Suicide Prevention	(888) 724-7240	24 Hour Hotline

East County Public Assistance

Site Name	Contact Information	Service Hours/Information
<p>HHSA Family Resource Center This office offers: CalWORKs, CalFresh, MediCal and General Relief</p>	<p>220 S. 1st Street El Cajon, CA 92019 (866) 262-9881 ACCESS</p>	<p><u>Monday-Friday</u> 7:00am – 5:00pm Outside screening during COVID-19 <u>Monday-Friday</u> ACCESS customer call service center 8:00am – 5:00pm</p>
<p>US Social Security Administration Call to schedule an appointment and bring all necessary documents.</p>	<p>810-846 Arnele Ave El Cajon, CA 92020 (866) 772-1213 Bldg 810: SS card replacement center</p>	<p>By appointment only</p>
<p>W I C Women, Infants & Children Monthly checks to purchase healthy foods for new babies and young children</p>	<p>301 N. Magnolia Ave #101 El Cajon, CA 92020 (888) 999-6897 www.sdsuwic.com</p>	<p><u>Monday-Friday</u> 8:00am – 4:00pm Education/Voucher office *By appointment only For store location visit website</p>
<p>East Region Public Health Department Immunizations, TB Medication, STD Testing & Hep A Vaccinations. COVID-19 Testing Sites and Vaccines are available at several sites. Check the website for more information.</p>	<p>367 N. Magnolia Ste. 101 El Cajon, CA 92020 (619) 441-6500 www.sandiegocounty.gov</p>	<p><u>Mon., Tues., Wed., Friday</u> 8:00am – 11am & 1:00pm-4:00pm <u>Thursday</u> 1:00pm-4:00pm only By appointment only</p>
<p>El Cajon Police Department Report non-emergency disturbances, loitering & complaints</p>	<p>100 Civic Center Way El Cajon, CA 92020 (619) 579-3311 Non-emergency 9-1-1 Emergency</p>	<p><u>Monday-Thursday</u> 9:00am– 5:00pm</p>

Healthcare Services

Site Name	Contact Information	Service Hours/Information
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<p>Chase Family Health Center FHCS D Comprehensive medical and developmental services</p>	<p>1111 W Chase El Cajon, CA 92020 (619) 515-2499 www.fhcsd.org</p>	<p><u>Monday-Friday</u> 8:30am—5:30pm Closed for lunch. Medi-Cal and no insurance through Homeless Project</p>
<p>El Cajon Family Health Center FHCS D Comprehensive medical, dental, counseling, women’s health services including a homeless support group</p>	<p>525 E Main St. El Cajon, CA 92020 (619) 515-2498</p>	<p><u>Monday-Saturday</u> 8:30am—5:30pm Closed for lunch 12:30pm—1:30pm Medi-Cal and no insurance through Homeless Project along with most other insurances.</p>
<p>Centro Medico El Cajon— Borrego Healthcare Comprehensive medical services</p>	<p>133 W Main St. El Cajon, CA 92020 (619) 401-0404 www.borregohealth.org</p>	<p><u>Monday-Friday</u> 8:00am—8:00pm <u>Saturday, Sunday</u> Urgent Care Only 8:00am-11:00am Most ins., Medi-Cal, sliding fee Scale.</p>
<p>East Region Public Health Center Immunizations, TB medication, STD Testing, Hep A Vaccinations. COVID-19 Testing Sites and Vaccines are available at several sites. Check the website for more information.</p>	<p>367 N. Magnolia Suite 101 El Cajon, CA 92020 (619) 441-6500 www.sandiegocounty.gov</p>	<p><u>Mon., Tues., Wed., Friday</u> 8:00am—11:00am 1:00pm- 4:00pm <u>Thursday</u> 1:00pm-4:00pm Only By appointment only</p>
<p>La Maestra Community Health Comprehensive medical services including dental.</p>	<p>165 S 1st St. El Cajon, CA 92020 (619) 312-0347 www.lamaestra.org</p>	<p><u>Monday-Friday</u> 8:30am—5:30pm Saturday 8:30am - 2:00pm *Call for an appointment</p>
<p>Neighborhood Healthcare Comprehensive medical services including dental.</p>	<p>855 E Madison Ave. El Cajon, CA 92020 (619) 440-2751 www.nhcare.org</p>	<p><u>Monday - Friday</u> 8:00am—8:00pm <u>Saturday</u> 8:00am—12:00pm Most insurances including Medi-Cal</p>
<p>San Ysidro Health-El Cajon PACE for Senior Program Managed care health clinic for seniors.</p>	<p>875 El Cajon Blvd. El Cajon, CA 92020 (619) 662-4100 www.syhc.org/</p>	<p><u>Monday-Friday</u> 8:00am-5:00pm Most insurances including Medi-Cal</p>

St. Paul's PACE East Managed care health clinic for seniors including day programs.	1306 Broadway El Cajon, CA 92020 (619) 551-7400 www.stpaulspace.org	<u>Monday-Friday</u> 8:00am—4:30pm
San Ysidro Health Chaldean Middle Eastern Social Services Community resources and food pantry	Avocado Ave. El Cajon, CA 92020 (619) 662-4100 www.syhc.org/	<u>Monday-Friday</u> 8:00am—5:00pm Call for an appointment
Volunteers In Medicine Primary medical services for working non-insured adults. *Appointment Only	1457 E Madison El Cajon, CA 92019 (619) 440-4591 www.vim-sandiego.org/	<u>Monday</u> 12:00pm—3:00pm <u>Tuesday</u> 9:00am – 4:00pm <u>Wednesday</u> 12:00pm – 8:00pm <u>Thursday</u> 2:00pm – 7:00pm <u>Friday</u> 1:00pm – 4:00pm

Mental Health Services /Substance Abuse

Site Name	Contact Information	Service Hours/Information
East County Mental Health Clinic	1000 Broadway Ste 210 El Cajon, Ca 92021 (619) 401-5500 www.sdcounty.ca.gov/hhsa	<u>Monday- Friday</u> 8:00am – 5:00pm For adults, seniors, co-occurring alcohol/substance abuse
East Corner Clubhouse (Community Research Foundation) Psychosocial rehabilitation and actively partnering with the members	1060 Estes St. Suite 104 El Cajon, CA 92020 (619) 631-0441 www.comresearch.org	<u>Monday-Friday</u> 8:00am—4:00pm
El Cajon Family Health Center Alcohol & other drug counseling, homeless support group and psychiatry	525 E Main St. El Cajon, CA 92020 (619) 515-2300 www.fhcsd.org	<u>Monday-Saturday</u> 8:30am—5:30pm Most insurances including Medi-Cal and no insurance through Homeless Project
Halcyon Center 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
Heartland Wellness Recovery Center	460 Magnolia Ave #110 El Cajon, CA 92020 (619) 440-5133	<u>Monday - Friday</u> 9:00am – 5:00pm

<p>McAlister Institute Substance abuse treatment, drug intervention, and recovery support services, homeless outreach</p>	<p>1400 N. Johnson Ave. #101 El Cajon, CA 92020 (619) 442-0277 www.mcalisterinc.org Kiva Learning Center- Women & 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>MHS—ACTION East 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) 383-6868 www.mhsinc.org/listing/action-east</p>	<p>Call for an appointment or referral</p>
<p>San Diego Youth Services Mental health services and drop-in centers for LGBTQ youth up to age 21 and their families</p>	<p>Our Safe Place Mental Health Clinic 3427 4th Avenue, 2nd Floor San Diego, CA 94103 (619) 525-9903 SDYS Central Drop-in Center 2220 Broadway San Diego, CA 92102 619- 232- 8126</p>	<p><u>Monday-Friday</u> 9:00am—6:00pm Tuesday- Friday 11:00am – 3:00pm</p>
<p>Volunteers of America Carlton G. Luhman Center For Supportive Living</p>	<p>290 S. Magnolia Ave El Cajon, CA 92020 (619) 447-2428 www.voa.org</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>2-1-1 Shelter Referrals (Emergency shelters, supportive housing, transitional housing options & resources)</p>	<p>Dial 2-1-1</p>	<p>24-hour confidential shelter referral service for San Diego Co.</p>
<p>Online Homeless Shelter Sites</p>	<p>www.homelessshelterdirectory.org/</p>	<p>View nearby shelters online</p>

<p>Crisis House Community homeless outreach, resources and emergency domestic violence shelter</p>	<p>9550 Cuyamaca St. Suite 101 Santee, CA 92071 (619) 444-1194 www.crisishouse.com</p>	<p><u>Monday-Friday</u> 9:00am -5:00pm Call for an appointment</p>
<p>East Co. Transitional Living Center Emergency shelter, transitional living & homeless services</p>	<p>1527 E. Main St. El Cajon, CA 92020 (619) 442-0457 www.ectlc.org</p>	<p>Call for appointment</p>
<p>Home Start, Inc. Crisis intervention, case management, outreach, rental assistance, housing navigation, motel vouchers and prevention assistance.</p> <p>Maternity Housing Program Pregnant or young mothers who are experiencing homelessness between the ages of 18-24.</p>	<p>333 Main St. El Cajon, CA 92020 (619) 430-0032 www.home-start.org</p> <p>Earlene Adams Residential Shelter Manager (619) 906-4401 www.home-start.org/maternity-shelter-program/</p>	<p><u>Monday-Friday</u> 8:30am-4:30pm Onsite housing navigator</p> <p>Call for availability</p>
<p>Interfaith Shelters Seasonal shelters in local churches</p>	<p>Referrals only through Volunteers in Medicine (619) 440-4591 or call 2-1-1</p>	<p>Seasonal during winter months</p>
<p>PCG—Pacific Consulting Group 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>Dreams for Change—Safe Parking Safe parking environment as well as supportive services for transitional homeless people who are living in their vehicles</p>	<p>San Diego Lot 766 28th St. San Diego, 92102</p> <p>Balboa Lot Jewish Family Services 8804 Balboa Ave., S.D. 92123</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>

	RV Parking 5605 Imperial Ave., S.D. 92114	Check for availability during COVID-19
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Legal Services

Site Name	Contact Information	Service Hours/Information
<p>ElderHelp Elder Law provides legal services for seniors (60+ years) for wills, landlord/tenant issues, Medicare, and Medi-Cal issues.</p>	<p>3860 Calle Fortunada #101 San Diego, CA 92123 619-284-9281 (858) 565-1392 x 200 (858) 565-1392, ext. 200 www.elderhelpofsandiego.org</p>	<p><u>2nd Wednesday</u> 1:30-4:00 p.m. Renette Park Community Center Program on hold during COVID-19.</p>
<p>Legal Aid Society 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>Think Dignity</p> <ul style="list-style-type: none"> ▪ Call-In Legal Clinic & Referrals: Attorney on staff can answer any legal questions. ▪ Homeless Youth & Legal Advocacy Program (HYLAP): Homeless & 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. 	<p>3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line (619) 354-9879 Call-In Legal Clinic & Referrals www.thinkdignity.org/</p>	<p><u>Monday – Friday</u> 7:00am – 11:00am 4:30pm – 7:30pm <u>Saturday</u> 8:00am -12:00pm HYLAP clients email: mitchelle@thinkdignity.org</p> <p style="color: red;">Shower program on hold during COVID-19.</p>

Reunification Program

Site Name	Contact Information	Service Hours/Information
Salvation Army “A Way Back Home” Case management, transportation & needs arrangements, travel assistance, connection to services upon arrival.	1011 E. Main St El Cajon, CA 92021 (619) 440-4683 (800) 725- 2769 elcajon.salvationarmy.org/elcajon_corps/	Office Hours: 9:00am-5:00pm Call for an appointment during COVID-19

Mobile Showers

Site Name	Contact Information	Service Hours/Information
Meridian Church	660 S. 3 rd St. El Cajon, CA 92019 (619) 444-3171 www.duwara.org/what-we-do/#shower-trailer-schedule	Duwara Consciousness Foundation Showers: 2 nd and 4 th Saturday of the month 10:30am-12:00pm

Veterans

Site Name	Contact Information	Service Hours/Information
Veterans Village of San Diego 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 www.mhsinc.org/courage-to-call	* For more information or to make an appointment, please call
Courage to Call Mental Health Systems— Guidance, information, referral services to veterans, active duty, reservists, and families.	9465 Farnham Street San Diego, CA 92123 (877) 698-7838 www.mhsinc.org/courage-to-call	Call for more information
Veteran Community Services of San Diego Services help veterans seek employment, identify benefits, and obtain housing.	Main Office--San Diego 4025 Camino Del Rio S #205 San Diego, CA 92108 (800) 974-9909 www.ccvcs.net	<u>Monday- Friday</u> 8:30am – 5:00pm

Youth/Teen Services and Shelters

Site Name	Contact Information	Service Hours/Information
<p>San Diego Youth Services 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>Our Safe Place Mental Health Clinic 3427 4th Avenue, 2nd Floor San Diego, CA 94103 (619) 525-9903</p> <p>SDYS Central Drop-in Center 2220 Broadway San Diego, CA 92102</p>	<p><u>Monday-Friday</u> 9:00am—6:00pm</p>
<p>San Diego Youth Services Street Outreach: 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>TAY Academy: 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>Transitional Housing Continuum: 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>Youth Emergency Shelter: Emergency night</p>	<p>(619) 221-8600 Main line</p> <p>2220 Broadway San Diego, CA 92102 (619) 232-8126 www.sdyouthservices.org 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>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>Home Start, Inc. Maternity Shelter Program Provides pregnant or parenting homeless women ages 18-24 and their children with housing and wrap-around supportive services.</p> <p>Mental Health Services (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>Rapid Rehousing TAY 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 eadams@home-start.org</p> <p>Intake line at (619) 692-0727 ext. 118</p> <p>Earlene Adams, Residential Shelter Manager (619) 906-4401 eadams@home-start.org</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>Heartland Youth Build San Diego 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>6125 Imperial Ave. San Diego, CA (619) 546-9259 Email: info@heartlandyouthbuild.org Text: “YouthBuild” to 31996</p>	<p>Call or text for more information</p>
<p>Teen Challenge Faith-based drug education and prevention, food distributions, clubs and a learning center for</p>	<p>P.O. Box 15637 San Diego, CA 92175 (619) 265-0337</p>	<p>Call for more information</p>

children, juvenile hall and jail ministry, crisis counseling, evangelism, and more.	https://www.teenchallenge.org/centers/san-diego-county/	
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Job Assistance/Temporary Agencies

Site Name	Contact Information	Service Hours/Information
P C G Public Consulting Group Employment Services	151 Van Houten Ave El Cajon, CA 92020 (619) 270-4000 www.publicconsultinggroup.com	<u>Monday-Friday</u> 8:00am – 5:00pm Education/Employment office *CalWORKs recipients transitioning to self-sufficient status Call for an appointment during COVID-19.
X L Staffing Inc.	450 Fletcher Pkwy. Ste. 204 El Cajon, CA 92020 (619) 579-0442 (619) 276-8677 Fax xlstaffing.com	<u>Monday-Friday</u> 9:00am – 5:00pm
Volt workforce solutions	7676 Hazard Center Dr. Suite 1000, San Diego, Ca 92108 858-578-0920	<u>Monday-Friday</u> 8:00 am – 5:00pm
People Ready	7373 University Ave. Unit 110 La Mesa, Ca 91942 (619) 444-7877 www.peopleready.com	<u>Monday-Friday</u> 5:30am – 6:00pm <u>Saturday</u> 7:00am – 11:00am

Colleges/Adult School Locations

Site Name	Contact Information	Service Hours/Information
Cuyamaca College Check class schedule for Summer & Fall 2021.	900 Rancho San Diego Pkwy. El Cajon, CA 92019 *Rancho San Diego City (619) 660-4000 www.cuyamaca.edu 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
Grossmont College Check class schedule for Summer & Fall 2021.	8800 Grossmont College Dr. El Cajon, CA 92021 (619) 644-7000 www.grossmont.edu Student Services: Bldg 10 Career Center: Bldg 60 Rm 140	<u>Monday- & Tuesday</u> 8:00 am – 6:00pm <u>Wednesday & Thursday</u> 8:00 am – 5:00pm <u>Friday</u> 8:00am – 1:00pm

		*See website for additional hours
Foothills Adult Center Check class schedule for Summer & Fall 2021.	1550 Melody Ln. El Cajon, CA 92019 (619) 588-3500	<u>Monday-Saturday</u> 8:00am – 9:00pm
KRA--East County Career Center Employment & Education Services	PCG Building 151 Van Houten Ave. El Cajon, CA 92020 (619) 270-4000	<u>Temporarily closed</u> *Call for more information

Libraries

Site Name	Contact Information	Service Hours/Information
El Cajon Branch Library Services have changed during COVID-19. Click here for more information.	E. Douglas Ave El Cajon, CA 92020 (619) 588-3718 Sdcl.org	Walk-up Door-side service is available on Monday and Friday from 10:00am-4:00pm. Limited in- person services are available Tuesday, Wednesday, Thursday from 10:00am-4:00pm with a sanitation break from 12:30pm to 1:30pm.
Rancho San Diego Branch Library Services have changed during COVID-19. Click here for more information.	11555 Via Rancho San Diego El Cajon, CA 92019 (619) 660-5370 Sdcl.org	Walk-up Door-side service is available on Monday and Friday from 10:00am-4:00pm. Limited in- person services are available Tuesday, Wednesday, Thursday from 10:00am-4:00pm with a sanitation break from 12:30pm to 1:30pm.
Fletcher Hills Branch Library Services have changed during COVID-19. Click here for more information.	576 Garfield Ave El Cajon, CA 92020 (619) 466-1132 Sdcl.org	Walk-up Door-side service is available on Monday and Friday from 10:00am-4:00pm. Limited in- person services are available Tuesday, Wednesday, Thursday from 10:00am-4:00pm with a sanitation break from 12:30pm to 1:30pm.

<p>Crest Branch Library Services have changed during COVID-19. Click here for more information.</p>	<p>105 Juanita Lane El Cajon, CA 92021 (619) 442-7083 Sdcl.org</p>	<p>Walk-up Door-side service is available on Monday and Friday from 10:00am-4:00pm. Limited in-person services are available Tuesday, Wednesday, Thursday from 10:00am-4:00pm with a sanitation break from 12:30pm to 1:30pm.</p>
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Churches/Faith-based Organizations

Site Name	Contact Information	Service Hours/Information
<p>Foothills Christian Church (Christian) Check schedule during COVID-19</p>	<p>365 W Bradley Ave El Cajon, CA 92020 (619) 442-7728 www.foothillschurch.org</p>	<p><u>Saturday</u> 6:30pm <u>Sunday</u> 9:00am & 10:45am</p>
<p>Meridian Church (Southern Baptist) Check schedule during COVID-19</p>	<p>660 S 3rd St El Cajon, CA 92019 (619) 444-3171</p>	<p><u>Sunday</u> 7:30am and 10:30am <u>Wednesday</u> Community Meal 5:30pm</p>
<p>New Seasons Church (Baptist) Check schedule during COVID-19</p>	<p>990 Naranca Ave El Cajon, CA 92021 (619) 440-7597</p>	<p><u>Sundays</u> 6:00 pm (Arabic)</p>
<p>The Rock Church (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. Check schedule during COVID-19</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>Salvation Army (Universal Christian Church) Social engagement, senior meal program, food pantry, diaper program and resources.</p>	<p>1011 E. Main St El Cajon, CA 92021 (619) 440-4683 elcajon.salvationarmy.org/elcajon_corps/</p>	<p><u>Sunday Service</u> 10:45am Outdoor service during COVID-19 <u>Food Pantry & Diapers</u> <u>Monday & Wednesday</u> 1:00pm to 4:00pm <u>Friday</u> 1:00 pm-6:00 pm <u>Senior Meals- 50+</u> <u>Monday-Friday</u> 10:30am -12:00pm Drive up only</p>

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Gyms

Site Name	Contact Information	Service Hours/Information
24-hour Fitness Indoor and outdoor fitness during COVID-19. Call to see if a reservation is needed.	198 W. Main St. El Cajon, CA 92021 (619) 442-0293 24hourfitness.com	<u>Monday – Sunday</u> 5:00am – 9:00pm
Crunch Gym Parkway Plaza Mall Indoor and outdoor fitness during COVID-19. Call to see if a reservation is needed.	565 Fletcher Pkwy El Cajon, CA 92020 (619) 749-6939 crunchgym.com	<u>Monday-Friday</u> 5:00am – 11:00pm <u>Saturday & Sunday</u> 7:00am – 7:00pm
Crunch Gym El Cajon Jamacha Indoor and outdoor fitness during COVID-19. Call to see if a reservation is needed.	522 Jamacha Road El Cajon, CA 92021 (619) 383 0101	<u>Monday-Friday</u> 5:00am – 10:00pm <u>Saturday & Sunday</u> 6:00am – 8:00pm

Thrift Stores

Site Name	Contact Information	Service Hours/Information
Empire Thrift Store	1090 E. Main Street El Cajon, CA 92021 (619) 579-7009	<u>Monday-Saturday</u> 9:00am – 6:00pm <u>Sunday</u> 10:00am – 6:00pm
Goodwill Thrift Stores	420 N. 2 nd Street El Cajon, CA 92021 (619) 328-6807 9575 Mission Gorge Rd Santee. CA 92071 (619) 258-1937	<u>Monday-Saturday</u> 10:00am – 8:00pm <u>Sunday</u> 10:00am – 6:00pm
Quality Thrift Store	841 E. Main Street El Cajon, CA 92020 (619) 588-9191	<u>Tuesday-Saturday</u> 10:30am – 5:00pm
Mc Alister Institute Thrift	993 E. Main Street El Cajon, CA 92021 (619) 442-0212	<u>Monday-Friday</u> 9:00am – 6:00pm <u>Saturday & Sunday</u> 11:00am – 6:00pm

Father Joe's Village	2325 Fletcher Pkwy El Cajon, CA 92021 (619) 465-5840	<u>Tuesday-Saturday</u> 10:00am – 5:00pm
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Pawnshops

Site Name	Contact Information	Service Hours/Information
El Cajon Jewelry & Loan	935 E. Main Street El Cajon, CA 92021 (619) 440-8252 elcajonjewelryandloan.com	<u>Monday- Saturday</u> 10:00am – 5:30pm
East County Pawn Shop	941 Broadway El Cajon, CA 92021 (619) 588-4207 eastcountypawnshop.com	<u>Monday-Friday</u> 9:00am – 6:00pm <u>Saturday</u> 9am – 5pm <u>Sunday</u> 11:30am- 4:30pm
AAA Discount Auto Pawn	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
Golden Pawnshop	1246 E. Main Street #111 El Cajon, CA 92021 (619) 593-7739	<u>Monday-Friday</u> 10:00am – 6:00pm <u>Saturday</u> 10:00 am – 3:00pm
Spanky's	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

Recycling Centers

Site Name	Contact Information	Service Hours
American Recycling	210 El Cajon Blvd El Cajon, CA 92020 (619) 593-0089 www.recycleforcash.net	<u>Monday- Sunday</u> 8:00am – 5:30pm

California Metals & Electronics El Cajon-Miller Metals	636 Front St. El Cajon, CA 92020 (619) 444-3111 (619) 444-2136 www.recycle4life.com	<u>Monday- Friday</u> 8:00am – 5:00pm
All Ways Recycling	1425 N. Magnolia Ave El Cajon, CA 92020 (619) 390-6637 Allwaysrecycling.com	<u>Monday- Friday</u> 8:00am – 5:00pm <u>Saturday</u> 9:00am – 3:00pm
Greenfield Recycling Center	1235 Greenfield Drive El Cajon, CA 92021 (619) 441-0399	<u>Monday- Saturday</u> 8:00am – 5:00pm

Laundromats

Site Name	Contact Information	Service Hours/Information
Maytag Coin Laundry	1154 E. Main St. El Cajon, CA 92021 (858) 525-1684 (619) 444-4975 Fax	<u>Monday- Sunday</u> 7:00am – 10:00pm
Super Laundry Town & Country Shopping Center	2890 Fletcher Pkwy El Cajon, Ca 92021 (619) 465-6943	<u>Monday- Sunday</u> 7:00am – 11:00pm
Valley Coin Laundry	880 N. Mollison Ave El Cajon, CA 92021 (619) 588-4640	<u>Monday- Sunday</u> 7:00am – 9:00pm
El Cajon Launderland	112 W. Washington Ave El Cajon, Ca 92021 (619) 334-0098	<u>Monday- Sunday</u> 5:00am – 10:00pm
TLC Cleaners & Coin Laundry	412 W. Chase Ave El Cajon, Ca 92020 (619) 441-4959 tlccleanerselcajon.com	<u>Monday- Sunday</u> 7:00am – 9:30pm
El Cajon Eco Laundry	1043 E. Main St. El Cajon, CA 92020 (619) 328-6665	<u>Monday- Sunday</u> 7:00am – 10:00pm
University Cleaners	450 Fletcher Pkwy #115 El Cajon, Ca 92020 (619) 447-1964	<u>Monday- Friday</u> 9:00am – 5:00pm

El Cajon Valley Highlander	8061 Winter Gardens Blvd El Cajon, CA 92021 (619) 561-4745	<u>Monday- Sunday</u> 7:00am – 10:00pm
One Stop Laundry	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
El Cajon Animal Shelter Program to shelter pets for individuals experiencing homelessness for a limited time. Call for an appointment during COVID-19.	1373 N Marshall Ave. El Cajon, CA 92020 (619) 441-1580	<u>Tuesday- Sunday</u> 9:00am – 6:00pm