

El Cajon 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.

- 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.elcajonresources.org or contact 2-1-1.
- For access to food resources, including a list of pantries, see the **Food Resource Guide** at www.ecassist.org.

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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 English (800) 546-0774 Spanish (Both in San Diego)	24 Hour Hotline
Poison Control	(800) 222-1222	24 Hour Hotline
San Diego County Public Assistance ACCESS line	(866) 262-9881	Monday-Friday 8:00am – 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
HHS Family Resource Center <u>This office offers:</u> CalWORKs, CalFresh, MediCal and General Relief	220 S. 1 st 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
US Social Security Administration	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
W I C Women, Infants & Children (Monthly checks to purchase healthy foods for new babies and young children)	301 N. Magnolia Ave #101 El Cajon, CA 92020 (888) 999-6897 www.sdsuwic.com	<u>Monday-Friday</u> 8:00am – 5:00pm Education/Voucher office *By appointment only For store location visit website
East Co. Public Health Center (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 – 11:00am <u>Mon., Tues., Wed., Friday</u> 1:00pm-4:00pm
El Cajon Police Department (Report non-emergency disturbances, loitering & complaints)	100 Civic Center Way El Cajon, CA 92020 (619) 579-3311 Non-emergency 9-1-1 Emergency	<u>Monday-Friday</u> 8:30am – 5:00pm Lobby

Healthcare Services

Site Name	Contact Information	Service Hours/Information
Chase Family Health Center FHCS (Comprehensive medical and developmental services)	1111 W Chase El Cajon, CA 92020 (619) 515-2499 www.fhcsd.org	<u>Monday-Friday</u> 8:30am—5:00pm Closed for lunch. Medi-Cal and no insurance through Homeless Project
El Cajon Family Health Center FHCS (Comprehensive medical, dental, counseling, women’s health services including a homeless support group)	525 E Main St. El Cajon, CA 92020 (619) 515-2498	<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.
Centro Medico El Cajon— Borrego Healthcare	133 W Main El Cajon, CA 92020	<u>Monday-Friday</u> 8:00am—9:00pm (5-9 Urgent Care)

(Comprehensive medical services)	(619) 401-0404 www.borregohealth.org	<u>Saturday, Sunday</u> Urgent Care Only 10am—2:00pm Most ins., Medi-Cal, sliding fee scale
Crisis House FHCSD Mobile Medical Unit	1034 N. Magnolia Ave. El Cajon, CA 92020 (619) 444-1194 www.crisishouse.com	<u>Monday</u> 8:30am—11:30am No appointment needed
East Region Public Health Center (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
La Maestra Community Health (Comprehensive medical services including dental)	165 S 1st St. El Cajon, CA 92020 (619) 312-0347 www.lamaestra.org	<u>Monday-Friday</u> 8:30am—5:30pm *Call for an appointment
Neighborhood Healthcare (Comprehensive medical services including dental)	855 E Madison Ave. El Cajon, CA 92020 (619) 440-2751 www.nhcare.org	<u>Monday, Thursday, Friday</u> 8:00am—5:00pm <u>Tuesday</u> 8:00am—8:00pm <u>Wednesday</u> 9:30am—5:00pm <u>Saturday</u> 9:00am—3:00pm Most insurances including Medi-Cal
St. Paul's PACE East (Managed care health clinic for seniors)	1306 Broadway El Cajon, CA 92020 (619) 551-7400 www.stpaulspace.org	<u>Monday-Friday</u> 8:00am—4:30pm
Volunteers In Medicine (Primary medical services for working non-insured adults)	1457 E Madison El Cajon, CA 92020 (619) 440-4591	<u>Wednesday</u> 4:00pm—8:00pm <u>Saturday</u> 8:00am—12:00pm *By appointment only for uninsured

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

<p>East Corner Clubhouse (Community Research Foundation) Psychosocial rehabilitation and actively partnering with the members</p>	<p>1060 Estes St. Suite 104 El Cajon, CA 92020 (619) 631-0441 www.comresearch.org</p>	<p><u>Monday-Friday</u> 8:00am—4:00pm</p>
<p>El Cajon Family Health Center (Alcohol & other drug counseling, homeless support group and psychiatry)</p>	<p>525 E Main El Cajon, CA 92020 (619) 515-2300 www.fhcsd.org</p>	<p><u>Monday-Friday</u> 8:30am—5:30pm Most insurances including Medi-Cal and no insurance through Homeless Project</p>
<p>Halcyon Center (Short term residential treatment for those in crisis)</p>	<p>1664 Broadway El Cajon, CA 92021 (619) 579-8685</p>	<p>No one is refused service due to inability to pay. Insurances include Medi-Cal, Medicare/Medi-Cal, Aetna & Kaiser</p>
<p>Heartland Wellness Recovery Center</p>	<p>460 Magnolia Ave #110 El Cajon, CA 92020 (619) 440-5133</p>	<p><u>Mon., Tues., Thurs., Friday</u> 9:00am – 5:00pm <u>Wednesday</u> 9:00am – 7:00pm</p>
<p>McAlister Institute (Substance abuse treatment, drug intervention, and recovery support services)</p>	<p>1400 N. Johnson Ave. 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) 383-6969 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 SDYS Central Drop-in Center 2220 Broadway San Diego, CA 92102</p>	<p><u>Monday-Friday</u> 9:00am—6:00pm Open 7 days a week</p>

Volunteers of America Carlton G. Luhman Center For Supportive Living	290 S. Magnolia Ave El Cajon, CA 92020 (619) 447-2428 www.voa.org	56-bed residential treatment facility for adults with mental disorders. Contact the property manager onsite for information
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Shelters/Housing/Case Management

Site Name	Contact Information	Service Hours/Information
2-1-1 Shelter Referrals (Emergency shelters, supportive housing, transitional housing options & resources)	Dial 2-1-1	24-hour confidential shelter referral service for San Diego Co.
Online Homeless Shelter Sites	www.homelessshelterdirectory.org/	View nearby shelters online
Crisis House (Housing assistance, ID, mail service, resources and domestic violence shelter)	1034 N. Magnolia Ave. El Cajon, CA 92020 (619) 444-1194 www.crisishouse.com	<u>Monday-Friday</u> 8:30am—5:00pm Onsite Housing Navigator
East Co. Transitional Living Center (Emergency shelter, transitional living & homeless services)	1527 E. Main St. El Cajon, CA 92020 (619) 442-0457 www.ectlc.org	Call for appointment
Interfaith Shelters (Seasonal shelters in local churches)	Referrals only through Crisis House-(619) 444-1194 or Volunteers in Medicine (619) 440-4591	Seasonal during winter months
PCG—Pacific Consulting Group (Comprehensive consulting and operational support for Temporary Assistance for Needy Families (TANF), Supplemental Nutritional Assistance Program (SNAP), and other programs)	*CalWORKS Recipients Only Human Services 151 Van Houten Avenue El Cajon, CA 92020 Toll Free: (800)-210-6113 Phone: (619) 270-4000	Onsite Housing Navigator Call for an appointment

Safe Parking

Site Name	Contact Information	Service Hours/Information
Dreams for Change—Safe Parking (Safe parking environment as well as supportive services for	San Diego Lot 766 28th St. San Diego, 92102 Balboa Lot	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

transitional homeless people who are living in their vehicles)	Jewish Family Services 8804 Balboa Ave., S.D. 92123	
	RV Parking 5605 Imperial Ave., S.D. 92114	

Legal Services

Site Name	Contact Information	Service Hours/Information
ElderHelp (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>2nd Wednesday</u> 1:30-4:00 p.m. Renette Park Community Center Services are free Must call for an appointment
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)	(877) 534-2524 General Info (866) 244-0101 Evictions (844) 449-3500 Fair Housing/Discrimination	Call for more information
Think Dignity <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 	3525 30th St. San Diego, CA 92104 (619) 537-8736 Main Line (619) 354-9879 Call-In Legal Clinic & Referrals www.thinkdignity.org/	Every <u>Thursday</u> , except for the first Thursday 6:00pm – 7:00pm HYLAP clients email: mitchelle@thinkdignity.org

Reunification Program

Site Name	Contact Information	Service Hours/Information
Salvation Army “A Way Back Home” Case management, transportation & needs arrangements, travel assistance,	1011 E. Main St El Cajon, CA 92021 (619) 440-4683 elcajon.salvationarmy.org/elcajon_corps/	Office Hours: Family Services <u>Monday, Tuesday, Thursday</u> 1:30pm—4:00pm <u>Friday</u>

connection to services upon arrival		1:30pm—3:00pm
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Mobile Showers

Site Name	Contact Information	Service Hours/Information
Think Dignity (2 Shower Mobile Unit)	www.thinkdignity.org/calendar	See calendar for additional locations
Crisis House	1034 Magnolia Ave. El Cajon, CA 92020	<u>2nd Wednesday of the Month</u> 1:00pm—4:00pm
Newbreak or The Rock Church	Alternates each week *see church listings	<u>3rd Saturday of the Month</u> 1:00pm—3:00pm
Meridian Church	660 S. 3 rd St. El Cajon, CA 92021	<u>4th Wednesday of the Month</u> 3:30pm - 5:30pm

Veterans

Site Name	Contact Information	Service Hours/Information
VA Benefits Filing-HHSA El Cajon Library (In-person VA Benefit counseling)	201 E Douglas El Cajon, CA 92020 (619) 588-3718	<u>2nd and 4th Monday</u> 9:30am-1:00pm
VA Benefits Filing-HHSA Rancho San Diego Library (In-person VA Benefit counseling)	11555 Via Rancho San Diego El Cajon, CA 92019 (619) 660-5370	<u>2nd Thursday</u> 9:30am-1:00pm
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	* 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)	2165 Kurtz St. San Diego, CA 92110 (619) 209-4682 www.mhsinc.org/courage-to-call	Call for more information

<p>Veteran Community Services of San Diego (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 www.ccvcs.net</p>	<p>Call for more information</p>
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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</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>Open 7 days a week</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)</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><u>Tuesday-Saturday</u> 12:00pm—8:00pm</p> <p>7 days a week</p>

<p>and self-sufficiency for youth ages 16-24 transitioning into adulthood)</p> <p>Youth Emergency Shelter: (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>Eastern Lights Temporary Youth Shelter Ages 18-25</p>	<p>Meridian Church 660 S. 3rd St. El Cajon, CA 92019 (305) 934-8887 Lindsey5889@gmail.com</p>	<p><u>1st and 3rd Fridays of each month</u> 5:30pm Friday Check-in 9:00am Saturday Check-out</p>
<p>EXCEL Youth Resource Center High School Juniors & Seniors ages 16-18. Support includes tutoring, mentoring, computers, wi-fi, printing and school supplies. After-school snack and dinner provided. Younger siblings welcome with referred teen.</p>	<p>772 South Johnson Ave. El Cajon, CA 91917 Website: www.foothillsumc.org/what-we-do/good-shepherd/</p>	<p><u>Tuesday and Thursday</u> 3:30pm—6:30pm Check in by 4:00pm Referral from school counselor, teacher, case worker or social worker required.</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>Earlene Adams, Residential Shelter Manager (619) 906-4401 eadams@home-start.org</p> <p>Intake line at (619) 692-0727 ext. 118</p>	<p>Call for availability or for more information</p> <p>Leave message and a therapist will return your call</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>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>5280 Orange Ave. San Diego, CA 92115 (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 children, juvenile hall and jail ministry, crisis counseling, evangelism, and more.</p>	<p>P.O. Box 15637 San Diego, CA 92175 (619) 265-0337 https://www.teenchallenge.org/centers/san-diego-county/</p>	<p>Call for more information</p>

Job Assistance/Temporary Agencies

Site Name	Contact Information	Service Hours/Information
<p>P C G Public Consulting Group (Employment Services)</p>	<p>151 Van Houten Ave El Cajon, CA 92020 (619) 270-4000 www.publicconsultinggroup.com</p>	<p><u>Monday-Friday</u> 8:00am – 5:00pm Education/Employment office *CalWORKs recipients transitioning to self-sufficient status</p>
<p>X L Staffing Inc.</p>	<p>450 Fletcher Pkwy Ste 204 El Cajon, CA 92020 (619) 579-0442 (619) 276-8677 Fax xlstaffing.com</p>	<p><u>Monday-Friday</u> 9:00am – 5:00pm</p>
<p>Volt Services</p>	<p>450 Fletcher Pkwy Ste 213 El Cajon, CA 92020 (619) 427-0200</p>	<p><u>Monday-Friday</u> 9:00 am – 5:00pm</p>
<p>People Ready</p>	<p>1027 Broadway El Cajon, CA 92021 (619) 444-7877 www.peopleready.com</p>	<p><u>Monday-Friday</u> 5:30am – 6:00pm <u>Saturday</u> 7:00am – 11:00am</p>

E Z Staffing	1423 Broadway El Cajon, CA 92021 (619) 749-3835 (619) 299-0055	<u>Monday-Friday</u> 8:00am – 5:00pm *Health-care job placement only
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Colleges/Adult School Locations

Site Name	Contact Information	Service Hours/Information
Cuyamaca College	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	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 weekend hours/information
Foothills Adult Center	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>Monday-Friday</u> 8:00am – 5:00pm *Call for an appointment

Libraries

Site Name	Contact Information	Service Hours/Information
El Cajon Branch Library	E. Douglas Ave El Cajon, CA 92020 (619) 588-3718 Sdcl.org	<u>Monday-Thursday</u> 9:30am – 8:00pm <u>Friday-Saturday</u> 9:30am – 5:00pm <u>Sunday</u> 12:00pm – 5:00pm

<p>Rancho San Diego Branch Library</p>	<p>11555 Via Rancho San Diego El Cajon, CA 92019 (619) 660-5370</p> <p>Sdcl.org</p>	<p><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> 12:00pm – 5:00pm</p>
<p>Fletcher Hills Branch Library</p>	<p>576 Garfield Ave El Cajon, CA 92020 (619) 466-1132</p> <p>Sdcl.org</p>	<p><u>Monday & Sunday</u> CLOSED <u>Tuesday & Thursday</u> 9:30am – 6:00pm <u>Wednesday</u> 12:00pm – 8:00pm <u>Friday & Saturday</u> 9:30am – 5:00pm</p>
<p>Crest Branch Library</p>	<p>105 Juanita Lane El Cajon, CA 92021 (619) 442-7083</p> <p>Sdcl.org</p>	<p><u>Monday & Sunday</u> CLOSED <u>Tuesday</u> 12:00pm – 8:00pm <u>Wednesday & Thursday</u> 9:30am – 6:00pm <u>Friday</u> <u>Saturday</u> 9:30am-5:30pm 9:30am – 3:00pm</p>

Churches/Faith-based Organizations

Site Name	Contact Information	Service Hours/Information
<p>Foothills Christian Church (Christian)</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)</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>Newbreak Church (Christian)</p>	<p>470 N Mollison Ave El Cajon, CA 92020 (858) 576-0007x 414 lwilson@newbreak.org</p>	<p><u>Sunday</u> 9:00am and 10:45am Meals & Food: <u>2nd Monday</u> 12:00pm Produce <u>Tuesday</u> 6:00pm-7:00pm Meal <u>Third Thursday</u> 6:00pm-6:45pm Meal <u>Saturday</u> 10:00am Meal in the parking lot</p>

		Wellness Days 10:00am <u>June 21, Sept. 15, Oct. 20, Dec. 22</u>
New Seasons Church (Baptist)	990 Naranca Ave El Cajon, CA 92021 (619) 440-7597	<u>Sundays</u> 8am (English) 10am (Spanish) 6:30 pm (Arabic) Meals: Tuesday 5:45pm-6:30pm
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)	808 Jackman St El Cajon, CA 92020 (619) 226-7625	<u>Sundays</u> 8:00, 10:00, 12:00, 4:00, 6:00 Call for information or to connect with homelessness services
Salvation Army (Universal Christian Church) Counseling, Housing/Residence services, youth, adult rehabilitation, DV, Seniors, Emergency Assistance	1011 E. Main St El Cajon, CA 92021 (619) 440-4683 elcajon.salvationarmy.org/elcajon_corps/	<u>Sundays</u> 10:45am Service Food Pantry <u>Monday</u> 1:30pm to 4:00pm; <u>Tuesday</u> 1:30pm-4:00pm; <u>Wednesday</u> 9:30am-10:30am; <u>Thursday</u> 1:30pm-4:00pm; <u>Friday</u> 1:30 pm-3:00pm Senior Meals- 50+ <u>Monday-Friday</u> Doors Open 10:30am Lunch Served 11:00am Social Services <u>Monday, Tuesday, Thursday</u> 1:30pm—4:00pm <u>Friday</u> 1:30pm—3:00pm

Gyms

Site Name	Contact Information	Service Hours/Information
24-hour Fitness	198 W. Main St. El Cajon, CA 92021 (619) 442-0293 24hourfitness.com	Open 24 Hours Showers

Crunch Gym Parkway Plaza Mall	565 Fletcher Pkwy El Cajon, CA 92020 (619) 749-6939 crunchgym.com	Open 24 Hours Showers
Crunch Gym	522 Jamacha Road El Cajon, CA 92021 (619) 579-1818	<u>Monday-Friday</u> 5:00am – 10:00pm <u>Saturday & Sunday</u> 7:00am – 7:00pm

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 – 7:00pm <u>Sunday</u> 9:00am – 6:00pm
Cory's Closet Rancho San Diego Village	3745 Avocado Blvd La Mesa, CA 91941 (619) 660-1235 corysclosetchildrensresale.com	<u>Monday-Thursday</u> 10:00am – 6:00pm <u>Friday & Saturday</u> 10:00am – 5:00pm <u>Sunday</u> 11:00am – 5:00pm
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> 9:00am – 8:00pm <u>Sunday</u> 9:00am – 6:00pm
Quality Thrift Store	841 E. Main Street El Cajon, CA 92020 (619) 588-9191	<u>Monday-Saturday</u> 11:00am – 5:30pm
Mc Alister Institute Thrift	993 E. Main Street El Cajon, CA 92021 (619) 442-0212	<u>Monday-Friday</u> 9:00am – 9:00pm <u>Saturday & Sunday</u> 10:00am – 7:00pm
Father Joe's Village	2325 Fletcher Pkwy El Cajon, CA 92021 (619) 465-5840	<u>Monday-Saturday</u> 9:00am – 9:00pm <u>Sunday</u> 10:00am – 7:00pm

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-Friday</u> 9:30am – 6:00pm <u>Saturday</u> 9:30am – 5:00pm
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> <u>Sunday</u> 9am – 5pm 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> 9:00am – 5:00pm
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
Top Dollar	1150 N. 2 nd Street El Cajon, CA 9021 (619) 440-6411	<u>Monday-Friday</u> 9:30am – 5:30pm <u>Saturday</u> 9:30am – 1:00pm
Auto Pawn Company	715 E. Main Street El Cajon, CA 92020 (619) 590-1500	<u>Monday-Saturday</u> 10:00am – 7:00pm *Loan agency

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 Alwaysrecycling.com	<u>Monday- Friday</u> 8:00am – 5:00pm <u>Saturday</u> 8:00am – 1:00pm
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 – 9:00pm
Super Laundry Town & Country Shopping Center	2890 Fletcher Pkwy El Cajon, Ca 92021 (619) 465-6943	<u>Monday- Sunday</u> 7:00am – 10:00pm
Valley Coin Laundry	880 N. Mollison Ave El Cajon, CA 92021 (619) 588-4640	<u>Monday- Sunday</u> 7:00am – 10:00pm
El Cajon Launderland	112 W. Washington Ave El Cajon, Ca 92021 (619) 334-0098	<u>Monday- Sunday</u> 7:00am – 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- Sunday</u> 7:00am – 10:00pm
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
<p>El Cajon Animal Shelter (Program to shelter pets for individuals experiencing homelessness for a limited time.)</p>	<p>1373 N Marshall Ave. El Cajon, CA 92020 (619) 441-1580</p>	<p><u>Tuesday- Saturday</u> 10:00am – 5:30pm</p>