

Community Resources Directory
Directorio de Recursos de la Comunidad

Revised/*Revisado* June 5, 2020

CALL 911 for an EMERGENCY
LLAME al 911 para una EMERGENCIA

Fallbrook Regional Health District

138 S. Brandon Rd.
Fallbrook, CA 92028
(760) 731-9187

mbanuelos@fallbrookhealth.org

Fallbrook Smiles Project

PO Box 833
Fallbrook, CA 92088

fallbrooksmiles@gmail.com

The **Fallbrook Community Resources Directory** is a project of the Fallbrook Community Collaborative for Health and Wellness (CCHW) and is available online at www.fallbrookhealth.org

Please send any revisions or information to add to the directory to fallbrooksmiles@gmail.com and mbanuelos@fallbrookhealth.org

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Acupuncture/Acupuntura

Acupunture RN, Bonnie Roesger | 1667 South Mission Road, Fallbrook, 92028 · (760) 645-3717

Fallbrook Acupuncture | 407 Potter St., Fallbrook, 92028 · (760) 723-6557

Get Acupuncture Fallbrook, Malinda Gibbons | 1588 South Mission Rd., Suite 115, Fallbrook, 92028 · (619) 244-8998

Healing Oak Acupuncture Clinic, Randall Wegener | 593 East Elder St., Suite A, Fallbrook, 92028 · (760) 451-2188

Needle and Thrive, Murray Steven | 300 North Brandon Rd, #1, Fallbrook, 92028 · (951) 553-6855

Neighborhood Healthcare | 1309 South Mission Rd., Suite B, Fallbrook, 92028 · (833) 867-4642

Stephens Acupunture, Lori Stephens | 121 East Alvarado St., Fallbrook, 92028 · (730) 330-9244,

Village Acupuncture | 121 East Alvarado St., Fallbrook, 92028 · (760)451-3589

Claudine Volkart | 1328 South Mission Rd, Fallbrook, CA 92028 · (760) 451-4720

Animal Services/Protección de Animales

Fallbrook Animal Sanctuary | 230 W. Aviation Rd., Fallbrook, 92028 · (760) 685-3533

San Diego Department of Animal Services | **North Shelter:** 2481 Palomar Airport Rd., Carlsbad, 92011 · (619) 767-2675 | **South Shelter:** 5821 Sweetwater Rd., Bonita 91902 · (619) 767-2675

San Diego Humane Society | **San Diego:** 5500 Gaines St., San Diego, 92110 · (619) 299-7012 | **Oceanside:** 2905 San Luis Rey Rd. (dogs) , 572 Airport Rd. (cats) , Oceanside, 92058 · (619) 299-7012 | **Escondido:** 3500 Burnet Drive, Escondido, 92027 · (619) 299-7012 | **Paws San Diego:** 4500 Gaines St., San Diego, 92110 · (619) 299-7012 ext.. 2100 | **Project Wildlife:** 5433 Gaines St., San Diego, 92110 · (619) 299-7012

Children's Services/ Servicios para Niños y Jóvenes

Boys & Girls Club of North County | 445 E. Ivy St., Fallbrook, 92028 · (760) 728-5871

California Children's Services | **Escondido Office:** 420 N. Falconer St., Escondido, 92027 · (619) 528-4000 or (760) 432-7796

Child Welfare Services | **National Child Abuse Hotline:** (858) 560-2191 | **California Child Abuse Hotline:** (800) 344-6000

Fallbrook Child Development Center | 320 N. Iowa St., Fallbrook, 92028 · (760) 728-5402

Fallbrook Community Center | 341 Heald Ln., Fallbrook, 92028 · (760) 728-1671

Fallbrook MAAC Project Head Start | 405 W. Fallbrook St., Fallbrook, 92028 · (760) 723-4189

Fallbrook School of the Arts | 310 E. Alvarado St., Fallbrook, 92028 · (760) 728-6383

GANAS Mentoring Program | (510) 932-7864

Ingold Sports Park | 2551 Olive Hill Rd., Fallbrook, 92028 · (760) 201-6667

North County Lifeline | 3142 Vista Way, Ste. 400, Oceanside, 92056 · (760) 842-6201

MHS North Inland Community Prevention | 12344 Oak Knoll Rd., Ste. C-1, Poway, 92064 · (858) 391-9303

Palomar Family Counseling Services | 120 W. Hawthorne St., Fallbrook, 92028 · (760) 731-3235

San Diego Regional Center | Services for youth with developmental disabilities · *Servicios para jóvenes con discapacidades del desarrollo* · 4355 Ruffin Rd., Ste. 200, San Diego, 92123 · (858) 576-2996

WIC – Women, Infants, Children | 504 E. Alvarado St., Ste. 109, Fallbrook, 92028 · (888) 999-6897

YMCA Kinship Support Services | Education, resources, respite care, support groups · *Educación, recursos, desahogo familiar, grupos de apoyo* · (619) 543-9850

Chiropractic/ Quiropráctica

Fallbrook Spine Center | 746 S. Main St., Ste. D, Fallbrook, 92028 · (760) 728-8999

Foli Chiropractic | 210 S. Vine St., Fallbrook, 92028 · (760) 728-6170

Dianne McClintock, DC | 1365 McDonald Rd., Fallbrook, 92028 · (760) 723-5890

Mary C. Ramsden, DC | 1588 S. Mission Rd., Fallbrook, 92028 · (760) 728-9228

Neighborhood Healthcare 1309 S. Mission Rd., Fallbrook, 92028 · (833) 867-4642

Tru-Health Chiropractic | 5523 S. Mission Rd., Bonsall, 92003 · (760) 724-8104

Scott Vance, DC | 5256 S. Mission Rd., Bonsall, 92003 · (760) 728-2800

Wetzel Chiropractic | 945 S. Mission Rd., Fallbrook, 92028 · (760) 723-9512

Dental Care/Servicios Dental

Bella Dental, Quin Thai, DDS | 855 S. Main St., Ste. J, Fallbrook, 92028 · (760) 723-8599

Nicholas Beye, Jr., DDS | 645 E. Elder, Ste. A, Fallbrook, 92028 · (760) 728-8375

Ligia Blanco, DDS | 43 E. Alvarado St., Fallbrook, 92028 · (760) 451-6971

Randy D. Carlson, DMD and Alexander Stanton, DDS | 5256 S. Mission Rd., Ste. 1101, Bonsall, 92028 · (760) 630-5500

Clayton T. Cooke, DDS | 425 E. Alvarado St., Fallbrook, 92028 · (760) 728-5012

Ross Desimone, DDS | 577 E. Elder St., Fallbrook, 92028 · (760) 723-0787

John Duling, DDS | 1385 S. Mission Rd., Fallbrook, 92028 · (760) 728-9558

Fallbrook Family Health Center | 1328 S. Mission Rd., Fallbrook, 92028 · (760) 451-4730

Fallbrook Smiles Project | PO Box 833, Fallbrook, 92088 · (619) 261-0871

Flores Orthodontics, Daniel A. Flores, DDS | 210 E. Fig St., Ste. 201, Fallbrook, 92028 · (760) 728-1182

Richard Goble, DDS | 1108 S. Main St., Fallbrook, 92028 · (760) 728-2261

Lakeshore Oral & Maxillofacial Surgery, Peter Krakowiak, DDS and Brady Nielsen, DDS | 111 W. Mission Rd., Ste. A, Fallbrook, 92028 · (760) 7283-1123 and 5256 S. Mission Rd., Ste. 1103, Bonsall, 92003 · (760) 630-6494

Justin T. M. Nguyen, DMD | 307 E. Mission Rd., Ste. B, Fallbrook, 92028 · (760) 728-5739

James Moran, DDS | 587 E. Elder St., Ste. A, Fallbrook, 92028 · (760) 723-4477

Neighborhood Healthcare | 425 N. Date St., Escondido, CA 92025 | 16650 Highway 76, Pauma Valley, CA 92061 · (833) 867-4642

Philip Roberts, DDS | 1680 S. Mission Rd., Fallbrook, 92028 · (760) 728-5848

Ronccone Orthodontics, Christopher E. Ronccone, DDS | 1680 S. Mission Rd., Ste. A, Fallbrook, 92028 · (760) 728-5808

Tinou Ronccone, DDS, Periodontics | 1680 S. Mission Rd., Ste. A, Fallbrook, 92028 · (760) 728-0800

Sharla Ruiz, DMD | 111 W. Mission Rd., Ste. B, Fallbrook, 92028 · (760) 728-6123

A Smile Shoppe, James E. Sorge, DMD | 521 E. Elder St., Ste. 203, Fallbrook, 92028 · (760) 728-1592

Share the Care Dental Initiative, County of San Diego | 3851 Rosecrans St., # 522, San Diego, 92110 · (619) 692-8858

Ashley Stein Araiza, DDS | 304 N. Orange Ave., Fallbrook, 92028 · (760) 645-3949

Edwin Stewart, DMD and Jordan Colby, DMD | 521 E. Alvarado St., Fallbrook, 92028 · (760) 723-3535

Surf and Smiles Orthodontics | 425 E. Alvarado, Ste. C, Fallbrook, 92028 · (760) 728-5575

Tooth Fairy Hotline | San Diego County Residents only · (619) 275-7195

Tri-City/Fallbrook Endodontics | 425 E. Alvarado, Fallbrook, 92028 · (760) 728-1410

Gernot Winkler, DDS | 407 Potter St., Ste. B, Fallbrook, 92028 · (760) 728-8469

Disabled Programs/ *Programas para Incapacitados*

Care-Rite Vocational Services | Work programs for adults with intellectual disabilities · *Programas de trabajo para adultos con discapacidades intelectuales* · 115 W. Aviation Rd., Fallbrook, 92028 · (951) 719-3377

D’Vine Path | Vocational & life skills training to people with disabilities · 1374 S. Mission Rd., Ste. 415 · (949) 233-6515

LIFT – North County Transit District | (760) 726-1111

R.E.I.N.S. | Therapeutic horsemanship program · *Programa de equitación terapéutica* · 4461 S. Mission Rd., Fallbrook, 92028 · (760) 731-9168

San Diego Regional Center | Services for youth with developmental disabilities · *Servicios para jóvenes con discapacidades del desarrollo* · 4355 Ruffin Rd., Ste. 200, San Diego, 92123 · (858) 576-2996

Domestic Violence/ *Abuso y Violencia Doméstica*

Adult Protective Services | Elder or dependent adult abuse · *Abuso de adultos de la tercera edad o dependientes* · (800) 339-466

Alternatives to Domestic Violence | Services in Western Riverside County · *Servicios en el oeste del condado de Riverside* · Crisis Line *Línea de crisis*: (800) 339-7233 · Office *Oficina*: (951) 320-1370

Child Welfare Services | National Child Abuse Hotline *Línea nacional para el reporte del abuso infantil*: (858) 560-2191 · California Child Abuse Hotline *Línea de California para el reporte del abuso infantil*: (800) 344-6000

Center for Community Solutions | Hotline *Línea directa*: (888) 385-4657 · General information *Información general*: (858) 272-5777

Community Resource Center of North San Diego County | 650 Second St., Encinitas, 92024 · (760) 753-1156 · 24-Hour Hotline: (877) 633-1112

Fallbrook Sheriff Substation | 388 E. Alvarado St., Fallbrook, 92028 · (760) 451-3100 · Emergency call 911

National Domestic Violence Hotline | (800)799-SAFE (7233)

Palomar Family Counseling Services | **Fallbrook**: 120 W. Hawthorne St., Fallbrook, 92028 · (760) 731-3235

Women’s Resource Center | 1963 Apple St., Oceanside, 92054 · (760) 547-8000 · 24-Hour Hotline: (760) 757-3500

Drug and Alcohol Abuse/ *Abuso de Drogas y Alcohol*

ACCESS & Crisis Line | Suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services, 7 days/week, 24 hours/day *Prevención del suicidio, intervención en crisis, recursos comunitarios, servicios de salud mental y de apoyo al alcohol y las drogas, 7 días de la semana, 24 horas al día* · (858) 277-9550

Alcoholic's Anonymous | (760) 758-2514, *Español: (760) 758-6905*

Capalina Clinic | Outpatient medication assisted treatment providing a comprehensive approach to aid individuals in successfully recovering from an opioid addiction *Tratamiento asistido con medicamentos para pacientes ambulatorios proporcionando un enfoque integral para ayudar a las personas a recuperarse con éxito de una adicción a los opioides* · 1560 Capalina Rd., San Marcos, 92069 · (877) 266-8902

CORE Solutions | Services for at-risk teens *Servicios para adolescentes en riesgo* · (888) 417-2466

Hill Alcohol and Drug Treatment | Teens and adults *Adolescentes y adultos* · 41877 Enterprise Circle N, #100, Temecula, 92590 · (951) 719-3685

McAlister/MITE/N. Coastal Regional Recovery Center | 2821 Oceanside Blvd, Oceanside, 92054 · (760) 721-2781

Mental Health Systems, N. Inland Regional Recovery Center | Youth Alcohol/Drug Prevention Program *Programa para jóvenes para la prevención del uso de drogas/alcohol* · 200 E. Washington St., Ste. 100, Escondido, 92025 · HOTLINE *Línea directa: (800)-838-1752* · Office *Oficina: (760) 741-7708*

Palomar Family Counseling Services | 120 W. Hawthorne St., Fallbrook, 92028 · (760) 731-3235

San Diego County METH Strike Force | 877-NO2-METH or (877)724-7240, 24 hours/day, 7 days/week *7 días de la semana, 24 horas al día*

Temecula Valley Comprehensive Treatment Center for Opioid Use | 40700 California Oaks Rd., Ste. 202, Temecula, 92562 · (855) 337-5640

Emergency Services/*Servicios de Emergencia*

FIRE/Paramedic | 911

Fallbrook Sheriff Substation | 388 E. Alvarado St., Fallbrook, 92028 · (760) 451-3100 · Dispatch: (760) 728-1113 ·

Emergency Call 911 *Llamada de emergencia 911*

Fitness/ *Condición Física*

Aevum Wellness | 543 E. Alvarado St., Fallbrook, 92028 · (760) 451-9162

Anytime Fitness | 855 S. Main St., Fallbrook, 92028 · (760) 723-2433

Be Well Therapy Yoga for Cancer Recovery

Boys & Girls Club of North County | 445 E. Ivy St., Fallbrook, 92028 · (760) 728-5871

Club Paradise Fitness | 1371 S. Mission Rd., Fallbrook, 92028 · (760) 731-0133

Fallbrook Community Center | 341 Heald Ln., Fallbrook, 92028 · (760) 728-1671

Fallbrook Library | 124 S. Mission Rd., Fallbrook, 92028 · (760) 731-4650

Fallbrook Senior Center | 399 Heald Ln., Fallbrook, 92028 · (760) 728-4498

Feeling Fit Club | Functional fitness for older adults on TV · (858) 495-5500

Sage Yoga Studios | **Fallbrook:** 115 N. Main St · (760) 451-8771 | **Bonsall:** 5256 S. Mission Rd., Ste. 7047 · (760) 295-0895

Silver Sneakers | Senior exercise program *Programa de ejercicio para personas mayores* · **Club Paradise:** 1371 S. Mission Ave., Fallbrook, 92028 · (760) 731-0133 | **Fallbrook Senior Center:** 399 Heald Ln., Fallbrook, 92028 · (760) 728-4498 |

Fallbrook United Methodist Church: 1844 Winterhaven Rd., Fallbrook, 92028 · (760) 728-1472

Wade Into Fitness | 341 Heald Ln., Fallbrook, CA 92028 · (760) 728-1671

Food Resources/*Nutrición - Recursos de Comida*

Brother Benno's | 3260 Production Ave., Oceanside, 92058 · (760) 439-1244

Fallbrook Food Pantry | 140 N. Brandon Rd., Fallbrook, 92028 · (760) 728-7608

Fallbrook Senior Center | Home delivered meals and congregate lunch site *Comidas entregadas a domicilio y sitio de almuerzo congregado* · 399 Heald Ln., Fallbrook, 92028 · (760) 728-4498

Meals on Wheels of San Diego County | 2254 San Diego Ave., Ste. 200, San Diego, 92110 · (619) 260-6110

Western Eagle Foundation | Offer an affordable Food Box Program for individuals and families, and community food distribution for churches and other charitable organizations *Programa asequible de [Food Box](#) para individuos y familias, y distribución comunitaria de alimentos para iglesias y otras organizaciones* · 40940 County Center Drive, Temecula, 92591 · (951) 695-7206

WIC – Women, Infants, Children | 504 E. Alvarado St., Ste. 109, Fallbrook, 92028 · (888) 999-6897

Food Stamps/Cal Fresh | Benefits Helpline *Ayuda de beneficios:* (877)847-3663 | **Apply Online** [Here](#) *Solicitar en línea [aquí](#)*
| **Apply In-Person** *Solicitar en Persona:* Fallbrook Community Resource Center: 202 W. College Ave., Fallbrook 92028 · (866)262-9881

[Feeding America Mobile Food Pantry](#) | **Sonrise Christian Fellowship:** 463 S. Stage Coach Ln., Fallbrook, 92028 · (760) 728-5804 · 1st and 3rd Tuesday from 9am – 10 am | **Riverview Church:** 980 Sweetgrass Ln., Bonsall, 92028 · (760) 941-1430 · 2nd and 4th Friday 10am -11am

Healthcare/*Cuidado de Salud*

Fallbrook Family Health Center | Adult medical, pediatric services, women's health, prenatal care, dental care, behavioral health, vision care *Servicios médicos para adultos, servicios pediátricos, salud de la mujer, cuidado prenatal, cuidado dental, salud mental, cuidado de la visión* · 1328 S. Mission Rd., Fallbrook, 92028 · (760) 451-4720

Fallbrook Healthcare Partners, Richard Reynolds, MD | 591 E. Elder St., Ste. C, Fallbrook, 92028 · (760) 731-8989

Fallbrook Medical Center, Alvaro Berrios, FNP | 593 E. Elder St., Ste. B, Fallbrook, 92028 · (760) 723-5900

Fallbrook Pediatrics, Daisy Robinson, MD | 321 E. Alvarado St., Fallbrook, 92028 · (760) 723-6200

Graybill Medical Group | 1035 S. Main St., Fallbrook, 92028 · (866)228-2236

Hope Imaging | 616 E. Alvarado St., Fallbrook, 92028 · (760) 645-3509

Lab Corp | 587 E. Elder St., Fallbrook, 92028 · (760) 723-9255

Neighborhood Healthcare | **Fallbrook:** Accupuncture, chiropractic and podiatry services *Servicios de acupuntura, quiropráctica, y podología* · 1309 S. Mission Rd., Fallbrook, 92028 · (760) 690-5900 | Find Other Locations [Here](#) *Encuentre otras localizaciones [aquí](#)*

North County Health Services | Find Locations [Here](#) *Encuentre localizaciones [aquí](#)* (760) 736-6767

Pediatric Partners/Children's Primary Care Medical Group, Inc. ("CPCMG") | 1107 S. Mission Rd., Fallbrook, 92028 · (760) 451-0070

Quest Diagnostics | 521 E. Elder St., Ste. 201, Fallbrook, 92028 · (442) 245-0982

Rancho Family Medical Group | 521 E. Elder St., Ste. 105, Fallbrook, 92028 · (760) 728-8344

San Diego County N. Coastal Public Health Center | 3609 Ocean Ranch Blvd., Ste. 104, Oceanside, 92056 · (760) 967-4401

San Diego County N. Inland Public Health Center | 649 W. Mission Ave., Ste. 2, Escondido, 92025 · (760) 740-3000

Peter Strutz, MD | 605 E. Alvarado, Ste. 1, Fallbrook, 92028 · (760) 728-8489

Vista Community Clinic | Find Locations [Here](#) *Encuentre localizaciones [aquí](#)* · (844) 308-5003

Health Coverage/ Asistencia para Cobertura de Salud

Covered California | Subsidize health insurance/Medi-Cal *Seguros de salud con subsidios/ Medi-Cal* · (800) 300-1506 *español (800) 300-0213*

Fallbrook Family Health Center | Medi-Cal Assistance, 1328 S. Mission Rd., Fallbrook, 92028 · (760) 451-4720

HICAP-Health Insurance Counseling & Advocacy Program | For elderly and disabled San Diego residents · (858) 565-1392

Medicare | (800) 633-4227

MedOptions Insurance Agency | **Fallbrook:** 1356 S Mission Rd. Fallbrook, CA 92028 · (888) 599-4949

San Diego County Department of Health and Human Services | **Apply to Medi-Cal Online** [Here](#) | **Apply In-Person** *Solicitar en Persona:* **Fallbrook Office:** 202 W. College Ave., Fallbrook 92028 · **Office** *Oficina:* (866)262-988

Home Health and Hospice/ *Cuidado en Casa y Hospicio*

Elizabeth Hospice | 500 La Terraza Blvd, Ste. 130, Escondido, 92025 · (800)797-2050

Foundation for Senior Care | 135 S. Mission Rd., Fallbrook, 92028 · (760) 723-7570 for information of providers of home health and hospice

Hospice of the N. Coast | 2525 Pio Pico Drive, Ste. 301, Carlsbad, 92008 · (760) 431-4100

Hospice of the Valleys | 25240 Hancock St., Murrieta, 92562 · (951) 200-7800

In Home Supportive Services (IHSS) | State of CA program for low income in-home services · (800) 339-4661

National Care Planning Council | Eldercare, senior services and care planning · (800) 989-8676

Palomar Health Home Health | (442) 204-0306

Seasons Hospice | 877-643-0401

Tri-City Medical Center Home Health | (760) 940-5800

Hospitals/*Hospitales*

Inland Valley Medical Center | 36485 Inland Valley Drive, Wildomar, 92595 · (951) 677-1111

Loma Linda Murrieta | 28062 Baxter Rd., Murrieta, 92563 · (951) 290-4000

Palomar Health: Downtown Escondido, 555 E. Valley Parkway, Escondido, 92025, (760) 739-3000, **Escondido**, 2185 Citracado Parkway, Escondido, 92029, (442) 281-5000, **Poway**, 15615 Pomerado Road, Poway, 92064, (858) 613-4000

Rady Children's Hospital | 3020 Children's Way, San Diego, 92123 · 585-576-1700

Rancho Springs Medical Center | 25500 Medical Center Drive, Murrieta, 92562 (951) 696-6000

Temecula Valley Hospital | 31700 Temecula Valley Parkway, Temecula, 92592 · (951) 331-2200

Tri-City Medical Center | 44002 Vista Way, Oceanside, 92056 · (760) 724-8411

Housing/*Vivienda*

Community Housing Works | Affordable housing-has apartments in Fallbrook · (619) 282-6647

La Posada de Guadalupe | Provides short-term housing and case management for homeless men and long-term housing for employed farm workers, 2476 Impala Drive, Carlsbad, 90101 · (760) 929-2322

San Diego County Housing and Community Development | Assistance for renters, home-owners and homeless · (858) 694-4801

Solutions for Change | For families with children, 772 W. California Ave., Vista, 92083 · (760) 941-6545

Government Offices/Oficinas de Gobierno

Department of Motor Vehicles (DMV) | Oceanside: 4005 Plaza Drive, 92056 · (800)777-0133 | San Marcos: 590 Rancheros Drive, 92069 · (800)777-0133

San Diego County Records – birth, death, marriage certificates | San Marcos office, 141 E. Carmel St., San Marcos, 92078 · (619) 237-0502

San Diego County Department of Health and Human Services | Apply for Medi-Cal, Cal-Fresh | Fallbrook Office: 202 W. College Ave., Fallbrook 92028 · (866) 262-9881

Fallbrook Regional Health District | 138 S. Brandon Rd., Fallbrook, 92028 · (760) 731-9187

Fallbrook Public Utility District | Sewer and water | 990 E. Mission Rd., Fallbrook, 92028 · (760) 728-1125

Rainbow Municipal Water District | 3707 Old Hwy 395, Fallbrook, 92028 · (760) 728-1178

HICAP-Health Insurance Counseling & Advocacy Program | for elderly and disabled San Diego residents · (858) 565-1392

Medicare | 800-633-4227

San Diego County Parks & Recreation Fallbrook Office | 341 Heald Ln., Fallbrook, 92028 · (760) 728-1671

San Diego County Aging & Independence Services | 800-339-4661

San Diego Court Services N. County Regional Office | 325 S. Melrose Ave., Vista, 92081, family law · (760) 201-8600

Social Security Office | (800) 772-1213, Oceanside: 2160 S. El Camino Real, 92054 | San Marcos: 367 Via Vera Cruz, 92078

Legal Advice/ Asesoría Legal

California Rural Legal Assistance | Vista Regional Office, 650 Civic Center Drive, #108, Vista, 92084 · (760) 966-0511

Catholic Charities of San Diego | 3888 Paducah Drive, San Diego, 92117 · (619) 323-2841

Community Resource Center of N. San Diego County | 650 Second St., Encinitas, 92024 (760) 753-1156

Elder Law & Advocacy | (858) 565-1392

San Diego Volunteer Lawyer Program | 707 Broadway, Ste. 1400, San Diego, 92101 · (619) 235-5656

Medical Equipment and Supplies/ Equipo y Accesorios Médicos

Apria | (888) 492-7742

Fallbrook Senior Center | 399 Heald Ln., Fallbrook, 92028 · (760) 728-4498

Global Medical Equipment and Supplies | 25136 Hancock Ave., Ste. B, Murrieta, 92562 · (951) 200-6555

Lincare | 27994 Bradley Rd., Sun City, 92586 · (951) 246-809

Mental Health Services/ *Salud Mental – Servicios de Consejería*

Aurora Behavioral Health Care | 11878 Avenue of Industry, San Diego, 92128, · (888) 564-4228

BPSR Kinesis N. Clinic | 474 W. Vermont Ave, Escondido, 92025 · (760) 480-2225

Crestwood Behavioral Health | 624 E. Elder St., Fallbrook, 92028 · (760) 451-4165

Exodus Recovery | Several North San Diego County locations

Fallbrook Family Health Center, community clinic behavioral health | 1328 S. Mission Rd., Fallbrook, 92028 · (760) 451-4720

It's Up to Us San Diego | HOTLINE (888) 724-7240

Neighborhood Healthcare Behavioral Health Services | Available in Escondido and Temecula · (833) 867-4642

North Coastal Mental Health Center | Case management, therapy, medication programs, 1701 Mission Ave., Ste. 230, Oceanside, 92058 · (760) 712-3535

North County Lifeline | 3142 Vista Way, Ste. 400, Oceanside, 92056 · (760) 842-6201

North Inland Mental Health Center | Case management, therapy, medication programs | 125 W. Mission Ave., Escondido, 92025 · (760) 747-3424

Palomar Family Counseling | Fallbrook Office - 120 W. Hawthorne St., Fallbrook, 92028 · (760) 731-3235

Psychiatric Hospital of San Diego County | 3853 Rosecrans St., San Diego, 92110 · (619) 692-8200

SAMSHA | Emotional stress due to natural or human caused disasters, HOTLINE 800-985-5990

Military/Veteran Services/ *Servicios a Militares y Veteranos*

Coalition to Salute America's Heroes | Helps wounded veterans and the families of Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn · (888) 447-2588 · email: info@saluteheroes.org

Courage to Call | 9445 Farnham St., San Diego, 92123 · (877)-698-7838

Disabled American Veterans (DAV) - VA Regional Office | 8810 Rio San Diego Drive, Ste. 1160, San Diego, 92108 · (619) 299-6916

Military One Source | Resources and support · (800) 342-9647

Operation Homefront | Housing and family support 2525 Camino del Rio S., #255, San Diego, 92108 · (858) 242-4995 · email: california@operationhomefront.org

San Marcos Vet Center – VA | 1 Civic Center Drive, San Marcos, 92069 · (760) 744-6914

Vet Center – readjustment counseling | HOTLINE 877-WAR-VETS · (877) 927-8387

Veterans of Foreign Wars (VFW) | Fallbrook Post 1924, 1175 Old Stage Rd., Fallbrook, 92028 · (760) 728-878

Physical Therapy/*Terapia Fisica*

All Star Physical Therapy | Physical therapy, occupational therapy & speech-language therapy | 577 E. Elder St., Fallbrook · (760) 723-2687

Fallbrook Spine Center | Physical therapy | 746 S. Main St. Ste. D, Fallbrook · (760) 728-8999

Rancho Physical Therapy | Physical therapy | 521 E. Elder St. Ste. 106, Fallbrook · (760) 723-8337

Podiatry/*Podología*

Fallbrook Podiatry/Dr. Grigoriy N. Patish | 407 Potter St., Ste. A, Fallbrook, 92028 · (760) 728-4800

Neighborhood Healthcare | 1309 S. Mission Rd., Fallbrook, 92028 · (833) 867-4642

Dr. Frank J. Witt | 407 Potter St., Ste. A, Fallbrook, 92028 · (760) 728-6678

Dr. Paul Yoon | 577 E. Elder St., Ste. G, Fallbrook, 92028 · (760) 689-2308

Safety/*Seguridad*

American Red Cross | 3950 Calle Fortunada, San Diego, 92123, Emergency Dispatch - monitored 24 hours a day · (855) 891-7325

CERT – Community Emergency Response Team | 330 S. Main St., Fallbrook, 92028 · (760) 723-2046

Fallbrook Sheriff | 388 E. Alvarado St., Fallbrook, 92028 · Business (760) 451-3100, Dispatch (760) 451-1113 or Emergency 911, Senior volunteer patrol and YANA (You are Not Alone Program) (760) 451-3144

National Human Trafficking Resource Center | (888) 373-7888 or text 233733

N. County Fire Protection District | 330 S. Main St., Fallbrook, 92028 · (760) 723-2005

Senior Services/ *Servicios para Personas Mayores*

ADT home medical alert system | (888) 833-7247

Alzheimer's San Diego | 6632 Convoy Court, San Diego, 92111, (585) 492-4400

Choose Well San Diego | help to find assisted living facilities, (619) 795-2165, email: choosewellsandiego@gmail.com

Elder Law & Advocacy | (858) 565-1392

Fallbrook Senior Center, thrift shop, congregate meals, home delivered meals, classes | 399 Heald Ln., Fallbrook, 92028 · (760) 728-4498

Fallbrook Skilled Nursing Facility | 325 Potter St., Fallbrook, 92028 · (760) 728-2330

Feeling Fit Club | functional fitness for older adults on TV · (858) 495-5500

Foundation for Senior Care care van, expanded rides, senior care advocacy, computer learning center, adult day program | 135 S. Mission Rd., Fallbrook, 92028 · (760) 723-7570

National Care Planning Council | eldercare, senior services and care planning · (800) 989-8676

Phillips Lifeline home medical alert system | (855) 214-1370

Regency Fallbrook | retirement, assisted living and memory care community, 609 E. Elder St., Fallbrook, 92028 · (760) 728-8504

Silvergate Fallbrook | retirement, assisted living and memory care, 420 Elbrook Drive, Fallbrook, 92028 · (760) 728-8880

Silver Sneakers (exercise program) | Club Paradise, 1371 S. Mission Ave., Fallbrook, 92028 · (760) 731-0133 |

[Fallbrook Senior Center](#) 399 Heald Ln., Fallbrook, 92028 · (760) 728-4498 | [Fallbrook United Methodist Church](#), 1844 Winterhaven Rd., Fallbrook, 92028 · (760) 728-1472

Southern Caregiver Resource Center | support services for family caregivers, 3675 Ruffin Rd., Ste. 230, San Diego, 92123, (760) 410-7710

Take Me Home Program through San Diego County Sheriff's Department | registry for at risk individuals who may go missing, Fallbrook location · (760) 451-3100

You Are Not Alone (YANA) | through San Diego County Sheriff's Department, phone calls and visits for seniors, Fallbrook location · (760) 451-3144

YMCA Kinship Support Services | education, resources, respite care, support groups · (619) 543-9850

Support Groups/*Grupos de Apoyo*

Alcoholic's Anonymous | multiple groups in Fallbrook area · (760) 758-2514, *español* (760) 758-6905

Al-Anon for Friends & Families of Alcoholics | multiple groups in Fallbrook area · (800) 690-2666, [En Español](#)

Alzheimer's Support Group, | 3rd Friday of each month, 5:30 pm, [Regency Fallbrook](#), 609 E. Elder St., Fallbrook, Contact: Michelle mway@regencyfallbrook.com or (760) 728-8504

Cancer Support Groups | Michelle's Place, 41669 Winchester, #101, Temecula 92590 · (951) 699-5455, *también en Español*

Grief Support Group | 2nd Wednesday of each month, 10:00 am, [Regency Fallbrook](#), 609 E. Elder St., Fallbrook Contact: Michelle mway@regencyfallbrook.com or (760) 728-8504

N. County Parkinson's Support Group | 4th Friday of each month, 10 am to noon, Christ the King Church, 1620 S. Stage Coach Ln., Fallbrook Contact: Irene (760) 731-017

Transportation/*Transporte*

511 | call 511 in San Diego County or 855-GO-SD-511, free phone & web service that consolidates San Diego's regional transportation information into a one-stop resource. 511 provides up-to-the minute information on traffic conditions; incidents and driving times; schedule, route and fare information for public transportation; carpool and vanpool referrals; bicycling information; and more.

Care Van & Expanded Rides Program – Foundation for Senior Care | (760) 723-7570

North County Transit District | bus & train transportation · (760) 966-6500. For Hearing or Speech Impaired TTY/TDD (866)735-2929 or 711

LIFT | through North County Transit District for passengers with disabilities · (760) 726-1111

Urgent Care/*Cuidado Urgente*

Fallbrook Medical Center Urgent Care | 593 E. Elder St. Ste. B, Fallbrook · (760) 723-5900 Open Monday-Friday

MedPlus Urgent Care | 617 E. Alvarado St., Fallbrook · (760) 505-9509 Open 7 days/week

Vision Care/*Cuidado de la Visión*

Fallbrook Eyecare Center, Eric J. Ramos, O.D. | 645 E. Elder St., Ste. D, Fallbrook, 92028 · (760) 728-9440

Fallbrook Family Health Center | 1328 S. Mission St., Fallbrook, 92028 · (760) 451-4720

Inland Eye Specialists | 521 E. Elder St., Ste. 102, Fallbrook, 92028 · (760) 728-5728

Vista Vision Associates of Optometry | 1102 S. Main St., Fallbrook, 92028 · (760) 723-8417