

\*Palomar Family Counseling (C) 120 W Hawthorne St. (760) 731-3235  
 \*San Diego County Psychiatric Hospital uninsured (C) (619) 692-8232  
**20. Military & Veteran / Servicios a Militares y Veteranos**  
 \*Courage to Call 211, 1(English), 4 or (877) 698-7838  
 \*DAV-Disabled American Veteran www.dav.org (619) 299-6916  
 - assistance for benefits, transportation, rehabilitation, education, employment  
 \*Foundation for Senior Care - free veterans advocate (760) 723-7570  
 - 2nd Friday & 4th Wednesday  
 \*Homefront San Diego emergency services and additional help (760) 392-1551  
 - for active duty personnel and families ranks E-5 and below HomeFrontSanDiego.org  
 \*Military One Source www.militaryonesource.mil (800) 342-9647  
 \*San Marcos Vet Center - free veterans advocate (855) 898-6050  
 \*Veteran's Combat Call Center - 24/7 (877) 927-8387  
 - support for combat veteran's readjustment issues  
 PTSD (Post Traumatic Stress Disorder) www.VA.gov  
 \*Veterans of Foreign Wars (760) 728-8784  
**21. Food Resources - Nutrition / Nutrición - Recursos de Comida**  
 \*Brother Benno's - M-F 6:30a-8a/Sat 10a-11:30a Oceanside (760) 439-1244  
 \*Fallbrook Food Pantry (extended hours for seniors) (760) 728-7608  
 M-F 9:30-12:30 1042 S. Mission Rd (entrance off of Aviation)  
 Last Wed 8-10a Life Pointe Church parking lot, Hawthorne St & Pico Ave  
 \*Fallbrook Senior Center - meal program 399 Heald Ln. (760) 728-4498  
 \*Feeding America Mobile Food Pantry (858) 452-3663  
 1st & 3rd Tue 9:30-10:30 Sonrise Christian Fellowship, 463 S Stage Coach Ln  
 2nd & 4th Mon 10-11 Riverview Evangelical Church, 4980 Sweetwater Ln, Bonsall  
 \*Food Stamps www.calfresh.ca.gov (866) 262-9881  
 \*Meals-On-Wheels Greater San Diego (760) 736-9900  
 \*Project Food Box - provided by Western Eagle (951) 695-7206  
 -M-F 9-5, Sat/Sun 9-4, 40940 County Center Dr., Temecula  
 \*WIC - Women Infants Children 1328 S Mission Rd (C) (888) 999-6897  
**22. Safety / Seguridad**  
 \*CERT - Community Emergency Response Team (760) 330-7979  
 CPR/AED & disaster preparedness courses (low cost)  
 \*Fire Prevention (760) 723-2010  
 Fire Protection District - business office/non-emergency (760) 723-2005  
 Fallbrook Citizens Crime Prevention Committee (760) 731-9127  
 -neighborhood & community crime prevention seminars & awareness. facebook  
 \*National Human Trafficking Resource Center (888) 373-7888  
 \*Red Cross - health & safety courses (800) 733-2767x3  
 www.redcross.org/ca/san-diego  
 \*Sheriff's Department Mon-Fri 8a-5p 388 E Alvarado St (760) 451-3100  
 -Senior Volunteer Patrol & YANA - You Are Not Alone (760) 451-3145  
 -Take Me Home - Persons with developmental or medical conditions  
 Registration required  
 -Graffiti Hotline (760) 451-3144  
**23. Senior Services / Servicios para Personas Mayores**  
 \*Alzheimer's Association of America www.alz.org/sandiego (800) 272-3900  
 \*ADT Home Health Security Services (866) 865-5006  
 -medical alert system  
 \*Phillips Lifeline Medical Alert Service (800) 655-5165  
 -personal safety alert button www.lifeline.phillips.com  
 \*Elder Law & Advocacy - HICAP (760) 439-2535  
 -For Medicare info (858) 565-8772  
 \*Fallbrook Family Health Center (760) 451-4720  
 Fallbrook In Home Companion Care Karen Henretta (760) 500-1423  
 Belinda Maxwell (760) 250-9713  
 \*Fallbrook Senior Center & Thrift Shop 399 Heald Ln (760) 723-4602  
 -information activities/lunch program/exercise/hearing screenings

\*Fitness Moves - SilverSneakers Yoga (760) 845-6602  
 Foundation for Senior Care FoundationForSeniorCare.org (760) 723-7570  
 Care Van and Wheelchair Service - Expanded Rides - Senior Care Advocacy -  
 Computer Learning Center - Adult Day Program "The Club" 9am-5pm  
 Road-Runner Errands Kathy Ford (760) 277-0089  
 \*San Diego County Aging and Independent Services (800) 510-2020  
 -Vial of Life, Mental Health, Support Groups www.ais-sd.org  
 \*Senior Care Referral Specialists (800) 587-4410 (951) 824-8299  
 -Free referrals to Senior living and care options www.SRcareinfo.com  
 \*Vista Senior Center 1400 Vale Terrace Dr., Vista (760) 639-6160  
 \*YANA (You Are Not Alone) Fallbrook Sheriff's Dept. (760) 451-3145  
 -free daily check-ups & elder abuse prevention www.sdsheriff.net  
**24. Support Groups / Grupos de Apoyo**  
 \*Alcoholic's Anonymous San Diego County (760) 758-2514  
 www.NOSDCO-AA.org Thurs. evenings only Español: (760) 758-6905  
 \*Al-Anon - support group for families of alcoholics (619) 296-2666  
 - English and Spanish speaking meeting locations listed on www.alanonsandiego.org  
 Al-Anon Español cell: (626) 260-2315  
 \*Alzheimer's Support Group - 3rd Wed 2:00, Silvergate (760) 728-8880  
 \*Bereavement Support - Hospice of the North Coast (760) 431-4100  
 - 1st & 3rd Tuesdays 3-4pm, Silvergate Fallbrook (760) 728-8880  
 \*Empty Cradle - loss of a baby (619) 595-3887  
 \*Fallbrook Senior Center - AA meeting Friday evenings (760) 728-4498  
 \*La Leche League Helpline (877) 4-LaLeche  
 Lupus Janet McDonald (951) 719-4287  
 \*MADD - Mothers Against Drunk Driving (858) 564-0780  
 27645 Jefferson Ave. Suite 117, Temecula  
 \*Michelle's Place - breast cancer support (951) 699-5455  
 MS Support Group - meets 1st Wednesday Joe Bator (760) 451-5090  
 \*NAMI - National Alliance for the Mentally Ill NamiNorthCoastal.org  
 (619) 543-1434 or (800) 523-5933 / North County (760) 722-3754  
 \*Narcotics Anonymous North County (866) 331-1958  
 Español (619) 546-0774  
 \*Nar-Anon - support group for families of addicts (800) 477-6291  
**25. Physical Therapy / Terapia Física**  
 \*All Star Physical Therapy (760) 723-2687  
 \*Fallbrook Spine Center (760) 728-8999  
 \*Rancho Physical Therapy (760) 723-8337  
**26. Transportation / Transportación**  
 \*5-1-1 FREE up-to-minute transportation info 24/7 511  
 - traffic, public transportation, taxi referrals, ride sharing, carpool  
 & vanpool referrals, roadside assistance & road conditions www.511sd.com  
 \*Care Van - Foundation for Senior Care (760) 723-7570  
 \*Courier - new program "Expanded Rides" by Foundation for Senior Care  
 (similar to Fallbrook Hospital Auxiliary Courier Service) (760) 723-7570  
 \*Expanded Rides - Foundation for Senior Care (760) 723-7570  
 \*Fallbrook Taxi www.FallbrookTaxiCabCo.com (760) 728-9626  
 \*North County Transit District (760) 966-6500  
 - Bus and Train service in San Diego County www.GONCTD.com  
 \*North County Transit District - Disabled (American Disabilities Act 1990)  
 - Application (ADA Ride - Certification to ride) (877) 232-7433  
 - Scheduling (NCTD LIFT - Curb-to-Curb Service) (760) 726-1111  
 Transport Van Services - wheelchair, fees apply (760) 978-3079

(M) = Business/Service accepts Medicare

**27. Drug & Alcohol Abuse / Abuso de Drogas y Alcohol**  
 \*ACCESS & Crisis Line (800) 479-3339  
 \*Alcoholic's Anonymous San Diego County (760) 758-2514  
 www.NOSDCO-AA.org Español: (760) 758-6905  
 \*Capalina Clinic - methadone clinic San Marcos (760) 744-2104  
 \*Core Solutions - At-Risk Teen Treatment Options (888) 411-7565  
 \*Hill Alcohol & Drug Treatment (951) 719-3685  
 - outpatient programs for adolescents & adults  
 \*North Inland Regional Recovery Center www.MHSinc.org (760) 741-7708  
 \*Mental Health Systems www.MHSinc.org (M)(C) (858) 573-2600  
 \*MITE Regional Recovery Center - Oceanside (C) (760) 721-2781  
 \*Palomar Family Counseling (C) 120 W Hawthorne St. (760) 731-3235  
 \*San Diego County Meth Hotline (877) NO2-METH or (877) 662-6384  
 \*Temecula Clinic 40700 California Oaks Rd #201-203, Murrieta (866) 575-8186  
**28. Fitness / Condición Física**  
 \*Aevum Wellness-Fallbrook - bone strengthening program (760) 451-9162  
 \*Body Systems - boot camp & TRX suspension training (760) 717-4799  
 \*Boys & Girls Club (760) 728-5871  
 \*Club Paradise Fitness - gym & classes (760) 731-0133  
 \*Fallbrook Community Center - various classes (760) 728-1671  
 \*Fallbrook Library - various fitness classes (760) 731-4650  
 \*Fallbrook Senior Center (760) 728-4498  
 \*Fitness Moves - yoga, SilverSneakers chair yoga & chair, fitness at Club  
 Paradise, Sage Yoga Studios and Fallbrook Library (760) 845-6602  
 \*Laughter Matters - laughter yoga www.laughtermatters.org (619) 255-4622  
 \*Sage Yoga Studios - yoga & melt (760) 451-8771  
 \*Wade into Fitness - Fitness Fusion & Healing Yoga @ library (760) 212-FITU  
**29. Health Coverage / Asistencia para Cobertura de Salud**  
 \*Covered California - www.coveredca.com (800) 300-1506  
 \*Fallbrook Community Resource Center (866) 262-9881  
 \*Fallbrook Family Health Center (760) 451-4728  
 Mireya Banuelos, Certified Enrollment Counselor  
 \*Medi-Cal - apply online at www.coveredca.com (800) 300-1506  
 - apply in person at Fallbrook Community Resource Center (866) 262-9881  
 \*Medicare HICAP free info for Medicare (800) 434-0222 (858) 565-8772  
 \*Medicare - apply at www.medicare.gov 24/7 assistance (800) 633-4227  
**30. Medical Equipment & Supply / Equipo y Accesorios Médicos**  
 \*Apria Healthcare Murrieta, CA (M) (951) 658-7466  
 \*Fallbrook Senior Center (760) 728-4498  
 \*Lincare Inc. Murrieta, CA (M) (951) 894-2059  
 \*Global Medical Equipment & Supplies Murrieta, CA (M) (951) 200-6555  
 \*Medical Fitness Solutions Fallbrook, CA (760) 451-3445  
**31. Urgent Care / Cuidado Urgente**  
 \*A+ Urgent Care, 617 E Alvarado St (951) 696-PLUS (7587), 5-Fallbrook  
 Hours: Mon-Fri 9am-7pm, Sat 9am-2pm, Sun 9am-2pm  
 Some major holidays 9am-2pm  
 \*Fallbrook Medical Center/Urgent Care, 593 E Elder St #B (760) 723-5900  
 \*Fallbrook Urgent Care (760) 451-3500  
 706 S Main Ave M-F 10-7/Sat 10-6/Sun 12-5  
 Fallbrook Family Health Clinic (760) 451-8815  
 Hours: Mon-Fri 5pm-9pm, evenings and weekends by appointment  
 \*Temecula 24 Hour Urgent Care (M) (951) 308-4451  
 - 41715 Winchester Rd #101 Hours: 24/7 (closed on Christmas Day)

(C) = Business/Service accepts Medi-Cal/Medicaid



138 Brandon Road, 2nd Floor  
 PO Box 2587

Phone 760-731-9187 • Fax 760-731-9131

Email: lbannerman@fallbrookhealth.org

Website: www.fallbrookhealth.org

-2017-

## Community Resources Directory

### Directorio de Recursos de la Comunidad

Special Service Project of the:

### Community Collaborative Committee

Revised December 2016

### - INDEX -

Animal Safety / Protección de Animales.....	1
Assisted Living / Vivienda para Personas Mayores.....	2
Children & Teen Services / Servicios para Niños y Jóvenes .....	3
Dental / Vision Care / Cuidado Dental y de Visión .....	5
Disabled Programs / Programas para Incapacitados .....	6
Domestic Violence & Abuse / Abuso y Violencia Doméstica .....	7
Drug & Alcohol Abuse / Abuso de Drogas y Alcohol .....	27
Education Resources / Servicios Educativos .....	8
Emergency Services / Servicios de Emergencia .....	9
Fitness / Condición Física .....	28
Food Resources - Nutrition / Nutrición-Recursos de Comida .....	21
Government Offices / Oficinas de Gobierno .....	11
Health Resources / Recursos de Salud .....	12
Healthcare / Cuidado de Salud .....	13
Health Coverage / Asistencia para Cobertura de Salud .....	29
Home Care & Hospice / Cuidado en Casa y Hospicio .....	14
Hospitals / Hospitales .....	15
Housing / Vivienda .....	4
Immunizations / Vacunas.....	12 & 13
Information / Información .....	16
Legal Advice / Asesoría Legal .....	17
Medical Equipment & Supply / Equipo y Accesorios Médicos .....	30
Medicare .....	10
Medications / Ayuda con Medicinas .....	18
Mental Health - Counseling Services / Salud Mental Servicios de Consejería .....	19
Military & Veteran Services / Servicios a Militares y Veteranos .....	20
Physical Therapy / Terapia Física .....	25
Safety / Seguridad .....	22
Senior Services / Servicios para Personas Mayores .....	23
Support Groups / Grupos de Apoyo .....	24
Transportation / Transportación .....	26
Urgent Care / Cuidado Urgente .....	31

### 1. Animal Safety / Protección de Animales

- \*Animal Control www.sddac.com (760) 438-2312
- \*Animal Safe House www.rchumanesociety.org (760) 753-6476
- \*Fallbrook Animal Sanctuary – dog & cat adoption (760) 685-3533
- \*North County Humane Society www.sdhumane.org (760) 757-4357
- \*Project Wildlife – wildlife rescue www.projectwildlife.org (619) 225-9453
- \*Vector Control – mosquitoes/rats/insect identification (858) 694-2888 x2

### 2. Assisted Living / Vivienda para Personas Mayores

- \*Foundation for Senior Care – info & advocacy for all ages (760) 723-7570
- \*Fallbrook Skilled Nursing Facility, 325 Potter St (M)(C) (760) 728-2330  
http://www.progressivecarecenters.com
- \*Regency Fallbrook (760) 728-8504
- \*Silverado – Escondido (760) 737-7900
- \*Silvergate – Fallbrook (760) 728-8880

### 3. Children & Teen Services / Servicios para Niños & Jóvenes

- \*Boys & Girls Club (760) 728-5871
- \*California Children's Services – CCS (C) (619) 528-4000
- \*Child Abuse Hotline (Reportes de abuso) – CPS (800) 344-6000
- \*CATCH – Community Access to Children's Health cell (619) 261-0871
- \*Core Solutions – at-Risk Teen Treatment Options (888) 411-7565
- \*Fallbrook Child Development Center – daycare (760) 728-5402
- \*Fallbrook Community Center (760) 728-1671  
– after school programs available
- \*Fallbrook Head Start MAAC Project free day care available (760) 723-4189
- \*Fallbrook School of the Arts (760) 728-6383

### GANAS Mentoring program – Guide Advise Nurture And Support

- mentor underserved children (760) 731-9127, cell (760) 689-5461
- \*Ingold Sports Park 2551 Olive Hill Rd cell (760) 731-6000
- \*North County LifeLine – youth counseling (C) (760) 726-4900  
–parenting classes, domestic violence program, anger management
- \*North Inland Community Prevention Program (858) 391-9303 x202
- \*Mental Health Systems –Fallbrook Youth Advocacy Coalition
- \*Palomar Family Counseling (C) 120 W Hawthorne St. (760) 731-3235
- \*San Diego Regional Center (858) 576-2996  
–for children w/developmental disabilities
- \*WIC – Women Infants Children (C) 1328 S Mission Rd (888) 999-6897

### 4. Housing / Vivienda

- \*Community Housing Works 888-884-4CHW 619-282-6647  
–affordable housing / financial classes chworks.org
- \*La Posada de Guadalupe men's shelter/single men 18+ (760) 929-2322  
–temporary housing for men / drug and alcohol use free www.ccdsd.org  
–Farm Workers Program 18mos Housing 2478 Impala Dr, Carlsbad
- \*San Diego County Housing & Community Development (858) 694-4801  
– assistance for renters, home owners and homeless
- \*Solutions for Change call for appt. (760) 941-6545  
– for families w/ children only 722 W. California Ave, Vista

### 5. Dental & Vision Care / Cuidado Dental y de Visión

- \*Bella Dental (C) 855 S. Main St. (760) 723-8599
- \*Fallbrook Family Health Center – Dental Clinic (M)(C) (760) 451-4730
- \*Fallbrook Family Health Center – Optometry Clinic (M)(C) (760) 451-4720
- Fallbrook Smiles Project – Dental & Vision cell (619) 261-0871
- The Super Dentists (C) (760) 336-8478

### 6. Disabled Programs / Programas para Incapacitados

- Care-Rite & Stepping Stone Resources (760) 728-6951  
– providing programs, residential living and support for adults with developmental disabilities
- \*Consumer Center for Health Education and Advocacy (877) 734-3258  
– free assistance for health coverage www.lassd.org
- \*Jeremiah's Ranch www.jeremiahsranch.org cell (760) 585-5290  
– a community of special needs families
- \*NCTD-ADA LIFT Curb-to-Curb Service (760) 726-1111  
–For certification to ride (877) 232-7433
- \*REINS – therapeutic horsemanship program (760) 731-9168  
www.reinsprogram.org
- \*San Diego Regional Center www.sdrcc.org (858) 576-2996  
– for adults w/ developmental disabilities, home placement

### 7. Domestic Violence & Abuse / Abuso y Violencia Doméstica

- \*Adult Protective Services (800) 510-2020
- \*Alternatives to Domestic Violence alternativestodv.org (951) 320-1370  
Riverside
- \*Child Abuse Hotline (800) 344-6000 or (858) 560-2191
- \*Domestic Violence Hotline 24 hours www.ccssd.org (888) 385-4657  
Escondido
- \*Domestic Violence Legal Advocacy/Shelter Referrals (888) 385-4657
- \*Fallbrook Sheriff 388 E Alvarado St (760) 451-3100
- \*Palomar Family Counseling (C) 120 W Hawthorne St. (760) 731-3235  
www.palomarfamilycounseling.com
- \*Women's Resource Center – Oceanside hotline (760) 757-3500  
www.wrcsd.org office (760) 547-8800

### 8. Education Resources / Servicios Educativos

- \*Fallbrook Library – various classes (760) 731-4650
- \*Fallbrook Senior Center – aging realities (760) 728-4498  
www.fallbrookseniorcenter.com
- \*Migrant Education Program (760) 723-6300 ext. 2112  
www.FallbrookHS.org
- Foundation for Senior Care FoundationForSeniorCare.org (760) 723-7570  
Senior Care Computer Learning Program for 55+ (760) 723-7570
- \*Special Education Resources  
–High School Contact: Melissa Marovich (760) 723-6332 ext. 6298  
–Elementary Schools Contact: Sarah Engles (760) 731-5412
- \*Vista Adult Education 510 Sunset Dr, Vista (760) 758-7122

### 9. Emergency Services / Servicios de Emergencia

**FIRE 911**

**\*FALLBROOK SHERIFF 911**  
388 E Alvarado St Business Office (760) 451-3100  
www.sdsheriff.net Dispatch (760) 728-1113

**\*SUICIDE HOTLINE 24 HOURS www.up2sd.org (888) 724-7240**

### 10. Medicare / Medicare

\*Medicare –apply at www.medicare.gov 24/7 assistance (800) 633-4227

### 11. Government Offices / Oficinas de Gobierno

- \*California Children's Services – CCS (C) (619) 528-4000
- \*County Records – birth • death • marriage certificates (760) 940-6858
- \*Dept. of Health and Human Services Access Line (866) 262-9881  
pubassist.hhsa@sdcounty.ca.gov www.benefitscal.com

**(M) = Business/Service accepts Medicare**

- \*Fallbrook Community Resource Center (866) 262-9881  
Apply for Medi-Cal, Food Stamps, Cal Works (M)(C) 202 W College St
- \*Fallbrook Public Utility District – sewer & water (760) 728-1125
- \*HiCAP – free information for Medicare (800) 434-0222
- \*Medicare – 24/7 assistance www.medicare.gov (M) (800) 633-4227
- \*Parks & Recreation (858) 694-3030
- \*San Diego County Aging & Independent Services (800) 510-2020
- \*San Diego Court Services – Vista (760) 201-8600
- \*Social Security Office (855) 287-4793 Oceanside or (800) 772-1213

### 12. Health Resources / Recursos de Salud

- \*211 – free info line www.211sandiego.org 211 or (800) 227-0997
- \*Medi-Cal, Food Stamps, Cal Works (M)(C) (866) 262-9881  
Public Health, 202 W College Street, Fallbrook
- \*Consumer Center for Health Education and Advocacy (877) 734-3258  
– free assistance for health coverage www.lassd.org
- \*County Medical Services – CMS (800) 587-8118
- Foundation for Senior Care FoundationForSeniorCare.org (760) 723-7570
- \*Fallbrook Family Health Center (760) 451-4720
- Fallbrook Pregnancy Resource Center (760) 728-4105  
221 N Pico Ave www.FallbrookPRC.com
- \*Fallbrook Public Health – immunizations & TB testing (760) 967-4401\*9  
– for uninsured, low cost (M)(C) 202 W College St
- \*In Home Support Services – IHSS state program (C) (800) 510-2020
- \*San Diego Adolescent Pregnancy & Parenting Program (760) 451-4742  
–Contact: Sadalya Wilson Diamond SANDAPP 1328 S. Mission Rd.

### 13. Healthcare / Cuidado de Salud

- \* Fallbrook Family Health Center 1328 S. Mission Rd (M)(C) 760 451-4720  
-Pediatrics -Women's Health -Family Medicine -Optometry -Mental Health  
-Internal Medicine -Dental (760) 451-4730 -Dietician: Janine (619) 261-0871  
-Covered California Health Plans Enrollment Specialist
- \*Graybill Medical Group – mammograms (866) 228-2236  
– mammograms, MRI, CT, ultrasound
- \*Hope Imaging www.fmmedcenters.com (M) (760) 689-6100
- \*North County Health Services – San Marcos (M)(C) (760) 593-0003  
–certified nurse midwives & OB/GYN doctors with Tri-City Medical Center privileges
- \*North Inland Live Well Center, Esc. – uninsured (M)(C) (760)740-3000  
649 West Mission Avenue, Escondido
- \*Pediatric Partners 1107 S. Mission Rd (C) (760) 451-0070
- \*Vista Community Clinic (M)(C) (760) 631-5220  
–obstetricians have privileges at Tri-City Medical Center

### 14. Home Care & Hospice/Cuidado en Casa y Hospicio

- FOR INFO OF PROVIDERS OF HOME CARE SERVICES CONTACT:**
- \*Foundation for Senior Care – info & advocacy for all ages (760) 723-7570
- \*NCPC, National Care Planning Council (800) 989-8137
- \*Elizabeth Hospice (800) 797-2050
- \*Hospice of the North Coast www.hospicenorthcoast.org (760) 431-4100
- \*In Home Support Services – IHSS state program (C) (800) 510-2020
- \*Lorian Health Home HealthCare (MediMedi) (C) (877) 567-4265
- \*Palomar Home Health (760) 739-2299 or (800) 525-3010
- \*Qualcare Hospice of Temecula (909) 626-4242

**(C) = Business/Service accepts Medi-Cal/Medicaid**

- \*Tri-City Home Health (760) 940-5800
- \*Seasons Hospice (M) (C) (858) 592-2000

### 15. Hospitals / Hospitales CALL 911 for EMERGENCY

- \*Loma Linda Medical Center – mother-baby Murrieta (951) 290-4000
- \*Inland Valley Medical Center – trauma center Wildomar (951) 677-1111
- \*Palomar Medical Center PPH.org (442) 281-5000  
Neonatal ICU 2185 W. Citracado Parkway, Escondido
- Outpatient Rehab San Marcos (760) 510-7330
- Wound Care Center San Marcos (760) 510-7300
- \*Rady Children's Hospital 3020 Children's Way, SD (858) 576-1700
- \*Rancho Springs Medical Center (951) 696-6000  
– Neonatal ICU 25500 Medical Center Drive, Murrieta
- \*Temecula Valley Hospital (951) 331-2200  
31700 Temecula Pkwy, Temecula
- \*Tri-City Medical Center (760) 724-8411  
4002 Vista Way, Oceanside

### 16. Information / Información

- \*Free 211 Social Services Info www.211sandiego.org (800) 227-0997  
–medical, housing, food, utility, financial, childcare, health, access & military
- \*411 –local and long distance directory (800) 3733-411
- \*Free 511 – traffic, public transportation, taxi referrals, ride sharing, carpool & vanpool referrals, roadside assistance & road conditions www.511sd.com 511
- \*San Diego County Services www.sdcounty.ca.gov (858) 694-3900

### 17. Legal Advice / Asesoría Legal

- \*California Rural Legal Assistance – CRLA www.crla.com (760) 966-0511  
–for field workers, employment and civil rights law, social security, and state disability
- \*Catholic Charities – Immigration Services (appt. preferred) (760) 631-5890
- \*Community Resource Center Social Services (760) 753-8300
- \*Elder Law & Advocacy – free legal help for seniors (760) 439-2535
- \*Domestic Violence Legal Advocacy/Shelter Referrals (760) 798-2835
- \*San Diego Volunteer Lawyer Program (619) 235-5656

### 18. Medications / Ayuda con Medicinas

- \*Brother Benno's – 1-time prescription assistance (760) 439-1244 x117
- \*CVS 24 Hour Pharmacy (760) 723-5721  
–Fallbrook Pharmacy (transferred prescriptions to CVS)
- \*Social Security 'Extra Help' (800) 772-1213  
–online application: www.socialsecurity.gov/prescriptionhelp
- \*Village Pharmacy free delivery, unit dose packaging (760) 645-3021  
–easy prescription transfer, immunizations, most insurances accepted

### 19. Mental Health - Counseling Services / Salud Mental – Servicios de Consejería

- \*Suicide Hotline/ Crisis Line 24 Hours www.up2sd.org (888) 724-7240
- \*Aurora Behavioral Health SD (M)(C) (888) 565-4228  
–outpatient services only for adults & inpatient all ages
- \*BPSR Kinesis North Clinic (MHS) (M)(C) (760) 480-2255  
located in Fallbrook Family Health Center, 1328 S Mission Rd
- \*Disaster Distress Helpline – natural or human-caused (800) 985-5990
- \*Exodus Recovery – walk-in psych clinic (M)(C) (760) 758-1150  
–Mon-Fri 9:00a-4:30p 524 West Vista Way, Vista
- \*Fallbrook Family Health Center - Behavioral Health (M)(C) (760) 451-4770
- \*North Coastal Mental Health Center (M)(C) uninsured (760) 967-4475
- \*Neighborhood Behavioral Healthcare Clinic (760) 520-8340 Escondido  
– psychiatry & psychology (M)(C) (951) 225-6400 Temecula
- \*North County LifeLine – youth counseling (C) (760) 726-4900  
–parenting classes, domestic violence program, anger management