**Clinics And Health Centers In San Diego**

Community clinics in San Diego County offer a number of services to families and individuals. Most sites offer a sliding fee scale, so people will only need to pay what they can afford to pay towards their medical or dental bills. Charity care may be offered for the destitute or uninsured. Numerous resources are available in southern California. The phone numbers, addresses, and locations of the health centers in San Diego are below.

Most of the clinics have income guidelines that need to be met before receiving free or reduced rate services. You will need to call a San Diego health center in order to learn more. Locations will tend to offer some of the following including checkups, family planning, immunization, prescriptions for emergency situations, lab work, and an onsite pharmacy. If a facility does not have what you need, they can often refer you to someone who does, such as a nearby hospital charity care program.

Some locations will also have an onsite financial counselor. These individuals can help you apply for state of California and federal government health insurance and medical care, social services, or just direct you to other low cost or free medical or dental programs and clinics. That is just one more benefit for contacting a San Diego clinic.

**Clinicas De Salud Del Pueblo**
Address - 1166 "K" Street
Brawley, California 92227
Dial - (760) 344-6417

**Blythe Family Health Center**
321 Hobsonway, Suite C & D
Blythe, California 92225
(760) 922-4981
Call the health center for different types of medical or dental care, or referrals to local specialsits in San Diego County.

**Brawley Family Clinic**
Location - 900 Main Street (Clinic)
Brawley, California 92227
(760) 344-6471
Bring your family to this center for information on health care.

**Calexico Health Center**
Address - 223 West Cole Road
Calexico, CA 92231
Telephone number - (760) 357-2020

**El Centro Health Clinic**
1271 Ross Avenue, Suite A
El Centro, California 92243
Dial - (760) 352-2257
A local community clinic with a sliding fee scale if your income meets certain government thresholds and guidelines for poverty and low income.

**Mecca Health Clinic**
65-100 Date Palm, Suite L
Mecca, California 92254
Phone number - (760) 396-1249
Variable rate billing is available for those who lack insurance or if their health coverage is inadequate. Access services such as immunizations, prenatal care, family planning, or cancer screening.

**Niland Health Clinic**
309 East Main Street
Niland, CA 92257
Telephone number - (760) 359-0110

**W.I.C. Nutrition Center - Brawley**
Location is 561 "E" Street
Brawley, California 92227
Telephone number - (760) 344-5950
While a WIC center, they can offer information and referrals on government supported and qualified health centers and insurance programs.

**W.I.C. Nutrition Center – Calexico**
Address - 223 W. Cole Road
Calexico, California 92231
Dial (760) 768-5330 to speak to a specialist.

**W.I.C. Nutrition Center- El Centro**
370 Aurora, Suite B
El Centro, CA 92243
(760) 337-9199
Learn about government insurance, medical care, and other aid. Both from California and the federal government.

**Winterhaven Clinic**
676 Baseline Road
Winterhaven, CA 92283
Health center phone number - (760) 572-2700
Qualified San Diego area families can access primary and preventive health care services, an on-site pharmacy for low cost medications, and other health care support.

**Comprehensive Health Center**
446 26th Street #101
San Diego, California 92102
Phone number - 231-3200

**Comprehensive Health Center** – This health and dental center has 3 locations in San Diego County listed below. A sliding fee scale is in place to help people pay medical bills, if your income is low enough or if lack insurance.

* 1855 First Avenue, Suite 300 A
San Diego, CA 92101
Telephone number - 235-4211
* 3177 Ocean View Blvd
San Diego, California 92113
Dial - 231-9300
* Address - 286 S. Euclid Avenue, Suite 302
San Diego, CA 92114
Telephone number - 527-7330

**East County Community Clinics- East County Community Health Center**
855 East Madison Avenue
El Cajon, CA 92020
Call the clinic at - 440-2751
Some free or low cost medical care may be offered.

**El Capitan Family Health Center**
10039 Vine Street
Lakeside, CA 92040
Health center phone number - 390-9975

**La Mesa Community Health Services**
Location of center is - 7339 El Cajon Blvd Suite I
La Mesa, California 91941
Telephone number - 668-6280

**Escondido Community Health Center (Main Site)** – This San Diego County health care organizations has several clinics around the region. They provide dental services, programs focused on women, and general medical care. The facilities, phone numbers, and addresses are below.

* 460 North Elm Street
Escondido, CA 92025
(760) 737-2000
* Escondido Community Health Center
Address of center - 201 East Grand, Suite 2D
Escondido, CA 92025
Dial the location at (760) 737-2030
* Escondido Community Health Center – As you will see, various resources are offered. They include dental care, a women’s program, and other aid.
Address - 401 East Valley Parkway
Escondido, California 92025
Dental Department (760) 737-2018
Center for Woman's Health - (760) 737-2020
* Escondido Community Health Center - (Adult Care)
Address of facility is - 141 North Fig Street
Escondido, CA 92025
Telephone number - (760) 737-7896

**Temecula Family Health Center**
Stop by the clinic at 41002 County Center Drive #310 or dial the center below for an appointment.
Temecula, California 92591
(909) 694-5200

**Mountain Valley Health Center**
Primary address: 16650 Highway 76
Pauma Valley, California 92061
Telephone number is (760) 742-9919

**Family Health Centers Of San Diego**
1809 National Avenue
San Diego, CA 92113
Telephone number - 234-8171

**Beach Area Family Health Center**
3705 Mission Blvd
San Diego, CA 92109
(858) 488-0644
Programs for the low income are available. The poor may look into charity care and direct financial assistance that may be offered from the clinic. Examples of services includes treatment for minor illnesses, diabetes management, flu shots, laboratory and x-ray services, and much more.

**Chase Avenue Family Health Center**
Address is 1111 West Chase Avenue
El Cajon, California 92020
Telephone number - 593-3131

**Downtown Family Health Center**
1145 Broadway
San Diego, California 92101
Dial - 233-3055
Supports the more urban part of San Diego, including the homeless can get referrals.

**Grossmont Spring Valley Family Center**
8788 Jamacha Road
Spring Valley, CA 91977
Health center phone number - 667-6737

**Hillcrest Dental Clinic**
2850 Sixth Avenue, #205
San Diego, California 92103
683-7595
Only dental services are offered. Cleanings, extractions, and other checkups from hygienists and dentists.

**Logan Heights Family Counseling Center**
2204 National Avenue
San Diego, California 92113
685-1650

**Logan Heights Family Health Center**
Location of clinic is 1809 National Avenue
San Diego, CA 92113
Telephone number - 234-8171

**KidCare Express**
Mobile Medical Unit
1643 Logan Avenue
San Diego, California 92113
Call the center at 895-8121

**North Park Family Health Center**
Ciaccio Memorial Clinic
3544 30th Street
San Diego, CA 92104
Call 683-7555 for intake or hours.
Annual checkups, free referrals to other hospitals and providers of health care in San Diego, and other health care is available.

**Sherman Heights Family Health Center**
Main address is 450 24th Street
San Diego, California 92102
230-0474

**Teen Health Center**
1643 Logan Avenue
San Diego, CA 92113
239-0268

**Imperial Beach Health Center**
600 Palm Avenue #108
Imperial Beach, CA 91933
Telephone number - 429-5387

**La Maestra Family Clinic, Inc.**
4185 Fairmount Avenue
San Diego, California 92105
Clinic phone number is 280-4213

**Linda Vista Health Care Center**
6973 Linda Vista Road
San Diego, California 92111
Telephone number - (858) 279-9676

**Mid-City Community Clinic**
Main address is 4290 Polk Avenue
San Diego, CA 92105

**Mountain Health Center aka Southern Health Services**
31115 Highway 94
Campo, CA 91906
Clinic 478-5311

**Jacumba Mountain Health Center**
Address - 44460 Old Highway 80, P.O. Box 188
Jacumba, California 91934
766-4071

**Pine Valley Mountain Health Center**
28876 Old Highway 80
Pine Valley, CA 91962
473-7696 Fax 473-7699

**North County Health Services**
150 Valpreda Road
San Marcos, California 92069
Call the clinic at - (760) 736-6700
Qualified patients can access inpatient services, including pharmaceutical services. Check ups, screenings, and other services are also offered. The center will accept government Medicaid and private health insurance plans too.

**North County Health Services/ Carlsbad Family Medicine**
3050 Madison Ave.
Carlsbad, California 92008
Dial - (760) 720-7766
Checkups, specialty care, pediatric services, and other medical care is offered along with a sliding fee scale.

**North County Health Services/ San Marcos Health Center**
Address is 150 Valpreda Road
San Marcos, CA 92069
(760) 736-6700

**North County Health Services/ Mission Mesa Women's Health**
2210 Mesa Drive, Suite 5
Oceanside, California 92054
Health center phone number - (760) 757-5841

**Mission Mesa Pediatrics / North County Health Services/**
2210 Mesa Drive, Suite 12
Oceanside, California 92054
Telephone number - (760) 966-3306
Several clinics focus on the north part of San Diego county California. They are known as North Country, and are listed above and below.

**North County Health Services/ Encinitas Health Center**
Location of center - 629 Second Street
Encinitas, California 92024
Call (760) 753-7842

**North County Health Services/ Encinitas Women's Health**
332 Santa Fe Drive, Suite 150
Encinitas, California 92024
Phone number of health center is - (760) 943-9994
Medical assistance programs and payment relief is offered for women and their needs. Services include OBGYN, family planning, care for children, and annual check ups.

**Oceanside Health Center / North County Health Services**
408 Cassidy Street
Oceanside, California 92054
(760) 757-4566

**North County Health Services/ Ramona Health Center**
217 East Earlham
Ramona, California 92065
(760) 789-1223

**INDIAN HEALTH COUNCIL**
Main address Golsh Road & Highway S-6
Pauma Valley, California 92061
(760) 749-1410
While limited, some medical care may be provided for free to those facing poverty or who meet income and insurance criteria.

**Operation Samahan**
Clinic location - 2743 Highland Avenue
National City, CA 91950
Telephone number - 474-2284. Call to make an appointment to see a medical professional.

**Mira Mesa Health Clinic**
10737 Camino Ruiz #100
San Diego, California 92126
Dial - (858) 578-4220

**San Diego American Indian Health Center**
3812 Ray Street
San Diego, CA 92104
Dial 298-9090

**San Ysidro Health Center**
4004 Beyer Blvd
San Ysidro, CA 92173
Dial - 428-4463

**Chula Vista Family Clinic**
865 Third Avenue, Suite 133
Chula Vista, California 91911
Community clinic phone number - 498-6200

**National City Family Clinic**
1136 "D" Avenue
National City, California 91950
336-2300

**San Diego Mental Health**
1568 6th Avenue
San Diego, CA 92101
Telephone number - 235-2600

**San Ysidro Mental Health**
4032 West Beyer Blvd
San Ysidro, California 92173
428-5561
San Diego County families may qualify for social services, referrals, and programs such as substance abuse and mental health service.

**Scripps Otay Family Health**
1637 Third Avenue
Chula Vista, California 91911
Call the community clinic at - 425-1780

**Southern Indian Health Council**
Address of center is 4058 Willows Road
Alpine, CA 91901
Dial - 445-1188

**Southern Indian Health Council**
36190 Church Road
Campo, California 91906
478-2225

**Sycuan Medical/Dental Clinic**
Address of community clinic: 5442 Dehesa Road
El Cajon, CA 92019
Call 445-1643
Both reduced rate medical and dental care may be offered. This includes cleanings, check ups, and more. Doctors, dentists, hygienists, and some volunteers provide the free medical care.

**Vista Community Clinic**Address - 1000 Vale Terrace
Vista, California 92084
Appointment Line (760) 631-5220
(760) 631-5000

Another Vista clinic is located at 517 North Horne Street
Oceanside, California 92054
Call the clinic at - (760) 631-5250

**Tri-City Community Health Center**
Location of health center is - 161 Thunder Drive #212
Vista, CA 92083
Telephone number - (760) 631-5030

**Consumer Center for Health**
Location of health and dental center is 1475 6th Ave
San Diego California 92101
619-744-0936

**Diamond Neighborhoods Family Health Center**
4725 Market Street
San Diego, CA 92102
Health center phone number - 619-515-2560

**Downtown Family Health Center**
1145 Broadway
San Diego CA 92101
Phone number is 619-515-2525
Many families, children, and uninsured patients can upon this health center.

**Downtown Mental Health**
1568 6th Ave
San Diego California 92101
Dial - 619-235-2600

**Eye Clinic**
4171 Fairmount Ave A
San Diego California 92105
Dial 619-578-2586 to speak to a professional. They can offer exams, and maybe even low cost glasses or contact lenses to San Diego patients who qualify.

**First Avenue Clinic**
Call the San Diego clinic or stop by 2333 1st Ave 204
San Diego California 92101
Phone number - 619-685-0041
A number of free medical care services provided to those in need of help.

**Hillcrest (North Park) Dental Clinic**
3544 30th St.
San Diego California 92104
Call the clinic at 619-515-2434 to make an appointment or learn about services.

**Hillcrest Dental Center**
1060 University Ave A201
San Diego California 92104
Call the clinic at - 619-543-0112
Some of what may be provided includes breast cancer screening for males and females, well-child check-ups, and other emergency medical services. Some may be provided at no cost to those who qualify.

**La Maestra Community Health Centers**
4060 Fairmount Ave.
San Diego CA 92105
Telephone number  - 619-280-4213

**The Free Clinic Project Of San Diego**
Community clinic address - 1420 3rd
San Diego CA 92101
Call 858-534-6110 for information on medical or health care programs and resources.
Homeless, senior citizens, and the working poor may qualify for free care. Medications, check ups, physicals, and more may be offered by the community clinic.

**The Lesbian and Gay Men's Community Center**
3909 Centre St.
San Diego California 92103
Call the clinic at - 619-692-2077

**UCSD Student-Run Free Clinic at Baker Elementary**
Address - 4041 T Street
San Diego California 92113
Telephone number - 858-534-6110