**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