



San Diego Low Income Resources

CONTINUING CARE SERVICES

Community Services

This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

2-1-1 San Diego211 or 800-227-0997
(San Diego resource and information hub)

FINANCIAL RESOURCES

Health Consumer Alliance888-804-3536
www.healthconsumer.org

Legal Aid Society of San Diego 877-534-2524
Consumer Center for Health Education and Advocacy 877-734-3258
www.lasds.org

Public Assistance:

(MediCal/Healthy Families/CalFresh/CalWORKS Medicare-Part B)
CalFresh/SNAP Supplemental Nutrition Assistance Program877-847-3663
<https://cdss.ca.gov/inforesources/calfresh>
California Department of Health Care Services (ombudsman) ... 888-452-8609
www.dhcs.ca.gov/pages/default.aspx
ACCESS County of San Diego Customer Service Center..... 866-262-9881
www.sandiegocounty.gov/content/sdc/hhsa/contact_us.html
SDG&E Assistance Programs 800-411-7343
www.sdge.com/savings-center
Social Security 800-772-1213
www.ssa.gov
State Disability Insurance..... 800-480-3287
www.edd.ca.gov/Disability

Telephone Access Programs:

California LifeLine Program866-272-0349
www.californialifeline.com
California Telephone Access Program (deaf/disabled program) .800-806-1191
1455 Frazee Road, Suite 406, San Diego, CA 92108
(M-F 8:00 - 5:00 p.m., no appointment necessary)
<https://caconnect.org>

The Organizer II, Inc. (Medicare/Medi-Cal Rep. Payee).....800-990-8339
(M – Th 9:00am – 1:00pm)

<http://continuingcare-sandiego.kp.org>



Veterans Resources:

CA Department of Veterans Affairs.....	800-952-5626
www.calvet.ca.gov	
Department of Veterans Affairs Telephone Assistance Services..	800-827-1000
www.va.gov	
Interfaith Community Services (Veterans Service Center)	760-529-9979
1617 Mission Ave, Oceanside, 92058	
www.interfaithservices.org	
San Diego County Veterans Services.....	858-694-3222
www.sandiegocounty.gov/veterans_services	
VeteranAid.org	866-584-7191
Find forms and information on how to apply	
www.veteranaid.org	
Veterans Village of San Diego (transitional housing available) ...	619-393-2000
4141 Pacific Highway, San Diego, CA 92110	
www.vvds.net	
Victim Witness Assistance Program (district attorney office)	619-531-4041

FOOD & COMMODITIES

Catholic Charities	619-323-2841
Food Bank (USDA commodities)	866-350-3663
www.sandiegofoodbank.org	
Salvation Army (* Club 60 senior dining and social centers)	
Chula Vista *	619-498-0298
El Cajon *	619-592-8292
Oceanside *	760-631-8212
San Diego Centre City (downtown, serves homeless)	619-699-2216
Doors of Hope (formerly SD Citadel) *	858-483-1831
<i>Club 60 - San Diego Regional Office</i>	
Lakeside Community Center	619-443-9176

HEALTH CARE & DENTAL

County Medical Services.....	800-587-8118
Family Health Centers of San Diego	619-515-2300
http://www.fhcsd.org/dental-services	
FreeDentalCare	
http://www.freedentalcare.us/ci/ca-san_diego	
Health Center Partners of Southern California (low income clinics)..	619-542-4300
https://hcpsocal.org/	
UC Pre-Dental Society	
https://ucsdpsd.org/low-income-clinics-in-san-diego	

HOUSING RESOURCES

2-1-1 San Diego	211 or 800-227-0997
For the most current shelter and rehab availability and info	
https://211sandiego.org	
Alpha Project	619-542-1877
www.alphaproject.org	
Catholic Charities.....	619-323-2841
https://www.ccdsd.org	

HOUSING RESOURCES continued

County of San Diego Housing Resource Directory (2026).....	858-694-4801
www.sandiegocounty.gov/content/sdc/sdhcd/housing-directory.html	
Father Joe's Villages	
St. Vincent de Paul Village (Travelers Aid)	ext.1157..... 619-233-8500
https://my.neighbor.org/housing	
Homeless Outreach Team	211
Homeless Shelter Directory	
www.homelessshelterdirectory.org	
Interfaith Shelter Network	619-702-5399
http://interfaithshelter.org	
MAAC Project	619-426-3595
https://www.maacproject.org/main/about-us/pathways-of-service/housing/	
Neil Good Day Center, 299 17 th St., San Diego 92101	619-230-7390
Single men/women point of entry to other shelters, mail service, safe day environment	
PATH* (People Assisting the Homeless)	619-810-8600
Street outreach and intake for Connections Housing	
www.epath.org	
<u>Placement Assistance Agencies</u>	
Always Best Care.....	858-299-6900
www.alwaysbestcare.com/ca/san-diego	
Care Placement.....	800-821-7598
www.careplacement.com	
Senior Care Referral Specialists	800-587-4410
https://srcareinfo.com	
Safe Parking Program (help when living out of a car)	619-497-0236
www.dreamsforchange.org	
Salvation Army Family Services	619-699-2216
San Diego Housing Commission (City of San Diego).....	619-231-9400
Affordable housing resource guide including single room occupancy list	
<i>Affordable Housing Resource Guide</i>	
San Diego Rescue Mission.....	619-687-3720
www.sdrescue.org	
Serving Seniors (transitional housing)	619-235-6572
www.servingseniors.org	
South Bay Community Services (24-hr hotline)	800-640-2933

For corrections or additions to this handout, please call (619) 641-4456