

HENRY CLUSTER MIRA MESA CLUSTER (UPDATED 12/2023)



[Henry Community Resource Map on Google](#)

[Community Resource](#)

[District and City Resources \(Additional Resources!\)](#)

Community Resources

Alcohol/Drug Abuse Resources:

- **Alvarado Parkway Institute:** 800 766 4274 Option 1 - Inpatient Option 3 - Outpatient
<https://apibhs.com/>
 - Two Locations:
 - 7050 Parkway Dr, La Mesa, 91942 619 667 6125 Inpatient;
619 797 4619 Outpatient
 - 215 W. Madison Ave. El Cajon, 92020; Use 800 # Above
- **Teen Recovery Program-McAllister Institute** 550 Fesler Street, Suite G1, El Cajon, CA 92020 619-588-5361
 - <https://www.mcalisterinc.org/>

Clothing Resources:

- **Catholic Charities** 4575 Mission Gorge Pl, San Diego, CA 92120 (619) 287-9454

Community Centers:

- **Allied Gardens/Benjamin Library** 5188 Zion Ave. San Diego, 92120
 - Age appropriate activities for Pre-School, Elementary and Middle School students. Public computers available
- **Allied Gardens Recreation Center** 5155 Greenbrier Avenue. San Diego, Ca. 92120 (619) 235-1129
- **Chaldean-Middle Eastern Social Services** 343 E. Main St. Ste 201 El Cajon, CA 92020 (619)-662-4100
 - www.c-mss.org

Disabled/Developmentally Delayed:

Crisis Resources:

- **Catholic Charities** 4575 Mission Gorge Pl, San Diego, CA 92120 (619) 287-9454
 - <https://ccdsd.org/>

DV Shelters & Resources:

Food Resources:

- **Sustaining Grace Outreach Center Inc.:** 270 E Douglas Ave # 102A, El Cajon, CA 92020 (619) 401-4006,
- **WIC Women Infant & Children** 5821 University Avenue, San Diego. Ca. 92115
 - <https://www.redcross.org/local/california/southern-california/about-us/our-work/women-infants-children-wic.html>

Homeless/Transitional Living/Low Income:

- **Aging and Independence Services** 151 Van Houten Ave El Cajon, CA 92020 (855) 964-3900
 - <https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html>
- **Catholic Charities-Refugee Services** 4575 Mission Gorge Pl San Diego, CA 92120 (619) 287-9454
 - <https://ccdsd.org/refugee-services/>
- **Crisis House Emergency Services** 1034 N Magnolia St. El Cajon, CA 92020 (619) 444-1194
 - <https://www.crisishouse.org/>
- **El Nido Transitional Living Program** 3530 Camino del Rio N., Suite 301 San Diego, CA 92108-1746, 619 563-9878
 - <https://www.interfaithshelter.org/el-nido.html>
- **Home Start Community Services** <http://www.home-start.org/>
 - **East County Office** 131 Avocado Ave (Little House), El Cajon, CA 92020, (619) 430-0032
 - **Housing Office** 333 East Main Street, El Cajon, CA 92020, (619) 430-0032
- **Stand up for kids, drop in for homeless teens** 5175 Waring Road #426 San Diego, CA 92120 (619) 237-5437
 - <http://www.standupforkids.org/>

Legal Assistance:

- **Catholic Charities** 4575 Mission Gorge Pl. Suite B San Diego, CA 92120
 - (619) 231-2828
 - (619) 231-2828 option 4 for Adoption and other services
 - (619) 287-9454 Refugee services
 - (619) 287-1270 Immigration services
 - <http://www.ccdsd.org/>
- **Center for Community Solutions** 460 N. Magnolia Ave., El Cajon, CA 92020 (619) 697-7477 ext. 7100

Medical Clinics/Health Centers:

- **UC San Diego Health East Campus** 6655 Alvarado Rd San Diego, 92120 (619) 287-3270

- **Children's Primary Care Medical Group Alvarado** 6699 Alvarado Rd Suite 2200, San Diego, CA 92120 (619) 265-3400
- **City Heights Family Health Center** 5454 El Cajon Blvd, San Diego, CA 92115 (619) 515-2400
- **Perlman Clinic La Mesa** 6386 Alvarado Ct #101, San Diego, CA 92120; 800 900 9490

Mental Health/Counseling Support:

- **Grow Through Life Counseling** 4700 Spring St Suite 203, La Mesa, CA 91942 (619) 549-0329 <https://www.growthroughlifecounseling.com/>
- **Positive Change Counseling Center** 8600 La Mesa Blvd. Ste B, La Mesa, CA 91942 619 733 6414; CRISIS: 888-724-7240; Text: 9-8-8 <https://www.pccounselingcenter.com/la-mesa> ; Email: info@pccounselingcenter.com
- **Cornerstone Pathways** 6244 El Cajon Blvd. San Diego, Ca. 92115 (619) 640-3266
- **San Ysidro Health Center** 619 662 4100 875 El Cajon Blvd. El Cajon 92020 Call for appointment at the nearest location <https://www.syhealth.org/clinics/san-ysidro-health-clinic-at-el-cajon>
- **Grossmont Family Counseling Center** - 8851 Center Dr., Suite 312 La Mesa, CA 91942 (619) 515-2383; Services for adults only
 - <https://www.fhcsd.org/grossmont-family-counseling-center/>
 - mental health services for uninsured, low income and medically underserved.
- **Pinnacle Counseling and Testing Center** - 2727 Camino del Rio South, Ste 340 San Diego, CA 92108, (951) 396-5701 <https://www.pinnaclecounselingca.com/>
- **Psycare/Lifestance Health (Alvarado Location-SDSU area)** 6386 Alvarado Court, Suite 210 San Diego, Ca. 92120 (858) 279-1223
 - <https://www.psycare.org/location/san-diego-alvarado/>
- **Say San Diego** 4775 Viewridge Avenue, San Diego, Ca. 92123 (858) 565-4148
 - <https://www.saysandiego.org/>

Military Families:

- **Military Outreach Ministries** - 4426 Harbison Ave. La Mesa, CA (619) 461-4164
 - <http://sandiegomom.org>
 - Provides services to enlisted military families and families of deployed or injured service members.

Pregnant & Parenting Resources:

- **Maternity Housing Program** (619) 430-0032
 - Drop in Hours at 333 East Main Street in El Cajon:
 - Youth Age 18-24: M-F 9:00 AM - 4:00 PM
 - Adults Age 25+: M-F 9:00 AM - 4:00 PM
 - If you are in need of housing support, please email housing@home-start.org summarizing your current situation including

city, number of children, birthdates of all family members, monthly income, and valid contact information.

- <https://home-start.org/maternity-shelter-program/>

Tutoring:

- **Allied Gardens/Benjamin Library** 5188 Zion Ave. San Diego, 92120; 619 533 3970
Homework help for elementary and middle school students
- **Mathnasium** 10330 Friars Rd #109, San Diego, CA 92120; 877 601 6284
<https://www.mathnasium.com/>