

## SAN DIEGO REFERRAL LIST

NAME	ADDRESS	CITY	PHONE	COMMENTS
<b>LOW COST COMMUNITY CLINICS</b>				
VA - see list				
Areta Crowell Center	531 16th St	SD	619-544-0633	
Central Region Pub Health Center	5202 University Ave	SD	619-229-5400	619-229-5470
North Region Pub Health Center	2440 Grand Ave	SD	858-490-4400	
Clairemont Comm Service Center	4731 Clairemont Mesa Blvd	SD	858-490-4400	
County Health Services Complex	3851 Rosecrans St	SD	619-692-8550	SD county
E San Diego Health Center	5202 University Ave	SD	619-229-7990	mon 5:30-8pm
Imperial Beach Comm Clinic	154 Palm Ave	SD	619-429-3733	
Linda Vista Health Center	6973 Linda Vista Road	SD	619-279-0925	
Comprehensive Health Center	3177 Oceanview Blvd	SD	619-231-9300x3134	
Mid-City Community Clinic	4290 Polk Street	SD	619-563-0250	
Operation Samahan Inc	10737 Camino Ruiz Ste 100	SD	858-578-4220	
Pub Health Services - Fifth Ave	3028 Fifth Ave	SD	619-296-2120	
Rosecrans Pub Health Center	3851 Rosecrans Street	SD	619-692-8550	
SEAR	324 N 47th St	SD	619-264-7351	
SD American Indian Health Center	2630 First Ave	SD	619-234-2158	
SD Cty Dept Hlth Svc-Askew Clinic	1700 Pacific Hwy Rm 107	SD	619-692-8550	
San Ysidro Community Clinic	4004 W Beyer Blvd	SD	619-428-4463	
SE Public Health Center	3177 Ocean View Blvd	SD	619-231-9300	
St. Vincent de Paul Village	1501 Imperial Ave	SD	619-233-8500	
St. Vincent de Paul Mobile Clinic		SD	619-446-2100	mult locations
FHC of San Diego-Downtown	1145 Broadway	SD	619-515-2525	
FHC of San Diego-Logan Heights	1809 National Ave	SD	619-515-2300	
FHC of San Diego-Sherman Heights	2391 Island Ave	SD	619-515-2435	
FHC of San Diego-Beach Area	3705 & 3690 Mission Blvd	SD	619-515-2444	
FHC of San Diego-City Heights	5379 El Cajon Blvd	SD	619-515-2400	
FHC of San Diego-North Park	3544 30th Street	SD	619-515-2424	
FHC of San Diego-Diamond Neighb	220 Euclid Ave Ste 40	SD	619-515-2560	
La Maestra CHC-Fairmount	4171 Fairmount Ave	SD	619-285-8135	
La Maestra CHC	4305 University Ave Ste 150	SD	619-501-1235	
Planned Parenthood	4575 College Ave	SD	888-743-7526	
Planned Parenthood	220 Euclid Ave Ste 30	SD	888-743-7526	
Planned Parenthood	2017 First Ave Ste 301	SD	888-743-7526	
Planned Parenthood	1075 Camino Del Rio S	SD	858-272-1912	
Planned Parenthood	7526 Clairemont Mesa Blvd	SD	888-743-7526	
Planned Parenthood	4501 Mission Bay Dr #1C&D	SD	888-743-7526	
San Diego Am Indian Health Center	2602 First Ave Ste 105	SD	619-234-0572	234-2158/for native Am
Planned Parenthood	347 W Mission Ave	Escondido	888-743-7526	
Free Clinic Project of San Diego	UCSD Dept Fam & Prev Med	La Jolla	858-534-6110	free
FHC of San Diego-Chase Ave	1111 W Chase Ave	El Cajon	619-515-2499	
East Region Pub Health Center	855 E Madison Ave	El Cajon	619-441-6500	
La Maestra CHC-El Cajon	183 South First	El Cajon	619-328-1335	
Planned Parenthood	1685 E Main St Ste #301	El Cajon	888-743-7526	

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NAME	ADDRESS	CITY	PHONE	COMMENTS
FHC of San Diego-Grossm Spring Vly	8788 Jamacha Road	Spring Valley	619-515-2555	
South Region Pub Health Center	690 Oxford St	Chula Vista	619-409-3110	
FHC of San Diego-Chula Vista	251 Landis Ave	Chula Vista	619-515-2568	
Planned Parenthood	1295 Broadway #201	Chula Vista	888-743-7526	
Indian Health Council	50100 Golsh Rd	Valley Center	760-749-1521	for native Am
Fallbrook Family Health Center	593 E Elder St Ste B	Fallbrook	760-451-2912	
N Cty Health Svce-Ramona Clinic	217 E Earlham	Ramona	760-789-1223	
San Marcos Comm Health Center	150 Valpreda Road	San Marcos	760-736-6794	
Planned Parenthood	1820 Marron Road Ste 110	Carlsbad	888-743-7526	
Planned Parenthood	10737 Camino Ruiz #220	Mira Mesa	888-743-7526	
<b>LOW COST COUNSELING</b>				
Alliant International University	10455 Pomerado Road	SD	858-635-4772	
San Diego Co. Behav Health Div	3255 Camino Del Rio S	SD	619-563-2700	858-694-3900
Jewish Fam Svce Counseling-Main	8804 Balboa Ave	SD	877 537 1818	
JFSC - North County Inland	16486 Bernardo Ctr Dr #268	SD	858-674-6441	
First Ave Counseling Center	2333 First Ave Ste 204	SD	619-685-0041	
SDSU Center for Comm Counseling	4283 El Cajon Blvd Ste 215	SD	619-594-4918	800-442-4117
Catholic Charities-N Cty Ctr Couns		SD	800-400-2672	
Catholic Charities-Center Couns	349 Cedar Street	SD	619-231-2828	
UCSD Gifford Mental Health Clinic	140 Arbor Dr	SD	619-299-3510	
Central Adult Mental Health Svce	2864 University Ave	SD	858-694-3900	
Southeast Mental Health Center	3177 Oceanview Blvd	SD	858-694-3900	
Community Research Foundation	1202 Morena Blvd Ste 300	SD	619-275-0822	referral service
Downtown Mental Health Center	1568 6th Ave	SD	619-235-6100	
FHC of San Diego-Logan Heights	1809 National Ave	SD	619-515-2300	
FHC of San Diego-Hillcrest Couns Ctr	550 Washington St Ste 201	SD	619-876-4440	
JFSC - North County Coastal	285 N El Camino Real #218	Encinitas	858-637-3300	
<b>MASSAGE AND BODYWORK</b>				
Remington College	123 Camino de la Reina #100	SD	800-560-6192	stud clinic
IPSB Massage Therapy Center	1414 Garnet Ave	SD	858-490-1154	stud clinic
Mueller College of Holistic Studies	2150 Fourth Ave	SD	619-794-2444	comm wellness center
Stephen Mettner	2333 1st Ave Ste 103	SD	619-922-8322	rolfer
Steve James		SD	858-459-6576	rolfer
Bob Craven	4425 Cass Street # D	SD	858-483-7106	619-280-0062/rolfer
Healing Hands Sch of Hol Health	125 W Mission Ave Ste 212	Escondido	706-746-9364	800-355-6463/stud clin
Victor Geberin	3131 Sans Souci Dr	Escondido	760-839-6413	rolfer
Michael Baker PhD		Solano Beach	858-755-7405	rolfer
Bill LeGrave	68-895 Perez Rd Bldg I Ste 21	Cathedral City	760-202-4022	rolfer
<b>ACUPUNCTURE</b>				
Pacific College of Oriental Med	7445 Mission Valley Rd # 105	SD	619-574-6909	800-729-0941/stud clin
Sandra McKay Lac	944 29th Street	SD	619-232-8391	low cost

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NAME	ADDRESS	CITY	PHONE	COMMENTS
Goforth Acupuncture	3975 5th Ave Ste 214	SD	619-299-7777	low cost
Alternative Healing Network Inc	P.O. Box 16437	SD	619-261-1418	low cost
Joy Acupuncture	2602 First Ave Ste 103	SD	619-322-4492	low cost
OHM Arts	2530 Vista Way F108	Oceanside	760-435-9390	low cost
Michele Fry LAc	140 Lomas Santa Fe Dr #101	Solana Beach	858-354-5924	low cost
Healthy Community Acupuncture	277 E Lexington Ave Ste B	El Cajon	619-447-2700	low cost