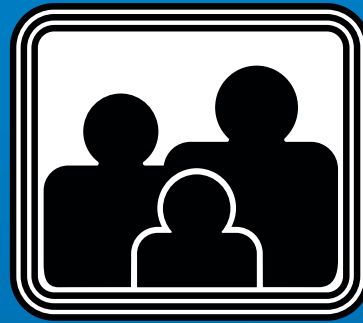


Available Services:

- **Primary Care:** Sick visits, physicals, immunizations and management of chronic diseases, such as diabetes and high blood pressure
- **Dental Care:** Exams, cleanings, fillings, X-rays, dentures and urgent care
- **Audiology:** Hearing screenings for patients six months and older
- **Child Development Services:** Healthy development screenings, assessments and interventions; occupational, speech and physical therapy; parenting classes and toddler enrichment
- **HIV/STD and Hepatitis Services:** Testing, counseling, primary care, case management, prevention and mental health services
- **Homeless Services and Housing Navigation**
- **Insurance Application Assistance**
- **Mental Health Services:** Counseling services for children, adolescents, families and adults, individual and group sessions, and medication management
- **Older Adult Services:** Gerontology, geriatric behavioral health and Program of All-Inclusive Care for the Elderly (PACE)
- **Patient Care Support Services:** Individual and group health education sessions on diabetes, high blood pressure, nutrition, cholesterol, weight management, asthma, breastfeeding, infant basic care/safety, tobacco cessation and chronic diseases
- **Pediatric Medicine:** Immunizations, physicals, sick- and well-child visits
- **Pharmacy**
- **Physical Rehabilitation Services:** Chiropractic, physical therapy and sports medicine
- **Reproductive Health Services:** Cancer screenings, pregnancy tests, family planning, prenatal/postnatal care and gynecology
- **Specialty Care:** Cardiology, endocrinology, otolaryngology (ear, nose, and throat), podiatry and rheumatology
- **Substance Use Disorder Services:** Outpatient treatment, counseling, case management and support groups
- **Telehealth:** Non-emergency health care through phone calls or interactive videos
- **URGENT CARE:** Logan Heights Family Health Center
- **Vision Care:** Optometry, ophthalmology, vision exams, glasses, contact lenses, and glaucoma and cataract screenings
- **Youth & Young Adult Services:** Health education, pregnancy testing, contraception and birth control



FAMILY HEALTH CENTERS OF SAN DIEGO

Welcome to Family Health Centers of San Diego

Our mission is to provide caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.

fhcsd.org

Proudly Recognized By:



Accredited by The Joint Commission



Rev. 03/2021

Billing and Insurance

Many patients qualify for programs that cover the cost of their care. If you are uninsured and do not qualify for a program, or if you are a self-pay patient, you may be eligible for a sliding fee scale discount or a free program.

For more information about health insurance options, please contact a certified enrollment counselor at (619) 515-2363. For any questions about your bill or charges, please call (619) 515-2564.

Get Connected with MyHealthRecord

Our secure, online patient portal provides you access to your medical records as well as appointment requests, test results and refills on medication.

To sign up, talk to the front desk receptionist, or visit FHCSd.org to complete the registration process.

Make an Appointment Today

Through telehealth appointments, you can continue to receive affordable, high-quality health care through phone calls or interactive videos with your provider for non-emergency care.

To schedule a telehealth or in-person appointment, call (619) 515-2300 or log in to MyHealthRecord. Evening, weekend and same-day appointments are offered at many locations.

Programs:

HIV/STD and Hepatitis Services

- **The Night Clinic (TNC)**
4094 4th Avenue
San Diego CA 92103
- **HIV Coordinated Services & Prevention Center**
4040 30th Street
San Diego CA 92104

Homeless Services

- **Healthcare for the Homeless Program**
Please call for locations, services and hours.

Mental Health Services

- **Chula Vista Family Counseling Center**
248 Landis Avenue
Chula Vista CA 91910
- **FamilyHealth-El Cajon Youth Counseling Center**
680 Fletcher Parkway, Suite 200
El Cajon CA 92020
- **FamilyHealth-Youth Counseling Center**
2142 National Avenue
San Diego CA 92113
- **Grossmont Family Counseling Center**
Located in Grossmont Medical Arts Building
8851 Center Drive, Suite 312
La Mesa CA 91942
- **Logan Heights Family Counseling Center**
2204 National Avenue
San Diego CA 92113
- **South Bay Family Counseling Center**
742 10th Street
Imperial Beach CA 91932
- **Spring Valley Family Counseling Center**
3845 Spring Drive
Spring Valley CA 91977
- **Sweetwater Family Counseling Center**
333 H Street, Suite 2010
Chula Vista CA 91910

Older Adult Services & PACE

- **FamilyHealth-Center for Older Adults**
3420 College Avenue
San Diego CA 92115

See reverse side for more clinics.

If you are experiencing a medical emergency, please call 911 immediately or go to the emergency room. If you are experiencing a mental health emergency, please call the toll-free Access and Crisis Line: 1(888) 724-7240. [TDD for the hearing impaired: (619) 641-6992], which is available 24 hours a day/ 7 days a week, call 911 or go to the emergency room. You may also call our on-call physician for after-hours assistance at (619) 692-2414.

Programs (continued):

Pediatric & Healthy Development Services

- **HDS Central**
446 26th Street
San Diego CA 92102

- **HDS East**
1234 Broadway
El Cajon CA 92021

- **HDS at Spring Valley**
3845 Spring Drive, Room #7
Spring Valley CA 91977

Prenatal & Postpartum Education Centers

- 1827 Logan Avenue, Suite 2, San Diego CA 92113

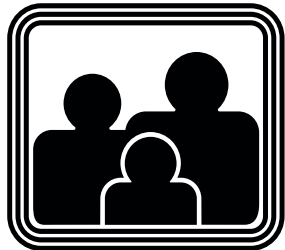
- 5454 El Cajon Blvd., San Diego CA 92115

Located in City Heights Family Health Center

Substance Use Disorder Services

- **North Park Behavioral Health Center**
2136 El Cajon Blvd.
San Diego CA 92104

- **South Bay Behavioral Health Center**
740 10th Street
Imperial Beach CA 91932



**FAMILY HEALTH CENTERS
OF SAN DIEGO**

(619) 515-2300

Clinics:

UPTOWN


Beach Area Family Health Center
3705 Mission Blvd.
San Diego CA 92109

 **Beach Area Physical Rehabilitation Services***

- **Beach Area Women's Health Center**
3690 Mission Blvd.
San Diego CA 92109

Hillcrest Family Health Center
4094 4th Avenue
San Diego CA 92103

**Hillcrest Family Health Center
on Third Avenue**
4065 3rd Avenue
San Diego CA 92103

 **Hillcrest Dental Clinic**

 **Hillcrest Physical Rehabilitation Services***

North Park Family Health Center
3544 30th Street
San Diego CA 92104

 **North Park Dental Clinic**

- **North Park Pediatric Clinic
and Women's Health Center**
3514 30th Street, San Diego CA 92104

DOWNTOWN

**Downtown Family Health Center
at Connections**
1250 6th Avenue, Suite 100
San Diego CA 92101

Elm Street Family Health Center
140 Elm Street
San Diego CA 92101

 **Elm Street Dental Clinic**

FamilyHealth at City College
1550 Broadway
San Diego CA 92101


Mobile Medical Units

Please call (619) 515-2300 for hours and daily location.

DOWNTOWN - SOUTHEAST


FamilyHealth on Commercial
2325 Commercial Street, Suite 1400
San Diego CA 92113

Logan Heights Family Health Center
1809 National Avenue
San Diego CA 92113

 **Logan Heights Dental Clinic**

- **Logan Heights Pharmacy**

 **Logan Heights Urgent Care**
(619) 906-5400
Monday - Saturday, 8:00am-8:00pm


 **Logan Heights Vision Clinic**

Sherman Heights Family Health Center
2391 Island Avenue
San Diego CA 92102

MID CITY

City Heights Family Health Center
5454 El Cajon Blvd.
San Diego CA 92115

 **City Heights Dental Clinic**

 **City Heights Physical Rehabilitation
Services***

**Diamond Neighborhoods
Family Health Center**
4725 Market Street
San Diego CA 92102

 **Diamond Neighborhoods Dental Clinic**

 **Diamond Neighborhoods Vision Clinic**

 **Diamond Neighborhoods Physical
Rehabilitation Services***

FamilyHealth at College Grove
3420 College Avenue
San Diego CA 92115

Ibarra Family Health Center
4874 Polk Avenue
San Diego CA 92105

Oak Park Family Health Center
5160 Federal Blvd.
San Diego CA 92105


EAST COUNTY

Chase Avenue Family Health Center
1111 W. Chase Avenue
El Cajon CA 92020


El Cajon Family Health Center
525 E. Main Street
El Cajon CA 92020
Monday - Saturday, 8:30am-5:30pm

 **El Cajon Dental Clinic**

 **El Cajon Physical Rehabilitation Services***

 **El Cajon Vision Clinic**


**Grossmont Spring Valley
Family Health Center**
8788 Jamacha Road
Spring Valley CA 91977

 **Grossmont Spring Valley Dental Clinic**

Lemon Grove Family Health Center
7592 Broadway
Lemon Grove CA 91945

SOUTH BAY

Chula Vista Family Health Center
251 Landis Avenue
Chula Vista CA 91910

 **Chula Vista Physical Rehabilitation
Services***

National City Family Health Center
1000 Euclid Avenue
National City CA 91950

Rice Family Health Center
352 L Street
Chula Vista CA 91911

** Please consult your FHCS D medical provider for a referral.*

 **Dental Clinic**  **Vision Clinic**

 **Physical Rehabilitation Services**

 **URGENT CARE**