

Health Care Options Orientation Schedules



Centre City Family Resource Center - (619) 237-8506
1255 Imperial Ave, 5th Floor, San Diego CA 92101

Day	8:00am	9:00am			
Monday	English	Spanish			
Tuesday	English	Spanish			
Wednesday	English	Spanish			
Thursday	English	Spanish			
Friday	English	Spanish			

El Cajon Family Resource Center - (619) 401-6184
220 South First Street, El Cajon CA 92019

Day	9:45am	10:45am	2:30pm		
Monday	English	Spanish	English		
Tuesday	English	Spanish			
Wednesday	English	Spanish	English		
Thursday	English	Spanish			
Friday	English	Spanish	English		

Lemon Grove Family Resource Center - (619) 668-3784
7065 Broadway, Lemon Grove CA 91945

Day	8:00am	11:00am	2:15pm		
Monday	English	English	English		
Tuesday	English	English	English		
Wednesday	English	Spanish	English		
Thursday	English	English	English*		
Friday	English	English	English		

**Note: There is no 2:15 presentation on the LAST Thursday of the month.*

North Central Family Resource Center - (858) 573-7341
5055 Ruffin Road, San Diego CA 92123

Day	9:00am	10:30am	11:00am	1:30pm	
Monday			English	English	
Tuesday	Spanish			English	
Wednesday	Vietnamese	English		English	
Thursday	Spanish			English	
Friday			English	English	

National City Family Resource Center - (619) 731-3235
401 Mile of Cars Way, Suite 230, National City CA 91950

Day	7:30am	9:15am	11:00am	1:30pm	
Monday	Spanish	English	Spanish	English	
Tuesday	Spanish	English	Spanish	English	
Wednesday	Spanish	English	Spanish		
Thursday	Spanish	English	Spanish	English	
Friday	Spanish	English	Spanish	English	

Health Care Options Orientation Schedules



North Coastal Family Resource Center - (760) 754-5860
1315 Union Plaza Ct, Oceanside CA 92054

Day		9:00am	11:00pm		
Monday		English	Spanish		
Tuesday		English	Spanish		
Wednesday		English	Spanish		
Thursday		English	Spanish		
Friday		English	Spanish		

**Note: There is no 2:00 PM Orientation the 3rd Thursday of the month.*

Northeast Family Resource Center - (619) 337-6240
7290 El Cajon Blvd, San Diego CA 92115

Day	9:00am		10:30am	1:30pm	2:30pm
Monday	Spanish		English	English	English
Tuesday	Spanish		English	English	English
Wednesday	Spanish		English	English	English
Thursday	Spanish		English	English*	English*
Friday	Spanish		English	English	English

**Note: There is no 1:30 PM or 2:30 PM Orientation the 3rd Thursday of the month.*

North Inland Family Resource Center - (760) 740-4069
649 W. Mission Ave, Suite 1000, Escondido CA 92025*

Day	8:00am	10:00am	1:00pm	2:15pm	
Monday	English	Spanish	English	Spanish	
Tuesday	English		English	Spanish	
Wednesday	English	Spanish	English	Spanish	
Thursday	English	Spanish	English	Spanish	
Friday	English	Spanish	English	Spanish	

Southeast Family Resource Center - (619) 266-3963
4588 Market Street, San Diego CA 92102

Day	8:00am	10:00am	1:00pm	2:15pm	
Monday	English		Spanish	English	
Tuesday	English	English [#]	Spanish	English*	
Wednesday	English	#Last Tues	Spanish	English	
Thursday	English	of the	Spanish	English	
Friday	English	Month Only	Spanish	English	

**Note: There is no 2:15 pm English orientation the last Tuesday of the month.*

Chula Vista Family Resource Center - (619) 409-3296
690 Oxford Street, Room 189, Chula Vista, CA 91911

Day	7:30am	9:15am	11:00am	1:30pm	
Monday	Spanish	English	Spanish	English	
Tuesday	Spanish	English	Spanish	English	
Wednesday	Spanish	English	Spanish		
Thursday	Spanish	English	Spanish	English	
Friday		English		English	