

Health Care Options Orientation Schedules



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

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

***Note: Orientation Schedule change is effective June 1, 2015**

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		

***Note: Orientation Schedule change is effective July 1, 2015**

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	

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

Day	7:15am	9:30am	12:15pm	2:00pm	
Monday	Spanish	English	Spanish	English	
Tuesday	Spanish	English	Spanish	English	
Wednesday		English	Spanish		
Thursday	Spanish	English	Spanish	English*	
Friday	Spanish	English	Spanish	English	

**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	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	

**Note: New site location as of June 26, 2015.*

Southeast Family Resource Center - (619) 266-3963
4588 Market Street, San Diego CA 92101

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.*

South Region Family Resource Center - (619) 409-3296
690 Oxford Street, 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	Spanish	English	Spanish	English	