

NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
<p>CRISIS HOUSE 1034 North Magnolia El Cajon, CA 92020 (619) 444-1194 Fax: (619) 444-1422 211 – referral line; when services cannot be provided immediately</p>	<p>Mon – Fri: 8:30am to 5pm Wed: 8:30am to 12pm only</p>	<p>Food pantry 2-3 day supply. Donations vary. Case management. Some clothing. Caseworker – family counselor. Bread Program – once a week. Walk-in basis. Assist once with shelter/housing. Call for appointment. Homeless food packs. 2 day supply.</p>	<p>Low income and homeless: According to the CSBT family income guidelines. No age limits. ID for family and income verification. East County region.</p>	<p>Also provide transitional housing; domestic violence intervention & emergency housing for women & children; CPS assistance; teen mentoring program; and victim's support group.</p>
<p>Greater San Diego, Inc. East County 165 East Park Avenue, Suite 102 El Cajon, CA 92020 (619) 447-8782 Fax: (619) 447-2308</p>	<p>Mon – Fri: 9am to 3pm</p>	<p>Meals to homebound; 2 meals/day; 7 days/week; Special diets; Sliding scale, maximum fee is \$6.25/day for seniors. \$8/day for non-senior, disabled. \$35 first day to set up – 3 days notice.</p>	<p>Servicing East County: Harbison, Crest, La Mesa, Santee, El Cajon, Lakeside and Alpine.</p>	<p>Volunteers deliver meals. Next day delivery available. Home visits to assess needs. Information, referrals, and problem solving available. Free meals for pets.</p>