



Reproductive Services Resource List

Prenatal Care Resources

Perinatal Care Network..... (800) 675-2229
Free phone service that links pregnant women to prenatal care providers, Medi-Cal, and other referrals during and after pregnancy.

Pregnancy Testing and Prenatal Care

Borrego Health

www.borregohealth.org

Borrego Medical Clinic..... (760) 767-5051
4343 Yaqui Pass Rd., Borrego Springs, CA 92004

Centro Medico El Cajon Women’s Health and Wellness Center
..... (619) 463-7775

133 W Main St., El Cajon, CA 92020

Centro Medico Escondido..... (760) 871-0606
1121 E Washington Ave., Escondido, CA 92025

Family Health Centers of San Diego

..... (619) 515-2300

www.fhcsd.org

Beach Area Family Health Center..... (619) 515-2444
3705 Mission Blvd., San Diego, CA 92109

Beach Area Women’s Health Center..... (619) 515-2444
3690 Mission Blvd., San Diego, CA 92109

Chase Avenue Family Health Center..... (619) 515-2499
1111 W Chase Ave., El Cajon, CA 92020

Chula Vista Family Health Center..... (619) 515-2500
251 Landis Ave., Chula Vista, CA 91910

City Heights Family Health Center..... (619) 515-2400
5454 El Cajon Blvd., San Diego, CA 92115

Diamond Neighborhoods Family Health Center.... (619) 515-2560
4725 Market St., San Diego, CA 92102

Diamond Family Health Center at Connections.... (619) 515-2430
1250 6th Ave., San Diego, CA 92101

El Cajon Family Health Center..... (619) 515-2498
525 E. Main St., El Cajon, CA 92020

Elm Family Health Center..... (619) 515-2520
140 Elm St., San Diego, CA 92101

Escondido Family Health Center..... (760) 546-2858
128 N. Broadway, Escondido, CA 92025

FamilyHealth at City College..... (619) 515-2525
1550 Broadway, San Diego, CA 92102

FamilyHealth on Commercial..... (619) 515-2422
2325 Commercial St., Ste. 1400, San Diego, CA 92113

Grossmont Spring Valley Family Health Center.... (619) 515-2555
8788 Jamacha Rd., Spring Valley, CA 91977

Hillcrest Family Health Center..... (619) 515-2545
4094 4th Ave., San Diego, CA 92103

Ibarra Family Health Center..... (619) 515-2426
4874 Polk Ave., San Diego, CA 92105

Lemon Grove Family Health Center..... (619) 515-2550
7592 Broadway, Lemon Grove, CA 91945

Logan Heights Family Health Center..... (619) 515-2300
1809 National Ave., San Diego, CA 92113

Logan Memorial Family Health Center..... (619) 515-2324
721 S. 28th St., San Diego, CA 92113

Pregnancy Testing and Prenatal Care (Continued)

National City Family Health Center..... (619) 515-2399
1000 Euclid Ave., San Diego, CA 91950

North Park Family Health Center..... (619) 515-2424
3544 30th St., San Diego, CA 92104

North Park Pediatric Clinic & Women’s Health Center
..... (619) 515-2424

3514 30th St., San Diego, CA 92104

Prenatal & Post-Partum Education Center..... (619) 906-4621
1827 Logan Ave., San Diego, CA 92113

Rice Family Health Center..... (619) 515-2325
352 L St., Chula Vista, CA 91911

Sherman Heights Family Health Center..... (619) 515-2435
2391 Island Ave., San Diego, CA 92102

Imperial Beach Health Center..... (619) 429-3733
www.ibclinic.org

Imperial Beach Health Center
949 Palm Ave., Imperial Beach, CA 91932

Nestor Community Health Center
1016 Outer Rd., San Diego, CA 92154

Indian Health Council Rincon Clinic
www.indianhealth.com

Rincon..... (760) 749-1410
50100 Golsh Rd., Valley Center, CA 92082

Santa Ysabel..... (760) 765-4203
110 ½ School House Canyon Rd., Santa Ysabel, CA 92082

La Maestra Community Health Centers (LMCHC) (619) 779-7900
www.lamaestra.org

LMCHC - City Heights..... (619) 280-4213
4060 Fairmount Ave., San Diego, CA 92105

LMCHC - El Cajon City Clinic..... (619) 280-4213
165 South 1st St., El Cajon, CA 92019

LMCHC - El Cajon Broadway..... (619) 280-4213
1032 Broadway, El Cajon, CA 92019

LMCHC - National City Health Center..... (619) 280-4213
217 Highland Ave., National City, CA 91950

Neighborhood Health Care..... (833) 867-4642
www.nhcare.org

El Cajon Healthcare Center..... (619) 440-2751
855 E Madison Ave., El Cajon, CA 92020

El Cajon Mollison Healthcare Center..... (833) 867-4642
470 N Molison Ave., El Cajon, CA 92021

Escondido Prenatal..... (760) 466-9800
488 E Valley Pkwy., Ste. 404, Escondido, CA 92025

Lakeside Neighborhood Healthcare..... (619) 390-9975
10039 Vine St., Lakeside, CA 92040

Valley Center Neighborhood Healthcare..... (833) 867-4642
28410 Lizard Rocks Rd., Valley Center CA 92082

Samahan Health Centers..... (844) 200-2426
www.opsam.org

Mira Mesa Clinic
10737 Camino Ruiz., Ste. 235, San Diego, CA 92126

National City Women’s & Children’s
2743 Highland Ave., National City, CA 91950



Reproductive Services Resource List

Pregnancy Testing and Prenatal Care (Continued)

- San Diego Family Care**
www.sdfamilycare.org
- Mid-City Community Clinic..... (619) 563-0250
4290 Polk Ave., San Diego, CA 92105
- San Diego Family Care Campus..... (858) 279-0925
6973 Linda Vista Rd., San Diego, CA 92111
- San Ysidro Health**..... (619) 662-4100
www.syhealth.org
- Chula Vista Health Center
678 3rd Ave.Chula Vista, CA 91910
- Comprehensive Health Center Ocean View
3177 Ocean View Blvd., San Diego, CA 92113
- King Chavez Health Center
950 S Euclid Ave., San Diego, CA 92114
- Maternal and Child Health Center
4050 Beyer Blvd., San Ysidro, CA 92173
- Otay Health Center
1637 3rd Ave.Chula Vista, CA 91911
- Paradise Hill Health Center
2400 E. 8th St., National City, CA 91950
- TrueCare (North County)**..... (760) 736-6767
www.truecare.org
- TrueCare Mission Mesa Women’s Health Center
2210 Mesa Dr., Ste. 5, Oceanside, CA 92054
- TrueCare San Marcos Women’s Health Center
150 Valpreda Rd., San Marcos, CA 92069
- Vista Community Clinic (VCC)**..... (844) 308-5003
www.vistacommunityclinic.org
- VCC: Grapevine
134 Grapevine Rd., Vista, CA 92083
- VCC: North River
4700 North River Rd., Oceanside, CA 92057
- VCC: Pier View
818 Pier View Way, Oceanside, CA 92054
- VCC: Vale Terrace
1000 Vale Terrace Dr., Vista CA 92084

Birth Centers

- Best Start Birth Center**..... (619) 299-0840
www.beststartbirthcenter.com
3630 Enterprise St., San Diego, CA 92110
 - San Diego Community Birth Center**..... (619) 269-6969
www.sdcommunitybirthcenter.com
2801 4th Avenue, San Diego, CA 92103
 - UC San Diego Health**..... (858) 675-7000
<https://health.ucsd.edu/care/pregnancy-birth/giving-birth/low-intervention-birth>
- Various sites are available, please see the website for more details or call the listed number.

Foster Care/Adoption

- County of San Diego Foster/Adoption**..... (877) 792-5437
<https://sdcares4kids.com/foster>
Health and Human Services Agency, County of San Diego
- California Kids Connection**..... (888) 336-8860
www.cakidsconnection.org
- iFoster**..... (855) 936-7837
www.ifoster.org
- Promises2Kids**..... (858) 278-4400
www.promises2kids.org
9400 Ruffin Ct., Ste. A, San Diego, CA 92123

Pregnancy Testing, Options Counseling, and Abortion Care

- Planned Parenthood of the Pacific Southwest**.... (888) 743-7526
www.plannedparenthood.org/planned-parenthood-pacific-southwest
- Chula Vista Health Center
1295 Broadway, Ste. 201, Chula Vista, CA 91911
- City Heights Health Center
4305 University Ave., Ste. 350, San Diego, CA 92105
- College Avenue Sarah Weddington Center
4575 College Ave., San Diego, CA 92115
- El Cajon Health Center
1685 E Main St., Ste. 301, El Cajon CA 92021
- Escondido Center
347 W Mission Ave., Escondido, CA 92025
- Euclid Avenue Francis Torbert Center
220 Euclid Ave., Ste. 30, San Diego, CA 92114
- First Avenue Family Planning Michelle Wagner Center
2017 First Ave., Ste. 300, San Diego CA 92101
- Kearny Mesa Joan and Irwin Jacobs Center
7035 Convoy Ct., San Diego, CA 92111
- Mira Mesa Health Center
10717 Camino Ruiz, Ste. 258, San Diego, CA 92126
- Mission Bay Mimi Brien Center
4501 Mission Bay Dr., San Diego, CA 92109
- Vista Isabella Health Center
1964 Via Centre, Vista, CA 92081



Reproductive Services Resource List

Other Resources and Services

2-1-1 San Diego..... 2-1-1
(7 Days a Week/24 Hours a Day)
www.211sandiego.org
 2-1-1 San Diego is a free phone service and online database for community, health, and disaster services.

ADAPT Program..... (619) 333-4250
www.vistahill.org/programs-services/adapt
 The Accessible Depression and Anxiety Peripartum Treatment (ADAPT) program is an outpatient mental health program serving pregnant and postpartum women throughout San Diego County.

Black Infant Health..... (619) 266-7466
www.sdbih.org
 286 Euclid Ave., Ste. 308, San Diego, CA 92114
 Black Infant Health improves the health of African-American mothers and babies through prenatal and postpartum group and individualized support.

Catholic Charities..... (619) 231-2828
www.ccdsd.org
 4575 Mission Gorge Pl., Ste. A, San Diego, CA 92120
 Catholic Charities provides services to expectant families and those in need through a variety of social welfare programs.

County of San Diego Home Visiting Programs..... (619) 285-6480
www.sandiegocounty.gov/content/sdc/hhsa/programs/mcsd/Of-nursing-Excellence/Home-Visiting-Program.html
 County of San Diego Home Visiting - A personal nurse can support high-risk pregnant, postpartum, and first-time moms.

Covered California..... (800) 300-1506
www.coveredca.com
 Covered California is a free service that connects Californians with brand-name health insurance under the Patient Protection and Affordable Care Act.

First 5 San Diego..... (888) 534-7785
www.first5sandiego.org
 9655 Granite Ridge Dr., Ste. 120, San Diego, CA 92123
 First 5 San Diego supports parents in preparing for a new baby and offers practical parenting skills as children grow up.

For the Village..... (619) 657-3384
www.forthevillage.org
 863 Bowsprit Rd., Chula Vista CA 91914
 For The Village provides free and low-cost doula services and education in San Diego County for all individuals and families.

Global Communities..... (858) 279-9690
www.globalcommunities.org/healthy-start
 5151 Murphy Canyon Rd., Ste. 320, San Diego, CA 92123
 Global Communities offers free prenatal and childbirth education, postpartum and breastfeeding support with a focus on Black families and immigrants in San Diego County.

Other Resources and Services (Continued)

Jewish Family Service..... (858) 637-3000
www.jfssd.org
 Jewish family Services offers the Adolescent Family Life and other programs from food assistance, transportation, care management, and career coaching, among other services.


Turk Family Center
 8804 Balboa Ave., San Diego, CA 92123
 Community Services Building
 8788 Balboa Ave., San Diego, CA 92123

MotherToBaby..... (866) 626-6847
www.mothers-to-baby.org
 Expert information about exposures to medications and other products during pregnancy and breastfeeding.

National Domestic Violence Hotline..... (800) 799-7233
www.thehotline.org/
 Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

San Diego Access & Crisis Line..... (888) 724-7240
(7 Days a Week/24 Hours a Day)
 Trained and experienced counselors available for anyone who needs to speak to someone or is in crisis and needs immediate help.

Safe Surrender Sites/Safe Arms for Newborns
Locations..... 2-1-1
www.211sandiego.org

 Safe surrender sites with this logo are designated hospital emergency rooms, fire stations, and other facilities where newborns can safely be surrendered to care without prosecution of the parent. Newborns must be 72 hours or younger.

QR Code



Scan the QR code for additional resources and links.