

# 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			
<b>Monday</b>	English	Spanish			
<b>Tuesday</b>	English	Spanish			
<b>Wednesday</b>	English	Spanish			
<b>Thursday</b>	English	Spanish			
<b>Friday</b>	English	Spanish			

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

Day	9:45am		3:00pm		
<b>Monday</b>	English/Span				
<b>Tuesday</b>			English/Span		
<b>Wednesday</b>	English/Span				
<b>Thursday</b>			English/Span		
<b>Friday</b>	English/Span				

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

Day		11:00am	2:15pm		
<b>Monday</b>		English	English		
<b>Tuesday</b>		English	English		
<b>Wednesday</b>		Spanish	English		
<b>Thursday</b>		English	English*		
<b>Friday</b>		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	
<b>Monday</b>			English	English	
<b>Tuesday</b>	Spanish			English	
<b>Wednesday</b>	Vietnamese	English		English	
<b>Thursday</b>	Spanish			English	
<b>Friday</b>			English	English	

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

Day		9:30am		1:30pm	
<b>Monday</b>		English		Spanish	
<b>Tuesday</b>		English		Spanish	
<b>Wednesday</b>		English		Spanish	
<b>Thursday</b>		English		Spanish	
<b>Friday</b>		English		Spanish	

# 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		
<b>Monday</b>	English		Spanish		
<b>Tuesday</b>	English		Spanish		
<b>Wednesday</b>	English		Spanish		
<b>Thursday</b>	English		Spanish		
<b>Friday</b>	English		Spanish		

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

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

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

Day	8:00am		1:00pm	2:15pm	
<b>Monday</b>	English		Spanish	English	
<b>Tuesday</b>	English		Spanish	English	
<b>Wednesday</b>	English		Spanish	English	
<b>Thursday</b>	English		Spanish	English	
<b>Friday</b>	English		Spanish	English	

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	
<b>Monday</b>	Spanish	English	Spanish	English	
<b>Tuesday</b>	Spanish	English	Spanish	English	
<b>Wednesday</b>	Spanish	English	Spanish		
<b>Thursday</b>	Spanish	English	Spanish	English	
<b>Friday</b>	Spanish	English	Spanish	English	