

**1. Animal Safety / Protección de Animales**

Animal Control (760) 438-2312  
 Animal Safe House (760) 753-6476  
 North County Humane Society (760) 757-4357  
 Project Wild Life – *wildlife rescue* (619) 225-9453  
 Vector Control – *severe insect problems* (858) 694-2888

**2. Assisted Living / Vivienda para Personas Mayores**

FB Hospital Skilled Nursing Facility – SNF (M)(C) (760) 728-2330  
 Paradise Residential Care (760) 728-1900  
 Regency Fallbrook (760) 728-8504  
 Silverado – *Escondido* (760) 737-7900  
 Silvergate (760) 728-8880  
 Starfish Resources, LLC – *care placement & more* (760) 738-8445

**3. Children - Youth Services / Servicios para Niños**

Boys & Girls Club (760) 728-5871  
 California Children's Services – CCS (C) (619) 528-4000  
 Child Abuse Hotline (800) 344-6000  
 CATCH – Community Access to Children's Health (619) 261-0871  
 –*Contact: Janine Loescher cell*  
 FB Child Development Center – *daycare* (760) 728-5402  
 FB Community Center – *after school programs available* (760) 728-1671  
 FB Head Start MAAC Program – *free day care available* (760) 471-4210  
 FB School of the Arts (760) 728-6383  
 GANAS Mentoring program – Guide Advise Nurture And Support  
 –*mentor at risk youth* (760) 731-9127  
 Healthy Families – Fallbrook Family Health Center (760) 451-4720  
 –*assistance with children's insurance application*

Ingold Community Sports Park (760) 451-0012

North Inland Community Prevention Program – NICPP (858) 391-9303  
 –*Contact: Myriam Padilla Youth Action Coalition – YAC*

Palomar Family Counseling (M)(C) (760) 741-2660

SD Regional Center –*for children w/developmental disabilities* (858) 576-2996

W.I.C – Women Infant Children (M)(C) (888) 999-6897  
 504 East Alvarado #105

**4. Housing / Vivienda**

Community Housing Works 901 Alturas Rd (760) 728-5742  
 SD County of Housing & Community Development (858) 694-4801

**5. Dental & Vision Care / Cuidado Dental y de Vision**

Bella Dental 855 S. Main St. (C) (760) 723-8599  
 Fallbrook Family Health Center – Dental Clinic (M)(C) (760) 451-4730  
 Fallbrook Family Health Center – Optometry Clinic (M)(C) (760) 451-4740  
 Fallbrook Smiles Project – Dental & Vision (619) 261-0871  
 –*Contact: Janine Loescher cell*

**6. Disabled Programs / Programas para Incapacitados**

Adaptive Recreation of North County (760) 731-2306  
 –*Contact: Linda White*  
 Care-Rite – *for adults w/ developmental disabilities* (760) 728-6951  
 NCTD-ADA LIFT Curb-to-Curb Service (760) 726-1111  
 –*For certification to ride* (877) 232-7433

North County Disabled Services (760) 731-2306

REINS – *therapeutic horsemanship program* (760) 731-9168

SD Regional Center – *for adults w/ developmental disabilities* (858) 576-2996

**7. Domestic Violence & Abuse / Abuso y Violencia Doméstica**

Adult Protective Services (800) 510-2020  
 Child Abuse Hotline (800) 344-6000 or (858) 560-2191  
 Domestic Violence Hotline (888) 385-4657  
 Fallbrook Sheriff 388 E. Alvarado St. (760) 451-3100  
 Women's Resource Center – *Oceanside* (760) 757-3500

**8. Education Resources / Servicios Educativos**

Fallbrook Library (760) 728-2373  
 Migrant Education Program (760) 723-6300 ext. 2012  
 –*Contact: Mary Gonzalez*  
 Parents as Teachers Program (760) 731-5416  
 Special Education Resources  
 –*High School Contact: Sally Hunt* (760) 723-6332 ext. 6298  
 –*Elementary Schools Contact: Barbara Driscoll* (760) 731-5412

Vista Adult School 305 E. Bobier Dr. Vista (760) 758-7122

**9. Emergency Services / Servicios de Emergencia**

**FIRE 911**

**FALLBROOK SHERIFF 911**  
 388 E. Alvarado St. (760) 451-3100

**SUICIDE HOTLINE 24 HOURS 1 (800) 479-3339**

**10. Employment / Empleo**

Carlsbad Hiring Service – *hablan Español* (760) 929-8121  
 People to People (760) 728-0175  
 –*Contact: Doris Mack* 1094 S. Main Ave

**11. Government Offices / Oficinas de Gobierno**

California Children's Services – CCS (C) (619) 528-4000  
 County Records – *birth certificates* (760) 940-6858  
 Dept. of Health and Human Services (760) 967-4401

Fallbrook Healthcare District (760) 731-9187

HICAP – *free information for Medicare* (800) 434-0222

Medicare (M) (800) 633-4227

Parks & Recreation (858) 694-3030

San Diego Court Services – *Vista* (760) 201-8600

Social Security Office (800) 772-1213 or (760) 439-8053

**12. Health Resources / Recursos de Salud**

Access Line – *Medi-Cal, Food Stamps, Cal Works* (866) 262-9881  
 130 E. Alvarado St.

County Medical Services – CMS (760) 471-9660  
 –*for uninsured families* (800) 587-8118

Foundation for Senior Care (760) 723-7570

Fallbrook Family Health Center – *Outreach* (760) 451-4720

Fallbrook Hospice (M) (760) 731-7741

Fallbrook Pregnancy Resource Center 113 E Hawthorne St. (760) 728-4105

North Coastal Public Health Center – *Oceanside* (760) 967-4401  
 –*for Fallbrook "press 9"* (M)(C)

San Diego Adolescent Pregnancy & Parenting Program (760) 451-4742  
 –*Contact: Sadalya Wilson Diamond SANDAPP* 1328 S. Mission Rd.

Welcome Home Baby (760) 796-6811

**13. Healthcare / Cuidado de Salud**

Fallbrook Family Health Center 1328 S. Mission Rd (M)(C) (760) 451-4720  
 -Pediatrics -Dental -Women's Health  
 -Optometry -Internal Medicine -Family Medicine

FB Hospital Skilled Nursing Facility– SNF (M)(C) (760) 728-2330

North Coastal Public Health Center – *Oceanside* (760) 967-4401  
 –*for Fallbrook "press 9"* (M)(C)

North County Health Services – *San Marcos* (760) 593-0003

North Inland Public Health Clinic – *Escondido* (M)(C) (760)740-4000

Pediatric Partners (C) (760) 451-0070

Vista Community Clinic (760) 631-5220

**14. Home Care / Cuidado en Casa**

Affordable & Quality Home Care Services – *Carlos Perez* (760) 468-3075  
 Cambrian Home Care – *all ages* (M)(C) (951) 301-4300

Fallbrook Home Health (M) (760) 731-7735

Fallbrook Hospice (M) (760) 731-7741

In Home Supportive Services – IHSS (C) (800) 510-2020

People to People (760) 728-0175

**15. Hospitals - Urgent Care / Hospitales-Cuidado Urgente**

Fallbrook Hospital (760) 728-1191  
 –*Call 911 for Emergency* 624 E. Elder St.

Fallbrook Health Center – *Urgent Care* 577 E. Elder E (760) 723-5900

Mission Family Urgent Care 1309 S. Mission Rd. (760) 451-3500

Palomar Hospital – *Escondido* (760) 739-3000

Rady Children's Hospital – *San Diego* (858) 576-1700

Tri-City Hospital – *Oceanside* (760) 724-8411

**16. Information / Información**

Free Directory Assistance – *businesses only* (800) 555-1212

Free 411 (800) FREE-411 / (800) 3733-411

San Diego County Services [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov) (858) 694-3900

Social Services Information 211 or (800) 227-0997

**17. Legal Advice / Asesoría Legal**

Catholic Charities – Immigration Services (*appt. preferred*) (760) 631-5890

Elder Law & Advocacy – *free legal help for seniors* (760) 439-2535

Las Valientes (760) 521-5295

Volunteer Lawyer Program (619) 235-5656

**18. Medications / Ayuda con Medicinas**

Brother Benno's (760) 439-1244  
 Fallbrook Pharmacy (760) 728-1607

Partnership for Prescription Assistance [www.pparx.org](http://www.pparx.org) (888) 477-2669

**19. Mental Health - Counseling Services / Salud Mental**

Suicide Hotline/ Crisis Line 24 Hours (800) 479-3339

Aurora Behavioral Health (888) 565-4228

County Mental Health – *psychiatric hospital* (C) (619) 692-8200

Exodus Recovery – *Vista – walk-in psych clinic 12pm-7pm* (760) 758-1150

Fallbrook Family Health Center – Behavioral Health (760) 451-4720

Mental Health Systems (858) 4573-2600

Neighborhood Healthcare – *psychiatry & psychology* (760) 746-5857

North Coastal Mental Health – *Oceanside* (760) 967-4475

North County LifeLine – *youth counseling* (C) (760) 726-4900  
 Palomar Family Counseling (760) 731-3235

(M) = Business/Service accepts Medicare

(C) = Business/Service accepts Medi-Cal/Medicaid

**20. Military Services / Servicios Militares**

Courage to Call (877) 698-7838  
 Military One Source www.mccscp.com (800) 342-9647

**21. Nutrition - Food Resources / Nutrición - Recursos de Comida**

Angel Food Ministries – Fallbrook Presbyterian Church (760) 419-8037

Catholic Charities (760) 631-4792  
 –Contact: Lisa Vista

Fallbrook Food Pantry (also Senior Meals) (760) 728-7608  
 –Contact: Don Luallin 1042 S. Mission Rd

Fallbrook Senior Center – meal program 399 Heald Ln. (760) 728-4498

Office of Social Concerns (760) 757-3250  
 –Contact: Carmen Parra 4070 Mission Ave, Oceanside

Project Food Box – provided by Western Eagle (951) 695-7206

Salvation Army Vista (760) 631-8212  
 Escondido (760) 745-8685

W.I.C – Women Infant Children (M)(C) (888) 999-6897  
 504 East Alvarado #105

**22. Safety / Seguridad**

CERT free CPR & AED courses (760) 451-2378  
 –Community Emergency Response Team 337 E. Mission Rd.

Fire Prevention (760) 723-2010  
 Fire Protection District (760) 723-2005

Fallbrook Citizens Crime Prevention Committee (760) 731-9127  
 –neighborhood & community crime prevention & awareness

Red Cross (760) 433-3814

Sheriff's Department (760) 451-3100  
 –Senior Volunteer Patrol & YANA – You Are Not Alone 388 E. Alvarado St.

**23. Senior Services / Servicios para Personas Mayores**

Elder Law & Advocacy (858) 565-1392  
 –For Medicare info (858) 565-8772

Fallbrook Family Health Center – Internal Medicine (760) 451-4790

Fallbrook Hospital Courier Service (760) 599-3397

FB Hospital Senior Circle (760) 731-8433

Fallbrook Senior Center 399 Heald Ln (760) 728-4498

Foundation for Senior Care (760) 723-7570  
 –Adult Day Program “The Club” –Care Van –Senior Care Advocacy

Interfaith – Project Care – free elderly services Vista (760) 941-0140  
 San Marcos (760) 744-0467

South West Life Line (760) 724-8858  
 –For Medi-Cal Info (800) 368-2925

SD County Aging & Independence Services (800) 510-2020

Vista Senior Center 1400 Vale Terrace, Vista (760) 639-6160

**24. Support Groups / Grupos de Apoyo**

Alcoholic's Anonymous (760) 758-2514  
 604 E. Vista Way Español: (760) 758-6905

Al-Anon – support group for families of alcoholics (800) 690-2666  
 Español: Nemy (760) 728-3658 Cell: (626) 260-2315

Empty Cradle – loss of a baby (619) 595-3887

FB Hospital Education Department – diabetes support (760) 731-8146

FB Hospital Grief Support (760) 728-1191 ext. 479

Lupus Support (951) 719-4287

M.A.D.D – Mothers Against Drunk Driving (858) 564-0780

Michelle's Place – breast cancer support (951) 304-1280

NAMI – National Alliance for the Mentally Ill (619) 543-1434

Narcotics Anonymous (800) 479-0062  
 (619) 584-1007

Nar-Anon – support group for families of addicts (800) 477-6291

Parents Without Partners – PWP (858) 597-9313

Parkinson's Disease Association of San Diego (877) 737-7576

**25. Thrift Stores - Clothing / Tiendas de Segunda - Ropa**

Angel Shop 1002 S. Main Ave (760) 728-6513

Hidden Treasure Thrift Store 504 E. Alvarado St #107 9am-3pm

Salvation Army Vista (760) 631-4792  
 Escondido (760) 745-8685

St. John's Thrift Store 1075 S. Mission (760) 723-9520

St. Vincent De Paul 520 S. Main (760) 728-7012

**26. Transportation / Transportación**

Care Van – Foundation for Senior Care – free (760) 723-7570

Fallbrook Hospital Courier Service – wheelchair-free (760) 599-3397

Fallbrook Taxi (760) 728-9626

NCTD ADA – LIFT Curb-to-Curb Service (760) 726-1111  
 –For certification to ride (877) 232-7433

North County Transit (800) 266-6883

People to People Services – fees apply (760) 728-0175

Transport Van Services – wheelchair (760) 978-3079  
 –fees apply

**27. Drug & Alcohol Abuse / Abuso de Drogas y Alcohol**

ACCESS & Crisis Line (800) 479-3339

Hill Alcohol & Drug Treatment (951) 676-8241  
 –outpatient programs for adolescents & adults

North Inland Regional Recovery Center (760) 741-7708

MITE Regional Recovery Center – Oceanside (C) (760) 721-2781

San Marcos Capalina Clinic – methadone clinic (760) 744-2104

San Diego County Meth Hotline (877) NO2-METH / (877) 662-6384

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577 East Elder, Suite U • Fallbrook, CA 92028  
 Phone 760-731-9187 • Fax 760-731-9131

# -2011- Community Resources Directory Directorio de Recursos de la Comunidad

Special Service Project of the:  
**Community Collaborative Committee**

Revised February 2011