



#### LOCAL HEALTH RESOURCES

##### CAPS

<http://www.caponline.org/>

(619) 337-8080

6663 El Cajon Blvd.

San Diego, CA

*A non-profit organization that provides free and confidential medical services for women of all ages, nationalities and religious affiliations. Some services include pregnancy tests, ultrasounds and counseling.*

##### Joan Kroc Center

<http://www.kroccenter.org/>

(619) 287-5762

6845 University Ave.

San Diego, CA 92115

*This facility is open to members and the residents of East San Diego, La Mesa and Lemon Grove. They provide a variety of quality programs for individuals of all ages.*

##### Health & Human Resources

<http://www.sdcounty.ca.gov/>

5202 University Ave.

San Diego, CA 92105

*This facility offers public health services for the central region of San Diego. Health resources are provided to all San Diego citizens.*

##### La Maestra

<http://www.lamaestra.org/>

(619) 280-4213

4185 Fairmount Ave.

San Diego, CA 92105

*A walk-in clinic which provides patients with non-emergency, urgent care services. Less than a block away from the main facility, they also operate two dental clinics.*

##### San Diego Family Care

*Mid-City Community Clinic*

<http://www.lvhccc.com/>

(619) 563-0250

4290 Polk Ave.

San Diego, CA 92106

*A culturally competent and affordable primary care agency serving San Diego county with high quality medical care, mental health care and multi-cultural health promotion.*

##### Women, Infant & Children (WIC)

<http://www.wic-sdsu.org>

(800) 500-6411

*WIC helps women, new mothers and young children eat well and stay healthy. The program is funded by the U.S. Department of Agriculture (USDA).*

##### The AHIRC Directory

<http://www.ahirc.org/sandiego>

*This website helps to provide information and access to affordable health care in San Diego.*

*In health there is freedom. Health is the first of all liberties.*

*Henri-Frederic Amiel*

# ROLANDO

## HEALTH RESOURCES



#### ✿ BROCHURE ✿

This brochure was created by San Diego nursing students in the hope that it would bring greater knowledge and access to affordable healthcare resources. It is our desire that it will result in improved health for the residents of Rolando and neighboring communities.

Lindsey, Leslie, Lauren & Tim