

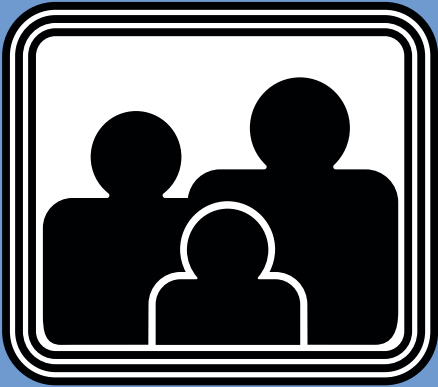
Connect With Us Online



MyHealthRecord  
Your Health in Your Hands

Sign up today for our patient portal!  
Provide your name, date of birth and personal e-mail address to the front desk receptionist at your next visit, by calling (619) 515-2300 or by e-mailing [MyHealthRecord@fhcsd.org](mailto:MyHealthRecord@fhcsd.org). You will receive a link in your inbox to complete the registration process. To log in to MyHealthRecord, visit: <https://myhealthrecord.fhcsd.org>.

[www.fhcsd.org](http://www.fhcsd.org)  
[www.facebook.com/FHCSDFamilyHealthSD](https://www.facebook.com/FHCSDFamilyHealthSD)



FAMILY HEALTH CENTERS  
OF SAN DIEGO



Laura Rodriguez was a health care pioneer in the Barrio Logan community.

Why Choose Family Health Centers of San Diego?

As an accredited Patient Centered Medical Home, we provide patients quality care through a direct and long-term relationship with their chosen provider and health care team. This team is respectful of and responsive to individual patient preferences, needs and values, ensuring all clinical decisions are guided by these principles. Patients, and their families, also receive support to become engaged in healthy behaviors.



Billing and Insurance

Many patients qualify for programs that cover the cost of their care. If you are uninsured and don't qualify for a program, or if you are a self-pay patient, you may be eligible for a sliding fee scale discount or a free program.

Upon completion of your visit, a Patient Services Representative will calculate the total amount of the charges for the services you received. For any questions about your bill or charges, please call (619) 515-2564.

For more information about health insurance options, please contact an FHCSO Certified Enrollment Counselor at (619) 515-2363 or [enrollment@fhcsd.org](mailto:enrollment@fhcsd.org).

Additional information and resources about general patient care, training for healthcare professionals, health equity and other topics, can be found at [www.hrsa.gov](http://www.hrsa.gov).

Welcome to Family Health Centers of San Diego

Our mission is to provide caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons. We are here to help!

Proudly Recognized By:



A History of Purpose and Passion

In 1970, Laura Rodriguez, a grandmother, activist and Barrio Logan resident, recognized families in her neighborhood had nowhere to go to obtain comprehensive, and affordable, health care services. She, along with fellow neighbors, occupied a local building in hopes of establishing a community health clinic to help area residents who were medically underserved. Their unwavering determination led to negotiations with the City of San Diego, which eventually gifted the building to the Barrio Logan community.

In 1973, this clinic became incorporated as Family Health Centers of San Diego (FHCSO), a private, nonprofit community clinic modeled after Laura's vision. The site transformed into Logan Heights Family Health Center and has since grown to 19 primary clinics and 36 sites across San Diego.

For over four decades, Family Health Centers of San Diego has been an integral part of San Diego's health care safety net, providing health care, dental, pediatric and mental health services and more to over 180,000 patients every year!

Make an Appointment Today

Please call (619) 515-2300 or log in to our patient portal, MyHealthRecord, to schedule an appointment. Evening, weekend and same-day appointments are offered at many locations. Walk-in visits are welcome!

We encourage all patients to see the same health care provider for every visit. Our team can help you choose a Primary Care Provider. Making your appointments in advance helps ensure you are always seen by the same provider.

If you are experiencing a medical emergency, please call 911 immediately or go to the emergency room. If you are experiencing a mental health emergency, please call the toll-free Access and Crisis Line: 1(888) 724-7240. [TDD for the hearing impaired: (619) 641-6992], which is available 24 hours a day / 7 days a week, call 911 or go to the emergency room. You may also call our on-call physician for after-hours assistance at (619) 692-2414.



Summer Collier (right), an FHCS D Nurse Practitioner, provides care for a young patient at Ibarra Family Health Center.

## Available Services:

- **Adolescent Medicine:** Full-service Teen Clinic, peer health education and teen pregnancy prevention programs.
- **Adult Medicine:** Sick visits, physicals, immunizations and management of chronic diseases, such as diabetes and high blood pressure.
- **Adult Physical Therapy** \*
- **Alcohol & Drug Services:** Outpatient treatment, counseling and support groups.
- **Audiology:** Hearing screenings for individuals 6 months and older.\*
- **Child Development Services:** Healthy development screenings, assessments and interventions, occupational, speech and physical therapy, audiology, parenting classes and toddler enrichment.
- **Pediatric Medicine:** Immunizations, physicals, sick- and well-child visits.
- **Counseling/Mental Health Services:** Services for children, adolescents, families and adults, individual and group sessions, medication management.
- **Dental Care:** Urgent care, exams, cleanings, fillings, X-rays and dentures.\*
- **HIV Services:** Testing, counseling, primary care, case management, prevention and mental health services.
- **Insurance Application Assistance**
- **Patient Care Support Services:** Individual and group health education sessions on diabetes, high blood pressure, nutrition, cholesterol, weight management, asthma, breastfeeding, infant basic care/safety, tobacco cessation and other chronic diseases.
- **Pharmacy** \*
- **Radiology:** X-rays, mammography and ultrasound.\*
- **Specialty Care:** Endocrinology, otolaryngology (ear, nose, and throat), podiatry and rheumatology.\*
- **Vision Care:** Optometry, ophthalmology, vision exams, glasses, contact lenses and glaucoma and cataract screenings.\*
- **Women’s Medicine:** Pregnancy tests, family planning, ultrasound, prenatal/postnatal care, lactation services, gynecology, breast and cervical cancer screenings.

\* Not all services are available at every site.  
Call (619) 515-2300 for more information.

## Clinics:

**Beach Area Family Health Center**  
3705 Mission Blvd., San Diego CA 92109  
(619) 515-2444  
Hours: Mon. - Wed. & Fri. 8:30am-5:30pm, Thu. 9:00am-6:00pm

- **Beach Area Women’s Health Center**  
3690 Mission Blvd., San Diego CA 92109  
(619) 515-2444  
Hours: Mon. - Wed. 8:30am-5:00pm, Thu. 9:00am-6:00pm

**Chase Avenue Family Health Center**  
1111 W. Chase Ave., El Cajon CA 92020  
(619) 515-2499  
Hours: Mon. - Fri. 8:30am-5:30pm, Sat. 8:30am-12:30pm

**Chula Vista Family Health Center**  
251 Landis Ave., Chula Vista CA 91910  
(619) 515-2500  
Hours: Mon. - Fri. 8:30am-5:30pm

**FamilyHealth at City College**  
1550 Broadway Suite 2, San Diego CA 92101  
(619) 515-2525  
Hours: Mon. - Fri. 8:30am-5:30pm

**City Heights Family Health Center**  
5454 El Cajon Blvd., San Diego CA 92115  
(619) 515-2400  
Hours: Mon. - Fri. 8:30am-5:30pm, Sat. 8:30am-12:30pm

- **City Heights Dental Clinic**  
(619) 515-2442  
Hours: Mon. - Fri. 8:15am-5:00pm

- **City Heights Physical Therapy**  
*Please consult your FHCS D medical provider for a referral*

**FamilyHealth on Commercial**  
2325 Commercial St. Suite 1400, San Diego CA 92113  
(619) 515-2422  
Hours: Mon. & Wed. 8:00am-5:00pm, Fri. 8:00am-12:00pm

**Diamond Neighborhoods Family Health Center**  
4725 Market St., San Diego CA 92102  
(619) 515-2560  
Hours: Mon. - Fri. 8:30am-5:30pm

- **Diamond Neighborhoods Dental Clinic**  
(619) 515-2420  
Hours: Mon., Wed. & Fri. 8:00am-5:00pm

**Downtown Family Health Center at Connections**  
1250 6th Ave. Suite 100, San Diego CA 92101  
(619) 515-2430  
Hours: Mon. - Fri. 8:00am-5:00pm

**Elm Street Family Health Center**  
140 Elm St., San Diego CA 92101  
(619) 515-2520  
Hours: Mon. - Fri. 8:00am-5:00pm

- **Elm Street Dental Clinic**  
(619) 515-2543  
Hours: Mon. - Fri. 8:00am-5:00pm

**Grossmont Spring Valley Family Health Center**  
8788 Jamacha Rd., Spring Valley CA 91977  
(619) 515-2555  
Hours: Mon., Wed. - Fri. 8:30am-5:30pm, Tue. 8:30am-7:00pm

**Grossmont Spring Valley Dental Clinic**  
8788 Jamacha Rd., Spring Valley CA 91977  
(619) 515-2330  
Hours: Mon. - Fri. 8:15am-5:00pm

**Hillcrest Family Health Center**  
4094 4th Ave., San Diego CA 92103  
(619) 515-2545  
Hours: Tues. & Fri. 8:00am-5:00pm

**Ibarra Family Health Center**  
4874 Polk Ave., San Diego CA 92105  
(619) 515-2426  
Hours: Tues. & Thurs. 8:30am-5:30pm; Fri. 8:30am-12:30pm

**Lemon Grove Family Health Center**  
7592 Broadway, Lemon Grove CA 91945  
(619) 515-2550  
Hours: Mon. - Fri. 8:30am-5:30pm

**Logan Heights Family Health Center**  
1809 National Ave., San Diego CA 92113  
(619) 515-2300  
Hours: Mon. 8:00am-7:00pm, Tue. - Thu. 8:00am-6:00pm  
Fri. 8:00am-5:30pm, Sat. 8:00am-5:00pm

- **Logan Heights Dental Clinic**  
(619) 515-2394  
Hours: Mon. - Sat. 8:15am-5:00pm

**Mobile Medical Units**  
(619) 515-2312  
*Please call for clinic hours and daily unit location.*

**North Park Family Health Center**  
3544 30th St., San Diego CA 92104  
(619) 515-2424  
Hours: Mon. - Thu. 8:00am-5:30pm, Fri. 8:00am-5:00pm,  
Sat. 8:00am-12:30pm

- **North Park (Hillcrest) Dental Clinic**  
(619) 515-2434  
Hours: Mon. - Fri. 8:15am-5:00pm

- **North Park Pediatric Clinic & Development Center**  
3514 30th St., San Diego CA 92104  
(619) 515-2424  
Hours: Mon. - Thu. 8:00am-5:30pm, Fri. 8:00am-5:00pm,  
Sat. 8:00am-12:30pm

**Rice Elementary Family Health Center**  
352 L St., Chula Vista CA 91911  
(619) 515-2325  
Hours: Mon. - Fri. 8:00am-5:00pm

**Sherman Heights Family Health Center**  
2391 Island Ave., San Diego CA 92102  
(619) 515-2435  
Hours: Mon. - Fri. 8:15am-5:00pm

**Teen Health Center**  
1643 Logan Ave., San Diego CA 92113  
(619) 515-2333  
Hours: Mon. - Fri. 1:30-5:30pm

## Services and Programs:

**Alcohol & Drug Services**  
3298 Illinois St., San Diego CA 92104  
(619) 876-4462  
*Please call for hours.*

**Healthcare for the Homeless Program**  
(619) 515-2551  
*Please call for locations, services and hours.*

**Healthy Development Services**  
- Central Region/Logan  
2114 National Ave., San Diego CA 92113  
(619) 515-2406  
Hours: Mon. - Fri. 8:30am-5:00pm, Sat. 9:00am-1:00pm

- East Region  
1234 Broadway, El Cajon CA 92021  
(619) 515-2463  
Hours: Mon. - Fri. 8:30am-5:00pm

**HIV Services**  
- Ciacchio Memorial Clinic  
3544 30th St., San Diego CA 92104  
(619) 515-2587  
Hours: Mon. - Thu. 8:30am-5:30pm, Fri. 8:00am-5:00pm

- HIV Coordinated Services Center  
3514 30th St., San Diego CA 92104  
(619) 515-2446  
Hours: Mon. - Fri. 8:30am-5:00pm

- HIV Prevention Center  
4040 30th St., San Diego CA 92104  
(619) 515-2449  
Hours: Mon. - Fri. 8:00am-5:00pm

**Logan Heights Family Counseling Center**  
2204 National Ave., San Diego CA 92113  
(619) 515-2355  
Hours: Mon., Thu. & Fri. 8:00am-5:00pm, Tue. & Wed. 8:00am-8:00pm

**Logan Heights Pediatric Developmental Services**  
1809 National Ave., San Diego CA 92113  
(619) 515-2512  
Hours: Mon. - Fri. 8:30am-5:00pm

**Patient Care Support Services/Health Education**  
1809 National Ave., San Diego CA 92113  
*Located in the adjacent building.*  
(619) 515-2526  
Hours: Mon. - Fri. 8:30am-5:00pm, Sat. 8:00am-4:30pm

**Post Partum Education Center**  
1827 Logan Ave. Suite 2, San Diego CA 92113  
(619) 906-4621  
Hours: Mon. - Fri. 8:00am-5:00pm



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