

Free & Low-Cost Community Clinics

1.) Senior Clinic at First Lutheran Church

1420 3rd Ave, (Corner of 3rd Avenue and Ash Street)
San Diego, CA 92101

Time & Day: 8:30am-12: 30pm, Monday, Wednesday and Friday mornings.

Cost: Free, Must be 60 years or older

Directions: 163 South to I-5 North to 4th Ave exit. Turn Left (south) on 4th Ave, Right on Ash St and Right on 3rd Ave. The Church is on the corner of 3rd and Ash.

Bus Routes: No buses run on 3rd Ave, but bus #11 runs on 1st Ave, #3 and #120 run on 4th Ave, and #3 and #120 run on 5th. You can reach The San Diego Metropolitan Transit System for directions at (619) 238-0100 or www.sdcommute.com

2.) UCSD Free Clinics Project at Pacific Beach United Methodist Church

1562 Thomas Ave
San Diego, CA 92109

Time & Day: 5:30pm-9: 30pm, Wednesday evening

Cost: Free for low-income individuals

Directions: For the First Lutheran Church: 163 South to I-5 North to 4th Ave exit. Turn Left (south) on 4th Ave, Right on Ash St and Right on 3rd Ave. The Church is on the corner of 3rd and Ash.

Directions: For the Methodist Church in Pacific Beach: From Hwy 5 take Grand/Garnet exit and go west on Grand. Turn Left (south) at the light on Ingraham. Go one block to Thomas and turn right. The church is on the corner of Grand and Thomas.

Bus Routes: Buses #9, #8, #30, bus #30 is the closest to the Church. You can reach The San Diego Metropolitan Transit System for directions at (619) 238-0100 or www.sdcommute.com

3.) UCSD Free Clinics Project at First Lutheran Church

1420 3rd Ave (Corner of 3rd Avenue and Ash Street)
San Diego, CA 92101

Time & Day: 5:30pm-9: 30pm, Monday evening

Cost: Free for low-income individuals

Directions: For the First Lutheran Church: 163 South to I-5 North to 4th Ave exit. Turn Left (south) on 4th Ave, Right on Ash St and Right on 3rd Ave. The Church is on the corner of 3rd and Ash.

Directions: For the Methodist Church in Pacific Beach: From Hwy 5 take Grand/Garnet exit and go west on Grand. Turn Left (south) at the light on Ingraham. Go one block to Thomas and turn right. The church is on the corner of Grand and Thomas.

Bus Routes: No buses run on 3rd Ave, but bus #11 runs on 1st Ave, #3 and #120 run on 4th Ave, and #3 and #120 run on 5th. You can reach The San Diego Metropolitan Transit System for directions at (619) 238-0100 or www.sdcommute.com

4.) Owen Clinic at UCSD Medical Center

4168 Front St (Third floor of the Ambulatory Care Center "ACC")
San Diego, CA 92103

Time & Day: 1:00pm-5:00pm, Thursday

Cost: Free for existing AIDS patient at the Owen Clinic.

Directions: 163 south, exit 2B Washington W, merge with Washington. Right on 1st Ave, right on Lewis, left on Bachman Place, left on Montecito Way, right on 1st Ave, left on W Arbor Dr, left onto Front St.

Bus Routes: Bus #3, you can reach The San Diego Metropolitan Transit system for directions at (619) 238-0100 or www.sdcommute.com

5.) Integrative Health Nights Community Clinics at Tubman-Chavez Multicultural Center

In affiliation with Rady Children's Hospital) www.chsd.org

415 Euclid Ave

San Diego, CA 92114

www.cncsandiego.org

Time & Day: 3:00pm-7:00pm, 1st and 3rd Thursday of each month

Cost: Free for low-income individuals

Directions: Take I-805 to Imperial Ave exit. Head east on Imperial Ave. Turn Left on Euclid (north). Located on Euclid between Naranja Street and Market Street.

Bus Routes: Buses #3, #4, #5 and the Orange Line trolley stop at Euclid. You can reach The San Diego Metropolitan Transit system for directions at (619) 238-0100 or www.sdcommute.com

6.) Integrative Health Nights Community Clinics at City Heights Wellness Center

In affiliation with Rady Children's Hospital) www.chsd.org

4440 Wightman St, #200

San Diego, CA 92105

Time & Day: 3:00pm-7:00pm, 4th Thursday of each month

Cost: Free for low-income individuals

Directions: Take I-805 to University Ave exit East. Merge onto Boundary Street. Turn right onto University Ave. Head east on University Ave. Turn right at Highland Ave (south). Turn right on Wightman (west). Center is located on the corner of Highland Ave and Wightman Street.

Bus Routes: Buses # 7, #13. You can reach The San Diego Metropolitan Transit system for directions at (619) 238-0100 or www.sdcommute.com

7.) Integrative Health Nights Community Clinics at Hoover High School, Health Ctr

Affiliated with Weingart-Price Fund of The San Diego Foundation

4474 El Cajon Boulevard Room #1103

San Diego, CA

Time & Day: 3:00pm-7:00pm, 2nd & 5th Thursdays of each month

Cost: Free for low-income individuals

Directions: Take I-15 to El Cajon, go east on El Cajon. Hoover High is b/w Highland Ave & 45th St.

Bus Routes: Buses #13, #15. You can reach The San Diego Metropolitan Transit system for directions at (619) 238-0100 or www.sdcommute.com

8.) Community Clinic

Pacific College Of Oriental Medicine

7445 Mission Valley Rd., Ste. 105

San Diego, CA 92108

(619) 574-6932

Time & Day: 1:00pm – 4:15pm, Fridays when available call the clinic for appointment.

Cost: \$15 Group setting treatments for...allergies, anxiety-stress, asthma, carpal tunnel or elbow pain, headaches, insomnia, neck/shoulder tension or pain, sinusitis, smoking cessation-appetite control

Directions: 163 Freeway North or South, Exit Friars Rd. East, Quickly get in the left lane, Left on Frazee, Right on Murray Canyon Rd, Left on Metropolitan, We're on the right side. OR 8 Freeway East or West, Exit Mission Center Rd, North on Mission Center Rd, Left on Mission Valley rd, Mission Valley Rd. curves around we're on the left side.

Bus Routes: Bus #928. You can reach The San Diego Metropolitan Transit system for directions at (619) 238-0100 or www.sdcommute.com