



Local Oceanside Resources

Reach Higher. Dream Bigger.



Medical Resources & Family Resource Center

<p>Tri-City Medical Hospital & Emergency Room 4002 W Vista Way, Vista, CA 92083 (760) 940-3505</p>	<p>Family Resource Center- North Coastal 866-262-9881 1315 Union Plaza Ct Oceanside, CA 92054</p>	<p>San Diego Regional Center Early Start Intake: (858) 496-4318</p> <hr/> <p>Exceptional Family Resource Center Central Office: (619) 594-7416 Imperial County: (760) 355-0147</p>
---	--	--

Food Resources - PLEASE CALL FIRST

<p>North County Food Bank- Vista 1445 Engineer St. #110, Vista CA 92081 Monday-Friday 7 am-4 pm</p>	<p>San Diego Food Bank- Miramar 9850 Distribution Ave, San Diego, CA 92121 Monday-Friday 8 am-5 pm</p>	<p>Interfaith Community Services 4700 North River Road, Oceanside, CA 92057 2nd and 4th Wed: 11am-1pm</p>	<p>Oceanside Mobile Pantry 5306 North River Road, Oceanside, CA 92057 2nd and 4th Tuesday: 11am-12pm</p>	<p>Vista Community Clinic Libby Lake 4700 North River Road, Oceanside, CA 92057 Mon-Fri: 11:30am</p>
--	---	--	---	---

Dental/Vision/Behavioral Health

<p>Vista Community Clinic 844-308-5003 Various locations</p> <ul style="list-style-type: none"> Behavioral/mental health referrals may be placed through your School Counselor A Dental Mobile Unit is available on campus once a month- contact the Main Office for an appointment
--

Housing Resources

<p>Bread of Life Winter Rescue Mission Oceanside, CA 92054 (760) 722-0800</p>	<p>Interfaith Community Services Coastal Service Center Oceanside, CA 92057 760) 721-2117</p>	<p>Operation HOPE - Vista Vista , CA 92084 (760) 536-3880</p>	<p>Vista Community Clinic Vista, CA 844-308-5003</p>	<p>Dial 211 https://211sandiego.org/ 858-300-1211 800-227-0997</p>
--	--	--	---	--

Internet

Wifi Hotspots are available - please contact the Main Office.