



**SAN YSIDRO  
HEALTH**

# FAMILY RESOURCE CENTER

## Our Mission

The mission of San Ysidro Health is to improve the health and well-being of the communities we serve with access for all.

## What is a Family Resource Center (FRC)?

The **FRC** helps families with application assistance for food stamps, housing, gas and electric bill support, domestic violence referrals, legal assistance, and other support services.

### Services Include:

- Cal Fresh Assistance
- Housing Assistance
- Employment
- Disability
- Case Management
- Community Outreach
- Internal & External Referrals
- 211 San Diego Community Information Exchange (CIE)
- SDOH-Assessments
- New Patient Appointments
- Medi-Cal and Medicare Referrals

## How do I access at the Family Resource Center (FRC)?

To access services at the FRC, visit us at any of our locations listed below:

Maternal & Child Health Center  
4050 Beyer Blvd., Second Floor  
San Ysidro, California 92173

To access FRC services throughout San Diego County contact the FRC at the number below.

**HOURS OF OPERATION**  
**MONDAY – FRIDAY 8:00 AM TO 5:00 PM**

**Please note:** You must be a registered SYHealth patient to access the Family Resource Center services. If you would like to register, the process is quick and easy.

**For more information call us at:**  
**1-619-205-6325**

