

Health Care Options/Family Resource Center Orientation Schedules

Centre City Family Resource Center

Day	7:30am	9:00am	10:30am	12:30pm	2:00pm					
Monday	English	Spanish	Spanish	English	Spanish					
Tuesday	English	Spanish	Spanish	English	Spanish					
Wednesday	English	Spanish	Spanish	English	Spanish					
Thursday	English	Spanish	Spanish	English	Spanish					
Friday	English	Spanish	Spanish	English	Spanish					

El Cajon Family Resource Center

Day	7:30am	9:15am	10:30am	11:45am	1:30pm					
Monday	English	English		Spanish	English					
Tuesday	English	English	By	Spanish	English					
Wednesday	English	English	Appointment	Spanish	English					
Thursday	English	English	Only	Spanish	English					
Friday	English	English		Spanish	English					

Lemon Grove Family Resource Center

Day	7:30am	9:30am	11:00am	1:00am	2:15pm					
Monday	English	English	English	English	Spanish					
Tuesday	English	English	English	English	English					
Wednesday	English	English	Spanish	English	English					
Thursday	English	English	English	English	English					
Friday	Spanish	English	English	English	English					

North Central Family Resource Center

Day	7:45am	8:45am	9:00am	9:15am	10:15am	10:30am	11:30am	12:30pm	1:30pm	2:30pm
Monday	English	Hmong		Laotian		Spanish		English	Vietnamese	English
Tuesday	English		Somali		English			English	Vietnamese	English
Wednesday	English		Vietnamese			Spanish	Cambodian	English	Laotian	English
Thursday	English		English			Spanish		English	Vietnamese	English
Friday	English		*Vietnamese		**English		***Cambodian	English	Hmong	English

Please Note Additional Information regarding Cambodian, English and Vietnamese Orientations for North Central FRC

***Note: 1st and 2nd Friday only every month Vietnamese Orientations at 10:45am**

****Note: 3rd and 4th Friday only every month English Orientation at 10:15am.**

*****Note: 3rd, 4th or 5th Friday only every month Cambodian Orientation at 11:30am**

Day	7:30am	9:00am	10:30am	1:00pm	2:15pm				
Monday	Spanish	English	English	Spanish	English				
Tuesday	Spanish	English	English	Spanish	English				
Wednesday	Spanish	English	English	Spanish	English				
Thursday	Spanish	English	English	Spanish	English				
Friday	Spanish	English	English	Spanish	English				

Northeast Family Resource Center

Day	7:15am	8:30am	9:45am	11:00am	1:00pm	2:15pm			
Monday	English	*Spanish	English	English	Spanish	English			
Tuesday	English	Spanish	English	English	Spanish	English			
Wednesday	English	Spanish	English	English	Spanish	English			
Thursday	English	Spanish	English	English	Spanish	English			
Friday	English	Spanish	English	English	Spanish	English			

**Note: 1st Monday monthly is a Vietnamese Orientation-Orientations are conducted across the street at the NE Annex 7290 El Cajon Blvd.*

North Inland Family Resource Center-Valley Parkway

Day	7:30am	9:00am	10:15am	12:45pm	2:00pm				
Monday	English	Spanish	English	Spanish	English				
Tuesday	English	Spanish	English	Spanish	English				
Wednesday	English	Spanish	English	Spanish	English				
Thursday	English	Spanish	English	Spanish	English				
Friday	English	Spanish	English	Spanish	English				

Southeast Family Resource Center

Day	7:30am	9:00am	10:15am	12:15pm	1:30pm				
Monday	English	Spanish	English	Spanish	English				
Tuesday	English	Spanish	English	Spanish	English				
Wednesday	English	Spanish	English	Spanish	English				
Thursday	English	Spanish	English	Spanish	English				
Friday	English	Spanish	English	Spanish	English				

South Region Family Resource Center

Day	7:30am	9:00am	10:30am	1:00pm	2:15pm				
Monday	English	Spanish	English	Spanish	English				
Tuesday	English	Spanish	English	Spanish	English				
Wednesday	English	Spanish	English	Spanish	English				
Thursday	English	Spanish	English	Spanish	English				
Friday	English	Spanish	English	Spanish	English				