

# October 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>Santee Food Bank</b> 8am-11am	2 <b>Santee Food Bank</b> 8am-
3	4	5	6 <b>Alpine Mobile Pantry</b> 8:30am-9:30am	7 <b>Descanso Mobile Pantry</b> 9am-10am	8 <b>Santee Food Bank</b> 8am-11am	9 <b>Santee Food Bank</b> 8am-
10	11	12	13 <b>Santee Food Bank</b> 8am-11am	14 <b>Guatay Mobile Pantry</b> 10am-11am	15 <b>Santee Food Bank</b> 8am-11am	16 <b>Santee Food Bank</b> 8am-
17	18	19	20 <b>Alpine Mobile Pantry</b> 8:30am-9:30am	21 <b>Descanso Mobile Pantry</b> 9am-10am	22 <b>Santee Food Bank</b> 8am-11am	23 <b>Santee Food Bank</b> 8am-
24 31	25	26	27 <b>Santee Food Bank</b> 8am-11am	28 <b>Guatay Mobile Pantry</b> 10am-11am	29 <b>Santee Food Bank</b> 8am-11am	30 <b>Santee Food Bank</b> 8am-

## ALPINE COMMUNITY EVENTS

**Alpine Mobile Pantry**  
 1912 Arnold Way  
 Alpine, CA 91901

Every 1st & 3rd Wednesday

**Descanso Mobile Pantry Descanso**  
 Descanso Branch Library, 9545 River Dr.

Descanso, CA 91916  
 Every 1st & 3rd Thursday

**Guatay Mobile Pantry**  
 27521 Old Highway 80  
 Guatay, CA 91931

Every 2nd & 4th Thursday

**Bethlehem Food Pantry**  
 737 Grant Avenue  
 El Cajon, CA 92029  
*Saturdays 8am-10am*

For more events in your community visit:  
[WWW.SDCL.ORG](http://WWW.SDCL.ORG)

In Collaboration with:  
 Mountain Empire Family Medicine  
 1620 Alpine Blvd #111, CA 91901

### This Months Wellness Themes:

**National Depression Screening Day**  
**National Bullying Prevention Month**  
**National Breast Cancer Awareness Month**  
**Domestic Violence Awareness Month**

**Red Ribbon/Drug Prevention Awareness**  
**Pregnancy and Infant Loss Awareness**  
**National ADHD Awareness Month**



**SAN YSIDRO HEALTH**

# Octubre 2021

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DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
					1 Santee Despensa de Comida 8am-11am	2 Santee Despensa de Comida
3	4	5	6 Despensa de Comida Móvil Alpine 8:30am-9:30am	7 Despensa de Comida Móvil Descanso 9-10a	8 Santee Despensa de Comida 8am-11am	9 Santee Despensa de Comida
10	11	12	13 Santee Despensa de Comida 8am-11am	14 Despensa de Comida Móvil Guatay 10-11a	15 Santee Despensa de Comida 8am-11am	16 Santee Despensa de Comida
17	18	19	20 Despensa de Comida Móvil Alpine 8:30am-9:30am	21 Despensa de Comida Móvil Descanso 9-10a	22 Santee Despensa de Comida 8am-11am	23 Santee Despensa de Comida
24	25	26	27 Santee Despensa de Comida 8am-11am	28 Despensa de Comida Móvil Guatay 10-11a	29 Santee Despensa de Comida 8am-11am	30 Santee Despensa de Comida
31						

## EVENTOS COMUNITARIOS EN ALPINE

**Despensa de Comida Móvil Alpine**  
1912 Arnold Way  
Alpine, CA 91901

**Despensa de Comida Móvil Descanso**  
Descanso Branch Library, 9545 River Dr. Descanso, CA 91916

**Despensa de Comida Móvil Guatay**  
27521 Old Highway 80  
Guatay, CA 91931

**Bethlehem Despensa de Comida**  
737 Grant Avenue  
El Cajon, CA 92029

**Santee Despensa de Comida**  
9715 Halberns Blvd  
Santee, CA 92071

*\*Eventos de SmartCare siempre son Gratuitos*

Visite los siguiente sitios para ver mas eventos en su comunidad :  
[www.SDCL.org](http://www.SDCL.org)

En colaboración con:  
Mountain Empire Family Medicine  
1620 Alpine Blvd #111, Alpine CA

### Mes de concientización sobre:

- Día para Revisar su Estado de Animo
- Concientización Prevención del Acoso Escolar/Bullying
- Concientización sobre el Cáncer de Mama
- Concientización sobre la Violencia Doméstica
- Red Ribbon / Prevención del Abuso de Drogas
- Concientización Sobre el Embarazo y Pérdida Infantil

