

# April 2021

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

**ALPINE COMMUNITY EVENTS**  
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**Alpine Mobile Pantry**  
 1912 Arnold Way  
 Alpine, CA 91901  
 8:30—9:30AM

**Descanso Mobile Pantry Descanso**  
 Descanso Branch Library, 9545 River Dr.  
 Descanso, CA 91916  
 1st and 3rd Thursday, 9am - 10am

**Guatay Mobile Pantry**  
 27521 Old Highway 80  
 Guatay, CA 91931  
 2nd and 4th Thursday, 10am - 11am

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

**Santee Food Bank**  
 9715 Halberns Blvd  
 Santee, CA 92071  
 Wednesday, Friday, Saturday 8am-11am

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

In Collaboration with:  
 San Ysidro Health  
 1620 Alpine Blvd #111, CA 91901

**This Months Wellness Themes:**  
 Alcohol Awareness Month  
 Stress Awareness Month  
 Child Abuse Prevention Month  
 Sexual Assault Awareness Month  
 World Autism Awareness Day  
 Distracted Driver Awareness Month



**SAN YSIDRO HEALTH**

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

## EVENTOS COMUNITARIOS EN

### ALPINE

**Despensa de Comida Móvil Alpine**  
 1912 Arnold Way  
 Alpine, CA 91901  
 8:30am– 9:30am

**Despensa de Comida Móvil Descanso**  
 Descanso Branch Library, 9545 River Dr.  
 Descanso, CA 91916  
 1er y 3er Jueves, 9am-10am

**Despensa de Comida Móvil Guatay**  
 27521 Old Highway 80  
 Guatay, CA 91931  
 2do and 4to Jueves, 10am - 11am

**Bethlehem Despensa de Comida**  
 737 Grant Avenue  
 El Cajon, CA 92029  
 Sábado, 8am-10am

**Santee Despensa de Comida**  
 9715 Halberns Blvd  
 Santee, CA 92071  
 Miercoles, Viernes, Sabado, 8am-11am

*\*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:  
 San Ysidro Health  
 1620 Alpine Blvd #111, Alpine CA



**SAN YSIDRO HEALTH**

### Temas De Bienestar De Este Mes:

- Mes de concientización del Alcoholismo
- Mes de concientización del Estrés
- Mes de concientización del la Agresión Sexual
- Mes de concientización del Abuso Infantil
- Mes de concientización del Autismo