



La Maestra Community Health Centers

La Maestra began in 1991 in City Heights with one volunteer physician and has grown into a PCMH-accredited FQHC with ten health centers in underserved communities throughout San Diego County, including school-based clinics and a mobile clinic. More than 400 staff and volunteers guide 45,000 patients per year in accessing healthcare and social services, most of whom are immigrants, refugees and low income residents with unique health and wellbeing needs.



**LA MAESTRA
COMMUNITY HEALTH CENTERS**
City Heights · El Cajon · National City · Lemon Grove



Culturally competent services provided through the La Maestra's award-winning Circle of Care include:

- Primary Care for All Ages
- Oral Health Care
- Optometry
- Mental/ Behavioral Health
- "Healthy Choices" Education & Coaching
- Telehealth and Digital Radiology
- Pharmacy and Laboratory
- Food Pantries and Community Gardens
- Outreach and Eligibility Assistance
- Translation and Transportation
- Legal Advocacy Services
- Economic Development Services
- Culture and Healing through Art

(619) 779-7900 | www.lamaestra.org