

**Psychiatrists**

**Madalyn J. Cosensci, N.P.**

*psychiatric nurse practitioner for Raquel M*  
610 Euclid Avenue, Suite 200  
National City, CA 91950  
phone: 619.267.9257  
phone: 619.765.2684  
note: takes all insurance and Medi-Cal,  
only does telehealth

**Stephen V. Sobel, M.D.**

*psychiatrist for Lisa H*  
1207 Carlsbad Village Drive, Suite R  
Carlsbad, CA 92008  
phone: 760.434.2603  
web: <http://www.stephensobelmd.com/>  
note: takes new patients and insurance

**Anil S. Patel, M.D.**

*psychiatrist for Laurie R*  
Psychiatric Centers at San Diego  
120 Craven Road, Suite 205  
San Marcos, CA 92078  
phone: 760.471.4073  
web: <https://www.PsychiatricCenters.com/>

**Jon E. Highum, M.D.**

*psychiatrist for Kassandra F, Morgen H,  
Marisa V, Aaron K*  
225 West Madison Avenue, Suite 2  
El Cajon, CA 92020  
phone: 619.971.1423

**Natalia Fudim, M.D.**

*psychiatrist for Kathy E, Kathy K*  
4147 Adams Avenue  
San Diego, CA 92116 (Kensington)  
phone: 619.281.1932

**Michael T. Lardon, M.D.**

*psychiatrist for Bill K, Mike H, Trevor,  
Linda, Katerina K, Stacy S, Jordy S*  
3750 Convoy Street, Suite 318  
San Diego, CA 92111 (Kearny Mesa)  
phone: 858.292.2929  
email: [office@drLardon.com](mailto:office@drLardon.com)  
web: <http://www.DrLardon.com/>

**H. Randall Hicks, M.D.**

*psychiatrist for Melani B*  
4060 4th Avenue, Suite 615  
San Diego, CA 92103 (Hillcrest)  
phone: 619.298.7135

**Sonya Hintz, M.D.**

*psychiatrist for Esther B, Karen U*  
3252 Holiday Court, Suite 100  
La Jolla, CA 92037  
phone: 858.240.4467 or 858.455.6511  
web: <https://www.psychologytoday.com/us/psychiatrists/sonya-hintz-la-jolla-ca/191162> (*no new patients*)

**Li Liang, M.D.**

*psychiatrist for Justin R*  
ClearInsight Psychiatry, Inc.  
9888 Carroll Centre Road, Suite 118  
San Diego, CA 92126 (Mira Mesa)  
phone: 858.354.1304  
email: [li.liang.md@gmail.com](mailto:li.liang.md@gmail.com)  
web: <http://www.clearinsightpsychiatry.com/>

**Michael Torrente, D.O.**

*psychiatrist for Sharon L*  
San Diego Mental Health Association  
3914 3rd Avenue  
San Diego, CA 92103 (Hillcrest)  
phone: 619.291.4808

**Stephen M. Stahl, M.D., Ph.D.**

*psychiatrist for Bob M, Ben J, Susan S,  
Tracey R*  
1930 Palomar Point Way, Suite 103  
Carlsbad, CA 92008-5579  
phone: 760.444.9065  
phone: 760.603.0168  
email: [smstahl@neiglobal.com](mailto:smstahl@neiglobal.com)  
web: <https://www.neiglobal.com/>

**Thomas S. Jensen, M.D.**

*psychiatrist for Bob M, Mario B, David, Ben*  
6540 Lusk Boulevard, Suite C-265  
San Diego, CA 92121 (Sorrento Mesa)  
phone: 619.225.2220  
email: [tsjensenmd@yahoo.com](mailto:tsjensenmd@yahoo.com)

**Elizabeth R. Hudler, M.D.**

*psychiatrist for Michelle R, Taylor C*  
1125 Camino del Mar, Suite F  
Del Mar, CA 92014  
phone: 858.208.3280  
web: <https://www.hudlermd.com/>  
hours: Mon Tue Wed Fri from 9am to 1pm  
note: only accept TriWest insurance

**Terry A. Schwartz, M.D.**

*psychiatrist for Paul, Pat, Laurie H, Judy F*  
3990 Old Town Avenue, Suite C-203  
San Diego, CA 92110 (Old Town)  
phone: 619.240.7654 (speak to Leslie)  
phone: 858.534.8019 (at UCSD)  
email: [taschwartz@ucsd.edu](mailto:taschwartz@ucsd.edu)

**Mark L. Magulac, M.D.**

*psychiatrist for Janet N*  
11440 West Bernardo Court, Suite 300  
San Diego, CA 92127 (Rancho Bernardo)  
phone: 858.487.3330

**Dolph J. Arnicar, M.D.**

*psychiatrist for Joe F, Robin L, Willa A, Jill H*  
phone: 858.455.5040  
phone: 619.699.0147 (messages)  
email: [dolpharnicar@adelphia.net](mailto:dolpharnicar@adelphia.net)  
and

**John David Garmon, M.D.**

*psychiatrist for Joel D*  
phone: 858.535.9121  
and

**Hussam Mihtar, M.D.**

*psychiatrist for Marilyn C, Lexi N*  
phone: 858.453.4441  
all three at:  
8899 University Center Lane, Suite 170  
San Diego, CA 92122 (UTC Area)

**Lily Chiang, M.D.**

*psychiatrist for Taylor C*  
Department of Psychiatry  
Kaiser Permanente  
4660 Palm Avenue  
San Diego, CA 92154 (Otay Mesa)  
web: <https://health.usnews.com/doctors/lily-chiang-665764>

**Roy O. Resnikoff, M.D.**

*psychiatrist for Katerina K*  
827 Coast Boulevard South  
La Jolla, CA 92037  
phone: 858.454.1650

**Eric B. Raimo, M.D.**

*psychiatrist for Sam P, Kelly L, Annie K,  
Ruth B, Karen H, Bridget, Harry T, Barb  
T, Paul C, Becca F, Andy T, Spencer L,  
Tamara P, Cathy S*  
4147 Adams Avenue  
San Diego, CA 92116 (Kensington)  
phone: 619.281.1932  
note: Dr. Raimo is highly regarded in the  
DBSA community and is one of  
three sponsors of our organization.  
There has been a complaint about  
him, not regarding his clinical  
performance but his lack of  
responsiveness to a patient who  
was in crisis.

**Rustin "Rusty" Berlow, M.D.**

*recommended by Libby H*  
1104 Camino Del Mar, Suite 10  
Del Mar, CA 92014  
phone: 619.894.4489

**Kenneth A. Khoury, M.D.**

*psychiatrist for Mark W*  
125 South Grape Street  
Escondido, CA 92025  
phone: 760.743.1205

**John M. Hassler, M.D.**

*psychiatrist for Marty W*  
1223 Roslyn Lane  
La Jolla, CA 92037  
phone: 858.454.9341

**Therapists**

**Julie Manoogian, Psy.D., M.S.W.**

*therapist for Heather R*  
12625 High Bluff Drive, Suite 202  
San Diego, CA 92130 (Del Mar)  
phone: 858.213.1014

**Dan Vaci**, L.M.F.T.  
*therapist for Paulette H*  
 3101 4th Avenue  
 San Diego, CA 92103 (Bankers Hill)  
 phone: 619.942.1776  
 email: danvaci@gmail.com  
 web: <http://www.danvaci.com/>  
 notes: accepts Blue Cross, Ceridian,  
 Cigna, Magellan, Tri-care West,  
 HealthNet, Blue Shield

**Nina Akin**, Ph.D.  
*therapist for David T*  
 2525 Camino del Rio South, Suite 245  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.757.4408  
 email: drnina@ninaakin.com  
 web: <https://www.ninaakin.com/>

**Michael Kallas**, M.F.T.  
*therapist for Sabina K*  
 PCSD Chesapeake  
 9620 Chesapeake Drive, Suite 206  
 San Diego, CA 92123 (Mission Valley)  
 phone: 619.814.6590

**Nicole Creighton**, L.M.F.T.  
*therapist for Phil F, Lynne F, Kassie F,  
 Luciana F*  
 2727 Camino del Rio South, Suite 244  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.993.4737  
 email: nicole@creightontherapy.com  
 web: <http://www.creightontherapy.com/>

**Marla Vencil**, Ph.D.  
*therapist for Michelle R and Margaret L*  
 PCSD Mission Valley  
 5353 Mission Center Road, Suite 224  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.688.5855

**Marilee Wasell**, Ph.D.  
*therapist for Janice G, Laura W*  
 3579 4th Avenue  
 San Diego CA 92103 (Hillcrest)  
 phone: 619.200.3658  
 email: marileewasellphd@yahoo.com

**Roberto Velasquez**, Ph.D.  
*therapist for Destin M*  
 Pacific Health Medical Center  
 1908 Sweetwater Road  
 National City, CA 91950  
 phone: 619.327.0146  
 web: <https://www.PacificHealthSystems.com/>

**Ashley Aleem**, M.A., P.C.I.  
*therapist for Michelle R*  
 Applied DBT Clinicians  
 3737 Camino del Rio South, Suite 205  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.917.1844  
 email: info@applieddbt.com  
 web: <http://applieddbt.com/ashley-aleem/>  
 notes: DBT therapist  
 Medicare+Medi-Cal accepted

**Sharon Boivin**, Ph.D.  
*therapist for Kirsten G, Margaret L*  
 LifeStance Health  
 4540 Kearny Villa Road, Suite 103  
 San Diego, CA 92123 (Kearny Mesa)  
 phone: 858.279.1223  
 web: <https://www.PsyCare.org/>

**Shawna Bethel**, L.M.F.T.  
*therapist for Taylor C*  
 Applied DBT Clinicians  
 3737 Camino del Rio South, Suite 205  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.633.3974  
 email: info@applieddbt.com  
 web: <https://applieddbt.com/shawna-bethel-mft/>  
 notes: DBT therapist

**Jennifer McMains**, L.M.F.T.  
*therapist for Margaret O, Bonnie T*  
 9820 Willow Creek Road, Suite 243  
 San Diego, CA 92131 (Scripps Ranch)  
 phone: 619.727.3673  
 email: jenmcmains@sandiego-counseling.com  
 web: <https://www.SanDiego-Counseling.com/>

**Martin A. Magy**, Ph.D.  
*therapist for Joe F, Robin L*  
 2023 West Vista Way, Suite K-2  
 Vista, CA 92083  
 phone: 760.941.6062  
*and, on Wednesdays only:*  
 5665 Oberlin Drive, Suite 201  
 San Diego, CA 92121 (Sorrento Mesa)  
 phone: 858.569.2828

**R. Alana Schuller**, M.F.T.  
*therapist for Fran C*  
 767 Academy Drive  
 Solana Beach, CA 92075  
 email: alanasch@adelphia.net  
*and*  
 2615 Camino del Rio South  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.692.9696

**David DeBus**, Ph.D.  
*therapist for Fiona R, Jim W*  
 LifeStance Health  
 4550 Kearny Villa Road, Suite 116  
 San Diego, CA 92123 (Kearny Mesa)  
 phone: 858.279.1223 x415  
 web: <https://www.PsyCare.org/>

**Deborah R. Lapidus**, Ph.D.  
*therapist for Susan S*  
 827 Coast Boulevard South  
 La Jolla, CA 92037  
 phone: 858.454.1650

**Carl G. Clark**, Ph.D.  
*therapist for Dan A*  
 The Clarks Center  
 7860 Mission Center Court, Suite 202  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.542.1397  
 email: theclarksrshrinks@yahoo.com

**JoEllen Patterson**, Ph.D.  
*therapist for Kathy E, Steven E*  
 2525 Camino del Rio South, Suite 305  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.260.2273  
 email: joellen@sandiego.edu

**Scherry Messic**, Ph.D., M.F.T.  
*therapist for David L*  
 680 Telegraph Canyon Road  
 Chula Vista, CA 91910  
 phone: 619.421.1166

**Rhonda Mason**, L.C.S.W.  
*therapist for Megan G, Melani J*  
 3769 Convoy Street, Suite 118  
 San Diego, CA 92111 (Kearny Mesa)  
 phone: 619.251.4618  
 note: insurance and Medi-Cal accepted

**Gina Simmons**, Ph.D., L.M.F.T.  
*therapist for Tracey R*  
 Schneider Family Services  
 2727 Camino del Rio South, Suite 311  
 San Diego, CA 92108 (Mission Valley)  
 phone: 858.538.5587

**Gail White**, Ph.D.  
*therapist for Sheree D, Mark M*  
 3633 Camino del Rio South, Suite 200  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.260.8200

**Richard Alan Sobel**, Ph.D.  
*therapist for Wendy B, Jason M*  
 5252 Balboa Avenue, Suite 802  
 San Diego, CA 92117 (Clairemont)  
 phone: 858.779.4927

**Jack R. Heinowitz**, Ph.D.  
*therapist for Jason M, Wendy B, Wendy M,  
 Brian M*  
 4026 Hawk Street, Suite B  
 San Diego, CA 92103 (Mission Hills)  
 phone: 619.377.8776 and 619.692.4038  
 email: jheinowitz@live.com

**Jeff Schanowitz**, Ph.D.  
*therapist for Thien N*  
 2525 Camino del Rio South, Suite 245  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.252.3713  
 email: jeffs686@yahoo.com  
 web: <http://www.sandiegopsychologist.net/>  
 notes: Medi-Cal accepted

**Joyce Dingwall**, Ph.D.  
*therapist for Valena D*  
 2831 Camino del Rio South  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.299.8622

**Star MacKinnon**, Ph.D.  
 Stepping Stones Life Transition Support  
 409 Camino Del Rio South, Suite 304  
 San Diego, CA. 92108 (Mission Valley)  
 phone: 619.885.5050  
 email: Dr.M@lifetransitionsupport.com/  
 web: <https://www.lifetransitionsupport.com/>  
 note: accepts Aetna PPO, Cigna,  
 Humana, Optum, United Health  
 Care, Healthnet, Tricare, Medicare

**Bonnie J. Rumble**, M.S., M.F.T.  
*therapist for Darrien M*  
 Cardiff Counseling Center  
 2047 D San Elijo Avenue  
 Cardiff-by-the-Sea, CA 92007  
 phone: 760.815.2261  
 email: [bonnie@cardiffcounselingcenter.com](mailto:bonnie@cardiffcounselingcenter.com)  
 web: <http://www.cardiffcounseling.com/>  
*and*  
 3821 Front Street  
 San Diego, CA 92103 (Hillcrest)  
 phone: 619.220.3310

**Claudia L. Rhodes**, L.C.S.W.  
*therapist for Margaret L*  
 Rhodes Counseling  
 1545 Hotel Circle South, Suite 250  
 San Diego, CA 92108 (Mission Valley)  
 phone: 619.248.2630 (appointments)  
 email: [info@rhodes-counseling.com](mailto:info@rhodes-counseling.com)  
 web: <https://www.Rhodes-Counseling.com/>

**Kathleen Strauss**, Ph.D.  
*therapist for Mark S*  
 San Diego Mental Health Association  
 3914 3rd Avenue  
 San Diego, CA 92103 (Hillcrest)  
 phone: 619.291.4808  
 note: accepts Aetna, Anthem, Blue  
 Cross, Blue Shield, Cigna, Humana

**Megan Wilson**, Psy.D.  
 1030 Pearl Street  
 La Jolla, CA 92037  
 phone: 858.761.2850  
 email: [dr.megan.wilson@gmail.com](mailto:dr.megan.wilson@gmail.com)

### Primary Care

**Tam K. Tran**, M.D.  
*primary care physician for Joe F, Jim S*  
 Genesee Medical Group  
 3880 Murphy Canyon Road, Suite 120  
 San Diego, CA 92123 (Kearny Mesa)  
 phone: 858.268.1111  
 fax: 858.268.0761  
 web: <http://www.geneseemedical.com/>

### Dermatologist and Primary Care

**Dan Harper**, M.D.  
*primary care physician for Megan E*  
 511 South Cedros Avenue  
 Solana Beach, CA 92075  
 phone: 858.755.1126

### Digestive Medicine and Primary Care

**Alison Anthony**, N.P.  
*nurse practitioner for Michelle R*  
 3330 3rd Avenue, Suite 304  
 San Diego, CA 92103 (Hillcrest)  
 phone: 619.260.1012  
 notes: accepts Medicare+Medi-Cal, Medi-  
 Cal, private insurance, no HMOs  
 specialized in eating disorders

### OB/GYN

**Amy French**, M.D.  
*ob/gyn for Michelle R*  
 West Coast OB/GYN Associates  
 7695 Cardinal Court, Suite 240  
 San Diego, CA 92123 (Kearny Mesa)  
 phone: 858.277.5486  
 phone: 858.277.9378  
 web: <https://www.wcobgyn.com/>  
 notes: Medi-Cal accepted  
 Medicare+Medi-Cal accepted

### Orthopedists

**Michael Botte**, M.D.  
*orthopedist for Janet N, Marisa V*  
 10666 North Torrey Pines Road  
 La Jolla, CA 92037  
 phone: 858.487.1800

**Reid A. Abrams**, M.D.  
*hand surgeon for Kevin Z*  
 UCSD Medical Center North  
 200 West Arbor Drive  
 San Diego, CA 92103 (Hillcrest)  
 phone: 619.543.6312

### Dermatologists

**Robert A. Ginsberg**, M.D.  
*dermatologist for Bill S, Jim S*  
 Ginsberg Dermatology  
 6719 Alvarado Road, Suite 207  
 San Diego, CA 92120 (College Area)  
 phone: 619.265.2152  
 web: <https://www.ginsberg.doctor/>

**Barbara Martin**, M.D.  
*dermatologist for Joe F*  
 Skin Surgery Medical Group, Inc.  
 5222 Balboa Avenue, 5th Floor  
 San Diego, CA 92117 (Clairemont)  
 phone: 858.292.5101  
 web: <http://www.skisurgerymed.com/>

**Arjang K. Miremadi**, M.D.  
*dermatologist for Steve R, Barry W*  
 7702 Ivanhoe Avenue  
 La Jolla, CA 92037  
 phone: 858.456.1840  
*and*

646 Main Street  
 El Centro, CA 92243  
 phone: 760.370.3233  
 email: [info@drmiremadi.com](mailto:info@drmiremadi.com)  
 web: <http://www.drmiremadi.com/>

### Cardiologists

**C. Michael Wright**, M.D.  
*cardiologist for Anne M*  
 Scripps XIMED Medical Building  
 9850 Genesee Avenue, Suite 940B  
 La Jolla, CA 92037  
 phone: 858.864.1400

**Poulina Uddin**, M.D.  
*cardiologist for Michelle R*  
 4060 Fourth Avenue, Suite 650  
 San Diego, CA 92103 (Hillcrest)  
 phone: 619.819.7222

### Otolaryngologist (ENT)

**Keith Jackson**, M.D.  
*otolaryngologist for Joe F*  
 Sharp Community Medical Group  
 8010 Frost Street, Suite 503  
 San Diego, CA 92123 (Kearny Mesa)  
 phone: 858.279.4221  
 web: <https://www.sharp.com/san-diego-doctors/dr-keith-jackson-73325>  
 note: Medicare+Medi-Cal accepted

### Podiatrists

**Trent Brookshier**, D.P.M.  
*podiatrist for Jim S*  
 North Park Podiatry  
 3989 32nd Street  
 San Diego, CA 92104 (North Park)  
 phone: 619.283.2097  
 fax: 619.860.1289  
 email: [NorthParkPodiatry@gmail.com](mailto:NorthParkPodiatry@gmail.com)  
 web: <https://www.northparkpodiatry.com/>

**Jay S. Berenter**, D.P.M., F.A.C.F.S.  
*podiatrist for Bill S, Willa A*  
 Scripps XIMED Medical Building  
 9850 Genesee Avenue, Suite 360  
 La Jolla, CA 92037  
 phone: 858.450.9218  
 email: [drjsbdpm@sbcglobal.net](mailto:drjsbdpm@sbcglobal.net)  
 web: <https://drberenter.com/>

**Neurologist**

**Bruce R. Lasker**, M.D.  
*neurologist for Joe F, Bill S*  
 3737 Moraga Avenue, Suite A-5  
 San Diego, CA 92117 (Clairemont)  
 phone: 858.273.3300  
 email: pacificneurology@sbcglobal.net  
 web: <https://sandiegoinjurynetwork.com/provider/bruce-lasker-m-d/>

**Gastroenterologists**

**Sally Stipho**, M.D.  
*gastroenterologist for Joe F*  
 4060 Fourth Avenue, Suite 240  
 San Diego, CA 92103 (Hillcrest)  
 phone: 619.291.6064  
 web: <http://www.sandiegogastro.com/>

**Richard J. Snyder**, M.D.  
*gastroenterologist for Joe F*  
 San Diego Digestive Disease Consultants  
 8008 Frost Street, Suite 200  
 San Diego, CA 92123 (Kearny Mesa)  
 phone: 858.292.7527  
 web: <https://www.gidoctors.net/>

**Ophthalmologist**

**Angelique Pillar**, M.D.  
*ophthalmologist for Jim S, Joe F*  
 3737 Moraga Avenue, Suite A-105  
 San Diego, CA 92117 (Clairemont)  
 phone: 858.273.0200  
 web: <https://www.nvisioncenters.com/our-surgeons/angelique-j-pillar-m-d/>

**Optometrist**

**David C. Park**, O.D.  
*optometrist for Joe F*  
 Park Optometry  
 1939 Grand Avenue  
 San Diego, CA 92109 (Pacific Beach)  
 phone: 858.272.2211  
 email: info@parkoptometry.com  
 web: <https://www.ParkOptometry.com/>

**Dentists**

**Clark Henderson**, D.D.S.  
*dentist for Joe F*  
 3226 Governor Drive  
 San Diego, CA 92122 (University City)  
 phone: 858.453.4514  
 web: <http://www.clarkhendersondds.com/>

**Carl H. Smith**, D.D.S.  
*dentist for Robin L*  
 8899 University Center Lane, Suite 185  
 San Diego, CA 92122 (UTC Area)  
 phone: 858.458.9000  
 web: <https://www.carlsmithdds.com/>

**Stanley L. Baquial**, D.D.S.  
*dentist for Janice G*  
 3737 Moraga Avenue, Suite B309  
 San Diego, CA 92117 (Clairemont)  
 phone: 858.581.3641

**Tony Pham**, D.D.S.  
*dentist for Michelle R*  
 Bright Now! Dental  
 2502 Jamacha Road  
 El Cajon, CA 92019  
 phone: 619.212.7959  
 web: <https://www.brightnow.com/locations/dental-office/el-cajon/bright-now-dental/51050/>

**Roland Goldberg**, D.D.S.  
*dentist for Nathan F*  
 8915 Towne Centre Drive, Suite 112  
 San Diego, CA 92122 (UTC Area)  
 phone: 858.558.7713  
 email: appointments@goldbergdentalgroup.com  
 web: <https://www.rolandgoldbergdental.com/>

**William J. Briggs**, D.D.S.  
*dentist for Bill S*  
 3782 Clairemont Drive  
 San Diego, CA 92117 (Clairemont)  
 phone: 858.459.4549 and 858.483.9794

**Periodontist**

**James H. Sinks**, D.D.S.  
*periodontist for Joe F*  
 4320 Genesee Avenue, Suite 203  
 San Diego, CA 92117 (Clairemont)  
 phone: 858.541.7676  
 email: perio@gumsbygohel.com  
 web: <https://gumsbygohel.com/>  
 note: practice limited to periodontics, dental implants, and laser therapy

**Chiropractor**

**Collan L. Koeppen**, D.C.  
*chiropractor for Michelle R*  
 7630 Fay Avenue  
 La Jolla, CA 92037  
 phone: 858.459.6868 (office)  
 phone: 858.736.4056 (mobile)  
 email: dr.koeppen@gmail.com  
 web: <https://ActiveRestChiropractic.com/>

**Yoga Therapist**

**Soleil Hepner**, C-IAYT  
*yoga therapist for Michelle R*  
 11468 Sorrento Valley Road  
 San Diego, CA 92121 (Sorrento Valley)  
 phone: 206.300.7333  
 email: soleil@soleilhepner.com  
 web: <https://www.SoleilHepner.com/>

**Veterinarians**

**C. Kirk Feinberg**, D.V.M.  
**Julie Sorenson**, D.V.M.  
**Kathy Kaleka**, D.V.M.  
*cat veterinarians for Willa A, Allegra H*  
 Governor Animal Clinic  
 3240 Governor Drive  
 San Diego, CA 92122 (University City)  
 phone: 858.453.6312  
 web: <http://www.GovernorAnimalClinic.com/>

**Veterinary Specialty Hospital of S.D.**

10435 Sorrento Valley Road  
 San Diego, CA 92121 (Sorrento Valley)  
 phone: 858.875.7500  
 web: <https://vshsd.ethosvet.com/>  
 note: open 24/7

**Nancy Hampel**, D.V.M.  
 Animal Medical Center of El Cajon  
 600 Broadway  
 El Cajon, CA 92021  
 phone: 619.444.4246  
 web: <https://vcahospitals.com/animal-medical-center-el-cajon>

**Health Insurance Agent**

**John Lohrman**  
*agent for Joe F, Jim S, Veronica C, Sam P, Allegra H, Anne M, Michelle R, Diane C, Yulia M*  
 California Health Quote Insurance Services  
 2768 Loker Avenue West, Suite 100  
 Carlsbad, CA 92010  
 phone: 760.692.2227 and 800.788.4678  
 email: information@cahealthquoteins.com  
 web: <http://www.CaHealthQuoteIns.com/>

**Computer Services**

**UC Computer Consulting**  
*recommended by Joe F*  
 phone: 858.638.7392 (for David Cranford)  
 web: <https://www.uccomputerconsulting.com/>

**Sell Phones and Repairs (SPAR)**

*recommended by Alexa A, Joe F, Jim S*  
 810 Emerald Street, Suite 113  
 San Diego, CA 92109 (Pacific Beach)  
 phone: 858.231.3372  
 email: support@sellphonesandrepairs.com  
 note: competent, quick, low-cost

*Please email comments, corrections, additions, or deletions to Joe Freeman <joe@dbsasandiego.org> dbsasdp*