

Directions – Center for Natural Birth

From the north or south

Take Freeway 5, 805 or 15 to interstate 8. Go east on interstate 8 to the Fairmount exit. Keep in the right lane at the exit, go past the traffic signal and the next right is Montezuma Road. Follow Montezuma to the next traffic light which is Collwood. Turn right on Collwood and continue up the hill. Collwood becomes 54th St as you cross El Cajon Blvd. The next street (signal) is Trojan Ave. Turn left on Trojan and immediately swing right onto 54th Place. The Osteopathic Center for Children & Families is located 2 blocks straight ahead and up a small hill on the left. (It takes less than 10 minutes from Fwy. 8).



From Freeway 94

Exit on Euclid, go north and turn on 54th Street. After crossing University Ave., 54th Place is the first right turn.

CENTER FOR NATURAL BIRTH – A Better Birth & San Diego Birth and Wellness

Located at:

4135 54th Place
San Diego, California 92105
Tel (619) 814-0567 Fax (619) 814-0567

As you pull into the property, please park in that lower parking lot. Walk back down the driveway toward the entryway, around the round part of the building and you will find our staircase on the opposite side of the building as the parking lot. Come up the stairs and into our reception room on the left. We look forward to seeing you soon!