

EXCEPTIONAL FAMILY RESOURCE CENTER
9245 SKY PARK COURT, SUITE 130
SAN DIEGO, CA 92123
(800)281-8252 or (619)594-7416
RESOURCE DIRECTORY

The agencies listed below are some of our most commonly referred resources in the community. You may contact them directly for information. You may click on an underlined name to link to their website. If you need information on other organizations, support groups, specialized programs or any other referrals, please call us today. For website resources, please visit our LINKS page at www.EFRConline.org.

LOCAL RESOURCES

ADVOCACY

American Friends Service Committee (undocumented immigrants)	619-233-4114
Attorney Referral Line	619-231-8585
Consumer Center for Health Education Advocacy	877-734-3258
Developmental Disabilities Board Area XIII	858-637-5563
Family Court Services (Help filling out court papers-SD Supreme Court).....	619-236-2681
Legal Aid Society of San Diego	877-534-2524
North County Lifeline	760-726-4900
Office of Client's Rights	619-239-7877 or 877-734-3258
Office of Client's Rights Advocacy	866-833-6712/877-669-6023tty
Office of Patient's Rights	800-254-5166
Parent Advocacy Coalition for Educational Rights.....	619-827-2966
Patient Advocacy Clinic	619-543-9998
Procedural Safeguards & Referral Service.....	800-926-0648
Projecto San Pablo	619-427-7213
Protection and Advocacy Inc	619-239-7861/ 800-776-5746/800-576-9269tty
San Diego City Schools Special Education Ombudsman Office.....	619-725-8187
San Diego Mediation Center (housing).....	619-266-7223
East County	619-593-4530 / South Bay 619-424-2333
San Diego Regional Center Consumer Rights Advocate	858-576-2928
San Diego Volunteer Lawyer Program	619-235-5656
University of San Diego Legal Clinic	619-260-7470
USD Special Education Advocacy Program	800-479-2233 or 619-543-9998
Voices for Children (CASA).....	619-569-2019
YWCA Legal Advocacy Program for Domestic Violence Victims	619-239-2341

ATTENDANT SERVICES

In Home Support Services (IHSS)	San Diego 619-338-2558 or 619-338-2418
	Oceanside & Escondido 760-480-3424, El Cajon 619-401-3914
	Chula Vista 619-476-6200 / 888-344-4477

CALIFORNIA EARLY START REFERRALS

Statewide – To find a Calif. Early Start agency in any area in CA.....	800-515-BABY
LOCAL AREA POINT OF ENTRY AGENCIES:	
Exceptional Family Resource Center	San Diego & Imperial Counties 800-281-8252
Cajon Valley School District - Serving Cajon Valley and Outlying Areas	619-588-3146
Hope Infant Program - Serving South County, North Coastal, North Inland.....	760-736-6344
Lakeside/Santee School District - Lakeside & Santee.....	619-390-2620
La Mesa/Spring Valley School District - La Mesa & Spring Valley.....	619-668-5747

[San Diego City Schools Infant Program \(Alcott\)](#)858-272-9641
[San Diego Regional Center](#)San Diego 858-576-2996/858-292-5821tdd
 La Mesa 619-464-4380 / San Marcos 760-736-1200
 National City 619-336-6600 / El Centro 760-353-2830

CHILDCARE

Child Care for Hearing Impaired (DCS)619-398-2441x107
 Child Development Association619-427-4411
[Community Care Licensing](#) (Child Care).....619-767-2200
 City of San Diego Foster Care Licensing858-292-5437
[Head Start](#) San Diego
 North County 760-471-4210 / South Bay 877-327-8687
 Health & Human Services Agency: subsidized childcare800-716-4300
[Kids Included Together \(KIT\)](#) 858-794-8154
 San Diego CARES Project866-227-3773
 San Diego County Childcare Sub Service.....800-441-9199
[YMCA Childcare Resource Service](#).....800-481-2151
 YMCA CRS Special Needs Unit & Inclusion Services.....San Diego 619-521-3055x325
 North County 760-471-2751x3350 / East County 619-667-2955x1317
 YMCA CRS Resource/Toy Library619-521-3055 x304
 YMCA CRS Childcare Activity Training Service (CATS).....619-521-3055 x306

EDUCATION

Adult Education/Continuing EducationSan Diego 619-388-4812 or 619-560-1475tty
 Carlsbad 760-918-2080 / Coronado 619-522-8911 / Escondido 760-780-3140
 Grossmont 619-579-4770 / Mira Costa 619-795-6658 / Poway 858-748-0010
 San Dieguito 619-573-7073 x5100 / San Diego Unified 619-725-7136
 San Marcos 760-744-9700 / Sweetwater 619-691-5680 / Vista 619-578-7122 x3009
[California Private Special Education Schools](#)916-447-7061
[Community Advisory Committee for Special Education \(CACSE\)](#)858-627-7270x3160
 East County 619-590-3920 / South County 619-498-8171
 North County Inland 760-788-4671 / Poway 858-748-0010x2534
 Grossmont/Cuyamaca Community College (DSPS)619-644-7112
 Imperial Community College District (DSPS).....760-355-6311
 Imperial County Children & Families First Commission.....760-482-4474
[Imperial County Office of Education](#)760-312-6464
INFANT PROGRAMS:
 Cajon Valley School District619-588-3146
[HOPE Infant Family Support Program](#)858-292-3700 or 760-736-6344
 Imperial County Infant Toddler Program760-312-6641
 Lakeside/Santee School District619-390-2620
 La Mesa/Spring Valley School District619-668-5747
 San Diego City Schools Alcott Infant Program858-272-9641
 Literacy Hotline.....888-850-7323
 North Coastal Consortium for Special Education760-471-8208
 North Inland Special Education Region760-788-4611
 Palomar Community College (Disabled Student Program Services-DSPS)760-744-1150
 Poway Unified School District858-748-0010
 Project for Attention Related Disorders (PARD) SD City Schools858-627-7594
 Ready To Learn (KPBS).....619-594-8754
 Regional Occupations Program858-627-7208
[SDSU Interwork Institute](#) (Transition, postsecondary).....619-594-2462
 San Diego Community College District (Disabled Student Services)619-584-6983
[San Diego Council on Literacy](#)585-850-7323

San Diego County Office of Education	858-292-3500
San Diego Public Library Disability Services	619-236-5800
San Diego City Schools	619-725-8000
Special Education Programs	619-725-7604
Special Education Early Childhood(SEEC)	858-490-8515
Intake – Kelly Craig 858-490-8521 / Spanish – Manuela Valdez	858-490-8523
Office of Ombudsman (advocacy)	858-725-8179
Special Education Local Plan Areas(SELPA):	
San Diego 619- 225-3606 / South County 619-498-8171 / East County 619-590-3920	
North Coastal 760-471-8208 / North Inland 760-788-4671 / Poway 858-748-0010	
Imperial County 760-339-6419	
Student Helpline	800-499-1116
Team of Advocates for Special Kids (TASK)	San Diego 858-874-2386
Anaheim 714-533-8275 / California 866-828-8275 / Military Outreach 866-609-3218	

EMERGENCY SERVICES

Adult Protective Services	800-510-2020
California Youth Crisis Line	800-843-5200
Crisis Hotline	800-479-3339 / 619-641-6992TTY or 760-352-7873
Center for Community Solutions (rape crisis)	858-272-1767
Center for Family Solutions 24 hr crisis counseling & shelter	760-353-8530
Child Abuse Hotline	800-344-6000 or 858-560-2191
Combat Stress Groups & Military Family Support	760-725-3762
Community Christian Service Agency	858-274-2271
Domestic Violence Hotline	800-799-SAFE or 888-305-7233
Emergency Food Outlet	InfoLine 619-230-0997
Emergency Shelter/Section 8 Housing	619-231-8833
Episcopal Community Services	619-260-8100
Immigrant Women Victims of Domestic Violence	619-662-7338
Imperial County Behavioral Health Crisis Line	800-817-5292
Imperial County Department of Social Services	
Adult & Family Services 760-337-7878 / Children & Family Services 760-337-7750	
Imperial Valley Food Bank	760-370-0966
Interfaith Community Services	760-489-6380
Lutheran Social Services	619-698-1716
Meals-On-Wheels	619-260-6110
Metropolitan Area Advisory Committee(MAAC)	Chula Vista 619-422-9236
National City 619-472-2900 / San Ysidro 619-428-1139	
National Youth Crisis Line	800-448-4663
North Coastal Service Center	760-721-21170
North County Interfaith Crisis Center	760-489-6380
Poison Control Center	800-876-4766 or 619-543-6000
Presbyterian Crisis Center	619-232-2753
Salvation Army ..San Diego 619-231-6020 / 760-352-4528 / Imperial Valley 760-352-4528	
San Diego County Domestic Violence Hotline	888-345-4657
South Bay Community Services	800-640-2933 / 619-420-3620
Saint Clare’s Home (shelter for homeless/battered women)	Escondido 760-741-0122
St. Vincent de Paul Village	619-233-8500
Student Helpline (school violence reporting)	800-499-1116
The Center for Family Solutions.....	760-353-8530
Uptown Faith Community Service Center	619-236-8077
Women’s Resource Center	760-757-3500
YMCA Juvenile Crisis Program	619-543-9850
YMCA Oz	San Diego 858-270-8213 / North County 760-721-8930

Youth to Youth Crisis Line888-999-8336
[YWCA Domestic Violence Shelter](#)888-305-7233
 24Hour Hotline 619-234-3164

FINANCIAL BENEFITS

CalWorksSan Diego 619-295-6067 or 858-566-4928 / Imperial County 760-353-5900
 Department of Social Services (DSS)San Diego 858-514-6885 / 619-514-6889tty
 Imperial County 760-337-6800
 Public Assistance866-262-9881
 Supplemental Security Income (SSI)800-772-1213 / 800-325-0778tty
 State Disability Insurance800-480-3287
 Unemployment Insurance800-300-5616
[Workers Compensation Insurance](#)619-767-2082

HEALTH

[California Children's Services](#)619-528-4000 or 858-560-3400
 California Children's Services - Nutrition Services619-528-4012
 Child Health and Disability Prevention619-692-8808
 Childhood Immunization Program619-692-8661
 Childhood Lead Poisoning Prevention619-515-6694
 Children's Dental Health Initiative/Share the Care619-692-8858
[Children's Hospital & Health Center San Diego](#)858-576-1700 / 877-823-5437
 Autism Intervention Clinic858-966-7453
 Pediatric Dental Clinic858-966-4094
 Speech and Hearing Clinic858-576-5838
 Developmental Evaluation Clinic858-966-5817
[Christie's Place](#) (HIV/AIDS support center)619-702-4186
 Council of Community Clinics800-640-1662 or 619-265-2100
 County of San Diego
 Health & Human Services (HHS)619-515-6770
 HHS Children, Youth & Families Division619-692-8808
 Health Vital Records619-692-5725
 Medical Services858-492-4444 or 800-367-2437
[Social Services](#)San Diego 858-514-6885 / Imperial Valley 760-337-7700
 Denti-Cal800-322-6384
[Healthy Families](#) (low cost insurance for children)888-747-1222
 Health Insurance Counseling & Advocacy Program858-565-8772
 HealthLine YMCACRS Developmental & Hearing Screening, Parent Ed, Behavior.....800-908-8883
 Health Rights Hotline888-354-4474
 Imperial Valley Senior Nutrition760-353-2748
 Medi-Cal619-688-6102 or 858-514-6885
 Complaints888-466-2219
 Hearing request800-952-5253
 Mental Health Plans.....San Diego 800-479-3339 / Imperial County 800-817-5292
 Office of the Omsbudsman888-452-8609
 Medical Society Physican Referral858-565-8161
 North County Eye Crisis Services:.....Oceanside 760-439-6702
 San Marcos 760-744-3117 / Escondido 760-747-6281
 Perinatal Care Network800-675-2229
 PUBLIC HEALTH CENTERS:El Cajon 619-579-4446
 Oceanside 760-967-4401 / Escondido 760-740-4000 / East SD 619-229-7990
 North SD 858-581-4300 / South Bay 619-409-3110
[RX Help for Californians](#) (Free or Discounted Prescription Drug Programs)877-777-7815
[Español](#) 888-477-2669

Dorothy Project Registry (domestic non-medical assistance)	619-287-9454x159
East County Disability Council	619-465-2288
Elder Help of San Diego	619-284-4281
Employment Development Department	800-300-5616 / Spanish 800-326-8937
Getting Back On Track (SD Unemployment)	858-300-1200
Goodwill Industries	619-225-2200
Guide Dog Users of San Diego	619-223-1259
Imperial County Public Works	760-339-4462
Imperial Valley Independent Living	760-353-4191
Job Lines:	
City of San Diego Jobs	619-682-1011
County of San Diego Jobs	619-531-5764
Federal Jobs	478-757-3000
State of California Jobs	619-237-6163
Job Options	619-688-1784
North County Lifeline Community Services	760-726-4900
Partnerships With Industry(PWI)	619-681-1999 or 619-424-2250
Promoting Responsible Independent Daily Endeavors (PRIDE)	858-467-6840
Recording for the Blind	800-221-4792
Regional Occupational Program - technical & vocational training	800-479-4900 / 858-292-3529
Metro	858-627-7208 / East County 619-590-3923
South County	619-691-5611 / Oceanside 760-439-5738
San Diego Career Center	858-974-7620
San Diego Job Corps Center	800-246-2285
San Diego Regional Center – assessment	858-576-2996 or 858-576-2938
National City	619-336-6600 / San Marcos 760-736-1200 / Santee 619-596-1000
Imperial County	760-355-8383
San Diego Urban League	619-263-3115 or 619-263-8196
San Diego Workforce Partnership	619-238-1445 / 858-238-1445 / 888-884-7397
Metro Career Center	858-974-7620 / South Metro 619-266-3600
East County Career Center	619-590-3900 / Chula Vista 619-424-1112
Escondido	760-738-0274 / Oceanside 760-631-6150
St. Madeleine Sophie's Center	619-442-5129
The Spoke Shop	619-296-8012
The Wheelchair Source	858-277-9505
Towards Maximum Independence(TMI)	858-467-0600 / North County 760-839-5255
Training Education & Research Institute (TERI)	760-721-1706
Transition to Independent Living Program (Taft College)	661-763-7776
Travelers Aid Society San Diego	619-295-8393 or 619-233-6044
UCP San Diego Assistive Technology Center	858-278-5420
Unyeway, Inc.	760-789-5960

INFORMATION

San Diego InfoLine	San Diego, East County, South Bay 619-230-0997
	North County Coastal 760-943-0997 / North County Inland 760-740-0997
	Outlying Areas Only 800-227-0997 / 858-300-1311 TTY/tdd
Community Agency Directory "DIRECTIONS" (annual listing)	858-300-1200
Senior Information and Referral	858-560-2500
Volunteer San Diego	619-636-4131

MENTAL HEALTH/BEHAVIORAL

Access & Crisis Line	800-479-3339
Albright Information & Referral Center (NAMI)	619-543-1434 or 800-523-5933
Building Bridges (Heartbeat Family Partnership)	619-477-0242 or 888-843-5800
Crisis House-crisis intervention & child abuse prevention	619-232-4357

East County 619-579-8685
 Children's Hospital Trauma Counseling Program858-966-4011
 South Bay 619-420-5611 or 619-336-8668 / North County 760-967-7082
 Downtown Mental Health Center619-235-2600
 Harmonium858-566-5740
[Mental Health Association of San Diego County](#)800-543-0412
[Neighborhood House Association](#)619-263-7761 / 858-715-2642
 Psychiatric Centers at San Diego877-257-7273 or 619-460-2675
 Psychologist Referral Line858-558-8318
 Professional Community Services.....El Cajon 619-449-8703
 San Diego Mental Health Center for the Deaf & Hard of Hearing.....619-682-5001
 San Diego County Mental Health ServicesSan Diego 619-692-5577
 North Central 619-692-8750 / South East 619-595-4400
 San Ysidro 619-428-5561 / East County 619-401-5500
 North Coastal 760-967-4475 / North Inland 760-480-3500
 Children's Mental Health Services (CMHS) 619-563-2750
 Spanish Speaking Mental Health Services760-758-1092
 YMCA CRS Behavioral Health Specialist HelpLine.....800-909-8883

MENTOR PROGRAMS

Autism Comprehensive Educational Services(ACES).....Peer Group 619-278-0884
[Best Buddies](#)619-584-5450
 Big Brothers Big Sisters of America: family services.....619-446-0400
 Booster Buddy Club858-452-0408
 Comprehensive Autism Services & Education(CASE).....Friends Club 760-720-4964
 Learning Development Services619-276-6912
 SDSU Mentor Program-Dept. of Child & Family Development619-594-6371

MILITARY FAMILY RESOURCES

[Armed Services YMCA](#)Central 619-232-1133 / Camp Pendleton 760-725-7369
 Exceptional Family Member Program (EFMP)800-527-8830
 NMC Balboa 619-532-6910 / Camp Pendleton 760-725-5363
 Military Childcare Referral Line.....619-556-8491
 Military Family Support Program619-532-8156
 Military Outreach Advocates for TASK866-609-3218
 Military Parent Support Group760-685-2684 or 760-763-0868
 Military Parish Visitors619-338-4149
 Navy Healthcare Finder (CHAMPUS)800-242-6788
 Navy Family Advocacy Program619-556-8809
 Navy Family Service Centers:.....Naval Station 32nd Street 619-556-7404
 NAS North Island 619-545-6071 / Sub Base Point Loma 858-553-7505
 Camp Pendleton 760-725-9790 / Parent Support 760-725-3884
 MCRD 858-524-5728 / MCAS Miramar 858-577-1428
 Navy Legal Service Office619-556-1663
 North Island 619-545-6278 / NMC Balboa 619-532-6481 / MCRD 619-524-4110
 MCAS Miramar 858-577-1500 / Camp Pendleton 760-725-6172
 Navy/Marine Corps Relief SocietyNorth Island 619-435-8786
 MCAS Miramar 858-577-1807 / Naval Station 32nd Street 619-566-8283
 Sub Base Point Loma 858-553-7505 / MCRD 619-293-3730
 Camp Pendleton 760-725-5337 or 725-7497
 Programs for Persons with Disabilities800-242-6788 or 619-642-5916
 SPS Child Care Resource & Referral Office Camp Pendleton.....760-725-6104

ORGANIZATIONS & AGENCIES

Abilities Family Learning Center (tutoring, Educ. Therapy, workshops).....	619-224-5400
Access Inc (Foster Youth Empowerment Services, Immigration, violence)	858-5600871
Al Bahr Shriners (burns, bone, muscular)	858-292-0092
American Diabetes Association, San Diego	619-234-9897
American Heart Association	619-291-7454
American Lung Association of San Diego	800-586-4872
American Red Cross	619-542-7400
Car Seat Program	858-542-7675
Amputees in Motion	858-454-9300
ARC of San Diego	858-571-0881 / 800-433-5255 / 800-855-1155ttt
Starlight Center	619-427-7524
Arthritis Foundation, San Diego	858-492-1090
Autistic Children's Society and Research Institute	619-281-7165
Autism Comprehensive Educational Services (ACES)	619-278-0884
Autism Society of America	San Diego 619-298-1981
North County	760-479-1420 / Imperial County 760-353-3191
Spanish	619-563-8695
Blind Community Center	619-298-5021
Braille Institute, San Diego	858-452-1111
Burn Institute	San Diego 858-541-2277 / Imperial Valley 760-355-3175
Center for Autism & Related Disorders (CARD).....	858-278-6603
Center for Autism Research, Evaluation & Service (CARES)	858-623-2777x397
Chicano Federation	619-236-1228
Cystic Fibrosis Foundation	858-578-2945
Deaf Community Services	619-398-2441 / 619-398-2440tty
Disability Awareness Network (DAWN)	619-233-5183
Disabled American Veterans	619-232-0141
Down Syndrome Association of San Diego	619-276-4494
East County Children's Disability Council	619-465-2288
Empty Cradle	619-595-3887
Epilepsy Foundation of San Diego County	619-296-0161
Families & Autistic Children Together Succeed (FACTS).....	909-302-5532
Head Injury Foundation	619-569-5699
Hemophilia Association of San Diego County	619-325-3570
Indian Human Resource Center.....	619-281-5964
Imperial Valley Blind Center	760-352-5454
International Dyslexia Association-San Diego	619-295-3722
Learning Disabilities Association, San Diego	858-467-9158
Literacy Volunteers of America	760-352-8541
Lupus Foundation of Southern California.....	858-278-2788
Make-A-Wish Foundation of San Diego	858-707-9474
March of Dimes	858-576-1211
Muscular Dystrophy Association, San Diego	858-492-9792
National Multiple Sclerosis Society, San Diego	858-974-8640
National Spinal Cord Injury Association, San Diego	619-229-7001
New Alternatives Home Base Services	619-233-6788
North County Lifeline	760-726-4900x226
Parents Active for Vision Education	800-728-3988 or 619-287-0081
Rett Syndrome - Silent Angels of San Diego	619-482-5282
San Diego Brain Injury Foundation.....	619-294-6541
San Diego Center for the Blind & Vision Impaired	619-583-1542
San Diego Hospice	San Diego 619-688-1600 / 800-696-9474
North County	760-431-4100
San Diego Regional Center CA Early Start Referrals (under 3 years old)	858-576-2996
Intake Unit (Individuals over 3 years old)	858-576-2938

San Diego State University Communications (Speech & Hearing) Clinic	619-594-6477
San Diego Youth & Community Services Inc	619-221-8600
Scoliosis Hotline	858-755-8776
Scottish Rite Clinic for Childhood Language Disorders	619-291-2506
Social Advocates for Youth (SAY San Diego) youth & family support services	858-565-4148
Sociedad Hispana de Autismo y PDD	619-563-8695
Southern California Apraxia Association	760-255-3247
Spina Bifida Association of San Diego	619-491-9018
Supporting All Neurological Disorders (SAND)	619-422-5438
Survivors of Suicide	619-482-0297
Tourette Syndrome Society of San Diego	619-444-8967
The Nice Guys	858-509-9443
The Wellness Community San Diego	858-793-9355
Union of Pan Asian Communities (UPAC)	619-232-6454
United Cerebral Palsy Association, San Diego	858-571-7803
United Way of San Diego	619-641-0074
Urban League of San Diego	619-263-3115

PARENTING & FAMILY

The ARC of San Diego Parent Infant Program	619-427-7524
Alpha of San Diego parenting classes	619-285-9997
Catholic Charities	619-231-2828
Children's Care Connection (C3) parenting classes	877-8C3-KIDS
Solana Beach 858-966-8931 / San Marcos 760-591-0179	
Children's Home Society of California	858-715-5515
Elder Help San Diego 619-284-9281 / North County 858-748-9675	
Episcopal Community Services Counseling	619-688-9660
Family Caregiver Alliance	800-445-8106
First Five Commission of San Diego	866-726-8831
Hannah Fenichel Center for Child Development parent classes	858-755-0860
Harmonium Inc Parenting Classes	858-566-5740
Home Start Inc	619-283-9624 or 619-692-0727
Imperial CAP Council Parenting Classes	760-353-8300
Jewish Family Service of San Diego	619-291-0473
North County Inland 760-944-7855 / North County Coastal 858-674-6441	
Kardiac Kids Family Network	619-749-9220
Kinship Support Services Program grandparents & relatives	San Diego 619-266-6200
Escondido 760-233-2599 / Chula Vista 619-691-1331 / El Cajon 619-593-4884	
Little House Parenting	619-447-4380
Los Madres Parent Connection	858-626-6944
New Alternatives Inc-Home Based Services 619-233-6788 / Post Adoption Support 858-279-8367	
Parenting Link	619-297-9600 or 866-432-6454
Parent Pro	619-688-1323
Parents without Partners	San Diego 858-597-9313/North County 760-736-2686
Perinatal Care Network (City of SD)	800-675-2229
Safety First Car Seat Program	877-454-7229
San Diego Community College Parenting Classes	619-527-5242
San Diego Eldercare Directory	800-677-1116
San Diego Family Magazine	619-685-6970
San Diego Parent Magazine	619-624-2770
Southern Caregiver Resource Center	800-827-1008 / El Centro 760-352-2588
Social Advocates for Youth (SAY San Diego)	858-565-4148
Start Smart parenting classes	619-582-9056 x232

RECREATION

Boy Scouts	619-298-6121
Boys & Girls Clubs:.....	Carlsbad 760-729-0207 / East County 619-440-1600 National City 619-477-5445 / San Dieguito 858-755-9371
Christian Youth Theater	619-588-0206
Challenged Athletes Foundation.....	858-793-9293
Community Access Program	Cheneweth Foundation - Activities for the Dev.Disabled 619-267-7054
Girl Scouts	San Diego 619-610-0839
Kids Included Together (KIT)	858-320-2050
Lawrence Family Jewish Community Center	858-362-1123
Mission Bay Aquatic center (SDSU Associated Students)	619-488-1036
Parks & Recreation Departments:	
San Diego Therapeutic Services 619-525-8247/619-525-8249td	
Chula Vista Therapeutics Sections 619-409-5800	
Coronado 619-522-7342 / Del Mar 858-755-1524 / El Cajon 619-441-1516	
Imperial Beach 619-424-2277/ La Mesa 619-667-1333 / Santee 619-258-4180	
National City 619-336-4290 / Poway 858-679-4343 / Lemon Grove 619-825-3815	
Solana Beach 858-793-2564	
Ray & Joan Kroc Corps Community Center	619-269-1585
San Diego Junior Theatre	619-239-1311
Special Olympics	San Diego 619-283-6100 North County 760-941-7272 or 760-747-4590
Stein Education Center	San Diego 619-281-5511/ Chula Vista 619-498-8384
United Cerebral Palsy Toy Lending Library	858-278-5420x28
YMCA	Border View 619-428-1168 / Copley Family 619-283-2251 East County 619-464-1323 / Jackie Robinson 619-254-0164 / La Jolla 858-453-3483 Magdalena Ecke 760-942-9622 / Mission Valley 619-298-3576 Palomar 760-745-7490 / Rancho 858-484-8788 / San Diego 858-292-4034 South Bay 619-422-8068 / Youth & Family Services 619-543-9850
YWCA	858-239-0355

RESPITE

ARC of San Diego – Respite Care	619-574-5352
Camp Respite.....	858-576-2996
Dept of Social Services Respite	619-531-5164
Home of Guiding Hands In-Home Respite Service	619-448-3700
Special Care Center	800-794-4076 or 858-694-5800
Supporting Alternative Solutions (SAS) In-Home Respite-SpringValley.....	619-434-5795
T.E.R.I. Inc Respite Care Service	760-721-1706
UCP Association of San Diego Respitality Program	858-571-7803 x316
YMCA Special Needs Respite Program	619-521-3055 x404

TRANSPORTATION

ADA Paratransit Service (certification).....	877-232-7433
American Red Cross Wheels.....	800-921-9664 / 619-542-7540
Care-A-Van	Carlsbad 760-729-5199
Coordinated Transit Service Agency	SD 619-595-5634 / North 760-726-3961
CTS Para Transit (East, Mid & South City).....	800-921-9664
Dept. of Motor Vehicles Driver safety dept. – independent advisor	858-627-3901
Handy Trans	Chula Vista 619-425-7433
Imperial County ADA Paratransit (AIM)	760-337-8002
Laidlaw	619-440-1215
Lifeline (North County).....	760-726-1111
MTS Access –within San Diego city limits	888-517-9627 / 619-231-1466
MTS Access (ADA certification application)	877-232-7433/213-742-6535tty/td

North City Transit	619-474-7505
North County Transit District	800-266-6883
	Coast 760-722-6283 or Inland 760-743-6283
NCTD Lift (ADA certification & registration)	760-966-6525
Red Cross Wheels	619-297-3947
SD County Rural Bus Service.....	Southeast 619-478-5875 / Northeast 760-767-4287
San Diego Metropolitan Transit Service	619-233-3004 or 619-685-4900
Transit Store – bus passes & free maps	619-234-1060
Vista Fast Transportation	800-660-4789
Yellow Cab	619-234-6161

REGIONAL and NATIONAL RESOURCES

ADA Accessibility Guidelines	800-872-2253/800-993-2822td
ADD Warehouse	800-233-9273
A Handicapped Help Line (24/7Referrals, Guidance& Help).....	888-820-4357
American Cancer Society	800-227-2345
American Academy of Home Health Care (doctors who make house calls).....	410-676-7966
American Diabetes Association	800-342-2383
American Foundation for the Blind	800-232-5463
American Health Assistance Foundation.....	800-437-2423
American Lung Association	800-586-2911
American Speech & Hearing Association	800-638-8255 / 301-987-8683tty,v
American Syringomyelia Alliance Project Inc.....	800-272-7282
Arthritis Foundation.....	800-283-7800
Association for Health Research & Quality	800-358-9295
Autism Society of America	800-328-8476
Autism Society of California	800-700-0037
Big Brothers Big Sisters of America.....	888-412-BIGS
Brain Injury Association of America	800-444-6443
California Dept of Education Parent Information Line	800-434-2465
California Dept of Insurance	888-HMO-2219
California Health Insurance Counseling & Advocacy Program	800-434-0222
California Telephone Access Program (CTAP).....	866-806-1191
	800-806-4474tty / 800-889-3974fax
California Parent Center	877-972-7368
Canine Companions for Independence.....	800-572-2275
Captioned Media Program	800-237-6213x203/800-237-6819tty
Center for the Improvement of Child Caring (CICC).....	800-325-2422
Child Care Health Program HEALTHLINE.....	800-333-3212
Child Care Law Center	415-394-7144
California Youth Crisis Line.....	800-843-5200
Children & Adults with Attention Deficit Disorder (CHADD)	800-233-4055
Children of Aging Parents (CAPS).....	800-227-7294
DCARA Deaf Counseling Advocacy & Referral Agency.....	877-322-7288
Delta Society (seizure detection dogs).....	425-226-7357
Educational Resources Information Center (ERIC).....	800-328-0272
Epilepsy Foundation	800-332-1000
Equal Employment Opportunity Commission(EEOC) ADA Provisions:	
Employee Questions	800-669-4000 / 800-669-6820td
Employee Documents	800-669-3362 / 800-800-3302td
Genetically Handicapped Persons Program (State Dept of Health)	800-639-0597
Guillain-Barre Syndrome Foundation International.....	610-667-0131
Helen Keller National Center for Deaf-Blind Youth and Adults:	
	800-432-7619voice or tty / 858-646-0784tty / 858-623-2777
Helmets (custom made)	800-783-1998

International Dyslexia Association	800-222-3123
International Rett Syndrome Association	800-818-7388
Juvenile Diabetes Foundation	800-223-1138
Learning Disabilities Association of America (LDA)	888-300-6710
Life Rolls On Foundation.....	866-939-4559
Lupus Foundation of America Inc.....	800-558-0121
Multiple Sclerosis Association of America.....	800-532-7667
Muscular Dystrophy Association.....	800-572-1717
National Alliance for the Mentally Ill(NAMI)	800-523-5933
National Association for the Education of the Young Child(NAEYC).....	800-424-2460
National Association of Private Schools for Exceptional Children	202-408-3338
National Attention Deficit Disorders Association (ADDA)	216-350-9595
National Brain Tumor Foundation	800-934-2873
National Center for Learning Disabilities(NCLD)	888-575-7373
National Childcare Information Center	800-616-2242
National Craniofacial Association	800-332-2373
National Down Syndrome Congress	800-232-NDSC
National Down Syndrome Society	800-221-4602
National Family Caregivers Association.....	800-896-3650
National Glaucoma Research Foundation.....	800-836-6693
National Health Information Center.....	800-336-4797
National Helpline for Hispanic Families.....	866-783-2645
National Information Center for Children & Youth with Disabilities	800-695-0285
National Organization for Rare Disorders, Inc.(NORD)	800-999-6673
National Parent to Parent Network	877-336-5333
National Parent to Parent Support & Information System, Inc	800-651-1151
National Resource Center for Parents with Disabilities	800-644-2666
Local & International	510-848-1112/tty 800-804-1616
National Reye's Syndrome Foundation	800-233-7393
National Spinal Cord Injury Association.....	800-962-9629
National Suicide Prevention Lifeline.....	800-273-8255
Obsessive Compulsive Foundation	203-315-2190
Pacific Disability Business Technical Assistance Center	800-949-4232
Parent Links (support 0-3 hearing loss).....	877-322-7299 x4
Parent Training Information Centers (Community Parent Resource Centers).....	888-248-0822
Prader-Willi Syndrome California Foundation	800-400-9994
Recording for the Blind & Dyslexic.....	800-221-4792
Reflex Sympathetic Dystrophy Support Network (RSD)	610-530-7083
Resources in Special Education Library	408-727-5775x110
Rett Syndrome – Katie's Clinic in Oakland, CA.....	510-428-3351x2673
Schwab Foundation for Learning	800-230-0988
Shriners Hospitals for Children	800-237-5055
Special Needs Estate Planning	888-310-9889
Spina Bifida Association of America	800-621-3141
State Council on Developmental Disabilities Area Board 13	800-748-2055
	San Diego 619-645-3000
State Health Care Options (Healthy San Diego)	800-430-4263
Telecommunications Relay Services for Individuals with Hearing & Speech Impairments	
800-854-7784 Speech to Speech, 800-735-2922v, 800-735-2929tty, 800-735-711tty	
The Council for Exceptional Children	888-232-7733
Toys for Special Children	800-832-8697
Traumatic Brain Injury Information Hotline for California	888-824-6724
Turner Syndrome Society of the US	800-365-9944
US Dept. of Education Office of Civil Rights.....	800-421-3481/877-521-2172td
US Dept. of Housing and Urban Development (HUD)	619-557-5310
US Dept. of Justice ADA Information Line.....	800-514-0301/800-514-0383td

Youth2Youth Helpline.....866-222-1886

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