

SAN DIEGO

Support for families of young children with DOWN SYNDROME
In association with Down Syndrome Association, meets in Old Town on the third Thursdays of the month.

Supervised Play for children up to 10 years old is available only by advance reservation.

Location: Harold J. Ballard Parent Center, 2375 Congress Street, San Diego, CA 92110
Time: 6:30-8:30pm
Contacts: Joyce Clark, 619-594-7408
E-mail: dsboard@projects.sdsu.edu

SOUTH SAN DIEGO COUNTY

Evening Parent Support Group: for families of children 0-5

Meets on the fourth Mondays of the month.

Supervised Play is available only by advance reservation (limited space).

Location: Arc San Diego (Starlight Center), 1280 Nolan Ave., Chula Vista, CA 91911
Time: 6:30-8:00pm
Contacts: Judy Anderson, 619-220-7020 or Mary Sebastyn, 619-595-1631
E-mail: msebastyn@sdcoc.net

Evening Parent Support Group: for families of children with AUTISM

Meets on the second Mondays of the month.

Supervised Play is available only by advance reservation (limited space).

Location: Arc San Diego (Starlight Center), 1280 Nolan Ave., Chula Vista, CA 91911
Time: 6:30-8:00pm
Contacts: Judy Anderson, 619-220-7020 or Mary Sebastyn, 619-595-1631 or
E-mail: msebastyn@sdcoc.net

NORTH SAN DIEGO COUNTY

Support for families of children (birth-5) with DOWN SYNDROME

In association with Down Syndrome Association, meets in Oceanside on specific Tuesdays of the month.

Location: Teri Inc., 251 Airport Road, Oceanside, CA 92058
(side door- entrance is on North side of building)

Time: 6:00-8:00pm
Contact: Irish Shortal, 760-761-5524
Email: tshortal@projects.sdsu.edu

IMPERIAL COUNTY

Support for families of children with DOWN SYNDROME: available in English and Spanish.

In association with Down Syndrome Association of Imperial Valley, meets on specific Thursdays of the month.

Location: Imperial Valley Center for Exceptional Children (IVCEC),
1528 S. Waterman, El Centro, CA 92243
Time: 6:00-8:00pm
Contacts: Xochitl Garcia, 760-355-0147
E-mail: xponce@projects.sdsu.edu

Exceptional Family Resource Center



SUPPORT GROUPS

Exceptional Family Resource Center (EFRC) hosts support groups in English and Spanish at various locations throughout San Diego and Imperial Counties.

Come meet other families, share experiences, gain information and resources.



To RSVP or for information, phone 1-800-281-8252