

# Exceptional Family Resource Center

9245 Sky Park Court #130, San Diego, CA 92123

(800)281-8252 or (619)594-7416

#### Resource Directory

The agencies and organizations 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](http://afsc.org/about) (undocumented immigrants) …………………...619-233-4114

[Attorney Referral San Diego](http://www.san-diego-lawyer-referral.com/contact.cfm)..………………………………………………….…619-215-1190

[COMPASS Family Center](http://www.compassfamilycenter.org/)………………………………...…………………….(619)446-6926

[Consumer Center for Health Education and Advocacy](http://lassd.org/) …..877-734-3258 or 619-744-0935

[Developmental Disabilities Board Area XIII](http://www.scdd.ca.gov/Area_Board/13/Visitor_Information.htm) ……………………………………619-688-3323

[Disability Rights California](http://www.disabilityrightsca.org/) ……………….. 619-239-7861/ 800-776-5746/800-576-9269tty

[Family Court Services](http://www.sdcourt.ca.gov/) (Help filling out court papers-SD Supreme Court)………………..…619-236-2681

[Legal Aid Society of San Diego](http://www.lassd.org/) (Family, Health, Homeless, Peer) …….………….. 877-534-2524

[North County Lifeline](http://www.nclifeline.org/) ……………………………………………………………. 760-726-4900

[Office of Consumer Rights (SDRC)](http://www.sdrc.org/c_serv_consumer.php)…..…………………….619-239-7877 or 877-734-3258

[Office of Client’s Rights Advocacy](http://www.disabilityrightsca.org/OCRA/index.htm) …………..……………...866-833-6712/877-669-6023tty

[Office of Patients’ Rights](http://www.disabilityrightsca.org/OPR/index.htm) ………………………….…………… 800-254-5166/916-575-1610

[Office of the Patient Advocate](http://www.opa.ca.gov)……………………………………………………888-466-2219

[Parent Advocacy Coalition for Educational Rights](http://www.pacer.org/)……………….…………… 619-827-2966

[Patient Advocacy Clinic](http://lawyers.justia.com/firm/university-of-san-diego-school-of-law-patient-advocacy-clinic-11118) ………………………………………………………..…619-543-9998

[Procedural Safeguards & Referral Service](http://www.venturacountyselpa.com/Portals/45/.../Procedural%20Ref%20Serv.pdf)……………………………….…….800-926-0648

[Projecto San Pablo](http://www.uscis.gov/portal/site/uscis/menuitem.5af9bb95919f35e66f614176543f6d1a/?vgnextoid=aa713d45442ee010VgnVCM1000000ecd190aRCRD&vgnextchannel=2492db65022ee010VgnVCM1000000ecd190aRCRD) …………………………………………………………….…619-427-7213

[San Diego City Schools Special Education Ombudsman Office](http://www.sandi.net/depts/specialed/ombuds.htm) ...…………..619-725-8187

[San Diego Mediation Center](http://www.ncrconline.com/) (housing)………………………………………….619-266-7223

East County 619-593-4530 / South Bay 619-424-2333

[San Diego Regional Center Consumer Rights Advocate](http://www.sdrc.org/c_serv_consumer.php) …………………….858-576-2928

[San Diego Volunteer Lawyer Program](http://www.sdvlp.org/) ….……………………………..……….619-235-5656

[Self Advocates for a Better Tomorrow](mailto:sdselfadvocates@gmail.com) …….……………………………………619-688-4241

[University of San Diego Legal Clinic](http://www.sandiego.edu/law/academics/clinical_education/clinics/) ………………………………………...….619-260-7470

[USD Special Education Advocacy Program](http://www.sandiego.edu/COMPASS/documents/SEACBookletSpring2009v2.pdf) ………..…..…800-479-2233 or 619-543-9998

[Voices for Children](http://www.voices4children.com/) (CASA)……………………………………..………………..619-569-2019

[YWCA Legal Advocacy Program for Domestic Violence Victims](http://www.ywcasandiego.org/services/legal/index.php) ……………619-239-2341

### *ATTENDANT SERVICES*

### [In Home Support Services](http://www.dss.cahwnet.gov/cdssweb/PG139.htm) (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](http://www.efrconline.org/) ……………..San Diego & Imperial Counties 800-281-8252

[Cajon Valley School District](http://www.cajonvalley.net/) - Serving Cajon Valley and Outlying Areas …………….619-588-3146

[Hope Infant Program](http://www.sdcoe.net/student-services/early-education/Pages/hope-infant-family-support.aspx) - Serving South County, North Coastal, North Inland…………….760-736-6344

[Lakeside/Santee School District](http://lakeside.ar.schoolwebpages.com/education/district/district.php?sectionid=1) - Lakeside & Santee……………………………619-390-2620

[La Mesa/Spring Valley School District](http://www.lmsvsd.k12.ca.us/) - La Mesa & Spring Valley……………….619-668-5747

[San Diego City Schools Infant Program (Alcott)](http://www.sandi.net/depts/specialed/seec_infant.htm) ..……….…………………….858-272-9641

[San Diego Regional Center](http://www.sdrc.org/) ……..……………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 Association](http://www.cdasandiego.com/) …………………………….…………….….….619-427-4411

[Community Care Licensing](http://www.ccld.ca.gov/ChildCareL_1728.htm) (Child Care)……………..……………….….……..619-767-2200

[Head Start](http://www.sandiegoheadstart.org/) ………………………………………………………..… San Diego 888-873-5145

North County 760-471-4210 / South Bay 877-327-8687 / East County 619-444-0503

[HHSA Subsidized Childcare](http://www.co.san-diego.ca.us/hhsa/programs/cs/child_care_administration/child_care_services.html) ……………………………………..……………...800-716-4300

[Kids Included Together (KIT)](http://www.kitonline.org/) ………………....…………..….………………… 858-320-2050

[San Diego CARES](http://www.crs.ymca.org/programs/resource-and-referral/san-diego-cares.html)………...……..………………………………………..………866-227-3773

San Diego County Childcare Sub Service……………………………………...800-441-9199

[Specialized Nanny Service](http://www.excitesteps.com/disability-services/mentoring-services/nanny-services/) ………………………………………………………858-703-7305

[The Arc of San Diego Parent/Infant Program](http://www.arc-sd.com/page.aspx?pid=384)…………………………………..619-427-7524

[Together We Grow](http://www.togetherwegrow.org/) (med fragile).......... San Diego 858-751-0209 / Oceanside 760-757-6031

[YMCA Childcare Resource Service](http://www.ymcacrs.org/)……………………………….…………….800-481-2151

[YMCA CRS Special Needs Unit & Inclusion Services](http://www.crs.ymca.org/special-needs.html)….….San Diego 619-521-3055x325

North County 760-471-2751x3350 / East County 619-667-2955x1317

[YMCA CRS Resource/Toy Library](http://www.crs.ymca.org/resources/library.html)……………………………….…619-521-3055 x304

[YMCA CRS Childcare Activity Training Service](http://crs.ymca.org/calendar/events/) (CATS)…………….....619-521-3055 x306

# *EDUCATION*

[Adult Education/Continuing Education](http://www.sandiegocet.net/) …….San 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](http://www.capses.com/) …..…………………………..…916-447-7061

[Community Advisory Committee for Special Education (CACSE)](http://www.sandi.net/board/COMMITTEES/CACSE) …...858-627-7270x3160

[East County](http://www.sdcoe.net/ssp/speced/ec/cac.asp) 619-590-3920 / [South County](http://www.sdcoe.net/ssp/speced/?loc=sselpa&m=1) 619-498-8171

[North Inland](http://www.sdcoe.net/ssp/speced/?loc=nii&m=1) 760-788-4671 / [Poway](http://www.powayusd.com/teaching/spec_ed/community_advisory_committee.shtml) 858-748-0010x2534

[North Coastal Consortium for Special Education](http://www.nccse.org/cac.htm) 760-471-8208

[Fred Finch Learning Center](mailto:malakiahhammers@fredfinch.org) ……………………………………Lemon Grove 619-797-1090

[Grossmont/Cuyamaca Community College](http://www.gcccd.edu/) (DSPS) ………………………….619-644-7112

[Imperial Community College District](http://www.imperial.edu/) (DSPS).………………………………….760-355-6311

[Imperial County Children & Families First Commission](http://www.icprop10.org/)……………………….760-482-4474

[Imperial County Office of Education](http://www.icoe.k12.ca.us/ICOE) …………………………………………….760-312-6464

INFANT PROGRAMS:  
 [Cajon Valley School District](http://www.cajonvalley.net/) ………………………………………………….619-588-3146

[HOPE Infant Family Support Program](http://www.sdcoe.net/student-services/early-education/Pages/hope-infant-family-support.aspx) …………………858-292-3700 or 760-736-6344

[Imperial County Infant Toddler Program](http://www.icoe.k12.ca.us/ICOE/Departments/SpEd/About/Teachers_and_Specialists/Infant+Toddler.htm) ……………………...…………….760-312-6641

[Lakeside/Santee School District](http://www.lakeside.ar.schoolwebpages.com) ………………………………….………….619-390-2620  
     [La Mesa/Spring Valley School District](http://www.lmsvsd.k12.ca.us/) ………………………………………619-668-5747  
 [San Diego City Schools Alcott Infant Program](http://www.sandi.net/depts/specialed/seec_infant.htm) ………….……………..…..858-272-9641

[Literacy Hotline](http://www.literacysandiego.org/)…………………………………………………………………….888-850-7323

[Palomar Community College](http://www.palomar.edu/) (DSPS) …………………………………………….760-744-1150

[Poway Unified School District](http://powayusd.sdcoe.k12.ca.us) ……………………………………………………858-748-0010

Project for Attention Related Disorders (PARD) SD City Schools ……………….858-627-7594

[Ready To Learn](http://www.kpbs.org/kids_family/readytolearn) (KPBS) …..……………………………………………………619-594-8754

[Regional Occupational Program](http://www.sdcoe.net/rop/) ……..……………………………………...….858-627-7208

[SDSU Interwork Institute](http://www.interwork.sdsu.edu/) (Transition, postsecondary).…………..….…………619-594-2462

[San Diego Community College District](http://www.sdccd.edu) (DSPS) …………………….………….. 619-584-6983

[San Diego Council on Literacy](http://www.literacysandiego.org/) ……………………………………………..…...585-850-7323

[San Diego County Office of Education](http://www.sdcoe.k12.ca.us/) …………………………………………858-292-3500

[San Diego County Office of Education Special Education Contact List & Map](http://www.sdcoe.net/ssp/speced/districts.pdf)

[San Diego Public Library Disability Services](http://www.sandiego.gov/public-library/services/disability.shtml) ..…………………………………619-236-5800

[San Diego City Schools](http://www.sandi.net/) ………….……………………………………………….619-725-8000

[Special Education Programs](http://www.sandi.net/depts/specialed) ……………………………………… …………. 619-725-7604

[Special Education Early Childhood(SEEC)](http://www.sandi.net/depts/specialed/seec_infant.htm) …………..…………………….858-490-8515

Intake – Kelly Craig 858-490-8521 / Spanish – Manuela Valdez 858-490-8523

[Office of Ombudspersons](http://www.sandi.net/depts/specialed/ombuds.htm) (advocacy) ……………………..………………..858-725-8179

Special Education Local Plan Areas(SELPA):

[San Diego](http://www.sandi.net/depts/specialed/) 619- 225-3606 / [South County](http://www.sdcoe.net/ssp/speced/?loc=sc&m=1) 619-470-5227 / [East County](http://www.sdcoe.net/ssp/speced/ec/) 619-590-3920

[North Coastal](http://www.nccse.org/) 760-471-8208 / [North Inland](http://www.sdcoe.net/ssp/speced/?loc=nii&m=1) 760-788-4671 / [Poway](http://www.powayusd.com/teaching/spec_ed) 858-748-0010

[Imperial County](http://www.icoe.k12.ca.us/ICOE/Departments/SELPA/) 760-339-6419

Student Helpline …………………………………………………………………..800-499-1116

[Team of Advocates for Special Kids (TASK)](http://www.taskca.org/) ……………..………San Diego 619-282-0846

Anaheim 714-533-8275 / Military Outreach 866-609-3218

# *EMERGENCY SERVICES*

[Police, Fire or Paramedic Emergency](http://www.sandiego.gov/fireandems/911/emergmed.shtml) ………………………………….…………………..911

[Adult Protective Services](http://www.dfps.state.tx.us/Adult_Protection/About_Adult_Protective_Services/) ……………………………………………….………..800-510-2020

[Alpha Project for the Homeless](http://www.alphaproject.org/) ……………………………………….…………619-234-3041

[California Youth Crisis Line](http://www.youthcrisisline.org/) ……………………………………………………...800-843-5200

[Crisis Hotline](http://www.allaboutcounseling.com/crisis_hotlines.htm) ……………………….…800-479-3339 / 619-641-6992TDD or 760-352-7873

[Center for Community Solutions](http://www.ccssd.org/) ………………..……………………………….858-272-1767

[Center for Family Solutions 24 hr crisis counseling & shelter](http://www.fvlc.org/resources) ………………..760-353-8530

[Child Abuse Hotline](http://www.childhelp.org/get_help) …………………………………………..800-344-6000 or 858-560-2191

Español 800-422-4453

[Combat Stress Groups & Military Family Support](http://www.militaryonesoucre.com) …………………………….760-725-3762

[Community Christian Service Agency](http://www.ccsasandiego.org/) …………………………………………..858-274-2271

Community Resource Guide (SD HHSA) ……………………………………... 858-581-5800

[County Earthquake Preparedness](http://www.sdcounty.ca.gov/...preparedness/oes_jl_earthquakes.html) ………………………………………………858-565-3490

[Domestic Violence Hotline](http://www.sddvc.com/) ………………………………….800-799-SAFE or 888-305-7233

[Emergency Food Outlet](http://www.sandiegofoodbank.org/programs/emergency/) ………………………………………………InfoLine 619-230-0997

[Emergency Shelter/Section 8 Housing](http://www.hud.gov/local/ca/homeless/shelters/sdgshelter.cfm) ……………………………………...….619-231-8833

[Episcopal Community Services](http://www.ecscalifornia.org/) ………………………………………………….619-228-2800

[Immigrant Women Victims of Domestic Violence](http://www.casacornelia.org/programs_dv.html) ……………………………..619-231-7788

Imperial County Behavioral Health Crisis Line ……………………………...…800-817-5292

[Imperial County Department of Social Services](http://www.co.imperial.ca.us/socialservices/)

[Adult & Family Services](http://www.co.imperial.ca.us/Icdss/DSS%20Annual%20Report%202009_files/Page479.htm)  760-337-7878 / [Children & Family Services](http://www.co.imperial.ca.us/Icdss/...files/Page458.htm)  760-337-7750

[Imperial Valley Food Bank](http://www.ciwmb.ca.gov/reuse/Profiles/Imperial.htm) ……………………………………………………….760-370-0966

[Interfaith Community Services](http://www.interfaithservices.org/) …………………………………………………..760-489-6380

[Lutheran Social Services](http://www.lsssc.org/) …………………………………………………………619-698-1716

[Meals-On-Wheels](http://www.meals-on-wheels.org/) …………………………………………………………………619-260-6110

[Mental Health Crisis Line](http://www.ubhpublicsector.com/) …………...…………………..…800-479-3339**/619-641-6992TDD**

[Metropolitan Area Advisory Committee(MAAC)](http://www.maac.org/) …....…………...Chula Vista 619-422-9236

National City 619-472-2900 / San Ysidro 619-428-1139

[National Domestic Violence Hotline](http://www.silcom.com/~paladin/madv/dvagencies.html) ……...……………………………………..800-799-7233

[National Teen Hotline](http://www.loveisrespect.org/) …………………………………………………………….800-999-9999

[National Youth Crisis Line](http://www.allaboutcounseling.com/crisis_hotlines.htm) ……………………….……………………………….800-448-4663

[North Coastal Service Center](http://www.nami-northcoastal.org/) ……………..……………..…………………….760-721-21170

[North County Interfaith Crisis Center](http://www.interfaithservices.org/about.html) ………………………………………...…760-489-6380

[Peer2Peer Lines](http://www.mhsinc.org/peer2peer-lines) (mental health, substance abuse – Mon-Fri 2-8pm)

Youth Talkline 1-877-450-5463 / Family Supportline 1-877-470-5463

[Poison Control Center](http://www.calpoison.org/) ………………………………………..800-876-4766 or 619-543-6000

Español 800-222-1222

[Presbyterian Crisis Center](http://www.pumsd.org) …………………………………………...……..……619-232-2753

[Salvation Army](http://www.salvationarmy.org/) ..San Diego 619-231-6020 / 760-352-4528 / Imperial Valley 760-352-4528

[San Diego County Mental Health Emergency Screening Unit](http://www.sdcounty.ca.gov/.../mental_health.../emergency_and_crisis_mental_health_services.html) …….…………619-421-6900

[San Diego County Domestic Violence Hotline](http://www.safe4all.org/resource-list/view/37072) ………………………………...888-385-4657

[South Bay Community Services](http://www.southbaycommunityservices.org) …………………..………… 800-640-2933 / 619-420-3620

[Saint Clare’s Home](stclareshome.org) (shelter for homeless/battered women) ..…………..Escondido 760-741-0122

[Stalking Strike Force](http://www.sdcda.org/preventing/stalking/index.html) ……………………………………………...…….………..619-515-8900

[St. Vincent de Paul Village](http://www.neighbor.org/) ………………………………………………..….….619-233-8500

[Student Helpline (school violence reporting)](allcare.net/s2/sd.php) ……………………….………….800-499-1116

[Suicide/Crisis Line for Hearing Impaired](http://www.co.san-diego.ca.us/hhsa/programs/bhs/mental_health_services_adult_older_adult/adult_emergency_and_crisis.html) (English & Spanish) ……………………619-641-6992

[Survivor’s of Suicide Loss](http://www.sossd.org/) (24 hour helpline) ………………….……………….619-482-0297

Teen Line (6-10pm) ………………………………………………………………800-852-8336

[The Bridge](http://www.sdyouthservices.org/site/PageServer?pagename=bridge) (24hr runaway/shelter) ………..…………………………………… 866-715-6405

[The Center for Family Solutions](http://www.womanhaven.org/)…………………………………………………760-353-8530

[Uptown Faith Community Service Center](uptownfaith.com) ……………………………………...619-236-8077

[Women’s Resource Center](http://www.wrcsd.org/resources/resourcesSD.htm) ……………………………………………………...760-757-3500

[YMCA Youth & Family Services](http://www.yfs.ymca.org) …………………………………..…………….619-543-9850

[YMCA Oz teen shelter](http://www.yfs.ymca.org/english/index_rs_oz.html) ….......………San Diego 858-270-8213 / Oceanside 760-721-8930

[Youth Crisis Hotline](http://www.youthcrisisline.org/) ………………………………………………………………800-448-4663

[YWCA Domestic Violence Hotline & Shelter](http://www.ywcasandiego.org/programs/violence/shelter.php) ………………..888-305-7233 / 619-234-3164

### *FINANCIAL BENEFITS/PLANNING*

[CalWorks](http://www.sdcounty.ca.gov/hhsa/programs/.../calworks/index.html) …………San Diego 619-295-6067 or 858-566-4928 / Imperial County 760-353-5900

[Department of Social Services](http://www.dss.cahwnet.gov/) (DSS) ……….…San Diego 858-514-6885 / 619-514-6889tty

Imperial County 760-337-6800  
[Disability Help Center](http://www.ssdhelpcenter.org/) ………………………………………………………….…619-282-1761

[Public Assistance](http://www.sdcounty.ca.gov/hhsa/programs/.../calworks/index.html) …………………………………………………………………866-262-9881

[Social Security Administration](http://www.ssa.gov/) ……………………………..…………………… 619-440-5054

[Social Secuirty Disability Help Center](http://www.ssdhelpcenter.org/)……………..…………619-282-1761 / 888-418-8860

[Social Security and Disability Resource Center](http://www.ssdrc.com/)

[Supplemental Security Income](http://www.ssa.gov/ssi/) (SSI) …………………..…800-772-1213 / 800-325-0778tty

[State Disability Insurance](http://www.edd.ca.gov/disability/disability_insurance.htm) ……………………..…………………………………800-480-3287

[Unemployment Insurance](http://www.edd.ca.gov/Unemployment/) ……………………….………………………………800-300-5616

[Workers Compensation Insurance](http://www.dir.ca.gov/dwc) …………….……………………………….619-767-2082

***Fee for Service (Special Needs Planning):***

[The Pollakov Financial Group](https://www.massmutual.com/aboutmassmutual/generalinfo/agencies/agencypage?mmcom_agencyid=099) ……………….……….………………………… 858-202-2304

[Del Mar Financial Partners Inc](http://www.delmarfp.com) …………………………………………………. 858-259-6300

### *HEALTH*

[BabyCal](http://www.dhs.ca.gov/babycal/default.htm) ……………………………………………………………………………800-222-9999

[California Children’s Services](http://www.dhs.cahwnet.gov/ccs) …………………………….…619-528-4000 or 858-560-3400

[California Children’s Services - Nutrition Services](http://www.schsa.org/publichealth/mainpages/wic/index.html) …………………………….619-528-4012

## [California Kids](http://www.californiakids.org/)……………………………………………………...………………818-755-9700

## [Centers for Disease Control and Prevention](http://www.cdc.gov)……..……….800-232-4636 / 888-232-6348tty

## [Childhood Immunization Program](http://www.sdiz.org/) ……………………………………...……….619-692-8661

[Childhood Lead Poisoning Prevention](http://www.cdc.gov/nceh/lead/) ………………………………………….619-515-6694

[Children’s Dental Health Initiative/Share the Care](http://www.sharethecaredental.org/) …………………………….619-692-8858

[Council of Community Clinics](http://www.ccc-sd.org) …………………..…………...800-640-1662 or 619-265-2100

County of San Diego

[Child Health and Disability Prevention](http://www.dhs.ca.gov/pcfh/cms/chdp/) ……………..……………………….619-692-8808

[Health & Human Services](http://www2.sdcounty.ca.gov/hhsa/) ……………………………………….…………...619-515-6770

[Children, Youth & Families Services](http://www.sdcounty.ca.gov/hhsa/programs/cs/commission_on_children_youth_families/)………….………………….………….619-692-8808

[Health Vital Records](http://www.sdcounty.ca.gov/hhsa/...vital_records.../index.html) ……………..……………………………………………619-692-5725

[Medical Services](http://www.sdcounty.ca.gov/.../county_medical_services/index.html) ……………………………..…………...858-492-4444 or 800-367-2437

[Social Services](http://www.dss.cahwnet.gov/) ……….……..San Diego 858-514-6885 / Imperial Valley 760-337-7700

[Denti-Cal](http://www.denti-cal.ca.gov/) ………………………………………………………………...…………800-322-6384

[First 5 San Diego Healthy Development Services](http://www.first5sandiego.org/) …………………………….888-534-7785

[Health Consumer Alliance](http://www.healthconsumer.org/)………………………………………………………..310-204-4900

[Healthy Families](http://www.healthyfamilies.ca.gov/) (low cost insurance for children) …………………………….800-880-5305

[Health Insurance Counseling & Advocacy Program](http://www.cahealthadvocates.org/) …………………………..858-565-8772

[HealthLine YMCACRS](http://www.ymcacrs.org/parents/healthline_consultant.php) Developmental & Hearing Screening, Parent Ed, Behavior….....800-908-8883

[Health Rights Hotline](hrh.org/) …………………………………………………………..…888-354-4474

[Healthy Families](http://www.healthyfamilies.ca.gov) …………………………………………………………………..800-880-5305

[HMO Help Center](http://www.hmohelp.ca.gov/) …………………………………………888-466-2219 or 877-688-9891tdd

Imperial Valley Senior Nutrition ………………………………………………….760-353-2748

[Medi-Cal](http://www.medbd.ca.gov/) …………………………………………………….…619-688-6102 or 858-514-6885

[Complaints](http://www.medbd.ca.gov/consumer/complaint_info.html) …………………………………………………….………………888-466-2219

Hearing request ………………………………………….……………………800-952-5253

[Mental Health Plans](http://www.dmh.ca.gov/services_and.../Medi_Cal/Consolidation.asp).………San Diego 800-479-3339 / Imperial County 800-817-5292

[Office of the Omsbudsman](http://www.dhcs.ca.gov/services/medi-cal/Pages/MMCDOfficeoftheOmbudsman.aspx) ………..……………………………………...…888-452-8609

[Medical Society Physican Referral](http://www.ama-assn.org/) ……………………………………………...858-565-8161

North County Eye Crisis Services.………………………………....Oceanside 760-439-6702

San Marcos 760-744-3117 / Escondido 760-747-6281

[Paid Family Leave Program – California Law](http://www.paidfamilyleave.org) ……………877-238-4373 / 800-563-2441tty

[Perinatal Care Network](http://www.sdcounty.ca.gov/hhsa/.../perinatal_care_network/index.html) ………………………………………...………………...800-675-2229

[PUBLIC HEALTH CENTERS](http://www.sdcounty.ca.gov/hhsa/programs/phs/): …………………………….………….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  
[Rady Children’s Hospital & Health Center San Diego](http://www.rchsd.org/) ….….858-576-1700 / 877-823-5437

[Autism Discovery Institute](http://www.rchsd.org/ourcare/programsservices/a-b/autismdiscoveryinstitute/index.htm)…………………………………………………….858-966-7453

[Pediatric Dental Clinic](http://www.rchsd.org/ourcare/programsservices/c-d/dentalcare/index.htm) ………………………………………………………...858-966-4094

[Speech/Language Pathology](http://www.rchsd.org/ourcare/programsservices/s-t/speechlanguagepathology/index.htm)………………………………………………...858-966-5838

[Developmental Evaluation Clinic](http://www.rchsd.org/ourcare/programsservices/c-d/developmentalevaluationclinic/index.htm) …………………………………………….858-966-5817

## [RX Help for Californians](http://www.rxhelpforca.org/) (Free or Discounted Prescription Drug Programs) …………..877-777-7815

[Español](https://espanol.helpingpatients.org/Intro.php) 888-477-2669

## [San Diego Blood Bank](http://www.sandiegobloodbank.org/) ……………………………………………………………800-479-3902

## [San Diego County Dental Society](http://www.sdcds.org/) ……………...……………………………….619-275-0244

## [San Diego County HHS Public Assistance Information Unit](http://www.sdcounty.ca.gov/hhsa/programs/ssp/other_services.html)………………....866-262-9881

## [San Diego Kids Health AssurancNetwork](http://www.co.san-diego.ca.us/sdkhan/about_main.htm) …………..…….619-692-8428 or 800-675-2229

[San Diego Medical Society Referral Line](http://www.sdcms.org/) …………………………..………….858-565-8888

[San Diego Regional Center](http://www.sdrc.org/) ………...…….………………………..San Diego 858-576-2996

San Marcos 760-736-1200 / La Mesa 619-464-4380

National City 619-336-6600 / El Centro 619-353-2830

Kim German fax 858-496-4302  
[SDSU Speech-Language Audiology Clinic](http://slhs.sdsu.edu/clinic/) …….....…619-594-7747 / 619-594-1472tdd/tty

[Together We Grow](http://www.togetherwegrow.org/) …...................... San Diego 858-751-0209 / Oceanside 760-757-6031

[UCSD Mother, Child & Adolescent HIV Program](http://www.ucsdmcap.org/) ………..……………………619-543-8080

[Vision Screening – Alpha of San Diego Inc](http://www.alphaproject.org/) ………………………………...….619-285-9999

[Women,Infants & Children](http://www.wicworks.ca.gov/about/general.html) ...Central SD 888-942-9675 or 619-338-8127 or 858-505-3060

Escondido 760-737-3593 / Mira Mesa 858-536-5965 / Vista 760-941-6640

El Cajon 619-441-3727

[Red Cross W.I.C. Program](http://www.sandiegowic.org/) ……………………………………………………....619-583-6051

[SDSU Foundation W.I.C Program](http://www.wic-sdsu.org) …….…………………....888-999-6897 or 760-723-9243

### *HOUSING & SERVICES*

[City of San Diego Housing Commission](http://www.sdhc.net) ……………………………………….619-231-9400

[Community Housing Partnership](http://www.communityinterfaceservices.org/1_housing.html) ………………………….. 888-308-8297 or 760-729-4873

[County of San Diego Housing & Community Development](http://www.co.san-diego.ca.us/sdhcd/) ………………….858-694-4890

[Developmental Services Continuum Inc](http://www.sit-a-thon.org) …………………………………….....619-460-7333

[Fair Housing Council of San Diego](http://www.fhcsd.com) …………………………..619-699-5888 / 877-699-5889

Heartland Human Relations & Fair Housing Association …………………….619-444-5700

[Home of Guiding Hands](http://www.guidinghands.org/) ……..………………………………………………...…619-448-3700

[HUD Housing](http://www.hud.gov/local/ca/working/sandiegooffice.cfm) ……………………………………………………………………...619-557-5305

[Noah Homes](http://www.noahhomes.com) ………………………………………………………………………619-660-6200

### [Renter’s/Homeowners Assistance](http://www.ftb.ca.gov/individuals/hra/)……………………………………………….800-852-5711

[Ronald McDonald House](rmhc.org/) ………………………………………………………...858-292-7413

### Supported Living Arrangements …………………………………….…………..619-637-5563

*IMMIGRATION SERVICES*

ACCESS (legal assistance to immigrants who are battered women) ….………………...858-560-0871

[Casa Cornelia Law Center](http://www.casacornelia.org/) (legal immigration services) …………...619-231-7788/800-704-4041

[Casa Familiar](http://www.casafamiliar.org/) (ins approved agency - transitional housing and rent assistance info) ……619- 428-1115

[Catholic Charities](http://www.ccdsd.org/) ……………………………………………………………..….. 619-231-2828

Chula Vista 619-498-0722 / Vista 760 631-5890 / San Diego 619-287-1270

[Chicano Federation of San Diego County](http://www.chicanofederation.org/home.htm) ……………………………………..619-285-5600

[Citizenship & Immigration Services Us Dept of Homeland Security](http://www.uscis.gov/portal/site/uscis) …………800-375-5283

[Consulate General of Mexico](http://portal.sre.gob.mx/sandiego/) (assists Mexican citizens) ……………………………619-231-8414

Emergency 619-231-3847 / Paisano 877-210-9469 / Ventanilla De Salud 619-308-9964

[Immigration Resources in San Diego & Imperial Counties](http://www.efrconline.org/admin/files/ImmigrationResources1.doc)

### *INDEPENDENT & SUPPORTED LIVING/MOBILITY*

[Able-Disabled Advocacy](http://www.abledisabledadvocacy.org/)  employment training …………………………....San Diego 619-231-5990

North County 760-439-7033 / South County 619-424-6860

### [Ability Center](http://www.abilitycenter.com) ……………………………………………….... 858-541-0552 or 888-380-3765

### [Access to Independence](http://www.a2isd.org/) ……………..……………………..619-293-3500 or 293-7757TTY

### North County 760-643-0447 / Imperial Valley 760-353-4191/761-353-2802TTY

[Accessible San Diego](http://www.accessandiego.com/) (travel aid)……………….………..858-279-0704 or 619-814-1274TTY

[Adaptive Computer Empowerment Services(ACES)](http://www.adaptive.org/) recycled computers…..…..858-244-1226

[Aging & Independence Services](http://www.ais-sd.com/) …………………………………………...……800-510-2020

[The ARC of San Diego](http://www.arc-sd.com/)……………..……………………………………………..619-685-1175

[Assistive Technology Network](http://www.atnet.org)…………………...…………800-390-2699 / 800-900-0706tty

[California Department of Developmental Services](http://www.dds.ca.gov/) ………..916-654-1690/916-654-2054tty

[California Department of Rehabilitation](http://www.rehab.cahwnet.gov/) ………..……....…619-767-2100 / 619-767-2159tty

Chula Vista 619-426-8720/426-8781tty / Encinitas 760-479-1200/479-1210tty

La Mesa 619-667-5649/667-2970tty

[California Relay Service](http://www.ddtp.org/california_relay_service/)………….voice to TTY 800-735-2922/TTY to voice 800-735-2929

[Canine Companions for Independence](http://www.cci.org/) …………………………………...……760-754-3300

[Community Interface Services](http://www.communityinterfaceservices.org/) - employment training .…………………...…..760-729-3866

[Community Options](http://www.communityoptions.org/) – employment & training …………………………………619-698-5064

[Creative Support Alternatives](http://www.creativesupport.org/) ………………………………...………………... 619-668-2228

[Disabled Business Persons Association](http://www.disabledbusiness.com) ……………………………………….619-594-8805

Dorothy Project Registry (domestic non-medical assistance) ………………….619-287-9454x159

[East County Disability Council](http://c4sa.nonprofitoffice.com/index.asp?Type=B_BASIC&SEC=%7BB88DDA28-1620-475A-A7EC-36C6D849347D%7D) ……………………………………………….….619-465-2288

[Elder Help of San Diego](http://www.elderhelpofsandiego.org/) ………………………………………………………….619-284-4281

[Employment Development Department](http://www.edd.ca.gov/) …..…………800-300-5616 / Spanish 800-326-8937

Getting Back On Track (SD Unemployment) …………………………………..858-300-1200

[Goodwill Industries](http://www.sdgoodwill.org/) ………………………………………………………………..619-225-2200

Guide Dog Users of San Diego ………………………………………………….619-223-1259

[Imperial County Public Works](http://www.co.imperial.ca.us/PublicWorks/Index.htm) …………………………………………………...760-339-4462

[Imperial Valley Independent Living](http://www.calsilc.org/independent_living_centers.html) …………………………………………..…760-768-2044

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](http://www.joboptionsinc.org/) ……………………………………………………………………..…619-688-1784

[Leashes for Living Assistance Dog School](http://www.leashesforliving.com/) …………………………...………. 760-788-4629

[North County Lifeline Community Services](http://www.nclifeline.org/) …………………………………….760-726-4900

[Partnerships With Industry(PWI)](http://www.pwiworks.org/) ……………………………619-681-1999 or 619-424-2250

[Promoting Responsible Independent Daily Endeavors](http://www.pride-inc.com/) (PRIDE) ………..…..858-467-6840

[Radio Reading Service](http://www.kpbsreadingservice.org/) (KPBS) ……………………………………………..… 619-594-8170

[Recording for the Blind and Dyslexic](http://www.rfbd.org/) …………………………………………...800-221-4792

[Regional Occupational Program](http://www.sdcoe.net/rop/) - technical & vocational training 800-479-4900 / 858-292-3529

Metro 858-627-7208 / East County 619-590-3923

South County 619-691-5611 / Oceanside760-439-5738

[San Diego Career Center](http://www.sandiegoatwork.com/generate/html/Job_Seekers/js_cac.html)…………………………………………………………858-974-7620

[San Diego Committee on Employment of People with Disabilities](http://www.sdcepd.org) ………….619-471-7852

[San Diego Gas & Electric Lifeline Program](http://www.sdge.com/residential/assistance/communityResources.shtml) …………… 800-411-7343 / 619-235-0497tdd

[San Diego Job Corps Center](http://sanfranciscoregion.jobcorps.gov/centers/sandiego.htm) ……………………………………………………800-246-2285

[San Diego Regional Center](http://www.sdrc.org/) – 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](http://www.sdul.net/sdul/html/index.php) ……………………………………619-263-3115 or 619-263-8196

[San Diego Workforce Partnership](http://www.workforce.org/) …………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](http://www.stmsc.org/) ………………………………………..………...619-442-5129

Telephone – SBC special equipment …………………………………………..800-772-3140

[The Spoke Shop](http://www.spokeshopsd.org/) …………………………………………………………………..619-296-8012

[The Wheelchair Source](http://www.wheelchairsource.com/) …………………………………………………………..619-234-9505

[Towards Maximum Independence(TMI)](http://www.tmi-inc.org/) ..…..858-467-0600 / North County 760-839-5255

[Training Education & Research Institute (TERI)](http://www.teriinc.org/) ………………………………760-721-1706

[Transition to Independent Living Program](http://www.taftcollege.edu/tcwp/til/?page_id=485) (Taft College) …………………….661-763-7776

[Travelers Aid Society San Diego](http://www.travelersaidsandiego.org/) ………………...…………619-295-8393 or 619-233-6044

[UCP San Diego Assistive Technology Center](http://www.ucp.org/ucp_localsrv.cfm/45/15975/15979/1229) ……………………..………….858-278-5420

Unyeway, Inc..……………………………………………………………………..760-789-5960

### *INFORMATION*

[2-1-1 San Diego (SD Information)](http://www.211sandiego.org) ……..……………………………… 211 or 858-300-1211

[San Diego InfoLine](http://www.informsandiego.com/) …………………....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 / 858-300-1311TTY/tdd

Community Agency Directory “DIRECTIONS” (annual listing) ………………….858-300-1200

[Senior Information and Referral](http://www.seniorservices.org/getting_assistance/all_programs/information_and_assistance.aspx)……………………………………….…………858-560-2500

[Volunteer San Diego](http://www.volunteersandiego.org/) ……………….……………………………………………..619-636-4131

### *MENTAL HEALTH/BEHAVIORAL*

[Access & Crisis Line](http://www.ubhpublicsector.com/sandiego/sdindex.htm) ……………………………….……………………………..800-479-3339

[Building Bridges Together](http://www.buildingbridges2gether.org) …………………..……………….619-477-0242 or 888-843-5800

[Crisis House](http://www.crisishouse.org/) (crisis intervention & child abuse prevention) ….……………....619-444-1194

[Children’s Hospital Trauma Counseling Program](http://www.chadwickcenter.org/) …………………………… 858-966-5814

South Bay 619-420-5611 or 619-336-8668 / North County 760-967-7082  
[Depression & Bipolar Support Alliance of San Diego](http://www.dbsasandiego.org/) ….………………...…..858-444-6776

[Downtown Mental Health Center](http://www.comresearch.org/programs/dtmh/index.asp?id=28) …………………………….………………….619-235-2600

[Harmonium](http://www.harmonium-inc.org/) …………………………………………………………….…………..858-566-5740

[Mental Health America of San Diego County](http://www.mhasd.org/) ..……..………………...……….619-543-0412

[Mental Health Association of California](http://www.mhac.org/)…………………………………………916-557-1167

[NAMI North Coastal](http://naminorthcoastal.com/) ……………………………………………………..………..760.722.3754

[NAMI San Diego](http://www.namisandiego.org/) ………………………………......……….…619-543-1434 or 800-523-5933

[Neighborhood House Association](http://www.neighborhoodhouse.org/) ……………………………619-263-7761 / 858-715-2642

[Psychiatric Centers at San Diego](http://www.psychiatriccenters.com/) …………………………..877-257-7273 or 619-460-2675

[Psychologist Referral Line](http://www.sandiegopsychiatricsociety.org/referral.php) ……………………………………………………….858-558-8318

[Professional Community Services](http://www.rtiprojects.org)……………………………….......El Cajon 619-449-8703

[San Diego Deaf Mental Health Services](http://www.sddmhs.org/) ………….… (619) 210 0171 / VP (619) 733 7336

[San Diego County Mental Health Services](http://www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_adult_older_adult/index.html#Mental_Health_Administration) ..……………………..San Diego 619-563-2700

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 760-758-1092

[YMCA CRS Behavioral Health Specialist HelpLine](http://www.ymcacrs.org/parents/healthline_consultant.php)………………..…………..800-909-8883

### *MENTOR PROGRAMS*

[Autism Comprehensive Educational Services (ACES](http://www.acesautism.com/)) ..…...…..Peer Group 619-278-0884

[Best Buddies](http://www.bestbuddies.org/) …………………………………………………………………...….619-584-5450

[Big Brothers Big Sisters of America (family services](http://www.bbbs.org/site/c.drLRK2PELsF/b.1634663/k.BE20/Home.htm)) ….……………………..619-446-0400

[Booster Buddies](http://www.dsasdonline.org/dsasd.cfm?pid=Booster_Buddies) ……...…………………………………...………………………858-452-0408

[Comprehensive Autism Services & Education(CASE)](http://www.casefamily.com) …..…...Friends Club 760-720-4964

[Excite Steps](http://www.excitesteps.com/) ……………………………………………………...………………..858-722-1948

[Learning Development Services](http://www.learningdevelopmentservices.com) …………………………………………..…….619-276-6912

[San Diego Youth & Community Services](http://www.sdycs.org/site/PageServer?pagename=mentor) …………………..……………619-232-8126 x203

[SDSU CFD Mentor Center](http://coe.sdsu.edu/cfd/current/mentor_center.php)………………………………………….....…………619-594-6371

[Y-FRIENDz Mentor Program](http://yfs.ymca.org/ymcasd_commcoll.htm) …………………………………………………….619-281-8313

### *MILITARY FAMILY RESOURCES*

[Air Force Special Needs](http://www.afspecialneeds.org/skins/afsn/home.aspx?mode=user) …………………………………………………………

[Armed Services YMCA](http://www.asymcasd.org/) ………….Central 858-751-5755 / Camp Pendleton 760-725-7369

[Exceptional Family Member Program](http://www.mccscp.com/home/Family-Services/efmp.aspx) (EFMP) …………..…………………….800-527-8830

NMC Balboa 619-532-6910 / Camp Pendleton 760-725-5363

[Fleet & Family Support Center](http://www.cnrsw.navy.mil/fsc) ……………………………….…… San Diego 619-556-7404

Coronado 619-545-6071 / Point Loma 619-553-8306 / Murphy Canyon 858-277-4259

[Military Childcare Referral Line](http://www.naccrra.org/)……………….………………………………….619-556-8491

[Military Family Support Program](http://www.militaryfamilysupport.org/) ………………………………………………..619-532-8156

[Military One Source](http://www.militaryonesource.com) ……………………………………………………………… 800-342-9647

[Military Outreach Team of Special Advocates for Kids](http://www.TASKmil.org) ………...……..………866-609-3218

[Military Parent Support Group](http://www.military.com/opinion/0,15202,140604,00.html) ……………………………....760-685-2684 or 760-763-0868

Military Parish Visitors ………………………………………………..…………..619-338-4149

[National Military Resource Directory](http://www.nationalresourcedirectory.gov/)

[Navy Family Advocacy Program](http://www.cnrsw.navy.mil/fsc/family_advocacy.asp) ……………………………………………...…619-556-8809

[Navy Family Service Centers](http://www.nffsp.org/):……………………..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 Office](http://www.jag.navy.mil/legal_services/nlso/nlso_southwest.htm) ……………………………………….……………….619-556-1663

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 Society](http://www.nmcrs.org/sdiego-area.html) ………………………………North 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

[Project Pendleton Family Resource Center](http://www.projectpendleton.org) ………………..……………...…..619-594-7383

[Programs for Persons with Disabilities](http://www.disability.gov/) …….………….……800-242-6788 or 619-642-5916

SPS Child Care Resource & Referral Office Camp Pendleton…………………...760-725-6104

[Tricare](http://www.tricare.mil/)…………………………………..………………………………………..…800-242-6788

### *ORGANIZATIONS & AGENCIES*

[Access Inc](http://www.access2jobs.org/) (Foster Youth Empowerment Services, Immigration, violence) …………….…858-5600871

[Al Bahr Shriners](http://www.albahrshrine.org/) (burns, bone, muscular) …………………………………………....858-292-0092

[American Diabetes Association, San Diego](http://www.diabetes.org/) ……………………………………619-234-9897

[American Heart Association](http://www.americanheart.org/) ……………………………………………………..619-291-7454

[American Lung Association of San Diego](http://www.lungsandiego.org/) ……………………………………...800-586-4872

[American Red Cross](http://www.sdarc.org/) ……………………………………………………………...858-309-1200

[Amputees in Motion](http://www.aimny.org/) ………………………………………………………………858-454-9300

[ARC of San Diego](http://www.arc-sd.com/) …………..………………………………………….…………858-685-1175

[Arthritis Foundation, San Diego](http://www.arthritis.org/Communities/Chapters/Chapter.asp?chapid=50) …………………………………………………858-492-1090

[Autistic Children’s Society and Research Institute](http://www.autism.org/) ………..…………………..619-281-7165

[Autism Comprehensive Educational Services (ACES)](http://www.acesautism.com) …………….…………619-278-0884

[Autism Society of America](http://www.autism-society.org/) ………………………………………….[San Diego](http://www.sd-autism.org/) 858-715-0678

North County 760-479-1420 / Imperial County 760-353-3191

Spanish 619-563-8695

[Blind Community Center](http://www.bccsd.org/) ………………………………………………………....619-298-5021

[Braille Institute, San Diego](http://www.brailleinstitute.org/Centers/SanDiego.htm) ……………………………………………………….858-452-1111

[Building Bridges Together](http://www.buildingbridges2gether.org) Resources for Families …………….619-477-0242 or 888-843-5800

[Burn Institute](http://www.burninstitute.org/) ……………………San Diego 858-541-2277 / Imperial Valley 760-355-3175

[Center for Autism & Related Disorders (CARD)](http://www.centerforautism.com/) .………………………………858-278-6603

[Center for Autism Research, Evaluation & Service (CARES)](http://www.caresnpa.com/index.html) ..………..…….858-444-8823

[Chicano Federation](http://www.chicanofederation.org/home.htm) ……………………………………………….………………619-236-1228

[Computers to San Diego Kids](http://www.computers2sdkids.org/) (recycle your computer)……..…………………….. 858-523-0426

[Cystic Fibrosis Foundation](http://www.cff.org/Chapters/sandiego/) ……………………………………………………….858-578-2945

[Deaf-blind Video Relay Service](http://www.dbvrs.com) ………………………………………..….. 888-606-0515 VP

[Deaf Community Services](http://www.dcsofsd.org/) …………………….……………619-398-2441 / 619-398-2440tty

[Disability Awareness Network](http://www.dawnofsandiego.org/) (DAWN) …..……………………………………619-546-0513

[Disabled American Veterans](http://www.davca.org/) …………………………………………………….619-232-0141

[Down Syndrome Association of San Diego](http://www.dsasdonline.org/) ..…………………………….…….619-594-7389

[East County Children’s Disability Council](http://www.c4sa.org/index.php?option=com_content&view=article&id=75:childrensdisabilitycouncil&catid=35:projectscategory&Itemid=63) ………………………………………619-465-2288

[Empty Cradle](http://www.emptycradle.org/) ………………………………………………………………………619-595-3887

[Epilepsy Foundation of San Diego County](http://www.epilepsysandiego.org/) ...……………………….………….619-296-0161

[Families in Training Plus](http://www.familiesintrainingplus.com) (behavioral coaching) ……………………………….619-955-0812

[Families & Autistic Children Together Succeed (FACTS)](http://www.factsfamilies.org/) …..…..…………...909-302-5532

[Family & Youth Roundtable of San Diego County](http://www.roundtablesandiego.org/) …………………………….619-546-5852

[First 5 San Diego](http://www.first5sandiego.org/) ………………………………………………………………….888-534-7785

[Hemophilia Association of San Diego County](http://www.hemophilia.org/NHFWeb/MainPgs/MainNHF.aspx?menuid=51&contentid=224&rptname=chapter) ………………………………....619-325-3570

[Indian Human Resource Center](http://www.indianhumanresourcecenter.org)………………………………………………….619-281-5964

Imperial Valley Blind Center ……………………………………………………..760-352-5454

[Interpreting Service, Network](http://www.networkinterpretingservice.com/) …………………………….800-284-5176tty or 800-284-1043

[International Dyslexia Association-San Diego](http://www.dyslexiasd.org/) ………………………………....619-295-3722

[Learning Disabilities Association, San Diego](http://www.ldasandiego.org/) ……………………….…………858-467-9158

[Literacy Volunteers of America](http://www.proliteracy.org/) …………………………...……………………..760-352-8541

[Lupus Foundation of Southern California](http://www.lupussocal.org) ..……………………………..………858-278-2788

[Make-A-Wish Foundation of San Diego](http://www.makeawish-sd.org/) ………………………………………..858-707-9474

[March of Dimes](http://www.marchofdimes.com) ……………………………………………………………………858-576-1211

[Muscular Dystrophy Association, San Diego](http://www.mds-sd.com/) …………………………………..858-492-9792

[National Multiple Sclerosis Society, San Diego](http://www.mssd.org/) ………………………………..858-974-8640

[National Spinal Cord Injury Association, San Diego](http://users.erols.com/nscia/chapters/) ……………….………….619-229-7001

[Network Interpreting Service (sign language)](http://www.aslnis.com) ………………………………….800-284-1043

[North County Lifeline](http://www.nclifeline.org/) ………………………………………………………..760-726-4900x226

[Parents Active for Vision Education](http://www.pavevision.org/) …………….………….800-728-3988 or 619-287-0081

[Rett Syndrome - Silent Angels of San Diego](http://www.sdrett.org/) …………………………………..619-482-5282

[San Diego Brain Injury Foundation](http://www.sdbif.org/).……………………………………………..619-294-6541

[San Diego Center for the Blind & Vision Impaired](http://www.sdcb.org/) …………………………….619-583-1542

[San Diego Hospice](http://www.sdhospice.org/) …..…………………………...San Diego 619-688-1600 / 800-696-9474

North County 760-431-4100

[San Diego Regional Center](http://www.sdrc.org/) CA Early Start Referrals (under 3 years old) …..…….... 858-576-2996

Intake Unit (Individuals over 3 years old) …………..………………………. 858-576-2938

[SDSU Speech & Language Clinic](http://slhs.sdsu.edu/clinic.php) ………………..…... 619-594-7747/ 619-594-1472tdd/tty

[San Diego Youth & Community Services Inc](http://www.sdycs.org/) ………………………………….619-221-8600

[Scoliosis Hotline](http://www.sdscoliosis.com/) …………………………………………………………………..858-755-8776

[Scottish Rite Clinic for Childhood Language Disorders](http://www.scottishritesandiego.org/childhoodlanguagedisorders.html) ………………………619-291-2506

[Social Advocates for Youth](http://www.saysandiego.org/) (SAY San Diego) youth & family support services …...858-565-4148

Southern California Apraxia Association …………………………….…………760-255-3247

[Spina Bifida Association of San Diego](http://www.sbaa.org) ………………………………………….619-491-9018

Supporting All Neurological Disorders (SAND) ………………………………..619-422-5438

[Survivors of Suicide](http://www.survivorsofsuicide.com/) ………………………………………………………………619-482-0297

[Tourette Syndrome Society of Southern CA](http://www.tourettesyndrome-sca.org/)…………………………………... 866-478-1935

[The Nice Guys](http://www.sdniceguys.com/)……………………………………………………………………..858-597-9397

[The Wellness Community San Diego](http://www.inetworld.net/wellness) …………………………………………..858-467-1065

[Union of Pan Asian Communities (UPAC)](http://www.upacsd.com/) ……………………………………..619-232-6454

[United Cerebral Palsy Association, San Diego](http://www.ucpsd.org/) ………………………………..858-571-7803

[United Way of San Diego](http://www.uwsd.org/) ………………………………………………………..619-641-0074

[Urban League of San Diego](http://www.sdul.org/) …………………………………………….……….619-263-3115

[Women's Resource Guide San Diego County](http://www.wrg.org) ……………………...…….…...619-516-3266

### *PARENTING & FAMILY*

[The ARC of San Diego Parent Infant Program](http://www.arc-sd.com/Child_Family.htm) ………………………………..619-427-7524

[Alpha of San Diego](http://www.alphaofsandiego.org/) parenting classes ……………………………………………...619-285-9997

[Catholic Charities](http://www.ccdsd.org/) …………………………………………………………………619-231-2828

[Children’s Care Connection (C3)](http://www.howkidsdevelop.com/) parenting classes………………………………877-8C3-KIDS

Solana Beach 858-966-8931 / San Marcos 760-591-0179

[Children’s Home Society of California](http://www.chs-ca.org/) ……...…………………………………..858-715-5515

[Elder Help](http://www.elderhelpofsandiego.org/) …………………………San Diego 619-284-9281 / North County 858-748-9675

[Episcopal Community Services](http://www.ecscalifornia.org/programs/) Counseling ……………………………….……..619-228-2800

[Family Caregiver Alliance](http://www.caregiver.org/caregiver/jsp/home.jsp) ….…………………………………………….………800-445-8106

[First Five San Diego Healthy Development Services](http://www.first5sandiego.org/) …………………………888-534-7785

[Hannah Fenichel Center for Child Development](http://www.hannafenichel.com/) parent classes …………………….858-755-0860

[Harmonium Inc](http://www.harmonium-inc.org/) Parenting Classes ………….…………………………………………………...858-566-5740

[Home Start](http://www.home-start.org/) ……………………………………..…………..…619-283-9624 or 619-692-0727

[Imperial CAP Council](http://www.capcouncil.net/) Parenting Classes ……………………………...……………760-353-8300

[Jewish Family Service of San Diego](http://www.jfssd.org/) ……………..………………………….....619-291-0473

North County Inland 760-944-7855 / North County Coastal 858-674-6441

Kardiac Kids Family Support …………………………………………………….858-966-8030

[Kinship Support Services Program grandparents & relatives](http://www.grandsplace.org/gp4/ca.html)………San Diego 619-266-6200

Escondido 760-233-2599 / Chula Vista 619-691-1331 / El Cajon 619-593-4884

[Little House](http://www.elcajoncollaborative.org)  Parenting ……………………………………………………………...619-447-4380

Los Madres Parent Connection ………………………………………………….858-626-6944

[New Alternatives](http://www.newalternatives.org/) (Home Base Services) ….…………………………………...619-233-6788

[Parenting Link](http://www.informsandiegofamilies.org/) (Parenting classes) ……………………………...619-297-9600 or 866-432-6454

[Parent Pro](http://www.parentpro.org/) ……………………………………………………………..…………. 619-688-1323

[Parents without Partners](http://www.pwpsandiego.org/) .…………………………………….....… San Diego 858-384-0277

[Perinatal Care Network](http://www2.sdcounty.ca.gov/hhsa/ServiceDetails.Asp?ServiceID=815) (City of SD) …………………………………………….800-675-2229

[Ready to Learn Project](http://www.readytolearnproject.com) (parent & child classes in Poway) ……..……………………858-748-0556

[Safety First Car Seat Program](http://www.safety1st.com/) …………………………………………………..877-454-7229

San Diego Community College Parenting Classes ……………………………619-527-5242

[San Diego Eldercare Directory](http://www.eldercare.uniontrib.com/) …….…………………………………………….800-677-1116

[San Diego Family Magazine](http://www.sandiegofamily.com/) ………………………………………….………….619-685-6970

[San Diego Parent Magazine](http://www.sandiegofamily.com/) ………………………………………...…………..619-624-2770

[Southern Caregiver Resource Center](http://www.scrc.signonsandiego.com/) ……………800-827-1008 / El Centro 760-352-2588

[Social Advocates for Youth (SAY San Diego)](http://www.saysandiego.org/) …………………………………858-565-4148

[Start Smart](http://www.saysandiego.org/supportprograms.htm#StartSmart) parenting classes ………………………..…………….……..619-582-9056 x232

### *RECREATION*

[Boy Scouts](http://www.sdicbsa.org/main.asp) ………………………………………………………………………...619-298-6121

[Boys & Girls Clubs](http://www.sdyouth.org/) …………………..Carlsbad 760-729-0207 / East County 619-440-1600

National City 619-477-5445 / San Dieguito 858-755-9371

[Christian Youth Theater](http://www.cyt.org/) …………………………………………………………..619-588-0206

[Challenged Athletes Foundation](http://www.challengedathletes.org/)…………………………………………………858-793-9293

[Community Access Program](http://www.cheneweth-foundation.org/)  Cheneweth Foundation - Activities for the Dev.Disabled 619-267-7054

[Excite Steps](http://www.excitesteps.com/) ……………………………………………………...………………..858-722-1948

[Girl Scouts](http://www.girlscoutssdi.org/site/home/index.php) ……………………………………………………………San Diego 619-610-0839

[Kids Included Together (KIT)](http://www.kitonline.org/) ………………………………………………..…..858-320-2050

[Lawrence Family Jewish Community Center](http://www.lfjcc.org/) …………………………………..858-457-3030

[Mission Bay Aquatic Center](http://www.missionbayaquaticcenter.com/) …………………………………...……………………………...619-488-1036

Parks & Recreation Departments:

[San Diego Therapeutic Services](http://www.sandiego.gov/park-and-recreation/activities/dsa1.shtml) 619-525-8247/619-525-8249tdd

[Chula Vista Therapeutics Section](http://www.chulavistaca.gov/City_Services/Community_Services/Recreation/therapeutic.asp) 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](http://www.kroccenter.org/) ….………………………..………619-269-1585

[San Diego Junior Theatre](http://www.juniortheatre.com/) ……………………………………………………..…619-239-1311

[Sensory Time Child Development Center](http://www.sensorytimecenter.com/) …………………………………….. 951-600-0305

[Special Olympics](http://www.specialolympicssandiego.com/) ………………………………………….…………San Diego 619-283-6100

North County 760-941-7272 or 760-747-4590

[Sports for Exceptional Athletes](http://www.s4ea.org) ………………………………………………….858-565-7432

[Stein Education Center](http://www.vistahill.org/programs/stein.htm) ……………..San Diego 619-281-5511/ Chula Vista 619-498-8384

[The Arc of San Diego PALS Dept](http://www.arc-sd.com/page.aspx?pid=353). ………………………….………...… 619-685-1175 x255

[The Music Therapy Center of California](http://www.themusictherapycenter.com/) ………………………………………. 619-299-1411

[United Cerebral Palsy Toy Lending Library](http://www.ucpsd.org/new/toy.htm) …………………….………….858-278-5420x28

[YMCA](http://www.ymca.org) .……………………….....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](http://yfs.ymca.org) 619-543-9850

[YWCA](http://www.ywcasandiego.org/) ……………………………………………………………………………...858-239-0355

### *RESPITE*

[ARC of San Diego Respite Care](http://www.arc-sd.com/page.aspx?pid=388) …..…………………………………………....619-685-1175

Camp Respite………………………………………………………………………858-576-2996

Dept of Social Services Respite ……………………………………….………..619-531-5164

[Home of Guiding Hands In-Home Respite Service](http://www.guidinghands.org/programs.shtml#respite) ……………………………619-448-3700

[Special Care Center](http://www.specialcaredme.com/) ………………………………………....800-794-4076 or 858-694-5800

[Supporting Alternative Solutions (SAS)](http://www.sassandiego.org/programs/respiteservices.html)  In-Home Respite-SpringValley…………...619-670-9500

[T.E.R.I. Inc Respite Care Service](http://www.teriinc.org/inhome_respite.html) ……………………………………………….760-721-1706

[Together We Grow](http://www.togetherwegrow.org/) …...................... San Diego 858-751-0209 / Oceanside 760-757-6031

[UCP Association of San Diego Respitality Program](http://www.ucp.org/ucp_localsrv.cfm/45/15975/15978/1217) ……………………858-571-7803 x316

[YMCA Special Needs Respite Program](http://www.ymcacrs.org/parents/special-needs.php) ……………..…………………………619-474-4707

### *THERAPY*

Center for Thoughtful Lasting Change ………………………..………………. 619-807-7410

[Coast Music Therapy](http://www.coastmusictheraphy.com) …………………………………………...….. San Diego 858-831-0387

[Crimson Center for Speech & Language Pathology](http://www.crimsoncenter.com/) .……………………..…. 858-695-9415

[Music Therapy Center](http://www.themusictherapycenter.com) ………………..San Diego 619-292-1411 / Encinitas 760-633-1411

### *TRANSPORTATION*

[ADA Paratransit Service](http://www.pacebus.com/sub/paratransit/default.asp) (certification)………………………………….………….877-232-7433

[American Red Cross Wheels](http://chisholmtrail.redcross.org/PROGRAMSSERVICES/Transportation/WHEELS/tabid/129/Default.aspx)……………………..…………...800-921-9664 / 619-542-7540

[Care-A-Van](http://www.sdeldercare.com) …………………………………………………………….Carlsbad 760-729-5199

[Coordinated Transit Service Agency](http://www.stridesd.org/ctsa.asp) ..……………SD 619-595-5634 / North 760-726-3961

[CTS Para Transit](http://www.cts-software.com/) (East, Mid & South City)……….…………………………………..800-921-9664

[Dept. of Motor Vehicles](http://www.dmv.ca.gov/) Driver safety dept. – independent advisor …………………...858-627-3901

Handy Trans ……………………………………….………………..Chula Vista 619-425-7433

Imperial County ADA Paratransit (AIM) …………………………….…………..760-337-8002

[Keep San Diego Moving](http://www.keepsandiegomoving.com)

[Laidlaw](http://laidlaw.com/) ………………………………………………………………….…………619-440-1215

[Lifeline](http://www.nclifeline.org/) (North County)…..……………………………………………………………760-726-1111

[MTS Access](http://www.sdmts.com/MTS/MTS_Access.asp)……………………………888-517-9627 / 888-921-9664 / 800-568-7097tty/ttd

[MTS Access ADA certification](https://www.adaride.com/Default.aspx)…………….…………….877-232-7433/213-742-6535tty/tdd

[North County Transit District](http://www.gonctd.com) ………………………………………….…………800-266-6883

Coast 760-722-6283 or Inland 760-743-6283

[NCTD Lift (ADA certification & registration)](http://www.gonctd.com/breeze/lift/lift.html) …...……………………………………....760-966-6525

[Red Cross Wheels](http://chisholmtrail.redcross.org/PROGRAMSSERVICES/Transportation/WHEELS/tabid/129/Default.aspx) ………………………………………………………………..619-297-3947

[Rides4Neighbors](http://www.cityoflamesa.com/index.aspx?nid=791) (La Mesa)……………………………………………………...619-667-1321

SD County Rural Bus Service…………….Southeast 619-478-5875 / Northeast 760-767-4287

[San Diego Metropolitan Transit Service](http://www.sdcommute.com/) ……………………619-233-3004 or 619-685-4900

[Specialized Transport Referral & Information for the Disabled & Elderly](http://www.stridesd.org)

[Transit Store](http://www.sdmts.com/Marketing/transitstore.asp) – bus passes & free maps …………………………….…………619-234-1060

[Yellow Cab](http://www.driveu.com/) …………………………………………………………………………619-234-6161

### *REGIONAL and NATIONAL RESOURCES*

[ADA Accessibility Guidelines](http://www.access-board.gov/adaag/html/adaag.htm) ……………………………….800-872-2253/800-993-2822tdd

[ADD Warehouse](http://addwarehouse.com) …………………………………………………...……………..800-233-9273

[A Handicapped Help Line](http://www.handicappedhelpline.org/) (24/7Referrals, Guidance& Help)…………………………888-820-4357

[American Cancer Society](http://www.cancer.org/) ………………………………………………………..800-227-2345

[American Academy of Home Health Care](http://www.aahcp.org/) (doctors who make house calls)…….…410-676-7966

[American Diabetes Association](http://www.diabetes.org/) .…………………………………………..…….800-342-2383

[American Foundation for the Blind](http://www.afb.org/) ………………………………………….…..800-232-5463

[American Health Assistance Foundation](http://www.ahaf.org/)……………………………………….800-437-2423

[American Lung Association](http://www.lungusa.org/) ……………………………………………….……..800-586-2911

[American Speech & Hearing Association](http://www.asha.org/)………………800-638-8255 / 301-987-8683tty,v

[American Syringomyelia Alliance Project](http://www.asap.org/)……...………………..………………800-272-7282

Apple (computer) Worldwide Disability Solutions Group ……………………..800-600-7808

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](http://www.biausa.org/) …………………………………………….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 Institute for Mental Health](http://www.cimh.org) ……………………………………………919-556-3480

California Telephone Access Program (CTAP)………………………………...866-806-1191

800-806-4474tty / 800-889-3974fax

[California Parent Center](http://parent.sdsu.edu/) ……………………………………. 877-972-7368 or 619-594-3333

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

[Deaf Counseling Advocacy & Referral Agency](http://www.dcara.org)……….. .877-322-7299 / 877-322-7288tty

Delta Society (seizure detection dogs)…………………………………..…………...425-226-7357

Educational Resources Information Center (ERIC)……………………………800-328-0272

[Epilepsy Foundation](http://www.efa.org/) ..…………………………………………………………….800-332-1000

Equal Employment Opportunity Commission(EEOC) ADA Provisions:  
       Employee Questions ………………..………………...800-669-4000 / 800-669-6820tdd  
       Employee Documents …………………...……………800-669-3362 / 800-800-3302tdd

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)](http://www.ldaca.org/) …..………………………888-300-6710

Life Rolls On Foundation………………………………………………………….866-939-4559

Lupus Foundation of America Inc………………………………………………..800-558-0121

[Medication and Assistance Directory](http://www.pparx.org) …………………………………………..888-477-2669

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)](http://www.ncld.org/) ………………………………888-575-7373

[National Childcare Information Center](htp://nccic.org/) ………………………………………….800-616-2242

National Craniofacial Association …………………………………….…………800-332-2373

[National Down Syndrome Congress](http://www.ndsc.org/) ………………………..…………………800-232-NDSC

[National Down Syndrome Society](http://www.ndss.org/) ………………………………………………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](http://www.nichcy.org/) .…………800-695-0285

[National Network for Youth](http://www.nn4youth.org) ………………………………………………………202-783-7949

[National Organization for Rare Disorders, Inc.(NORD)](http://www.rarediseases.org/) ………………………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](http://lookingglass.org/ncpd/index.php) ……………………….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](http://www.rfbd.org/)………………………………………...…….800-221-4792

Reflex Sympathetic Dystrophy Support Network (RSD) ………...……………610-530-7083

[Resources in Special Education Library (RiSE)](http://www.php.com/include/groups/showInfo.php?ID=42&PHPSESSID=f9868fe9330bffa7f3e5e046950822b3) …...……...……………..408-727-5775x110

[Rett Syndrome, Katie’s Clinic](http://www.childrenshospitaloakland.org/healthcare/depts/rett_overview.asp)…………………..……………………..…..510-428-3351x2673

[Schwab Foundation for Learning](http://www.schwabfoundation.org/) ………………………………………………..800-230-0988

[Shriners Hospitals for Children](http://www.shrinershq.org/Hospitals/Main) …………………………….……………………800-237-5055

Special Needs Estate Planning ………………………………………………….888-310-9889

[Spina Bifida Association of America](http://www.sbaa.org/) ………………………………………….…800-621-3141

[State Council on Developmental Disabilities Area Board 13](http://www.scdd.ca.gov/) …………………800-748-2055

San Diego 619-645-3000

State Health Care Options ([Healthy San Diego](http://www.co.san-diego.ca.us/hhsa/programs/ssp/healthy_san_diego/index.html)) …………...……….…………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](http://www.cec.sped.org) …………………………………………...888-232-7733

Toys for Special Children ………………………………………………………...800-832-8697

[Traumatic Brain Injury Information Hotline for California](http://catbi.org/resources.html) ……………………..888-824-6724

Turner Syndrome Society of the US …………………..………………………..800-365-9944

[US Dept. of Education Office for Civil Rights](http://www2.ed.gov/about/offices/list/ocr/index.html)……….…….800-421-3481/877-521-2172tdd  
[US Dept. of Housing and Urban Development](http://portal.hud.gov/portal/page/portal/HUD) (HUD) ………………………..619-557-5310

[US Dept. of Justice ADA](http://www.ada.gov/) Information Line………………....800-514-0301/800-514-0383tdd

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

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