

## San Diego Regional Infant/Toddler Resources

(Updated 11/18/09)

### **Alcott Infant-Toddler Developmental Program**

Areas served: Two school sites in San Diego

Population served: Parents of children 0-3 years old

Services: Parent groups (Baby and Me and Toddler and Me Groups); parent-to-parent support, parent counseling (short term); parent education

Contact: Julie Conner 858-272-9641 ext. 143; [jconner@sandi.net](mailto:jconner@sandi.net)

### **Anderson Center for Dental Care**

Areas served: San Diego County

Population served: infants -18

Services: Train parents and caregivers of children with disabilities on the effects of dental disease on their children's health. Home visits provided to children with autism/Pervasive Developmental Delay, Cerebral Palsy, Down Syndrome and other disabilities.

Contact: (858) 576-1700 ext. 4806

### **Black Infant Health Program (BIH)**

Areas served: San Diego County

Population served: Pregnant or parenting African-American women

Services: Provides assistance in accessing medical care; family support; case management through infants first year of life; education on infant mortality, infant nutrition, back to sleep campaign and SIDS.

Contact: 619-266-7466; <http://www.fhcsd.org/locations/infant-health.cfm>

### **Boys & Girls Club**

Area Served: Operate thirteen facilities (including a Teen Center) and four school-site programs throughout San Diego County.

Population Served: At-risk youth between the ages of five and eighteen and reaching out to young people in need.

Services: Provides a lineup of tested and proven nationally recognized programs that address today's most pressing youth issues and teaching young people the skills they need to succeed in life. Programs include: childcare, transportation, Day camp, health & life skills, character & leadership, education and career, sports, fitness, and recreation, & art.

Contacts: Ron Calloway, 619-871-7510; General contact number: 1-866-SDYOUTH (1-866-739-6884)

### **Chicano Federation**

Areas served: San Diego County

Population served: Children 0-2 years old (parents must be attending school, seeking employment, or employed; age of children, income, and family size is also considered for eligibility).

Services: Provides childcare

Contact: 800-521-0560; <http://www.childcaresandiego.com>

**Children's Care Connection (C-3)**

Areas served: San Diego County

Population served: Children 0-5 years and 11 months old

Services: Screenings for developmental delays; speech/language classes; classes for children with behavioral challenges; child development information; referrals.

Contact: Alicia Ortega 858-966-1700 ext. 6570 or 877-8C3-KIDS

**Chula Vista Adult School**

Areas served: Two sites in Chula Vista

Population served: Parents

Services: Parenting courses

Contact: 619-691-5760

**Chula Vista Elementary School District School Readiness Program**

Areas served: Eight school sites in Chula Vista

Population served: Children 0-5 years old

Services: Home visits; Kinder Camp; developmental screenings; parent support groups/classes; behavioral coaching; and parent and child classes.

Contact: Patricia Eaton 619-425-9600 ext. 1762

**Chula Vista Park and Recreation Center**

Program: Tiny Tot Program

Areas served: Chula Vista and South Bay

Population served: Children 0-5 years old

Services: Play groups for children with delays and typically developing children

Contact: Carmel 619-421-3859

**Exceptional Family Resource Center (EFRC)**

Areas served: San Diego County (3 locations)

Population served: Families of children with disabilities and professionals assisting these families.

Services: Parent-to-parent support; support groups; lending library; information and referrals.

Contact: 800-281-8252; <http://www.EFRConline.org>

### **First 5 Commission of San Diego County**

Areas served: There are six locations serving the entire county

Population served: Children birth to 5 years old

Services: Provides developmental screenings; speech/language classes and therapy; eye exams and free discounted glasses; hearing tests; behavioral coaching; parent classes and support groups; and newborn home visits.

Contacts:

- Central (Family Health Centers of SD) 619-515-2406 [shirins@fhcsd.org](mailto:shirins@fhcsd.org)
- East (Family Health Centers of SD) 619-515-2463 [shirins@fhcsd.org](mailto:shirins@fhcsd.org)
- North Central (Rady Children's Hospital) 858-966-1700 ext. 7644; [snturner@rchsd.org](mailto:snturner@rchsd.org)
- North Coastal (Rady Children's Hospital) 858-966-1700 ext. 6577; [vnguyen@rchsd.org](mailto:vnguyen@rchsd.org)
- North Inland (Palomar Pomerado Health) 877-504-2229; [cynthia.linder@pph.org](mailto:cynthia.linder@pph.org)
- South (South Bay Community Services) 619-420-3620; [sfimbres@csbcs.org](mailto:sfimbres@csbcs.org)

### **Grossmont Adult School, Parent Education**

Areas served: East County

Population served: Parents and caregivers (must be 18+)

Services: **Parent participation** classes teach activities important to a child's growth and development. **Parent Lecture** classes provide opportunities for parents to discuss problems of mutual concern and extend their understanding and knowledge of parents.

Contact: (619) 588-3515; [grossmontadultparented@guhsd.net](mailto:grossmontadultparented@guhsd.net);  
[www.adultschool.guhsd.net/parented/](http://www.adultschool.guhsd.net/parented/)

### **Head Start/Early Head Start**

- **Alpha Kappa Alpha**

Areas served: 10 sites in Spring Valley, La Mesa, El Cajon, Lakeside, Lemon Grove

- **Episcopal Community Services**

Areas served: 17 sites in Chula Vista, Imperial Beach, National City, and 92154 and 92139 zip codes

- **Neighborhood House Association**

Areas served: San Diego City and North County

Population served: Children 0-5 years old; low income families or children with an active IFSP; parents must be working, looking for employment, or attending school.

Services: Home and school-based child development services and child care

Contact: Enrollment hotline 888-873-5145

### **Jewish Family Services**

Areas served: San Diego County

Population served: birth to senior citizens

Services: Counseling; family support; case management; youth assessment and developmental screenings for preschool children; and positive parenting program.

Contact: Access Line 877-537-1818; [www.jfssd.org](http://www.jfssd.org)

### **Macaroni Kid**

Areas served: San Diego County

Population served: Families birth-18

Services: Sign up for a weekly newsletter with information regarding family friendly events and activities in San Diego

Contact: kathiez@macaronikid.com; [www.sandiegoeast.macaronikid.com](http://www.sandiegoeast.macaronikid.com)

### **National City Adult School**

Areas served: One site in National City

Population served: Parents

Services: Parenting Courses

Contact: 619-336-9400

### **The Navy Fleet and Family Support Center**

Programs and Services:

- **New Parent Support Program** - Voluntary program provides resources and information on child care; child development; education; health; disabilities; parenting; prenatal and postnatal care; breastfeeding; and preparing siblings for a new baby.
- **Parents as Teachers (Nurturing Parenting Program)** - Provides in-home case management; parent education; monitoring children's development; and implementing family activities.

Areas served: Throughout the Nation

Population served: Active duty military families with children 0-3 years old

Contacts:

- NAF El Centro 760-339-2241
- <https://extra.nafec.navy.mil/Pages/FamAdv/FamAdv.htm>
- Navy Base Point Loma 619-553-8306
- Murphy Canyon Branch 858-277-4259
- Navy Base Coronado 619-545-6071
- Navy Base San Diego 619-556-7404
- Websites: [www.cnrsw.navy.mil](http://www.cnrsw.navy.mil) [www.navylifepnw.com](http://www.navylifepnw.com) [www.nffsp.org](http://www.nffsp.org)

### **Parent Connection**

Areas served: San Diego County

Population served: birth-18

Services: Annual membership provides access to medical experts, marriage and family professionals, monthly parenting classes, playgroups, discounts to theme parks, monthly newsletters and more!

Contact: (858) 626-6944 or [info@SanDiegoParent.com](mailto:info@SanDiegoParent.com); [www.sandiegoparent.com](http://www.sandiegoparent.com)

### **Public Health Nursing Program**

Areas served: San Diego County

Population served: Anyone may request Public Health Nursing Services. These services are given through assessment and teaching individually in the home, and/or in groups in community settings.

Services: Public Health Nursing seeks to promote and preserve the health of populations, and helps individuals and families prevent illness and maintain good health through physical exams; promotion of sound health practices through counseling on the child's developmental, dental, nutritional, safety, and immunization needs; identification of abnormalities as early as possible to refer for early treatment; providing immunizations; and assisting parents in obtaining necessary follow up health care. In addition, pregnancy testing and counseling are available for all women.

All women are eligible for pregnancy testing and counseling if they suspect pregnancy.

Contact: 619-515-4209; [www.sdcounty.ca.gov/hhsa/programs/phs/phs\\_nursing](http://www.sdcounty.ca.gov/hhsa/programs/phs/phs_nursing)

### **San Diego Community College**

Areas served: San Diego

Population served: Parents

Services: Parenting classes

Contact: 619-527-5242

### **San Diego Scottish Rite Childhood Language Center**

Areas served: San Diego County

Population served: Children with a significant speech/language disorder and not currently receiving services elsewhere.

Services: Speech and language therapy services with no required fee for eligible children

Contact: 619-291-2506; [Secretary@sdscottishritelanguagecenter.org](mailto:Secretary@sdscottishritelanguagecenter.org)

### **San Ysidro Adult School**

Areas served: One site in San Ysidro

Population served: Parents

Services: Parenting courses; infant massage

Contact: 619-428-7200

### **TASK – Team of Advocates for Special Kids**

Areas served: San Diego County

Population served: birth to 26 years old; individuals with disabilities and their families

Services: Workshops and classes on IEP process, 504 plans and school transitions; advocacy services and additional referrals and resources to assist in educational program.

Contact: 619-794-2947; [www.taskca.org](http://www.taskca.org)

## **YMCA Childcare Resource Service**

Areas served: San Diego County

Population served: All families can be eligible (income guidelines required for the alternative payment program; families of children with special needs may be eligible for the Special Needs Unit).

Services and Contact information:

- Resource and Referrals (1-800-481-2151) - Provides parents with information on finding quality child care, Child Care Communique (a bimonthly newsletter featuring educational articles) toy lending library for child care providers, CATS Community Calendar (community training calendar).
- Alternative Payment (619-521-3055, x2500 or 1-800-481-2151, [www.childaresandiego.com](http://www.childaresandiego.com)- Assists families who meet income eligibility requirements with child care payments through subsidies.
- Special Needs Unit (619-474-4707) - Provides respite for families of children with special needs.
- HEALTHLINE (1-800-908-8883)- Health Consultation Services (including telephone consultations regarding health for children 0-5, hearing assessments for children 3-5, child care provider and parent education on health related topics). Behavioral Health Services (includes telephone consultations regarding behavioral concerns for children 0-5, behavioral intervention services for children 15 months or older, child care provider and parent education workshops).
- INFO LINE Parenting Link (1-866-4FAMILIES or 619-297-9600)- Provides a database of parenting classes and in-home parenting support programs in San Diego County, links to other available services throughout the county (emergency food, housing, utility assistance, etc.), parenting link translation line available.