

## Support Groups

Meeting days and times are subject to change – Call first before attending

ALL DISABILITIES		
<a href="#">Exceptional Family Resource Center (EFRC)</a>	All ages and disabilities	1-800-281-8252
<a href="#">Parent Advocates Seeking Solutions (PASS)</a>	Parents of children 15 years and over	Nancy Prutzman 858-663-5069
Filipino American Association for Developmental Disabilities (FAADD)	Families of Filipino descent	Marie De La Cruz 858-576-2980
Grupo de Apoyo entre Padres	1 <sup>st</sup> & 3 <sup>rd</sup> Thurs of the Month, 6:00-7:30 PM at SDRC San Marcos Office	Claudia Canseco 760-736-1234
Japanese Speaking Parents Association of Children with Challenges (JSPACC)	All ages and disabilities	Connie Yamada 626-447-6286 Michiko Wilkins 818-557-0728 Mariko Magami 818-249-1726 e-mail: <a href="mailto:info@jspacc.org">info@jspacc.org</a> web: <a href="http://www.jspacc.org">http://www.jspacc.org</a>
Home of Guiding Hands	All ages and disabilities	Lisa Sanders, MFT 619-938-2880 <a href="mailto:counseling@guidinghands.org">counseling@guidinghands.org</a>

AUTISM		
<a href="#">Autism Society of America</a>		
<a href="#">Autism Society of America (San Diego)</a>	All ages	858-715-0678
Autism Society of America (Imperial)	All ages	760-352-5480

CEREBRAL PALSY		
<a href="#">United Cerebral Palsy Association (UCP)</a>		
UCP San Diego	All ages	Rhonda Van Ekelenberg 858-571-7803

DOWN SYNDROME		
<a href="#">National Down Syndrome Society</a>		
<a href="#">Down Syndrome Assn for San Diego</a>	All ages	MaryAnn Voitzwinkler 619-594-7461
Down Syndrome Assn & EFRC - Imperial County	All ages	Joe Roman 760-370-3865

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### EPILEPSY

<a href="#">Epilepsy Foundation</a>		
Epilepsy Foundation	All Ages	619-296-0161
San Diego Regional Center	Adults	Paul Mansell 858-576-2938

### FRAGILE X

<a href="#">Fragile X Center of San Diego</a>	All ages	760-434-6290 or 877-300-7143
<a href="#">Fragile X Association of CA (FRAXSOCAL)</a>	All ages	Diane Bateman 562-439-1190

### LANDAU-KLEFFNER

<a href="#">Epilepsy Foundation</a>		
Landau-Kleffner Syndrome	All ages	Cynthia Pruett 760-788-2074

### MILITARY

Understanding Autism Together	Active Duty Military	619-532-8156
Exceptional Family Member Program	Any Disability	760-725-5363
<a href="#">Fleet &amp; Family Support Center</a>		(619)571-4781
EFMP Family Connection		

### RETT SYNDROME

<a href="#">International Rett Syndrome Assn (IRSA)</a>		
Local Rett Syndrome Association	All Ages	Jamie Michalski 760-736-1207

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SIBLING GROUPS		
Home of Guiding Hands (HGH) <a href="mailto:counseling@guidinghands.org">counseling@guidinghands.org</a>		Lisa Sanders, MFT 619-938-2880
San Diego Regional Center (SDRC) East County Support Group	For siblings of SDRC clients	Maria Lizaola 619-596-1074 <a href="mailto:maria.lizaola@sdrc.org">maria.lizaola@sdrc.org</a>  Karen Ewalt 619-596-102 <a href="mailto:karen.ewalt@sdrc.org">karen.ewalt@sdrc.org</a>
San Diego Regional Center (SDRC) South Bay Support Group	For siblings of SDRC clients ages 7-12	Juan Gonzalez, 619-336-6632 <a href="mailto:juan.gonzalez@sdrc.org">juan.gonzalez@sdrc.org</a>
United Cerebral Palsy Association (UCPA)	For siblings of children with developmental disabilities ages 8-13	Rhonda Van Ekelenberg 858-571-7803

TRISOMY DISORDERS		
<a href="#">Trisomy Disorders</a>		
S.O.F.T.	All ages	Lynn McLaughlin 760-735-8822

TUBEROUS SCLEROSIS		
<a href="#">T.S. Alliance</a>		

WILLIAMS SYNDROME		
<a href="#">Williams Syndrome Assn.</a>		
Williams Syndrome Association Spanish Group	All Ages	Julie Uhl 858-676-1883