

Parenting Resources Guide



**SAN DIEGO
REGIONAL CENTER**

Serving Individuals with Developmental Disabilities
in San Diego and Imperial Counties

4355 Ruffin Road, Suite 200, San Diego, CA 92123-1648
Voice – 858/576-2996 • FAX – 858/576-2873
www.sdrc.org

MISSION STATEMENT:

The overall purpose of the committee is to encourage networking and training to parents with developmental disabilities and professionals supporting them.

This guide was inspired by a plan to increase access to generic parenting resources for consumers of San Diego Regional Center.



The development of this tool was made possible by a task force created by the Parents with Developmental Disabilities Subcommittee of the San Diego Regional Center Coordinating Committee (SDRCCC).

PARENTS WITH DEVELOPMENTAL DISABILITIES COMMITTEE MEMBERS/2007:

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(Concentrated in the Central Region)

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ADVOCACY

Area Agency on Aging and Independence.....	1-800-510-2020
Area Board XIII	619-645-3000
Crime Victim Hotline.....	1-800-777-9229
Child Abuse Hotline.....	1-800-344-6000
Protection and Advocacy	619-239-7861

CHILD CARE

CAR SEATS	619-594-4373
Community Care Licensing Child Care (CCL)	619-767-2200
Child Development Associates	619-427-4411
Deaf Community Services (DCS) Child Care	619-398-2441
Episcopal Community Services (Head Start)	619-422-1642
Head Start.....	858-715-2642
KIT (Kids Included Together).....	1-800-716-4300
MAAC Project (Head Start)	760-471-4210
San Diego CARES Project	1-866-227-3773
S.D. School District 6-6 Programs	858-627-7562
YMCA CRS (Childcare Resource Service).....	1-800-481-2151
YMCA Special Needs Unit and Inclusion Services.....	619-521-3055
YMCA CRS Toy Library.....	619-521-3055
YMCA CRS Childcare Activity Training Services.....	619-521-3055
6-6 Program YMCA	1-800-481-2151

DENTAL

Anderson Clinic	858-966-4094
CHDP Providers.....	1-800-675-2229
Comprehensive Health Center	619-231-9300
Denti-Cal	1-800-322-6384
La Maestra Dental Clinic	619-285-8135
Logan Heights Family Health Center	619-515-2394
North Park Dental Clinic	619- 515-2434
San Diego County Dept. of Health Services	619-692-8858

San Diego Children's Dental Health Center	619-234-8131
Southwestern College Dental Hygiene Program	619-477-9683
Tooth Fairy Dental Group	619-477-7770

DOMESTIC VIOLENCE

Domestic Violence Hotline	1-888-385-4657
Family Justice Center	619-533-6042
Refugee Women's Network.....	619-286-3789
Victim's Assistance Hotline.....	1-800-777-9229

Domestic Violence Shelters

Becky's House	619-291-9009
Casa de Paz	619-234-3164
Hidden Valley House.....	760-480-0055
South Bay Community Services	619-420-3620
YWCA Women's Services.....	619-234-3164

Legal Resources for Domestic Violence

Casa de Cornelia Law Center	619-231-7788
Center for Community Solutions.....	858-272-1574
Legal Aid Society.....	619-262-5557
YWCA Legal Advocacy	619-239-2341

EDUCATION

ESL and GED

Aces.....	858-571-7803
Cesar Chavez Center	619-230-2895
Education Cultural Complex.....	619-527-5292
Head Start Home Based Program	619-583-5426
Literacy Hotline	1-888-850-7323
Mid-City Family Resource Center.....	619-283-9624
Montgomery Adult School	619-691-5670
Smart Start Program	619-283-9624



Teens

Cal-SAFE	858-496-8126
Home Hospital Program.....	858-496-8126
LIT Program	619-291-9239
SANDAPP	619-525-7474

EMERGENCY SERVICES

Access and Crisis Line.....	1-800-479-3339
Adult Protective Services	1-800-523-6444
Center for Community Solutions.....	858-272-1767
Child Abuse Hotline.....	1-800-344-6000
Crime Victim Hotline.....	1-800-777-9229
Eating Disorder Resources.....	619-236-0300
Info Line	211 or 619-230-0997
www.211sandiego.org	
Literacy Hotline	1-888-850-7323
Narcotics Anonymous	619-584-1007
Poison Control Center	1-800-876-4766
San Diego District Attorney's Stalking Strike Force	619-515-8900
San Diego Police Dept.....	619-531-2000

FINANCIAL

Department of Health and Human Services.....	1-800-510-2020
SDHC (Section 8, Public Housing)	858-694-4801
Social Security Administration	1-800-772-1213
TANF/Food Stamps.....	1-866-262-9881
Utilities Assistance- SDG and E.....	1-800-411-7343

FOOD AND NUTRITION

American Red Cross.....	619-542-7400
www.sdarc.org	
Family Nutrition Program	858-694-2122

Food Bank	619-523-8811
Neighborhood House Association	619-263-7761
www.neighborhoodhouse.org	
SHARE food purchase program	619-590-1692
www.goldensharefoods.com	
Wellness Center	619-321-2920

W.I.C.

American Red Cross WIC	1-800-500-6411
Mercy WIC	619-260-7054
SDSU Foundation WIC	1-888-999-6897

HEALTH

Asthma

San Diego Childhood Asthma Initiative.....	619-297-3901
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Birth Control in the Central Region

Bayview Medical Center	619-234-7398
City Heights Family Health Center.....	619-515-2400
Comprehensive Health Center.....	619-231-9300
La Maestra	619-280-4213
Logan Heights Family Health Center	619-515-2300
Mid-City Community Clinic	619-563-0250
North Park Family Health Center	619-280-2058
Planned Parenthood.....	619-286-6004
UCSD OB Clinic in Ambulatory Center.....	619-543-7878

Blind and Vision Impaired

Council of Community Clinics	1-800-640-1662
www.ccc-sd.org	
Lions Optometric Vision Clinic.....	619-298-5273
Medi-Cal eligibility.....	1-866-262-9881
www.medi-cal.ca.gov	

San Diego Center for the Blind619-583-1542
SD-KHAN (children)..... 1-800-675-2229

Childhood Immunization Program

Healthy Families 1-888-747-1222
www.healthyfamilies.ca.gov
Kaiser Permanente Child Health Plan 1-800-255-5053
SD-KHAN.....619-692-8428

**Clinics in the Central Region
(Community Clinics)**

Bayview Women & Family Clinic619-234-1365
City Heights Family Health Center.....619-515-2400
Comprehensive Health Center 619-231-9300
La Maestra619-280-4213
Logan Heights Family Health Center 619-515-2300
Mid-City Community Clinic619-563-0250
Mid-City Pediatrics619-280-2058
North Park Family Health Center619-515-2424

Developmental Disabilities/Delays

San Diego Regional Center (SDRC) Intake858-576-2938
SDRC-Early Start Intake (0-3)858-496-4318

Diabetes

Mid-City Community Clinic, Project Dulce (Diabetes).....619-563-0250
Paradise Valley Hospital Center for Health Promotion619-470-4784
Project Dulce (Diabetes)..... 1-866-791-8154

Free Clinics

CHDP 1-800-675-2229
Church of Nazarene in Mid-City.....619-624-9851
First Lutheran Church 619-234-6149
Pacific Beach United Methodist Church858-274-6573

Saint Vincent de Paul	619-233-8500
Healthcare for Children (CCS)	858-560-3400
Healthcare for Adults (CMS)	858-492-4444

Hearing Impaired

Deaf Community Services	619-398-2441
for translation services	619-398-2488
TTY	619-398-2438

HIV

Being Alive San Diego	619-291-1400
UCSD HIV and Pregnancy Program	619-543-8080

Hospitals

Alvarado Hospital	619-287-3270
Grossmont Hospital.....	619-465-0711
Kaiser	619-294-8111
Paradise Valley Hospital	619-470-4321
Rady Children’s Hospital	858-576-1700
Scripps Chula Vista Hospital.....	619-691-7000
Sharp Chula Vista Hospital	619-482-5800
Sharp Coronado Hospital.....	619-435-6251
Sharp Memorial	858-939-3400
UCSD Hospital	619-543-6222

Pediatric Urgent Care

Children's Urgent Care	619-280-2905
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Prenatal Care

AIM	1-800-433-2611
Perinatal Care Network	1-800-675-2229
San Diego Transit	619-233-3004

TB Clinic

Central Region Public Health Center619-229-5400
Rosecrans Public Health Center619-692-8600

Teen Clinics

City Heights Family Health Center.....619-515-2400
Comprehensive Health Center619-231-9300
Teen Health Center619-515-2333

LEGAL

Legal Aid Society619-262-5557
San Diego Police Dept619-531-2000
YWCA Legal Advocacy.....619-239-2341
www.ywcasandiego.org/services/legal

MENTAL HEALTH & COUNSELING SERVICES

Access and Crisis Line.....1-800-479-3339
C.A.R.E.858-300-8282
Catholic Charities619-231-2828
www.cccsd.org
Center for Community Counseling at SDSU619-594-4918
Harmonium, Inc.....858-566-5740
www.harmonium-inc.org
Home Start, Inc.....619-692-0727
www.home-start.org
Jewish Family Service of San Diego858-637-3000
www.jewishfamilyservicesd.org
Logan Heights Family Counseling Center.....619-515-2355
www.fhcsd.org
San Diego County Psychiatric Hospital619-692-8200
San Diego Family Care619-279-0925
www.sdfamilycare.org
San Diego Youth and Community Services, Inc.....619-521-2250
www.sdycs.org

Southeast Mental Health Clinic619-595-4400
Union of Pan Asian Communities619-229-2999
www.upacsd.com

Bereavement

California SIDS Program1-800-369-7437
www.californiasids.com
Caring Connections.....1-800-658-8898
www.caringinfo.org
Compassionate Friends.....619-583-1555
Empty Cradle.....619-595-3887
Guild for Infant Survival619-222-9662
Jewish Healing Center of Jewish Family Service619-291-0473
www.jffsd.org
Odyssey Hospice of San Diego858-565-2499
<http://eldercare.uniontrib.com/classes/suppbrn.cfm>
San Diego Hospice Support Groups619-688-1600
www.sdhospice.org

Counseling

Alateen-Alanon619-296-2666
Alcoholics Anonymous619-265-8762
Cocaine Anonymous858-268-9109

Emergency Psychiatric Evaluations

County Mental Health.....619-692-8200
Emergency Screening Unit for
Child and Adolescents Unit619-421-6900

Mental Health and Counseling

Access and Crisis Line.....1-800-479-3339
Catholic Charities619-231-2828
www.ccsds.org
Center for Community Counseling (SDSU)619-594-4918
www.commcc.org

Community Research Foundation (CRF)619-232-4357
www.crf.org

Douglas Young Youth/Family Services/CARE858-300-8282
www.comresearch.org

Downtown Family Health Center619-515-2525
www.fhcsd.org

Emergency Screening Unit for Children/Adolescents619-421-6900

Heartbeat Family Partnership1-888-843-5800
www.sdhfp.org

INFO Line of S.D. County211 or 619-230-0997
www.informsandiego.org

Jewish Family Service858-637-3000
www.jewishfamilyservices.org

Logan Heights Mental Health Clinic619-515-2355
www.fhcsd.org

Mental Health Association in S.D. County619-543-0412
www.mhasd.org

National Alliance for Mentally Ill (NAMI)619-543-1434
www.namisaniego.org

National Association of Social Workers (NASW)
 Counseling and Psychotherapy Referral Service.....619-232-9622
<http://naswca.org>

Project Heartbeat.....619-615-7676
www.sdprojectheartbeat.com

Psychiatric Emergency Response Team (PERT)911 (ask for PERT)

Rady Children's Hospital Chadwick Center
 (Trauma Center)858-966-4011
www.chsd.org

San Diego Psychiatric Society858-270-4586
www.sandiegopsychiatrictsociety.org

Southeast Mental Health Clinic619-595-4400
www.hhsa.org

Union of Pan Asian Communities (UPAC)619-229-2995
www.upacsd.com

Mental Health Providers

Catholic Charities	619-231-2828
CARE	858-300-8282
Center for Community Counseling	619-594-4918
Downtown Family Health Center	619-233-3055
Jewish Family Service	619-291-0473
Logan Heights Mental Health Clinic	619-515-2355
S.D.Y.C.S Central Communities	619-232-8126
Southeast Mental Health Clinic	619-595-4400
Union of Pan Asian Communities	619-229-2995

Rape

CCS Rape Crisis Center	619-697-7477
Hotline #	1-888-272-1767

PARENTING/CHILD CARE

City Heights Wellness Center	619-321-2920
www.chsd.org	
Exceptional Family Resource Center (EFRC)	1-800-281-8252
www.efrc.org	
First 5 Health and Development Services	619-515-2406
Mid-City Family Resource Center	619-283-9624
Neighborhood House Association-Head Start	858-715-2642
www.neighborhoodhouse.org	
Paradise Valley Hospital's Center for Health Promotion	619-470-4784
San Diego Birthing Project	619-264-3558
Teen Options-Proud Parenting Program	619-521-2250
www.sdycs.org	
Wellness Center	619-283-5681

Parenting Classes/Family Education

Catholic Charities	619-231-2828
www.catholiccharitiesusa.org	

Children's Care Connection	1-877-823-5437
www.chsd.org	
Family and Consumer Sciences.....	619-388-4950
www.sandiegocet.net	
First 5 Commission	619-230-6460
www.first5sandiego.org	
First 5 Commission of San Diego	1-866-726-8831
www.sdcounty.ca.gov/hhsa	
Grossmont Adult Education	619-401-4120
www.guhsd	
Hablando Claro.....	619-515-2437
Harmonium, Inc.....	858-566-5740
www.harmonium-inc.org	
Home Start, Inc.....	619-692-0727
www.home-start.org	
Jewish Family Service of San Diego	619-291-0473
www.jfssd.org	
Kinship Support Services Program	619-266-6200
www.dss.cahwnet.gov	
Parent Connection (formerly Las Madres)	858-626-6944
www.sdparentsconnection.org	
Ready To Learn Project.....	858-748-0556
www.powayusd.com	
S.D. Community College Parenting Classes	619-527-5242
www.sdce.edu	
S.D. Parenting University via S.D.U.S.D.....	619-293-4431
www.sandi.net	
Santee Family Counseling Center.....	619-449-9937

RECREATION SERVICES

Boys and Girls Clubs858-273-1645 or 619-263-6407

Parks and Recreation

Carlsbad.....760-434-2989
El Cajon619-441-1516
La Mesa619-667-1333
Linda Vista/ Roberts Branch858-277-6670
National City619-336-4290
Oceanside760-435-5233
Poway.....858-679-4343
Park and Recreation Therapeutic Recreation Services619-525-8247
Ray and Joan Kroc Corps Community Center619-287-5762
San Diego619-525-8219
San Marcos760-744-9009
Special Olympics of Southern California.....619-283-6100
YMCA858-292-4034

North County

4S Ranch Branch.....858-676-2230
Borrego Springs Branch760-767-9989
Borrego Badlands Skatelands760-767-9989
Escondido/Baker Branch.....760-745-0515
Escondido/Mitchell Branch760-746-3315
Lawrence Family Jewish Community Center.....858-457-3030
Poway/Sulpizio Branch858-748-9933
Ramona Branch760-788-7564
Valley Center Branch760-749-9822

Notes



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