

Support Groups

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

ALL DISABILITIES		
Exceptional Family Resource Center (EFRC)	All ages and disabilities	1-800-281-8252
Parent Advocates Seeking Solutions (PASS)	Parents of children 15 years and over	Julie Chadwick 858-772-3389 Jill Franklin-Lopez 858-610-6194
Filipino American Association for Developmental Disabilities (FAADD)	Families of Filipino descent	Marie De La Cruz 858-576-2980
Grupo de Apoyo entre Padres	1 st & 3 rd 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: info@jspacc.org web: http://www.jspacc.org
Home of Guiding Hands	All ages and disabilities	Lisa Sanders, MFT 619-938-2880 counseling@guidinghands.org
Shades of Unity	SDRC clients & family members of color	Meets on the 3 rd Thursday of every other month at 6:00 PM at an SDRC office. Contact Kamaria Allen for questions 619-336-6689.

AUTISM		
Autism Society of America		
Autism Society of America (San Diego)	All ages	858-715-0678
Autism Society of America (Imperial)	All ages	760-352-5480

CEREBRAL PALSY		
United Cerebral Palsy Association (UCP)		
UCP San Diego	All ages	Rhonda Van Ekelenberg 858-571-7803

DOWN SYNDROME		
National Down Syndrome Society		
Down Syndrome Assn for San Diego	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		
Epilepsy Foundation		
Epilepsy Foundation	All Ages	619-296-0161
San Diego Regional Center	Adults	Paul Mansell 858-576-2938

FRAGILE X		
Fragile X Center of San Diego	All ages	760-434-6290 or 877-300-7143
Fragile X Association of CA (FRAXSOCAL)	All ages	Diane Bateman 562-439-1190

LANDAU-KLEFFNER		
Epilepsy Foundation		
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
Fleet & Family Support Center EFMP Family Connection		(619)571-4781

RETT SYNDROME		
International Rett Syndrome Assn (IRSA)		
Local Rett Syndrome Association	All Ages	Jamie Michalski 760-736-1207

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SIBLING GROUPS		
Home of Guiding Hands (HGH) counseling@guidinghands.org		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 maria.lizaola@sdrc.org Karen Ewalt 619-596-102 karen.ewalt@sdrc.org
San Diego Regional Center (SDRC) South Bay Support Group	For siblings of SDRC clients ages 7-12	Juan Gonzalez, 619-336-6632 juan.gonzalez@sdrc.org
United Cerebral Palsy Association (UCPA)	For siblings of children with developmental disabilities ages 8-13	Rhonda Van Ekelenberg 858-571-7803

TRISOMY DISORDERS		
Trisomy Disorders		
S.O.F.T.	All ages	Lynn McLaughlin 760-735-8822

TUBEROUS SCLEROSIS		
T.S. Alliance		

WILLIAMS SYNDROME		
Williams Syndrome Assn.		
Williams Syndrome Association Spanish Group	All Ages	Julie Uhl 858-676-1883