

## ADULT RESOURCES: SAN DIEGO COUNTY



- Advocacy
  - Access to Independence- Advocacy, transition assistance, education- <http://accesstoindependence.org/>
- Cancer
  - Jewish Family Services Breast Cancer Case Management- Help with medication management, arranging transportation to treatments, coordinating care for newly diagnosed breast cancer patients- [http://www.jfssd.org/site/PageServer?pagename=programs\\_crisis\\_breast\\_cancer\\_case\\_management](http://www.jfssd.org/site/PageServer?pagename=programs_crisis_breast_cancer_case_management)
  - Mama's Kitchen- Delivers meals to cancer patients and their families- <http://www.mamaskitchen.org/>
- Epilepsy
  - Epilepsy Foundation of San Diego County- Support services, employment assistance, DMV assistance, educational seminars, family events- <http://www.epilepsysandiego.org> ; (619) 296-0161
- Hearing
  - Deaf Community Services of San Diego- Provides information, referrals for interpreters and sign, comprehensive mental health services primarily committed to promoting the mental, emotional, and behavioral health of those who are deaf or hard of hearing no matter what the stage of life- <http://www.deafcommunityservices.org/>
- Vision
  - San Diego Center for the Blind- Promoting independence through therapy, employment training and assistance, lifestyle classes, help with assistive technology, advocacy- <http://www.sdcb.org/> ; North County- (760) 758-5956 South County- (619) 583-1542
  - Braille Institute of San Diego- Library of thousands of books transcribed into Braille, outreach, events, recreation classes, career consultation, free low-vision consultation- <http://www.brailleinstitute.org/sandiego/> ; (858) 452-1111
- Medical Supplies & Equipment/Nursing
  - <http://www.wellness.com/find/medical-supplies/ca/oceanside>

- Mental/Emotional/Behavioral Health
  - Jewish Family Services- Counseling and family services to include professional individual counseling, group counseling, support groups, and patient advocacy- [http://www.jfssd.org/site/PageServer?pagename=programs\\_counseling\\_main](http://www.jfssd.org/site/PageServer?pagename=programs_counseling_main) ; (877) 537-1818
  - Aurora Behavioral Health Care- 24/7 Crisis Line & Community Referral Network, free psychiatric and chemical dependency assessment/evaluation & referrals- [www.aurorabehavioral.com](http://www.aurorabehavioral.com) ; (858) 675-4228
  
- Recreation
  - Adaptive Sports & Recreation Foundation- Programs for children and adults. Adults can participate in leagues or become mentors to children with permanent physical disabilities- <http://www.adaptivesportsandrec.org/>
  - County of San Diego Parks and Recreation- <http://www.co.san-diego.ca.us/parks/>