

CHILDREN: SAN DIEGO, NORTH COUNTY



San Diego Parent Resource Guide by Disability or Area of Need: We strongly encourage you look at other resource guides listed on this page, especially the San Diego Parent Resource Guide by Disability or Need, as this page only includes resources not listed on those guides.

<https://www.sandiegofamily.com/resources/flourishing-families-special-needs-resources/1211-special-needs-resource-list-san-diego>

▪ **Advocacy/Support**

- Arc of North County: Disability Services
 - ❖ <http://www.arc-sd.com/page.aspx?pid=397>
- TASK: Team of Advocates for Special Kids
 - ❖ <http://www.taskca.org>
- Wrightslaw: Special Education/Disability Law Information
 - ❖ <http://www.wrightslaw.com>
- Attorney Referral San Diego: 619-215-1190
- COMPASS Family Center: 619-446-6926
- Consumer Center for Health Education and Advocacy: 877-734-3258 or 619-744-0935
- Developmental Disabilities Board Area XIII: 619-688-3323
- Disability Rights California: 619-239-7861/ 800-776-5746/800-576-9269tty
- Family Court Services (Help filling out court papers-SD Supreme Court): 619-236-2681
- Legal Aid Society of San Diego (Family, Health, Homeless, Peer): 877-534-2524
- North County Lifeline: 760-726-4900
- Office of Consumer Rights (SDRC): 619-239-7877 or 877-734-3258
- Office of Client's Rights Advocacy: 866-833-6712/877-669-6023tty
- Office of Patients' Rights: 800-254-5166/916-575-1610
- Office of the Patient Advocate: 888-466-2219
- Parent Advocacy Coalition for Educational Rights: 619-827-2966
- Patient Advocacy Clinic: 619-543-9998
- Procedural Safeguards & Referral Service: 800-926-0648
- Projecto San Pablo: 619-427-7213
- San Diego City Schools Special Education Ombudsman Office: 619-725-8187
- San Diego Mediation Center (housing): 619-266-7223
- San Diego Regional Center Consumer Rights Advocate: 858-576-2928
- San Diego Volunteer Lawyer Program: 619-235-5656

- Self -Advocates for a Better Tomorrow: 619-688-4241
- University of San Diego Legal Clinic: 619-260-7470
- USD Special Education Advocacy Program: 800-479-2233 or 619-543-9998
- Voices for Children (CASA): 619-569-2019
- YWCA Legal Advocacy Program for Domestic Violence Victims: 619-239-2341
- Epilepsy Foundation: www.epilepsysandiego.org 619-296-0161
 - ❖ Support Groups
 - ❖ Information Workshops

▪ **Child Care & Respite**

- Arc of North County: Disability Services
 - ❖ <http://www.arc-sd.com/page.aspx?pid=397>
- Head Start Federally Funded Preschool:
 - ❖ <http://www.maacproject.org/main/impact/child-development/headstart/>
- San Diego Parent Preschool Resource Guide:
 - ❖ <http://www.sandiegoparent.com/seasonal-guides/sandiego-preschool-guide/>
- Together We Grow: Medically fragile and typical children grow together in this child care environment.
 - ❖ <http://www.togetherwegrow.org/>
- San Diego Regional Center:
 - ❖ www.sdrc.org

▪ **Child Development/Early Intervention/Early Education**

- Arc of North County: Disability Services
 - ❖ <http://www.arc-sd.com/page.aspx?pid=397>
- Butterfly Effects: ABA
 - ❖ <http://www.butterflyeffects.com/providers/mrs-lindsay-volz-bs-oceanside-ca-54830>
- C3 Rady's Children's Care Connection: Early Intervention Services/General Assessments
 - ❖ www.rchsd.org/developmentalservices
- Comprehensive Autism Center: ABA, Social Groups

- ❖ <http://www.comprehensiveautismcenter.com/>
- Head Start Federally Funded Preschool:
 - ❖ <http://www.maacproject.org/main/impact/child-development/headstart/>
- Oceanside Therapy Group: ABA, OT, Speech
 - ❖ <http://oceansidetherapygroup.com/>
- San Diego Parent Preschool Resource Guide:
 - ❖ <http://www.sandiegoparent.com/seasonal-guides/sandiego-preschool-guide/>
- San Diego Regional Center:
 - ❖ www.sdrc.org
- **Education/Special Education/School-based services**
 - Carlsbad Unified School District Parent's Resource Guide:
 - ❖ <http://www.carlsbadusd.k12.ca.us/parents.html>
 - Oceanside Unified School District:
 - ❖ http://www.oside.k12.ca.us/cms/page_view?d=x&piid=&vpid=1218835084828
 - Wrightslaw: Special Education/Disability Law Information
 - ❖ <http://www.wrightslaw.com>
- **Financial Information**
 - Camp Pendleton Rotary Club: offers free furniture and house wear to families in need. Families can also donate their house wear to the Rotary club for another family to use.
 - ❖ www.camppendletonrotary.org
 - Navy-Marine Corps Relief Society
 - ❖ <http://www.nmcrs.org/locations/entry/camp-pendleton>
 - ❖ 760-725-1800
 - Armed Services YMCA
 - ❖ <http://www.asymca.org/camp-pendleton-ca/>
 - ❖ 760-389-4921
 - In Home Supportive Services
 - ❖ http://www.sdcounty.ca.gov/hhsa/programs/ais/inhome_supportive_services/
 - Resource Guide of Financial Assistance in SD County:
 - ❖ http://www.needhelppayingbills.com/html/san_diego_county_assistance_pr.html

- **Hearing & Vision**

- First 5 San Diego
 - ❖ <http://www.first5sandiego.org/programs/contractors>
- North County Health Services
 - ❖ <http://www.nchs-health.org/content/nchs-resource-center>

- **Information & Referral**

- Community Resources for People with Disabilities (Oceanside City):
 - ❖ <http://www.ci.oceanside.ca.us/civica/filebank/blobload.asp?BlobID=26374>
- DOD Special Needs Parent Toolkit
 - ❖ http://www.militaryonesource.mil/efmp/parent-tool-kit?content_id=268726
- Exceptional Family Resource Center:
 - ❖ www.efrconline.org
- San Diego Parent Resource Guide by Disability or Area of Need:
 - ❖ <https://www.sandiegofamily.com/resources/flourishing-families-special-needs-resources/1211-special-needs-resource-list-san-diego>
- San Diego Parent Preschool Resource Guide:
 - ❖ <http://www.sandiegoparent.com/seasonal-guides/sandiego-preschool-guide/>
- Wrightslaw: Special Education/Disability Law Information
 - ❖ <http://www.wrightslaw.com>

- **Medical Supplies & Equipment**

- ECHO (Extended Care Health Options) through Tricare:
 - ❖ Ask your EFMP case worker for a referral
 - ❖ <https://www.uhcmilitarywest.com/content/resources/?channelurl=/uhcmilitarywest/Home/Beneficiary/Resources/Case%20Management%20Program/Extended+Care+Health+Option>
- UCP Assistive Technology Center San Diego
 - ❖ http://www.ucpsd.org/programs/assistive_technology.html

▪ **Mental/Emotional/Behavioral Health**

- Mental Health & Suicide Prevention
 - ❖ The Trevor Project: www.thetrevorproject.org
 - ❖ Break Through the Static: www.breakthroughthestatic.org
- Dating Abuse
 - ❖ Love is Respect: www.loveisrespect.org
 - ❖ Love is Not Abuse: www.loveisnotabuse.com
- Self-Harm
 - ❖ Need Help – 800-DONTCUT (366.8288)
- Mental Health First Aid – www.mentalhealthfirstaid.org
- Youth Course – focused on helping youth (12-18) who may be experiencing a mental health challenge or in crisis

- American Association of Suicidology - www.suicidology.org
- United Health Care Military West: www.uhcmilitarywest.com

- Behavioral Health Provider Locator: 877-988-WEST

- Military One Source – 800-342-9647
 - ❖ Non-medical Counseling Options: 800-342-9647
 - ❖ Addressing issues requiring short-term attention
- National Suicide Prevention Lifeline – 1-800-273-TALK (8255)

▪ **Nutrition**

- WIC (Women Infants Children federally funded nutrition health and nutrition program)
 - ❖ <http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx>
- CalFresh (Part of federal Supplemental Nutrition Assistance Program-SNAP)
 - ❖ <http://www.calfresh.ca.gov/>
- Military Outreach Ministry (Low Cost/Free food for E5 and below)
 - ❖ www.mom4usa.org
- Jewish Family Service (Food assistance/Give away)
 - ❖ www.jfssd.org
- Helping Hand Worldwide (Mobile food pantry)
 - ❖ www.thehelpinghandworldwide.org
- The Treasure Box (provides box of groceries at very reduced price)
 - ❖ www.thetreasurebox.org
 - ❖ 760-579-1588
- Mission San Luis Rey Parish (emergency food assistance-canned goods)
 - ❖ 760-547-0708
- Salvation Army (3 day supply of emergency food- canned/dried foods and bread)
 - ❖ 760-631-4712
- St. Francis Catholic Charities (Emergency food-8 visits per year)
 - ❖ 760-631-4792

- Angel Food Ministries (box of food for very reduced price-feeds 4 for 1 week)
 - ❖ 760-726-0590x104
 - ❖ www.angelfoodministries.com
- Fallbrook Food Pantry (food and clothing assistance)
 - ❖ 760-728-7608
- Interfaith Coastal Services (Emergency food bank)
 - ❖ 760-721-2117
- Golden Share Foods Program (box of food at very reduced price)
 - ❖ www.goldensharefoods.com
 - ❖ 619-590-1692
- San Diego Food Bank
 - ❖ 866-350-3668
 - ❖ www.sandiegofoodbank.org
- North County Community Services
 - ❖ www.northcountycommunityservices.org
 - ❖ 760-761-1140
- Feeding America
 - ❖ 858-452-3663
 - ❖ www.feedingamericasd.org

▪ **Recreation**

- Ainsley's Angels (assists children with disabilities in running races)
 - ❖ Maj Kim Rossiter: 757-202-7915; ainsleysangels@yahoo.com
 - ❖ <http://www.ainsleysangels.org/Home.html>
- Reins (Therapeutic horseback riding)
 - ❖ www.reinsprogram.org
- Special Olympics
 - ❖ 760-941-7272
- Ivey Ranch Park (horseback riding)
 - ❖ <http://www.iveyranch.com/>
- Arms Wide Open Dance Studio (dance classes for those with special needs)
 - ❖ <http://www.awosd.org/#!>

▪ **Transition/Independent Living**

- Arc of North County: Disability Services
 - ❖ <http://www.arc-sd.com/page.aspx?pid=397>
- San Diego Regional Center:
 - ❖ www.sdrc.org