

Infant, Child, & Youth Resources: Orange County

▪ Education

- TASK-Team of Advocates for Special Kids (TASK) is a nonprofit charitable organization whose mission is to enable individuals with disabilities to reach their maximum potential by providing them, their families and the professionals who serve them with training, support, information, resources and referrals, and by providing community awareness programs. Initially, the primary focus was on children three to 21 years of age, but services evolved to include all ages, especially in the TASK Technology Center. <http://www.taskca.org/abouttask.html> (714)533-8275
- Orange County Department of Education- The Orange County Department of Education Special Schools and Services Programs strive to provide the most effective methods of service delivery to the students enrolled in our programs. To this end, we have taken a research based approach to determine the methods that seem most appropriate; given the nature of our student population, the goals the IEP team has established for each student, and the ultimate goal we have for all of our students, which is to be as independent and successful as possible within the larger community. <http://www.ocde.us/SPED/Pages/default.aspx> (714)966-4000

▪ Medical

- California Heart Connection An all-volunteer, 501(c)(3) organization which supports those born with heart defects. Based in Irvine, it is the only support network of its kind in California. They offer free services to those with heart defects including an online support group, events, and important resources and information. They also provide Teddy Bears to children undergoing heart surgery. We provide support, information and resources to families with children with congenital heart defects and adults with CHDs. We know there is no substitute to talking with others who face similar circumstances. Connecting with others allows us all to exchange information, share emotional support, and know that we are not alone. <http://caheartconnection.homestead.com/> (949)653-6421
- HBIC-Emily's Place Adult Day Program- Emily's Place Adult Day Program (ADP) provides vocational training, community integration & awareness, and independence training for individuals beyond the age of typical Special Education (22+ years). Though integrated employment is a primary focus, the MISSION of Emily's Place is to provide quality support for meaningful integration of individuals with significant disabilities through person-centered planning, a qualified & engaged staff, and growth opportunities for all. The program offers on-going training and opportunities, and provides a staff-to-consumer ratio of 1:3. <http://www.hbic.org/emilys-place-adult-day-program/> (562)694-5655 (La Habra)

▪ Mental/Emotional Behavioral Health

- County of Orange, Health Care Agency, Children & Adolescent Service provides a broad range of services for behaviorally, emotionally, or mentally disordered children and adolescents which include evaluation, therapy, medication, crisis intervention and collateral services to parents and families. <http://ssa.ocgov.com/health/other/child>

▪ Housing

- Glennwood Housing Foundation: A unique group housing concept in Laguna Beach designed to provide local, safe and affordable housing for young adults with special needs. The Glennwood Housing Foundation was founded by a group of hopeful individuals who have children or friends with physical and developmental disabilities. The dream of GHF is to create safe and affordable housing for young adults with special needs in South Orange County. Info@GlennwoodHousing.org (949)715-4863 (Laguna Beach)

▪ Recreation

- DSUSA Orange County-The Achievers is a chapter of Disabled Sports USA (DSUSA-OC) for skiing and snowboarding. <http://theachievers.org>
- AbilityFirst- Provides a variety of recreational activities including field trips, bowling, swimming, theatre, and Special Olympics training. Ages 5 years and up. Programs available in Long Beach, Anaheim, and Costa Mesa. www.abilityfirst.org (714)821-6510
- Baseball:
 - Angels Playground- Universally accessible playground in Costa Mesa, CA. www.angelsplayground.org
 - Challenger Division of Little League Baseball Various cities for girls and boys of all disabilities for ages 5-18 or completion of high school. www.littleleague.org (909)887-6444
 - Miracle League of Orange County is a non-profit organization that gives children and adults with physical and mental disabilities the opportunity to play the great game of baseball. www.miracleleague.net (949)369-9069
- Basketball:
 - Hoopstars Basketball- The Hoopstars Basketball League was created to provide a social environment for children and adults with challenges, to participate on basketball teams in a way that instills a sense of accomplishment, teamwork, and competition, so that they have an opportunity to learn the game, increase physical activity, and enhance their self-esteem. Located in North Orange County www.hoopstarsbb.org
 - Shooting Stars Basketball League for Youth with Special Needs-For boys and girls ages 6-21 years. League includes 6 weeks of instructional play and supervised games, as well as shirt and awards for all players. www.ci.huntington-beach.ca.us (714)374-1701
 - Yorba Linda Challenger Division-The Challenger Division will be tailored to the needs of each individual special needs child. There will be activities to develop skills, learn teamwork, and advance to games. www.yorbalindabasketball.com
- Beach Wheelchairs- Beach wheelchairs are equipped with large, wide wheels which can roll across the sand without sinking. They usually require users to be accompanied by someone pushing them, although several California locations offer motorized chairs which may be self-propelled. There are many beaches listed in Orange County that lend wheelchairs free of charge. Also available is a book titled "A Wheelchair Riders Guide to the LA and Orange County Coast", which can be downloaded at the above website. www.coastal.ca.gov
- Bowling:
 - Bowling Leagues at Saddleback Lanes-Adaptive weekly bowling leagues for all disabilities ages 6-21 during the months of June, July and August.

Tournaments throughout South Orange County. www.bowlsaddleback.com
(949)586-5300

- Kingpin Bowling League at Irvine Lanes-Adaptive bowling for all disabilities ages 6 and older. Two sessions: Feb- www.irvinedisabilityservices.org
(949)724-6637
- Super Sports Bowling in Yorba Linda-Super Sports Bowling is for all ages. They meet Wednesday at 4:00pm and the cost \$5 for 2 games. (714)777-3818
- City of Irvine Disability Services Recreation – Sports League participate in various sports in 4 week sessions for ages 7-12. www.irvinedisabilityservices.org (949)724-6637
- Football/Cheer:
 - Pop Warner Challenger Football and Cheer- Pop Warner sanctioned flag football and cheerleading for developmentally disabled children ages 6-15 years. Players get a jersey, cheerleader receive a uniform and all kids get a trophy. Cities participating: Cypress, Fullerton, Huntington Beach, Lakewood, Long Beach, Pasadena, Tustin, Santa Ana, Santa Margarita and South Coast. www.popwarneroec.com or www.hbpwf.org
(714) 687-5089 & (714) 964-7812
- Garden Grove Sports and Recreation Center-Gym sports and socializing with friends are offered to all regardless of age or disability. www.ci.garde-ngrove.ca.us
(714) 889-5782
- Goodwill Fitness Center- Orange County's only fully-accessible fitness center designed for people living with physical disabilities and chronic illness. www.ocgoodwill-fitnesscenter.org (888) OCFITCENTER (888-623-4823)
- Gymnastics :
 - Big Fun Gymnastics- Gymnastics and therapy services offered to children of all ages with any disability. Other Big Fun programs include indoor soccer, martial arts, roller blading and biking.www.bigfungymnastics.com
 - Gymnastic, Dance, & Theater, Track & Field Us Too Gymnastics in Lake Forest- Dedicated to teaching gymnastics to children with high-functioning disabilities by providing a safe place for social interaction and physical activity and building of parent support groups. www.UsTooGymnastics.org (949)716-1970
- Horseback Riding:
 - Pet Time - Recreational activities combined with therapeutic horseback riding for children with special needs. pettime@pcmagic.net (714)777-9095 (Yorba Linda)
 - Ride Your Horse! Therapeutic Riding Program- Provides lessons for ages 3 to adults. The goal is to promote self-growth of a child and/or adult through the interaction with a loving horse. www.rideyourhorse.com (714)292-3563 (Cerritos)
 - Shea Therapeutic Riding Center- Full-time program of adaptive and therapeutic horseback riding for ages two and older of all disabilities. www.sheacenter.org (949) 240-8441 (San Juan Capistrano)
 - Therapeutic Riding Center of Huntington Beach- Adaptive Horseback riding lessons offered to ages four and older of most disabilities. Classes held at Huntington Central Park Equestrian Center. www.trchb.org (714)848-0966
- Karate :
 - Karate For All- This is a program developed specifically for children with special needs, ages 4 and up. The basics of self-defense techniques are taught including kicking, punching, and blocking. Karate benefits gross motor,

sensorimotor, cognitive and psychosocial functioning. Wayne Centra, MOTR/L, is the Instructor with over 20 years of martial arts experience and a black belt degree. www.karateforall.org (949)293-4430 (Various Location in OC)

- New Directions Holiday and Vacation Travel-Holiday and vacation travel offered to people ages 13 and older with all disabilities. www.newdirectionstravel.com (800) 967-2841
- Outdoor:
 - Casa Colina Centers for Rehabilitation Outdoor Adventures -Outdoor recreational activities for individuals with disabilities. Age depends on specific trip and ability level. Activities include hand cycling, scuba diving, skydiving, fishing, surfing, kayaking, water skiing, jet skiing, camping, rock climbing. www.casacolina.org (866) 724-4127
 - Barrier Free Park in Santa Ana- Established in 1993 by the Kiwanis Club of Santa Ana, provides disabled kids the chance to engage in a range of recreational activities. A wheelchair accessible sports court - the Raul Ayala Sports Court - is the latest addition.
- Power Play MD OC/Pediatric Weight Management- Fully staffed facility for ages 4-19. They offer 8-week, intensive programs that run through the year. Bilingual. www.leankids.net 1-877-LEAN-KIDS (532-0543) (Orange).
- Sailing:
 - Access to Sailing- Offers participatory programs for physically, mentally and developmentally challenged children and adults. Heart of Sailing www.accesstosailing.org (562)433-0561
- Skating:
 - Ice Skating at Orange County Ice Palace-Ice Skating for individuals of all ages. No charge for disabled and wheel chairs are accessible to the ice. Please call for skating times. Reservations required. www.ocicepalace.com (714)692-8776, ext 21 (Yoba Linda)
- Soccer:
 - AYSO V.I.P Division Adaptive Soccer offered to children of all disabilities, ages 4-19. Teams in various locations. www.soccer.org 1(800)872-2976, Ext. 5472
 - Rancho Santa Margarita Soccer Club - TOP Soccer a national soccer program for children ages 4-14 without significant physical disability as games are played on regular soccer fields. www.rsmc.com (949)858-3241
 - US Youth Soccer/TOP Soccer- Community-based soccer program for players with physical and/or mental disabilities. Ages 3 and up accepted. (714)524-3354 (Placentia)
- Softball:
 - Laguna Niguel Girls Softball -Softball Program for mentally and/or physically challenged girls, ages approximately 10-20. www.lngs.org (949)495-4972 (Laguna Niguel)
- Special Olympics - Orange County Division Year round sports training and athletic competition for people ages 8-80. Programs are offered to either those with only intellectual disability or to those with both intellectual and physical disability. www.sosc.org (714)564-8374
- Spirit League -Sports for ages 6-20 who are ambulatory and have the emotional ability to participate but have difficulty keeping up with their peers. Soccer, basketball and baseball are offered at different times throughout the year. www.spiritleague.org (714)417-9553 (parks in South Orange County)

- S.T.A.R. Program at Boys and Girls Club of Tustin- Includes children ages 5-18 with and without disabilities in recreation, sports, art, education and other activities. www.bgctustin.org (714)838-5223
- Swimming:
 - Laura's Water Otters- Therapeutic swimming lessons taught by Laura Stutz, Pediatric Occupational Therapist, having particular experience with children having sensory integration dysfunction. Both typical children and children with special needs are welcome. <http://members.cox.net/amphtherapies> (949) 533-1141 (Foothill Ranch)
 - RIO Rehabilitation Institute of Southern California- The Aquatic Department provides adaptive swim lessons exclusively to persons with special needs (i.e. physical, emotional, cognitive, learning or any debilitating disability.) Private and semi-private lessons are offered and designed to meet the individual need of participant. Lessons vary in length depending on what program you choose. We reserve the right to require a medical note and/or school IEP for diagnosis purposes. www.rio-rehab.com (714)532-3916 or (714)633-7400 ext. 241 (Orange)
- Tennis (Wheelchair) - Wheelchair Tennis - Dee Henry, Biola tennis coach, has had experience working with a number of wheelchair users, helping them to experience the game of tennis. A wheelchair tennis program exists at this college (check out website), as well as Ms. Henry being available for individual lessons. Appropriate for individuals age 10 and older. www.biola.edu/tennis (562)944-0351, ext. 5931 (La Mirada)
- Water Polo: Polo Buddies Polo Buddies is an entry level water polo class for boys and girls ages 7 - 15 that supports interaction between team members. Kids with moderate to high functioning autism, and ADHD are welcome, as are kids who may need more personalized instruction. (714)525-9651 www.polobuddies.com
- Yoga
 - Yoga at the Children's Therapy Center- Inclusive yoga classes promote flexibility, strength, balance, posture, and concentration for ages five and older. www.thechildrenstherapycenter.com (714)892-6828 (Garden Grove)
 - Yoga with Julie-classes held at UCP-OC, DSAOC, Newport Beach, and can teach one-on-one and in-home as well. Tune in, child out, shape up and experience a sense of calm and well-being through Yoga! All ages, all abilities welcome. Students will move, focus and relax with structure and deliberation, without judgment. juliereister@mac.com (949)689-7718

▪ **Support**

- Big Brothers Big Sisters- Big Brothers Big Sisters matches children ages 6 through 18 with mentors in professionally supported one-to-one relationships. They have programs in communities across the country - including yours. http://www.bigbrooc.org/site/c.5oJILXPsFcJWVG/b.6400767/k.F031/Home_Page.htm (714)619-7024
- Boys Hope Girls Hope of Southern California: Helping academically capable and motivated children-in-need to meet their full potential and become men and women for others by providing value-centered, family-like homes, opportunities and education through college. (949) 515.8833 (Irvine)

- **Tutoring**

- Pride Learning Center- Located in Newport Beach, Mission Viejo, San Clemente & Yorba Linda. One-on-one tutoring in reading and comprehension. Give a students a boost in their weakest areas! Specialists Learning Disabilities, Dyslexia, Apraxia, ADHD, ASD, Auditory Processing, Visual Processing and other learning disabilities.
<http://pridelearningcenter.com/> (949)891-0125.