CHILDREN: SAN DIEGO, SOUTH 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 South County: Disability Services
    http://www.arc-sd.com/
  - 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
  - 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 South County: Disability Services
http://www.arc-sd.com/
Head Start Federally Funded Preschool:
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.togetherwergrow.org/
San Diego Regional Center:
www.sdrc.org

Child Development/Early Intervention/Early Education
Arc of South County: Disability Services
http://www.arc-sd.com/
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:
- **San Diego Parent Preschool Resource Guide:**

- **San Diego Regional Center:**
  [www.sdrc.org](http://www.sdrc.org)

- **Education/Special Education/School-based services**
  - Wrightslaw: Special Education/Disability Law Information
    [http://www.wrightslaw.com](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](http://www.camppendletonrotary.org)
    - Navy-Marine Corps Relief Society
      [http://www.nmcrs.org/locations/entry/camp-pendleton](http://www.nmcrs.org/locations/entry/camp-pendleton)
      760-725-1800
    - Armed Services YMCA
      760-389-4921
    - In Home Supportive Services
      [http://www.sdcounty.ca.gov/hhsa/programs/ais/inhome_supportive_services/](http://www.sdcounty.ca.gov/hhsa/programs/ais/inhome_supportive_services/)
    - Resource Guide of Financial Assistance in SD County:

- **Hearing & Vision**
  - First 5 San Diego
    [http://www.first5sandiego.org/programs/contractors](http://www.first5sandiego.org/programs/contractors)

- **Information & Referral**
  - DOD Special Needs Parent Toolkit
  - Exceptional Family Resource Center:
    [www.efrconline.org](http://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](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  

- 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](http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx)
- CalFresh (Part of federal Supplemental Nutrition Assistance Program-SNAP)
- Military Outreach Ministry (Low Cost/Free food for E5 and below)
  [www.mom4usa.org](http://www.mom4usa.org)
- Jewish Family Service (Food assistance/Give away)
  [www.jfssd.org](http://www.jfssd.org)
- Helping Hand Worldwide (Mobile food pantry)
  [www.thehelpinghandworldwide.org](http://www.thehelpinghandworldwide.org)
- Golden Share Foods Program (box of food at very reduced price)
  [www.goldensharefoods.com](http://www.goldensharefoods.com)
  619-590-1692
- San Diego Food Bank
  866-350-3668
  [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)
- Feeding America
  858-452-3663
  [www.feedingamericasd.org](http://www.feedingamericasd.org)
- Mama’s Kitchen
  619-233-6262  1875 Second Ave San Diego, CA

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](http://www.ainsleysangels.org/Home.html)
- The Magic Horse Therapeutic Horseback riding
- American Youth Soccer Organization
  619-656-7699
- Special Olympics
  619-283-6100
- Arms Wide Open Dance Studio (dance classes for those with special needs)
  [http://www.awosd.org](http://www.awosd.org)

Transition/Independent Living
- Arc of South County: Disability Services
  [http://www.arc-sd.com](http://www.arc-sd.com)
- San Diego Regional Center:
  [www.sdrc.org](http://www.sdrc.org)