

Exceptional Family Member Program Local Resources:

Abuse and Trauma

Resource	Contact	Website
AMERICAN PROFESSIONAL SOCIETY ON THE ABUSE OF CHILDREN	877-402-7722	https://www.apsac.org/
FAMILY VIOLENCE & SEXUAL ASSAULT INSTITUTE	858-527-1860	https://www.ivatcenters.org/
JACOB WETTERLING RESOURCE CENTER	651-714-4673	https://www.zeroabuseproject.org/victim-assistance/jwrc/
KIDS' TURN SAN DIEGO	858-521-0027	https://kidsturnsd.org/
INTERNATIONAL SOCIETY FOR THE STUDY OF TRAUMA AND DISSOCIATION	844-994-7783	https://www.isst-d.org/
ASSOCIATION OF BATTERERS INTERVENTION PROGRAMS		https://www.abips.com/
SAN DIEGO FAMILY JUSTICE CENTER	619-533-6000	https://www.sandiego.gov/sandiegofamilyjusticecenter/

Adult Centers

Resource	Contact	Website
HEALTHY OPPORTUNITIES PROGRESSIVE EDUCATION	619-825-9854	https://www.hopeincadc.com/

Exceptional Family Member Program Local Resources:

Advocacy

Resource	Contact	Website
AMERICAN ADVOCACY GROUP	877-762-0702	https://www.americanadvocacygroup.com/
CONSUMER CENTER FOR HEALTH EDUCATION AND ADVOCACY	877-734-3258	https://www.lassd.org/about/what-cchea
OFFICE OF CLIENTS' RIGHTS ADVOCACY	1800-390-7032 (NorCal) 1866-833-6712 (SoCal) 1877-669-6023 (TTY)	https://www.disabilityrightsca.org/
DISABILITY RIGHTS CALIFORNIA	https://www.disabilityrightsca.org/contact-us	https://www.disabilityrightsca.org/
PARENTS ADVOCATING TOGETHER	858-213-8005	http://www.patsd.org/
VOZ DE VICTORIA	619-227-7969 619-895-4282	https://vozdvictoria.com/
TASK	858-277-9550	https://www.centerforchildren.org/resources/team-of-advocates-for-special-kids-task/

Alternative Therapies

Resource	Contact	Website
TREMBLE CLEFS	619-363-0814	https://www.trembleclefs.com/
GERKEN FAMILY CHIROPRACTIC	619-735-2828	https://www.gerkenfamilychiropractic.com/

Exceptional Family Member Program Local Resources:

Alzheimer's

Resource	Contact	Website
ALZ COMPANIONS RESPITE & RELIEF FOR FAMILIES	858-492-4400	https://www.alz.org/sandiego
ALZHEIMER'S ASSOCIATION	800-272-3900	https://www.alz.org/
MENTAL HEALTH AMERICA OF SAN DIEGO COUNTY	619-543-0412	https://mhasd.org/
NATIONAL INSTITUTE OF MENTAL HEALTH	1-866-615-6464	https://www.nimh.nih.gov/
ART & CREATIVITY FOR HEALING	949-367-1902	https://art4healing.org/
CHIROPRACTIC CONNECTION WELLNESS CENTER	858-514-8204	https://www.chiroconnectwellness.com/
UNDERSTOOD	516-654-7584	https://www.understood.org/
RESOUNDING JOY INC	858-457-2200	https://resoundingjoyinc.org/
UCSD ALZHEIMER'S DISEASE RESEARCH CENTER	858-822-4800	https://a4study.org/
GEORGE G. GLENNER ALZHEIMER'S FAMILY CENTERS	619-543-4700	https://glenner.org/

Angelman Syndrome

Resource	Contact	Website
ANGELMAN SYNDROME FOUNDATION	800-432-6435	https://www.angelman.org/

Arthritis

Resource	Contact	Website
ARTHRITIS FOUNDATION	858-492-1090	https://www.arthritis.org/

Exceptional Family Member Program Local Resources:

Assessments

Resource	Contact	Website
SAVE BABIES THROUGH SCREENING FOUNDATION		http://savebabies.org/

Assisted Living

Resource	Contact	Website
ST. PAUL'S SENIOR HOMES & SERVICES		https://www.stpaulseniors.org/
SUNSHINE CARE	858-674-1255 x202	

Assistive Technology

Resource	Contact	Website
CALIFORNIA PUBLIC UTILITIES COMMISSION	1-800-806-1191	https://ddtp.cpuc.ca.gov/
ABILITY TOOLS	858-278-5420 x120/ x121	https://abilitytools.org/
UNITED CEREBRAL PALSY OF SAN DIEGO COUNTY		http://ucpsdtechcenter.org/
CALIFORNIA ASSISTIVE TECHNOLOGY EXCHANGE	858-278-5420	https://csun.edu/cod/cate
TOUCHCHAT		https://touchchatapp.com/
SALTILLO	1-877-397-0178	https://santillo.com/
BUILDERS OF ELOQUENCE AND ENGAGEMENT		https://viloriarpm.wordpress.com/welcome/
CALIFORNIA RELAY SERVICE		https://hamiltonrelay.com/california/index.html
COMPUTER/ ELECTRONIC ACCOMMODATIONS PROGRAM	833-227-3272	https://cap.mil/
TALK TO ME TECHNOLOGIES		https://www.talktometechnologies.com/

Exceptional Family Member Program Local Resources:

Asthma

Resource	Contact	Website
AMERICAN ACADEMY OF ALLERGY ASTHMA & IMMUNOLOGY	414-272-6071	https://www.aaaai.org/
THE AMERICAN LUNG ASSOCIATION OF SAN DIEGO AND IMPERIAL COUNTIES	619-297-3901 x130	https://www.lung.org/

Autism

Resource	Contact	Website
SEE BENEATH		https://www.seebeneath.org/
ABLE PATHWAYS	760-230-5251	
THE SHAPE OF BEHAVIOR		https://bluesprigautism.com/
RADY CHILDREN'S HOSPITAL SAN DIEGO	858-576-1700	https://www.rchsd.org/
SAN DIEGO AUTISM SOCIETY	619-595-3691	
AUTISM SPECTRUM CONSULTANTS		https://autismconsultants.com/
AUTISM LEARNING PARTNERS	855-295-3276 x276	https://www.autismlearningpartners.com/
THE FAMILY GUIDANCE AND THERAPY CENTER	619-600-0683	https://familyguidanceandtherapy.com/
AUTISM COMPREHENSIVE EDUCATIONAL SERVICES	619-278-0884	https://www.acesaba.com/
CENTER FOR AUTISM & RELATED DISORDERS	858-278-6603	https://www.centerforautism.com/
CENTER FOR AUTISM & RELATED DISORDERS (ADULT SERVICES)		http://cardadults.com/AdultServices/Default.aspx
NATIONAL FOUNDATION FOR AUTISM RESEARCH	858-679-8800	https://nfar.org/

Exceptional Family Member Program Local Resources:

GATEWAY LEARNING GROUP	1-877-264-6747	https://kyocare.com/
POSITIVE BEHAVIOR SUPPORTS CORPORATION	1-855-832-6727	https://www.teampbs.com/
PEOPLE'S CARE	909-287-3557	https://peoplescare.com/

Behavioral Health

Resource	Contact	Website
SPECIAL NEEDS NETWORK	323-291-7100	https://snnla.org/
TOUCHSTONE EDUCATIONAL CONSULTANTS	888-616-0864	https://touchstone-sandiego.com/
MERIDELL ACHIEVEMENT CENTER	197	https://meridell.com/
	134	https://www.centerforautism.com/
LA MAESTRA COMMUNITY HEALTH CENTERS	202	http://www.lamaestra.org/
AURORA BEHAVIORAL HEALTH SAN DIEGO	858-487-3200	https://www.aurorasandiego.com/
COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY	1-888-724-7240	https://www.sandiegocounty.gov/hhsa/programs/bhs/
RECOVERY INNOVATIONS	858-274-4650	https://riinternational.com/
SPECIAL NEEDS NETWORK	323-291-7100	https://snnla.org/

Cancer

Resource	Contact	Website
AMERICAN CANCER SOCIETY	1-800-227-2345	https://www.cancer.org/

Exceptional Family Member Program Local Resources:

Care Facilities

Resource	Contact	Website
RESPECT AND CARE	619-267-8400	https://www.rescare.com/
AT YOUR HOME FAMILYCARE	858-625-0406	https://atyourhomefamilycare.com/
SAN DIEGO HEALTH CARE ASSOCIATION	760-944-1666	https://www.cahf.org/
SOUTHERN CAREGIVER RESOURCE CENTER		https://www.caregivercenter.org/

Care Givers

Resource	Contact	Website
SAN DIEGO CAREGIVER COALITION	858-505-6300	https://www.caregivercoalitionsd.org/
ACCREDITED HOME CARE	619-265-1234	https://accreditednursing.com/
OPERATION FAMILY CAREGIVER	858-268-4432	https://operationfamilycaregiver.org/
MILITARY CAREGIVER SUPPORT	134	https://warriorcare.dodlive.mil/
CALIFORNIA CAREGIVER RESOURCE CENTERS	858-268-4432	https://www.caregivercenter.org/

Celiac Disease

Resource	Contact	Website
CELIAC DISEASE FOUNDATION	818-716-1513	https://celiac.org/
GLUTEN FREE ALLERGY FREE MARKET PLACE		https://celiac.org/eat-gluten-free/

Exceptional Family Member Program Local Resources:

Cerebral Palsy

Resource	Contact	Website
UNITED CEREBRAL PALSY OF SAN DIEGO COUNTY		https://ucpsd.org/index.html

Child Care Resources

Resource	Contact	Website
YMCA TEENS IN MOTION		https://www.ymcasd.org/
MILITARY CHILDCARE	1-855-696-2934	https://public.militarychildcare.csd.disa.mil/mccu/ui/#/
NEIGHBORHOOD HOUSE ASSOCIATION	858-715-2642	http://www.neighborhoodhouse.org/neighborhood-house-programs/head-start/
THE CENTER FLEET & FAMILY SUPPORT	619-556-7404	https://sandiego.navylifefsw.com/programs/644058ea-c609-4753-9ba6-5f854e410413

Child Development

Resource	Contact	Website
FAMILY HEALTH CENTERS OF SAN DIEGO	619-876-4494	https://www.fhcsd.org/pediatric-developmental-services/
FIRST 5 SAN DIEGO	888-534-7785	https://first5sandiego.org/programs/family/first-5-first-steps-home-visiting-program/

Exceptional Family Member Program Local Resources:

Child Welfare

Resource	Contact	Website
COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY	1-877-792-5437	https://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/foster_and_adoptive_resource_family_services/
COUNTY OF SAN DIEGO CHILD WELFARE SERVICES	858-616-5811	https://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services/cwsresourcesandguides/SET.html
DEPARTMENT OF CHILD SUPPORT SERVICES	866-901-3212	https://www.sandiegocounty.gov/dcss//

Community Resources

Resource	Contact	Website
USO SAN DIEGO	619-235-6503	https://sandiego.uso.org/
MAKE A WISH SAN DIEGO	858-707-9474	https://wish.org/sandiego
SAN DIEGO MILITARY OUTREACH MINISTRIES		https://sandiegomom.org/
STEP		https://www.teamstepusa.org/
ARMED SERVICES YMCA		https://www.asymca.org/sandiego-home
GOODWILL SAN DIEGO COUNTY		https://sdgoodwill.org/
FIRST 5 FIRST STEPS HOME VISITING PROGRAM		https://first5sandiego.org/
USO SAN DIEGO		https://sandiego.uso.org/
AMERICAN RED CROSS		http://www.redcross.org/
NAMI		https://namisandiego.org/

Exceptional Family Member Program Local Resources:

Counseling

Resource	Contact	Website
HOME OF GUIDING HANDS	619-938-2850	https://www.guidinghands.org/
FLEET AND FAMILY SUPPORT CENTER	619-556-7404	https://sandiego.navylifesw.com/programs/644058ea-c609-4753-9ba6-5f854e410413
MILITARY AND FAMILY LIFE COUNSELOR PROGRAM	800-342-9647	https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/
MENTAL HEALTH SYSTEMS	858-277-7907	https://www.familyforces.org/
UPAC	619-578-2211	https://www.upacsd.com/

Day Programs

Resource	Contact	Website
THE ARC OF SAN DIEGO		https://www.arc-sd.com/home
ST. MADELEINE SOPHIE'S CENTER	619-442-5129	https://stmisc.org/
COMMUNITY INTERFACE SERVICES	858-732-5070	https://www.communityinterfaceservices.org/
LIVING INDEPENDENTLY IS FOR EVERYONE	619-908-1183	http://www.lifeindependently.org/
MOUNTAIN SHADOWS SPECTRUM SOLUTIONS	760-736-8983	https://mtnshadows.org//
OPTIONS FOR ALL		https://optionsforall.org/

Exceptional Family Member Program Local Resources:

Deaf and Hearing Impaired

Resource	Contact	Website
CAPTION CALL	1-877-557-2227	https://captioncall.com
CARE CREDIT	619-283-8400	http://alhearing.com/
ROWELL FAMILY EMPOWERMENT	530-226-5129	https://rfenc.org/Home/
DEAF COMMUNITY SERVICES	619-398-2441	https://deafcommunityservices.org/
HANDS AND VOICES	866-422-0422	https://www.handsandvoices.org/
CALIFORNIA RELAY SERVICES	916-330-3239	https://hamiltonrelay.com
HEROES WITH HEARING LOSS	800-974-1517	https://heroeswithhearingloss.org/

Deployment

Resource	Contact	Website
FEDERAL RECOVERY COORDINATION PROGRAM	1-877-732-4456	https://www.va.gov/VADODHEALTH/FRCP.asp
OPERATION HOMEFRONT	866-424-5210	https://operationhomefront.org/
NAVY SAFE BARBOR COMMAND	1-877-743-8563	https://www.mynavyhr.navy.mil/Navy-Personnel-Command/
NAVAL MEDICAL CENTER SAN DIEGO	619-532-6044	https://sandiego.tricare.mil/Health-Services/Specialty-Care/Comprehensive-Combat-and-Complex-Casualty-Care
INJURED MARINE SEMPER FI FUND	760-725-3680	https://semperfifund.org/
CASUALTY ASSISTANCE CALLS PROGRAM	619-556-7178	https://www.cnic.navy.mil/regions/cnrsw.html
GIVE AN HOUR		https://giveanhour.org/

Exceptional Family Member Program Local Resources:

AMERICAN RED CROSS	858-309-1200	https://www.redcross.org/local/california/southern-california.html
SOLDIERS ANGELS	615-676-0239	https://soldiersangels.org/
THE SOLDIERS PROJECT	818-761-7438	https://www.thesoldiersproject.org/
MILITARY & FAMILY LIFE CONSULTANT PROGRAM	619-389-7759	http://www.mccsmcrd.com/mflc/

Diabetes

Resource	Contact	Website
AMERICAN DIABETES ASSOCIATION	619-532-7378	https://www.diabetes.org/diabetes/find-a-program

DoDEA

Resource	Contact	Website
DEPARTMENT OF DEFENSE		https://www.dodea.edu/Curriculum/index.cfm

Exceptional Family Member Program Local Resources:

Down Syndrome

Resource	Contact	Website
DOWN SYNDROME ASSOCIATION OF SAN DIEGO	619-594-7389	http://dsasdonline.org/
RADY CHILDREN'S HOSPITAL SAN DIEGO	858-966-8855	https://www.rchsd.org/programs-services/down-syndrome-center/
NATIONAL DOWN SYNDROME CONGRESS	858-966-8855	https://www.rchsd.org/programs-services/down-syndrome-center/
NATIONAL DOWN SYNDROME SOCIETY	800-221-4602	https://www.ndss.org/

Dyslexia

Resource	Contact	Website
DYSLEXIA TRAINING INSTITUTE	619-517-0683	https://dyslexiatraininginstitute.org/

Dystonia

Resource	Contact	Website
DYSTONIA MEDICAL RESEARCH FOUNDATION	312-755-0198	https://dystonia-foundation.org/

Exceptional Family Member Program Local Resources:

Early Intervention

Resource	Contact	Website
SAN DIEGO REGIONAL CENTER AND CALIFORNIA EARLY START	858-576-2996	https://www.sdrc.org/
SUNNY DAYS EARLY CHILDHOOD DEVELOPMENTAL SERVICES	858-571-0030	https://www.sunnydays.com/
REASONS FOR CONCERN (Birth-3 years)	800-515-2229	https://www.dds.ca.gov/services/early-start/
REASONS FOR CONCERN (3-5 years)	916-445-4613	https://www.cde.ca.gov/sp/se/

Education

Resource	Contact	Website
URBAN SKILL CENTER	619-243-1325	https://www.tiee.org/
THE FAMILY AND LEARNING CENTER	858-454-7303	
THE WINSTON SCHOOL	858-259-8155	https://www.thewinstonschool.org/about-us/school-profile/
ASELTINE SCHOOL	619-296-2135	https://aseltine.org/
SAN DIEGO UNIFIED SCHOOL DISTRICT	858-490-8517	
SAN DIEGO UNIFIED SCHOOL DISTRICT SEXUAL HEALTH EDUCATION PROGRAM		https://sandiegounified.org/SHEP

Educational Consulting and Advocacy

Resource	Contact	Website
TASK		https://taskca.org/

Exceptional Family Member Program Local Resources:

Emergency Preparation

Resource	Contact	Website
AMERICAN RED CROSS	858-309-1200	https://www.redcross.org/local/california/southern-california/about-us/our-work/prepare.html
COUNTY OF SAN DIEGO OFFICE OF EMERGENCY SERVICES	858-565-3490	https://www.readysandiego.org/
OPERATION PREPARE	619-234-6142	https://www.cnic.navy.mil/
READY		https://www.ready.gov/

Employment

Resource	Contact	Website
PRIDE INDUSTRIES	619-477-0857	https://www.prideindustries.com/
EMPLOYER ASSISTANCE REFERRAL NETWORK	866-327-6669	
CALIFORNIA HEALTH INCENTIVES IMPROVEMENT PROJECT	916-654-2561	
COMMUNITY CATALYSTS OF CALIFORNIA	858-292-2020	https://communitycatalysts.org/
SAN DIEGO CONVENTION CENTER		https://www.visitsandiego.com/
EMPLOYMENT & COMMUNITY OPTIONS		https://optionsforall.org/

Exceptional Family Member Program Local Resources:

Epilepsy

Resource	Contact	Website
EPILEPSY SUPPORT NETWORK OF ORANGE COUNTY		https://esnoc.org/
HOPE 4 CHILDREN WITH EPILEPSY		www.hope4childrenwiththeepilepsy.com

Legal

Resource	Contact	Website
LEGAL AID SOCIETY OF SAN DIEGO INC		https://www.lasds.org/

Recreation

Resource	Contact	Website
SPORTS FOR EXCEPTIONAL ATHLETES	858-565-7432	https://www.s4ea.org/
CAMP SUNSHINE		https://www.campsunshine.org/
MARINE CORPS RECRUIT DEPOT MUSEUM		https://www.mcrdmuseum.org/

***Please contact your EFMP Family Case Worker for any additional information or resources not included on this list.**

***Resources updated every 6 months; please notify us of any changes or issues**