

# San Diego County Resource List

## SERVICES AND SUPPORT FOR PEOPLE WITH DISABILITIES

<p><b>Adapted Fitness/Parks and Recreation Services</b></p>	<p><b>ADAPT Functional Movement Center</b> 760-688-7323, <a href="mailto:info@adaptmovement.org">info@adaptmovement.org</a> <a href="http://www.adaptmovement.org">www.adaptmovement.org</a>  <b>Challenged Athletes Foundation:</b> 858-866-0959, <a href="mailto:caf@challengedathletes.org">caf@challengedathletes.org</a>, <a href="http://www.challengedathletes.org">www.challengedathletes.org</a>  <b>Challenge Center</b> 619-667-8644, <a href="mailto:info@challengecenter.org">info@challengecenter.org</a>, <a href="http://www.challengecenter.org">www.challengecenter.org</a>  <b>San Diego Department of Parks and Recreation- Therapeutic Recreation Services</b> 858-525-8247 <a href="http://www.sandiego.gov/park-and-recreation/activities/trs">www.sandiego.gov/park-and-recreation/activities/trs</a>  <b>San Diego State University Adaptive Fitness Clinic</b> 619-594-2017, <a href="mailto:sdsufitclinic@sdsu.edu">sdsufitclinic@sdsu.edu</a>, <a href="http://ens.sdsu.edu">ens.sdsu.edu</a></p>
<p><b>Breastfeeding and Chestfeeding Resources</b></p>	<p><b>San Diego County Breastfeeding Coalition:</b> 800-371-6455, <a href="mailto:sdbc@breastfeeding.org">sdbc@breastfeeding.org</a>, <a href="http://www.breastfeeding.org">www.breastfeeding.org</a>  <b>UC Health Milk Bank:</b> 858-249-6455, <a href="mailto:hmi@ucsd.edu">hmi@ucsd.edu</a>  <b>San Diego Breastfeeding Center:</b> 619-724-4117, <a href="mailto:info@sdbfc.com">info@sdbfc.com</a>, <a href="http://www.sdbfc.com">www.sdbfc.com</a>  <b>Le Leche League San Diego:</b> 858-646-9779, <a href="http://www.llofsandiego.com">www.llofsandiego.com</a></p>

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<p><b>County Services</b></p>	<p><b>211 San Diego:</b> call 2-1-1, dial 7-1-1 if hearing-impaired and ask to be connected to 211 at 858-300-1211, TTY 800-735-2929 (English) 800-855-3000 (Spanish)</p> <p>211 San Diego can assist with:</p> <ul style="list-style-type: none"> <li>• MediCal</li> <li>• CalFresh</li> <li>• CalWorks</li> <li>• Aging and Independent Services</li> <li>• Maternal Child Health Programs</li> <li>• and more</li> </ul> <p><a href="http://www.211sandieg.org">www.211sandieg.org</a></p>
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<p><b>Day Programs and Supported Employment</b></p>	<p><b>A Better Life Together, INC.:</b> 619-741-1548, <a href="http://www.abetterlifetogether.org">www.abetterlifetogether.org</a></p> <p><b>Able-Disabled Advocacy INC:</b> 619-231-5990, <a href="http://www.able2work.org">www.able2work.org</a></p> <p><b>Access to Independence (Mission Valley):</b> 619-293-3500 (Escondido) 619-704-2058 (El Centro) 760-768-2044, <a href="http://www.accesstoIndependence.com">www.accesstoIndependence.com</a></p> <p><b>ARC of San Diego:</b> 619-685-1175, <a href="http://www.arc-sd.org">www.arc-sd.org</a></p> <p><b>Athena Day Program:</b> 858-335-3979, <a href="http://www.athenadayprogram.com">www.athenadayprogram.com</a></p> <p><b>Creel Industries:</b> 619-887-3571, <a href="http://creelindustries.com">creelindustries.com</a></p> <p><b>Easterseals (Escondido):</b> 760-482-2777 (National City): 619-409-9400, <a href="http://www.easterseals.com">www.easterseals.com</a></p> <p><b>Options For All: (Community Engagement):</b> 619-629-6679 (Supported Employment): 619 936-3343 (Independent Living/TDSO): 408-483-2415, <a href="https://optionsforall.org">https://optionsforall.org</a></p> <p><b>Peoples Care:</b> 855-773-6753, <a href="https://peoplescare.com">https://peoplescare.com</a></p> <p><b>St. Madeleine Sophie's Center:</b> 619-442-5129, <a href="https://stmssc.org">https://stmssc.org</a></p> <p><b>TERi</b> 760-721-1706, <a href="https://teriinc.org">https://teriinc.org</a></p> <p><b>Unyeway INC:</b> 619-334-6502, <a href="http://www.unyeway.org">www.unyeway.org</a></p>
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## SERVICES AND SUPPORT FOR PEOPLE WITH DISABILITIES

<p><b>Disability Services</b></p>	<p><b>Center for Independent Living California Office:</b> 202-795-7292 Project Officer: Elizabeth Akinola, Elizabeth.akinola@acl.hhs.gov, <a href="http://centerforindependentliving.org">centerforindependentliving.org</a></p> <p><b>Department of Developmental Services California:</b> 833-421-0061, TTY: 711, info@dds.ca.gov</p> <p><b>In-home Supportive Services:</b> 800-339-466, <a href="http://www.cdss.ca.gov/in-home-support-services">www.cdss.ca.gov/in-home-support-services</a></p> <p><b>Regional Center:</b> 858-576-2996, info@sdrcc.org, <a href="http://www.sdrcc.org">www.sdrcc.org</a></p> <p><b>State Council on Developmental Disabilities-San Diego Imperial Office</b> (619) 688-3323 sandiego@scdd.ca.gov, <a href="http://www.scdd.ca.gov">www.scdd.ca.gov</a></p>
<p><b>Disability Specific Organizations</b></p>	<p><b>Autism Society of San Diego</b> 858-715-0678 info@autismsocietysandiego.org, <a href="http://www.autismsocietysandiego.org">www.autismsocietysandiego.org</a></p> <p><b>Autism Tree</b> 619-222-4465 , <a href="http://www.autismtree.org">www.autismtree.org</a></p> <p><b>Down Syndrome Association of San Diego</b> 619-594-7389 dsasd@mail.sdsu.edu, <a href="http://dsasdonline.org">dsasdonline.org</a></p> <p><b>Foundation for Developmental Disabilities</b> 858-256-2222 mail@foundationfordd.org, <a href="http://foundationfordd.org">foundationfordd.org</a></p> <p><b>United Cerebral Palsy San Diego</b> 858-571-7803 info@ucpsd.org, <a href="http://www.ucpsd.org">www.ucpsd.org</a></p>

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<p><b>Family Services</b></p>	<p><b>Child Welfare Services:</b> 800-344-6000  <b>Birthline:</b> 858-270-2491, <a href="mailto:clairemont@birthlineofsd.org">clairemont@birthlineofsd.org</a>  <b>Black Infant Health Program:</b> 619-542-4195, <a href="mailto:bih@neighborhoodhouse.org">bih@neighborhoodhouse.org</a>  <b>Family Resource Centers:</b> 866-262-9881  <b>Maternal Child Health Program and Nurse Family Partnership Program:</b> 619-285-6480, <a href="mailto:persimmonysupport.hhsa@sdcounty.ca.gov">persimmonysupport.hhsa@sdcounty.ca.gov</a>  <b>Women, Infant, and Children (WIC) Program:</b> 800-500-6411 To locate a San Diego WIC office near you, go to <a href="http://sdwic.com">http://sdwic.com</a></p>
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### Independent Living/ Supported Living Services

**ARC of San Diego:** 619-685-1175, [www.arc-sd.org](http://www.arc-sd.org)  
**Aya Living:** 619-446-6469, [info@ayaliving.com](mailto:info@ayaliving.com), [www.ayaliving.com](http://www.ayaliving.com)  
**Blossoms ILS:** 619-995-5062, [www.blossmsils.com](http://www.blossmsils.com)  
**Civitas Living:** 413-504-2545, [dcross@civitasliving.org](mailto:dcross@civitasliving.org), [www.civitasliving.org](http://www.civitasliving.org)  
**Community Interface Services: (San Diego Office)** 858-732-5070, TTY: 760-729-7155, **(North County Office)** 760-729-3866, TTY: 760-729-7155, [www.communityinterfaceservices.org](http://www.communityinterfaceservices.org)  
**Creative Support Alternatives:** 619-286-6007, [creativesupportalternativs@gmail.com](mailto:creativesupportalternativs@gmail.com), [www.creativesupport.org](http://www.creativesupport.org)  
**Ideal Care:** 858 337-4534, <https://idealcare-sls.com>  
**Independent Living Association (San Diego) :** 858-609-7963  
**KB Way Supported Living Services:** 619-665-3480, [jb@kbway.net](mailto:jb@kbway.net), [www.kbway.net](http://www.kbway.net)  
**Life Works Supported Living Services:** 619-696-1401, [www.lifeworks-sls.com](http://www.lifeworks-sls.com)  
**Networx:** 619-460-5600, [www.networx-sls.com](http://www.networx-sls.com)  
**TLC Supported Living Services:** 858-722-3389, [juliechadwick1@me.com](mailto:juliechadwick1@me.com)  
**Towards Maximum Independence (TMI):** 800-8775452, [www.tmi-inc.org](http://www.tmi-inc.org)

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<p><b>Law Enforcement Agencies</b></p>	<p><b>In case of emergency dial 911</b>  <b>Carlsbad Police Department:</b> 760-931-2197  <b>Chula Vista Police Department:</b> 619-691-5151  <b>El Cajon Police Department:</b> 619-579-3311  <b>Escondido Police Department:</b> 760-839-4722  <b>La Mesa Police Department:</b> 619-667-1400  <b>National City Police Department:</b> 619-336-4411  <b>San Diego Police Department:</b> 619-531-2000  <b>San Diego Sheriff's Department:</b> 858-565-5200</p>
<p><b>Lawyer - Legal Services</b></p>	<p><b>ACLU of San Diego and Imperial Counties</b> 619-232-2121 <a href="mailto:info@aclusandiego.org">info@aclusandiego.org</a>  <b>Disability Rights California</b> 800-776-5746 (TTY) 800-719-5798, <a href="http://www.disabilityrightsca.org">www.disabilityrightsca.org</a>  <b>Legal Aid Society of San Diego</b> 877-534-2524), <a href="http://www.lasdsd.org">www.lasdsd.org</a>  <b>Lawyers Club of San Diego</b> 858-732-0002 <a href="https://lawyersclubsandiego.com/">https://lawyersclubsandiego.com/</a></p>

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<p><b>Mental Health</b></p>	<p><b>Access and Crisis Line:</b> 888-724-7240, (TTY) 711, or text 988</p> <p><b>Behavioral Health Services:</b> 619-563-2700</p> <p><b>National Alliance on Mental Illness:</b> 619-295-1055</p> <p><b>Vista Hill (In Partnership with the County of San Diego):</b> 858-514-5100</p>
<p><b>Sexual and Reproductive Health</b></p>	<p><b>Planned Parenthood of the Pacific Souththwest</b> Make an appointment online or call 1.888.743.7526 to make an appointment at the health center nearest you.</p> <p><b><u>San Diego Coalition for Reproductive Justice</u></b>  <a href="http://www.crjsandiego.org/">http://www.crjsandiego.org/</a></p>
<p><b>Services for Adults</b></p>	<p><b>Adult Protective Services:</b> 800-339-4661</p> <p><b>San Diego County Aging Agency:</b> 858-560-2500</p>
<p><b>Services for Children</b></p>	<p><b>California Children's Services (CCS):</b> 619-528-4000</p> <p><b>Early Start BabyLine Services and Referrals:</b> 800-515-2229, <a href="mailto:earlystart@dds.ca.gov">earlystart@dds.ca.gov</a></p> <p><b>Exceptional Family Resource Center:</b> 619-524-8031</p> <p><b>Kids Included Together:</b> (858) 225-5680  <a href="mailto:supportcenter@kit.org">supportcenter@kit.org</a></p>

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<p><b>Sexual Assault and Domestic Violence</b></p>	<p><b>In case of an emergency, please call 911</b>  <b>Center for Community Solutions: 858-272-5777</b>  <b>San Diego Family Justice Center: 619-533-6000</b></p>
<p><b>Transportation Services</b></p>	<p><b>Jewish Family Services: 858-637-3210</b> On The Go Program (Age 60+)  <b>San Diego Metropolitan Transit System (MTS): 619-233-3004</b> or 5-1-1, TTY:888-722-4889  <b>North County Transit District: Accessibility Line 760-726-1111, Travel Training 760-966-6561</b>  <b>MTS Access (paratransit): Certification: 877-232-7433, TTY:310-410-0985, Reservation: 888-517-9627, TTY: 800-568-7097</b></p>
<p><b>Other Resources</b></p>	<p><b>Poison Help Line: 800-222-1222</b>  <b>Through the Looking Glass (for parents with disabilities) 510-848-1112</b> <a href="http://www.lookingglass.org">http://www.lookingglass.org</a></p>

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