

# family support

## An annotated directory of parent agencies throughout California

At first glance, the range of centers and networks that provide support and information to parents of children with disabilities in California may look like an abundance of riches. And then the choices can start to feel simply overwhelming.

This insert to *The Special EDge* is designed to offer parents an easily accessible directory for finding the parent center that offers the information and services that best suit their needs and those of their child. Each type of center is defined and then followed by a list of the specific locations of centers of that kind throughout the state. Listings are alphabetized by city and include contact information: telephone numbers along with e-mail and Web addresses, if available.

While not every city and town in the state has the perfect parent organization for every family's needs, a telephone call to the one that offers the right services can often provide invaluable support. Parents regularly report that these centers have helped them better understand their children's specific needs, learn how to communicate with teachers and professionals, and become more effective participants in their children's education and planning. Any effort to contact one promises to be well worth it.

### Community Parent Resource Centers (CPRCs)

**Population Served:** Individuals with disabilities who are underserved, ages birth to twenty-six, and their parents

**Focus:** Educational needs

**Mission/Purpose:** To provide training and information to parents of children with disabilities and to people who work with parents; to provide outreach and support for families that may not know about these services. The goal is to enable parents to participate more fully and effectively with professionals in meeting the educational needs of children with disabilities.

**Services:** Information, parent-to-parent support; support for families concerned with their child's education; support for transition to adult services

**Range:** Six statewide

**Web site:** See individual CPRCs

### CPRCs

Berkeley. Foster Youth

Resources for Education, serving Alameda County; 510-644-2555 or 800-348-4232; [rmiller@drdf.org](mailto:rmiller@drdf.org); [www.dredf.org](http://www.dredf.org)

Los Angeles. Loving Your Disabled

Child, serving most of Los Angeles County; 323-373-0323; [lydc3407@yahoo.com](mailto:lydc3407@yahoo.com) or [lydcprc@sbcglobal.net](mailto:lydcprc@sbcglobal.net); [www.lydcprc.org](http://www.lydcprc.org)

Los Angeles. Parents of Watts,

serving most of Los Angeles County (with Loving Your Disabled Child); 323-566-7556; [egertonf@hotmail.com](mailto:egertonf@hotmail.com) or [pou90059@yahoo.com](mailto:pou90059@yahoo.com)

Los Angeles. Fiesta Educativa, serving East Los Angeles; 323-221-6696; [info@fiestaeducativa.org](mailto:info@fiestaeducativa.org); [www.fiestaeducativa.org](http://www.fiestaeducativa.org)

San Gabriel. Chinese Parents Association for the Disabled, serving Los Angeles and Orange Counties; 626-307-3837; [chen\\_rachel@hotmail.com](mailto:chen_rachel@hotmail.com); [www.cpad.org](http://www.cpad.org)

Stanton. Vietnamese Parents of Disabled Children Assoc., Inc., serving Los Angeles and Orange Counties (with Loving Your Disabled Child); 714-527-9216; [hgnguyen@vpdca.org](mailto:hgnguyen@vpdca.org); [www.vpdca.org](http://www.vpdca.org)

## Family Empowerment Centers (FECs)

**Population Served:** Children and young adults who have disabilities and are of school age (3–22 years old)

**Focus:** Educational needs of individuals with disabilities

**Mission/Purpose:** To ensure that children and young adults with disabilities receive a free and appropriate education and the support services they need; to ensure that parents have access to information, training, and peer-to-peer support; to ensure that parents are able to partner with professionals in obtaining appropriate education for children with disabilities, fully participate in their child's education, and navigate the educational system

**Services:** Information, parent-to-parent support; support for families concerned with their child's education; support for transition to adult services

**Range:** 14 statewide

**Web site:** <http://cafec.org>

## FECs

Anaheim. Team of Advocates for Special Kids, Inc. (TASK), serving Orange and Riverside Counties; 714-533-8275 or 866-828-8275; [taskca@yahoo.com](mailto:taskca@yahoo.com); [www.taskca.org](http://www.taskca.org)

Bakersfield. H.E.A.R.T.S. Connection Family Resource Center, serving Kern County; 661-328-9055 or 800-210-7633; [heartsfrc@igalaxy.com](mailto:heartsfrc@igalaxy.com); [www.heartsfrc.org](http://www.heartsfrc.org)

Culver City. Westside Family Resource and Empowerment Center, serving the Los Angeles area; 310-258-4063; [martham@westsiderc.org](mailto:martham@westsiderc.org); [www.wfrec.org](http://www.wfrec.org)

Fairfield. Matrix Parent Network and Resource Center, serving Marin, Napa, Solano, and Sonoma Counties; 707-423-2545 or 800-578-2592; [nfo@matrixparents.org](mailto:nfo@matrixparents.org); [www.matrixparents.org](http://www.matrixparents.org)

Fresno. Exceptional Parents Unlimited,

serving Fresno County; 559-229-2000; 559-225-6059 (TTY); [epu1@exceptionalparents.org](mailto:epu1@exceptionalparents.org); [www.exceptionalparents.org](http://www.exceptionalparents.org)

Hollister. Special Parents Information Network (SPIN), 831-537-8639; [msandoval@spinsc.org](mailto:msandoval@spinsc.org)

Northridge. Family Focus Resource and Empowerment Center, serving the San Fernando, Santa Clarita, and Antelope Valley areas; 818-677-5575; [Family.Focus@csun.edu](mailto:Family.Focus@csun.edu) or [Family.Empower@csun.edu](mailto:Family.Empower@csun.edu); [www.csunfamilyfocus.com](http://www.csunfamilyfocus.com)

Novato. Matrix Parent Network and Resource Center, serving Marin, Napa, Solano, and Sonoma Counties; 415-884-3535 or 800-578-2592; [info@matrixparents.org](mailto:info@matrixparents.org); <http://matrixparents.org>

Quincy. Plumas Rural Services, serving Lassen, Modoc, Plumas and Sierra Counties; 530-283-3611 or 800-284-3340; [prsit@plumasruralservices.org](mailto:prsit@plumasruralservices.org); <http://plumasruralservices.org>

Redding. Rowell Family Empowerment of Northern California, serving Butte and Shasta Counties; 530-226-5129 or 877-227-3471 (Redding); 530-876-8321 or 888-263-1311 (Paradise); <http://rfenc.org/index.php>

San Diego. Exceptional Family Resource Center, serving San Diego and Imperial Counties; 619-594-7416; 800-281-8252; [efrc@projects.sdsu.edu](mailto:efrc@projects.sdsu.edu); [www.efrconline.org](http://www.efrconline.org)

San Diego. Team of Advocates for Special Kids, Inc. (TASK), serving San Diego and Imperial Counties; 619-794-2947 or 866-609-3218; [taskca@yahoo.com](mailto:taskca@yahoo.com); [www.taskca.org](http://www.taskca.org)

San Francisco. Support for Families of Children with Disabilities, serving San Francisco County; 415-282-7494; [info@supportforfamilies.org](mailto:info@supportforfamilies.org); <http://www.supportforfamilies.org>

San Jose. Parents Helping Parents (PHP), serving Santa Clara County; 408-727-5775; [nettaa@php.com](mailto:nettaa@php.com); [www.php.com](http://www.php.com)

Santa Cruz. Special Parents Information Network (SPIN), serving Santa

Cruz and San Benito Counties; 831-423-7713; [splageman@spinsc.org](mailto:splageman@spinsc.org); [www.spinsc.org](http://www.spinsc.org)

Watsonville. Special Parents Information Network (SPIN), serving South Santa Cruz County; 831-722-2800; [cpinbeiro@spinsc.org](mailto:cpinbeiro@spinsc.org); [www.spinsc.org](http://www.spinsc.org)

West Covina. The Parents' Place Family Resource Center, serving San Gabriel and Pomona Valleys; 626-919-1091 or 800-422-2022; [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com); [www.parentsplacefrc.com](http://www.parentsplacefrc.com)

Yuba City. Family SOUP, serving Sutter County; 530-751-1925; [familysoup@familysoup.org](mailto:familysoup@familysoup.org); <http://familysoup.org>

## Early Start Family Resource Centers (FRC)

**Population Served:** Children birth to age three with disabilities or at risk of developmental delays or disabilities; families of these children

**Focus:** Comprehensive early intervention services for infants and toddlers with disabilities

**Purpose:** To ensure that parents of children with disabilities have accurate information and parent-to-parent support; and to help parents, families, and children locate and use needed services. Often staffed by parents.

**Services:** Early intervention services; parent-to-parent support, peer counseling, information and referral, public awareness, parent education, and transition assistance

**Range:** 47 centers statewide

**Web site:** [www.frcnca.org/about.html](http://www.frcnca.org/about.html)

## FRCs

Alhambra. Family Resource Library & Assistive Technology Center; 626-300-9171; [info@elafrc.org](mailto:info@elafrc.org); [www.elafrc.org](http://www.elafrc.org)

Bakersfield. H.E.A.R.T.S.; 661-328-9055; 800-210-7633; [susan\\_graham@heartsfrc.org](mailto:susan_graham@heartsfrc.org); [www.heartsfrc.org](http://www.heartsfrc.org)

*FRCs continued, page iii*

## **FRCs, continued**

- Bellflower. Southeast FRC; 562-461-2986
- Bishop. Heart to Hand FRC; 760-872-4604; [TbearttoHand@cs.com](mailto:TbearttoHand@cs.com)
- Burlingame. Family Resource Center at Community Gatepath (MORE); 650-295-0189
- Canyon Country. The Family Focus Resource & Empowerment Center; 661-250-3943; [victoria.berrey@csun.edu](mailto:victoria.berrey@csun.edu); [www.csunfamilyfocus.com](http://www.csunfamilyfocus.com)
- Capitola. Special Connections FRC; 831-464-0669
- Clovis. Clovis Unified FRC; 559-327-8455; [carinjackson@cusd.com](mailto:carinjackson@cusd.com); [www.clovisusd.k12.ca.us](http://www.clovisusd.k12.ca.us) (go to “Support Programs”)
- Colusa. Colusa County FRC; 530-458-8891, ext. 10818; [colusaFRC@ccoe.net](mailto:colusaFRC@ccoe.net)
- Crescent City. Northcoast Children’s Services; 707-464-6936
- Culver City. Westside Family Resource and Empowerment Center; 310-258-4099; [frc@westsiderc.org](mailto:frc@westsiderc.org); [www.wfrec.org](http://www.wfrec.org)
- Eureka. Special Needs Connection. 707-445-1195
- Fort Bragg. Safe Passage. 707-964-3077; [safepas2@mcn.org](mailto:safepas2@mcn.org)
- Fresno. Exceptional Parents Unlimited; 559-229-2000, ext. 103; [info@exceptionalparents.org](mailto:info@exceptionalparents.org); [www.exceptionalparents.org](http://www.exceptionalparents.org)
- Hanford. Kings County FRC; 559-584-1551; [debbieg@ccucp.org](mailto:debbieg@ccucp.org); [www.ccucp.org](http://www.ccucp.org)
- Harbor City. Carolyn Kordich FRC; 310-325-7288; [ckfrc@sbcglobal.net](mailto:ckfrc@sbcglobal.net)
- Imperial. Exceptional Family Resource Center (in the Imperial County Regional Center); 760-355-0147; [efrc@projects.sdsu.edu](mailto:efrc@projects.sdsu.edu); [www.efrconline.org](http://www.efrconline.org)
- Long Beach. Long Beach FRC; 562-933-8048; [cenriquez@memorialcare.org](mailto:cenriquez@memorialcare.org)
- Los Angeles. Koch-Young Resource Center; 213-383-1300; Helpline: 800-546-3676; [kyrc@lanterman.org](mailto:kyrc@lanterman.org); [www.lanterman.org](http://www.lanterman.org)
- Los Angeles. South Central Los Angeles Regional Center; 213-763-7800; [marthasclarc.org](http://marthasclarc.org); [www.sclarc.org](http://www.sclarc.org)
- Madera. Extra Special Parents FRC; 559-674-0915, ext. 464; [ngallegos@madera.k12.ca.us](mailto:ngallegos@madera.k12.ca.us)
- Mammoth Lakes. Heart to Hand FRC; 760-935-4602; [TbearttoHand@cs.com](mailto:TbearttoHand@cs.com)
- Mariposa. Mariposa FRC—Early Start Connections; 209-966-6299
- Martinez. CARE Parent Network; 925-313-0999; [CAREofARC@aol.com](mailto:CAREofARC@aol.com); [www.careparentnetwork.org](http://www.careparentnetwork.org)
- Marysville. Yuba County Office of Education FRC; 530-749-3276, ext. 105; [aliciabrico@yubacoe.k12.ca.us](mailto:aliciabrico@yubacoe.k12.ca.us)
- Merced. Challenged FRC; 209-385-5314; [www.challengedfrc.com](http://www.challengedfrc.com)
- Monterey. Special Kids Crusade; 831-214-6541; [mail@specialkidscrusade.org](mailto:mail@specialkidscrusade.org); [www.specialkidscrusade.org](http://www.specialkidscrusade.org)
- Napa. Parents CAN; 707-253-7444; [parents@parentscan.org](mailto:parents@parentscan.org); [www.parentscan.org](http://www.parentscan.org)
- Northridge. The Family Focus Resource & Empowerment Center; 818-677-5575; [family.focus@csun.edu](mailto:family.focus@csun.edu); [www.csunfamilyfocus.com](http://www.csunfamilyfocus.com)
- Novato. Matrix Parent Network; 800-578-2692; [laurelf@matrixparents.org](mailto:laurelf@matrixparents.org); [www.matrixparents.org](http://www.matrixparents.org)
- Oakland. Family Resource Network; 510-547-7322; [info@frnoakland.org](mailto:info@frnoakland.org); [www.frnoakland.org](http://www.frnoakland.org)
- Oxnard. Rainbow Connection; 805-485-9643; [rainbow@tri-counties.org](mailto:rainbow@tri-counties.org)
- Palmdale. The Family Focus Resource & Empowerment Center; 661-225-9598; [familyfocus\\_av@msn.com](mailto:familyfocus_av@msn.com); [www.csunfamilyfocus.com](http://www.csunfamilyfocus.com)
- Redding. Rowell Family Empowerment of Northern CA; 530-226-5129; [sklowrance@aol.com](mailto:sklowrance@aol.com); [www.EmpowerYourFamily.org](http://www.EmpowerYourFamily.org)
- Redondo Beach. Southwest SELPA Special Education FRC; 310-798-2965; [sw\\_frc@lacoe.edu](mailto:sw_frc@lacoe.edu); [www.swselpa.org/frc.asp](http://www.swselpa.org/frc.asp)
- Roseville. Warmline FRC; 916-782-7147; [warmlinefrc@warmlinefrc.com](mailto:warmlinefrc@warmlinefrc.com); [www.warmlinefrc.org](http://www.warmlinefrc.org)
- Sacramento. Warmline FRC; 916-922-9276; [warmlinefrc@warmlinefrc.com](mailto:warmlinefrc@warmlinefrc.com); [www.warmlinefrc.org](http://www.warmlinefrc.org)
- Salinas. Peaks and Valleys FRC; 831-755-1450; [peaks@monterey.k12.ca.us](mailto:peaks@monterey.k12.ca.us)
- San Bernardino. Early Start FRN; 909-890-4788 or 800-974-5553; [esfrn@yaboo.com](mailto:esfrn@yaboo.com); [www.esfrn.org](http://www.esfrn.org)
- San Diego. Exceptional Family Resource Center; 619-594-7416; 800-281-8252; [efrc@projects.sdsu.edu](mailto:efrc@projects.sdsu.edu); [www.efrconline.org](http://www.efrconline.org)
- San Francisco. Support for Families of Children with Disabilities. 415-282-7494; [info@supportforfamilies.org](mailto:info@supportforfamilies.org); [www.supportforfamilies.org](http://www.supportforfamilies.org)
- San Jose. Parents Helping Parents, Inc.; 408-727-5775; [info@pbp.com](mailto:info@pbp.com); [www.pbp.com](http://www.pbp.com)
- San Luis Obispo. Parents Helping Parents of San Luis Obispo County; 805-549-8148; Resource Library: 805-543-3277; [pbp@ucp-slo.org](mailto:pbp@ucp-slo.org); [www.ucp-slo.org](http://www.ucp-slo.org)
- San Marcos. Exceptional Family Resource Center (in the North County Regional Education Center). 760-761-5553; [efrc@projects.sdsu.edu](mailto:efrc@projects.sdsu.edu); [www.efrconline.org](http://www.efrconline.org)
- Santa Ana. Comfort Connection. 714-558-5400; 888-372-2229
- Santa Barbara. Alpha Resource Center-Family First; 805-683-2145; [info@alphasb.org](mailto:info@alphasb.org); [www.alphasb.org](http://www.alphasb.org)
- Stockton. Family Resource Network; 209-472-3674; 800-847-3030; [frnfamilies@aol.com](mailto:frnfamilies@aol.com); [www.frcn.org](http://www.frcn.org)
- Susanville. Rainbow Family Support & Resource Network; 530-251-2417; [kcolvinlcfrc@yaboo.com](mailto:kcolvinlcfrc@yaboo.com)
- Torrance. Harbor Resource Center; 310-543-0691; [frc-library@harborRC.org](mailto:frc-library@harborRC.org); [www.harborRC.org](http://www.harborRC.org)
- Visalia. Parenting Network, Inc.; 559-731-1481; [asmontes@aol.com](mailto:asmontes@aol.com)
- West Covina. The San Gabriel/Pomona Parents’ Place; 626-856-8861; [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com); [warmline@parentsplacefrc.com](mailto:warmline@parentsplacefrc.com) (for help); [www.parentsplacefrc.com](http://www.parentsplacefrc.com)
- Yuba City. Early Start FRC. 530-458-8891, ext. 10345
- Yuba City. Family SOUP (formerly Sutter County Parent Network); 530-751-1925; [scpn@scpn.org](mailto:scpn@scpn.org); [www.familysoup.org](http://www.familysoup.org)

## Family Voices of California

**Population Served:** Children and young adults with disabilities and chronic health conditions

**Focus:** Health and areas that impact health, such as education

**Mission/Purpose:** To provide a clearinghouse of information to parents and parent centers about special health care needs of children so that the needs of these children's families are met and the families have a stronger voice in shaping the system of care

**Services:** Information, education, and parent-to-parent support on health issues

**Range:** Coordinates efforts with Family Resource Centers throughout the state

**Web site:** [www.familyvoicesofca.org](http://www.familyvoicesofca.org)

## Family Voices of CA

Alhambra. **Eastern Los Angeles Family Resource Center**, serving Los Angeles County; 626-300-9171; [info@elafrc.org](mailto:info@elafrc.org)

Culver City. **Westside Family Resource Center**, serving Los Angeles county; 310-258-4063; [www.wfrec.org](http://www.wfrec.org)

Fresno. **Exceptional Parents Unlimited**, serving Fresno and Kings Counties; 559-229-2000, ext. 103; [rguimont@exceptionalparents.org](mailto:rguimont@exceptionalparents.org); [www.exceptionalparents.org](http://www.exceptionalparents.org)

Oakland. **Family Resource Network**, serving Alameda County; 510-547-7322; [frn@frnoakland.org](mailto:frn@frnoakland.org)

Los Angeles. **Eastern Los Angeles Family Resource Center**, serving Los Angeles County; 626-300-9171; [info@elafrc.org](mailto:info@elafrc.org)

Redding. **Rowell Family Empowerment of Northern California**, serving Butte, Glenn, Shasta, Siskiyou, Tehama, and Trinity Counties; 530-226-5129; [WendyL@rfenc.org](mailto:WendyL@rfenc.org); [www.RFENC.org](http://www.RFENC.org)

Sacramento. **WarmLine Family Resource Center**, serving Alpine, El Dorado, Nevada, Placer, Sacramento, and Yolo Counties; 916-922-9276; [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org);

[www.warmlinefrc.org](http://www.warmlinefrc.org)

Santa Barbara. **Alpha Resource Center of Santa Barbara, Family First Program**, serving Santa Barbara County; 805-683-2145; [info@alpharesourcecenter.org](mailto:info@alpharesourcecenter.org)

San Diego. **Exceptional Family Resource Center**, serving San Diego and Imperial Counties; 619-594-7416; 800-281-8252; [efrc@projects.sdsu.edu](mailto:efrc@projects.sdsu.edu); [www.efrconline.org](http://www.efrconline.org)

San Francisco. **Support for Families of Children with Disabilities**, serving San Francisco County; 415-282-7494; [info@supportforfamilies.org](mailto:info@supportforfamilies.org); [www.supportforfamilies.org](http://www.supportforfamilies.org)

## Parent Training and Information Centers (PTIs)

**Population Served:** Individuals with disabilities, ages birth to twenty-six

**Focus:** Families of children with educational needs

**Purpose:** To help families understand special education laws, rights, and responsibilities; to work to improve educational results, train and inform parents and professionals about disability issues, resolve problems between families and schools or other agencies, and connect children who have disabilities to community resources that address their needs

**Services:** Information, education for families and professionals, parent-to-parent support, advocacy for children and families, support for IEPs, transition to adult services

**Range:** Ten statewide; specific geographical region determined by the U.S. Department of Education

**Web site:** See individual PTIs

## PTIs

Anaheim. **Team of Advocates for Special Kids, Inc. (TASK)**, serving Orange and Riverside Counties; 714-533-8275 or 866-828-8275; [taskca@yahoo.com](mailto:taskca@yahoo.com); <http://ltaskca.org>

Berkeley. **Disability Rights Education and Defense Fund, Inc. (DREDF)**, serving Alameda, Contra Costa, and

Yolo Counties (includes Foster Youth Resources for Education); 510-644-2555 or 800-348-4232; [info@dredf.org](mailto:info@dredf.org); [www.dredf.org](http://www.dredf.org)

Fresno. **Exceptional Parents Unlimited**, serving Fresno, Kern, King, Madera, Mariposa, Merced, Monterey, Tulare, San Benito, and Stanislaus Counties; 559-229-2000; 559-225-6059 (TTY); [info@exceptionalparents.org](mailto:info@exceptionalparents.org); [www.exceptionalparents.org](http://www.exceptionalparents.org)

Los Angeles. **Fiesta Educativa**, serving East Los Angeles; 323-221-6696; 323-221-6696; [info@fiestaeducativa.org](mailto:info@fiestaeducativa.org); [www.fiestaeducativa.org](http://www.fiestaeducativa.org)

Novato. **Matrix Parent Network and Resource Center**, serving Marin, Napa, Solano, and Sonoma Counties; 415-884-3535 or 800-578-2592;

[norat@matrixparents.org](mailto:norat@matrixparents.org); [www.matrixparents.org](http://www.matrixparents.org)

Redding. **Rowell Family Empowerment of Northern California (RFENC)**, serving Alpine, Amador, Butte, Calaveras, Colusa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Siskiyou, Shasta, Sutter, Tehama, Tuolumne, Trinity, and Yuba Counties; 530-226-5129 or 877-227-3471; [www.rfenc.org](http://www.rfenc.org)

San Francisco. **Support for Families of Children with Disabilities**. 415-920-5040; [info@supportforfamilies.org](mailto:info@supportforfamilies.org); [www.supportforfamilies.org](http://www.supportforfamilies.org)

San Gabriel. **Chinese Parents Association for the Disabled**, serving Los Angeles and Orange Counties; 626-307-3837; [cben\\_rachel@hotmail.com](mailto:cben_rachel@hotmail.com); [www.cpad.org](http://www.cpad.org)

San Jose. **Parents Helping Parents**, serving San Joaquin, San Mateo, Santa Clara, and Santa Cruz Counties; 408-727-5775; [info@phpp.com](mailto:info@phpp.com); [www.phpp.com](http://www.phpp.com)

Stanton. **Vietnamese Parents of Disabled Children Assoc., Inc.**, serving Los Angeles and Orange Counties; 714-527-9216; [hgnguyen@vpdca.org](mailto:hgnguyen@vpdca.org); [www.vpdca.org](http://www.vpdca.org)