

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; www.dredf.org

Los Angeles. Loving Your Disabled

Child, serving most of Los Angeles County; 323-373-0323; lydc3407@yahoo.com or lydcprc@sbcglobal.net; 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 or pou90059@yahoo.com

Los Angeles. Fiesta Educativa, serving

East Los Angeles; 323-221-6696; info@fiestaeducativa.org; www.fiestaeducativa.org

San Gabriel. Chinese Parents Association for the Disabled, serving Los Angeles and Orange Counties; 626-307-3837; chen_rachel@hotmail.com; 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; 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; 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; www.heartsfrc.org

Culver City. Westside Family Resource and Empowerment Center, serving the Los Angeles area; 310-258-4063; martham@westsiderc.org; 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; www.matrixparents.org

Fresno. Exceptional Parents Unlimited,

serving Fresno County; 559-229-2000; 559-225-6059 (TTY); epu1@exceptionalparents.org; www.exceptionalparents.org

Hollister. Special Parents Information Network (SPIN), 831-537-8639; 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 or Family.Empower@csun.edu; 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; <http://matrixparents.org>

Quincy. Plumas Rural Services, serving Lassen, Modoc, Plumas and Sierra Counties; 530-283-3611 or 800-284-3340; 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; 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; www.taskca.org

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

San Jose. Parents Helping Parents (PHP), serving Santa Clara County; 408-727-5775; nettaa@php.com; www.php.com

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

Cruz and San Benito Counties; 831-423-7713; splageman@spinsc.org; www.spinsc.org

Watsonville. Special Parents Information Network (SPIN), serving South Santa Cruz County; 831-722-2800; cpinbeiro@spinsc.org; 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; www.parentsplacefrc.com

Yuba City. Family SOUP, serving Sutter County; 530-751-1925; 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

FRCs

Alhambra. Family Resource Library & Assistive Technology Center; 626-300-9171; info@elafrc.org; www.elafrc.org

Bakersfield. H.E.A.R.T.S.; 661-328-9055; 800-210-7633; susan_graham@heartsfrc.org; www.heartsfrc.org

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FRCs, continued

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

Family Voices of CA

Alhambra. **Eastern Los Angeles Family Resource Center**, serving Los Angeles County; 626-300-9171; info@elafrc.org

Culver City. **Westside Family Resource Center**, serving Los Angeles county; 310-258-4063; www.wfrec.org

Fresno. **Exceptional Parents Unlimited**, serving Fresno and Kings Counties; 559-229-2000, ext. 103; rguimont@exceptionalparents.org; www.exceptionalparents.org

Oakland. **Family Resource Network**, serving Alameda County; 510-547-7322; frn@frnoakland.org

Los Angeles. **Eastern Los Angeles Family Resource Center**, serving Los Angeles County; 626-300-9171; 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; www.RFENC.org

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

www.warmlinefrc.org

Santa Barbara. **Alpha Resource Center of Santa Barbara, Family First Program**, serving Santa Barbara County; 805-683-2145; 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; www.efrconline.org

San Francisco. **Support for Families of Children with Disabilities**, serving San Francisco County; 415-282-7494; info@supportforfamilies.org; 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; <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; 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; www.exceptionalparents.org

Los Angeles. **Fiesta Educativa**, serving East Los Angeles; 323-221-6696; 323-221-6696; info@fiestaeducativa.org; 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; 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

San Francisco. **Support for Families of Children with Disabilities**. 415-920-5040; info@supportforfamilies.org; www.supportforfamilies.org

San Gabriel. **Chinese Parents Association for the Disabled**, serving Los Angeles and Orange Counties; 626-307-3837; cben_rachel@hotmail.com; 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; www.phpp.com

Stanton. **Vietnamese Parents of Disabled Children Assoc., Inc.**, serving Los Angeles and Orange Counties; 714-527-9216; hgnguyen@vpdca.org; www.vpdca.org