



NORTH COASTAL CONSORTIUM FOR SPECIAL EDUCATION
Community Advisory Committee
255 Pico Avenue, Suite 101, San Marcos, California 92069-2701
Phone • 760-761-5110 • Fax • 760-471-2008 • www.nccse.org

January/February 2014 Resources for Families

Provided to share information regarding special education-related activities and not necessarily endorsed or sponsored by the CAC or the NCCSE.

NEXT NCCSE Community Advisory Committee Meeting

Wednesday, February 26, 2014

6:30 – 8:30 pm

255 Pico Avenue, San Marcos, CA 92069

Presentation on Carlsbad High School's Peer Mentor Class

SAVE THE DATE!

Saturday, March 8, 2014

10:00 am – 12:00 noon

Summers Coming!

Recreation and Resource Fair

Come explore recreation opportunities and resources for children with special needs

This document includes:

1. Events and workshops provided by NCCSE, in order by date
2. Events/workshops/resources sponsored by other agencies
3. Not for profit community agencies that serve people with disabilities and their families
4. Information on workshops/events/resources available in Spanish (información en español).

NCCSE Professional Development Workshops – Free to Parents within NCCSE School Districts

Many NCCSE Professional Development workshops are available and free to parents whose children attend one of the school districts that are a part of NCCSE: Bonsall Union, Cardiff, Carlsbad Unified, Del Mar Union, Encinitas Union, Fallbrook Union Elementary, Fallbrook Union High, Oceanside Unified, Rancho Santa Fe, San Dieguito Union High, San Marcos Unified, Solana Beach, Vista Unified, and Vallecitos. Also for families whose children receive services through California Early Start.

For more information about workshops, see the Professional Development link at www.nccse.org.

Date(s) and Time	Topic, Presenter, Intended Audience	Location	Registration
<p>Six part series Wednesdays, January 22, 2014 February 5 & 19, 2014 March 5 & 26, 2014 April 9, 2014 6:00 pm – 8:00 pm</p>	<p><i>Life Planning Project</i> Audience: parents, family members and guardians of people with developmental disabilities Description: A series of six workshops designed to help you create your own detailed plan for your family member’s future. Topics covered: Why plan?; Building Skills and Relationships; Work, Retirement and Leisure; Housing Options; Legal Issues; Setting Goals.</p>	<p>North County Regional Education Center 255 Pico Avenue San Marcos, 92069</p>	<p>FREE to families within NCCSE school districts To register: call Wendy Smith at 619-938-2876 or email her at wendy@guidinghands.org</p>
<p>Six part series Thursdays, January 30, 2014 February 6 & 13, 2014 March 6, 13 & 20, 2014 6:00 pm – 8:00 pm PLEASE PLAN TO ATTEND ALL 6 SESSIONS</p>	<p><i>Parenting the Love and Logic Way</i> Presenter: Robyn Hubbard, School Psychologist and Program Specialist with Solana Beach School District and certified facilitator of the Love and Logic Way Audience: parents, family members and guardians of children with special needs or disabilities Description: Learn how to: Put an end to arguing; Teach responsibility without losing their love; Set limits without waging war; Avoid power struggles; Guide your kids to own and solve their problems; Teach kids to complete chores without reminders and without pay; Designed to give you practical skills that can be used immediately!</p>	<p>Oceanside Unified School District Educational Support Services Bldg., Room 1 2080 Mission Avenue Oceanside 92058</p>	<p>FREE to families and staff within NCCSE school districts To register: See the ‘professional development’ link at www.nccse.org For more information contact the NCCSE Parent Liaison at 760-761-5120 or lhoughtelin@sdcoe.net PLAN TO ATTEND ALL 6 SESSIONS</p>

Date(s) and Time	Topic, Presenter, Intended Audience	Location	Registration
<p>Saturday, February 8, 2014</p> <p>9:00 am – 1:30 pm (lunch on your own)</p>	<p><i>The ABCs of IEPs for Parents</i> Audience: parents, family members and guardians of children with special needs or disabilities Description: If you are the parent or guardian of a child who receives special education services, this workshop is for you! Learn about the nuts and bolts of the special education process from the perspective of a program specialist and a parent, including the components of an IEP, how to prepare for IEP meetings, rights and responsibilities, and how to create partnerships that work for you and your child.</p>	<p>North County Regional Education Center 255 Pico Avenue San Marcos, 92069</p>	<p>FREE to families and staff within NCCSE school districts To register: See the ‘professional development’ link at www.nccse.org For more information contact the NCCSE Parent Liaison at 760-761-5120 or lhoughtelin@sdcoe.net</p>
<p>Saturday, February 8, 2014</p> <p>9:00 am – 3:30 pm (lunch on your own)</p>	<p><i>S’cool Moves: Activities for Home that Support IEP Goals</i> Presenter: Patti Palomar Audience: parents, family members and guardians of students kindergarten through 5th grade with mild to moderate disabilities Description: Teaches neurosensory activities for academic success. Will share strategies to help assist your child in meeting their IEP goals by enhancing their readiness to learn. This workshop will be hands-on, upbeat, and fun! Wear comfortable clothes and be prepared to move and stretch!</p>	<p>North County Regional Education Center 255 Pico Avenue San Marcos, 92069</p>	<p>FREE to families and staff within NCCSE school districts To register: See the ‘professional development’ link at www.nccse.org For more information contact the NCCSE Parent Liaison at 760-761-5120 or lhoughtelin@sdcoe.net Workshop is limited to 20 participants.</p>

Workshops, Conferences, Events, Services Sponsored by Other Agencies

A reminder to parents/family members/guardians: be sure to verify that background and fingerprint checks have been completed for your child's providers.

Date(s) and Time	Topic	Location	Registration
Applications being accepted	<p>The Developmental Disabilities Area Board XIII is accepting applications for board members. People with demonstrated interest and leadership in human service activities are encouraged to submit an application for appointment to the Area Board. Persons with developmental disabilities, their parents, relatives or guardians/conservators and members of the public are eligible.</p>		<p>For more information: Area Board XIII at 619-688-3323</p> <p>Not eligible is anyone who is an employee or board member of a state, local or private agency that serves people with developmental disabilities if any part of the funding comes from the state of California.</p>
Pre-Applications being accepted	<p>Paws'itive Teams Accepting pre-applications for a service dog for a person with a mobility-limiting disability.</p>		<p>For more information: 858-558-7297 For a pre-application: www.pawsteams.org</p>
Ongoing on Saturdays 2:00 pm – 3:00 pm	<p>Orion Martial Arts Special Needs Program for Kids and Adults Designed to teach coordination and agility, anti-bullying exercises and methods that help build self-esteem and self-confidence.</p>	Orion Martial Arts 635 N. Twin Oaks Valley Road #1 San Marcos 92069	<p>Cost: \$40 for every four classes Preregistration is required For more information: 760-445-9731 Website: www.orionmartialarts.com</p>
Saturday, January 25, 2014 4:00 pm – 6:00 pm	<p>Autism Society San Diego North County Family Fun Gymnastic Night Gym equipment and bounce house provided. Also, if you'd like to share in a potluck, bring a dish to share.</p>	Palomar Family YMCA 1050 N. Broadway Escondido 92025	<p>For more information on this and other activities and support groups: Email: info@autismsocietysandiego.org Website: www.autismsocietysandiego.org</p> <p>Please bring your used printer cartridges to help raise funds for Autism Society programs and activities.</p>

Date(s) and Time	Topic	Location	Registration
8 week winter series Saturdays, January 25 – March 22, 2014	Positive Action Community Theater (PACT) Inclusive performing arts programs for teens and adults with unique needs	Dance North County 535 Encinitas Blvd., Suite 101 Encinitas 92024	Cost: Improvisational theater workshops – 2:30 to 4:00 pm, \$175.00 for 8 weeks Performing arts workshops 4:00 to 5:00 pm, \$150.00 for 8 weeks For more information: 760-815-8512 Email: Info@pacthouse.org Website: www.pacthouse.org
Saturday, February 1, 2014 8:00 am – 5:00 pm	University of California Irvine Down Syndrome Education Conference Early Years Track (birth to six years old) and Childhood Track (seven to sixteen years old)	University of California Irvine Student Center	For more information or to register: https://dseconference.eventbrite.com
Register now Rehearsals start February 1 Performances April 26 and 27, 2014	Casting Call for Cinderella 2014 Inner Dance Performing Arts – An Inclusive Discovery and Experience	Performances at: California Center for the Arts 340 N. Escondido Blvd. Escondido 92025	For more information: 602-502-2743 Or caroline@innerdancers.com Website: www.innerdancers.com
Thursday, February 6, 2014 10:00 am – 1:00 pm	Access to Independence 1st Annual Job Fair for People with Disabilities Come dressed to impress and bring your resume to meet employers who are currently hiring	San Diego Unified School District Ballard Center 2375 Congress St. San Diego 92110	For more information: 619-293-3500
Saturday and Sunday February 8 and 9, 2014	Miss Amazing Pageant Free event that encourages girls and young women with disabilities to celebrate their abilities in a supportive environment. Each participant is paired with a buddy during workshops that focus on interview skills and how to address a crowd, a craft activity and an optional talent showcase.	Birmingham Community Charter High School Auditorium Van Nuys, CA	For more information: Karen Stagliano, State Director California Miss Amazing Pageant karenstagliano@missamazingpageant.com (818) 231-3862 missamazingpageant.com

Date(s) and Time	Topic	Location	Registration
February 11, 2014 6:00 pm – 8:00 pm	Down Syndrome Association of San Diego Family Support Network Learn about programs, resources and related services. Light dinner provided. Children are welcome with parent supervision.	Teri Inc. 251 Airport Road Oceanside 92058 Side door, north side entrance	For more information: Trish Shortal 760-761-5524
Games played on Saturdays February 2014 – April 2014	Vista Spirit Challenger T-Ball and Softball For boys and girls 4-1/2 through 17 years old.		Online registration: begins November 13 at www.cccccc.org \$85 fee includes uniform & trophy For more information: Faygene Barber 760-672-4325 or email spirit@vistags.org
Application deadline February 28, 2014 Forum Dates (subject to change) July 21-25, 2014	California Youth Leadership Forum for Students with Disabilities For High School Juniors and Seniors Opportunity to develop leadership skills, learn how to reach your academic, career, and independence goals. Talk with policy makers and educate them on ways they can improve the lives of people with disabilities.	California State University Sacramento Sacramento, CA	Application information: www.dor.ca.gov/YLF
Ongoing Thursdays 11:00 am – 12:00 pm	Sponsored by Hidden Treasures Thrift Store Learn Modern Line Dance Come dance with us – easy dance steps! No dance experience necessary All ages and abilities welcome – promoting understanding and integration between our special needs and general community.	Fallbrook Community Center 341 Heald Lane The North Room	Cost: \$8.00 per class For more information: www.hiddentreasuresoffallbrook.com 760-723-2800
Ongoing Sundays (except the first Sunday of each month) 2:00 pm – 3:00 pm	Miracle Movers Special Needs Dance Classes All ages/abilities welcome Will include creative movement therapy and spatial awareness dances as well as ballet and tap technique. Informal performances.	Performing Arts Workshop 681 Encinitas Blvd., Ste. 309 Encinitas 92024	Cost: \$50 a month (3 weeks each month) Or \$20 per class The first class is free to assess suitability. For more information: 760-753-2671 www.dancepaw.com

Date(s) and Time	Topic	Location	Registration
Ongoing	Mountain Shadows After School Care for Children with Autism Children with autism ages 6 – 18. Educationally based afterschool program that incorporates ABA principles.	970 Los Vallecitos Blvd. Suite 140 San Marcos, CA 92069	For more information: 760-736-8983 www.mtnshadows.org
Ongoing	Mountain Shadows Adult Services Several day program options available, including a senior support program.	970 Los Vallecitos Blvd. Suite 140 San Marcos, CA 92069	For more information: 760-736-8983 www.mtnshadows.org
Ongoing	Project College Tailored day service focusing on young adults who are attending college and would like additional support to enhance success, for a maximum of 10 hours a week. For eligible San Diego Regional Center clients through their service coordinator.		For more information: David Drazenovich, Director 858-278-5420 x131 or ddrazenovich@ucpsd.org
Ongoing	Xcite Steps Regional Center Funded Adult Day Program	For the North Coastal San Diego County Area	For more information: Drew Jeglinski - 858-353-5595 or drew@excitesteps.com website: www.excitesteps.com

EFMP (Exceptional Family Member Program) EVENTS FOR MILITARY FAMILIES			
Last Monday of each month 9:30 am – 10:30 am	EFMP Talk and Walk	Track at Paige Fieldhouse Mainside Camp Pendleton	For more information: Winona.Britt@usmc.mccs.org 760-725-3175 www.mccscp.com/efmp-calendar
Second Thursday of each month 10:00 am – 11:00 am	EFMP Play Group	Camp Pendleton ADA Playground Lake O’Neill Campsite	
Tuesday, January 28, 2014 11:30 am – 12:30 pm	EFMP Power Hour – Toy Workshop	Marine and Family Programs Building 13150	

Community Agencies

Also see the 'more parent resources' page on the NCCSE website at <http://www.nccse.org/parents/more-parent-resources>

Agency	Services	Contact Information
Able-Disabled Advocacy	New program to increase broadband access for persons with disabilities, seniors and people who meet low income guidelines. Free computer classes and computers to eligible applicants. Low cost internet access available.	619-231-5990 x 318
Autism Society San Diego	Information, support groups, resources, events	858-715-0678 or online at www.autismsocietysandiego.org
The Balanced Mind Foundation	Information, support, resources, events related to mood disorders	Online at www.thebalancedmind.org
Children in Need Administered by staff of San Diego County Health and Human Services Agency	Financial assistance for enrichment activities for children in group or foster homes or in financial need	Online at: www.childreninneedsd.org
CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder)	Information, support, resources	Online at: www.chadd.org
Developmental Disabilities Area Board XIII	Information, advocacy, resources	1-800-748-2055, email ab13@scdd.ca.gov Online at: www.scdd.ca.gov/Area_Board/13/Visitor_Information.htm
Down Syndrome Association of San Diego	Information, support and social opportunities	For support group information in North San Diego County, contact Trish Shortal, 760-761-5524. Online at www.dsasonline.org
Epilepsy Foundation of San Diego	Information, support groups, workshops	619-296-0161 or online at www.epilepsysandiego.org
Exceptional Family Member Program	For military families: Information, support, support groups, workshops, family activities	Online at www.mccscp.com/efmp Facebook: www.facebook.com/pages/MCCSE-Camp-Pendleton-EFMP/166936380037883

Agency	Services	Contact Information
Exceptional Family Resource Center	Emotional and informational support to families who have children with disabilities. Info on local support groups, recreation activities, resources.	North County branch 760-761-5553 Central Office 800-281-8252 Online at www.efrconline.org
Family Voices of California	Statewide collaborative of locally-based parent run centers working to ensure quality health care for children and youth with special health care needs.	Online at http://familyvoicesofca.org
Healthy Families	No cost Medi-Cal and low cost Healthy Families coverage for medical, dental and vision services for children up to age 19	To see if your child is eligible, call 1-800-880-5305 or www.healthy-families.us
Help Now! Free Online Homework Help Provided by the California Public Library Service	Free homework help available every day from 1:00 pm – 10:00 pm. Kindergarten through adult with expert tutors for one-on-one tutoring. Public library card and internet access required.	Go to www.sandiego.gov/public-library/kidsandteens/hwcenter.shtml Click on 'help now' in the 'Homework Help Center' and put in your library card number.
International Bipolar Foundation	Information, support groups, resources, events	Online at: www.internationalbipolarfoundation.org
Learning Disabilities Association of San Diego	Information, support, resources, events	(858) 467-9158 Online at www.lidasandiego.org
NAMI California	Information, support, resources, events	Online at www.namicalifornia.org
The Painted Turtle	Free camp programs for children with serious medical conditions and their families. Founded by Paul Newman.	www.thepaintedturtle.org
San Diego Futures Foundation	Financial help for internet connection for those with low incomes, seniors, people with disabilities, families with children. Help available in English, Spanish, Arabic.	1-619-855-8007
San Diego Regional Center	A variety of services for people with developmental disabilities.	San Marcos Office 760-736-1200 Online at www.sdrc.org

Agency	Services	Contact Information
<p>Southern California Fetal Alcohol Spectrum Disorders (FASD) Information & Support Network. (Southern California branch of CalFAS, the California Fetal Alcohol Spectrum Organization. CalFAS is the state affiliate of NOFAS, the National Fetal Alcohol Spectrum Organization; see nofas.org)</p>	<p>Information and support for parents, caregivers, advocates, educators and treatment professionals of persons who have been diagnosed with or who are suspected of having a fetal alcohol disorder.</p>	<p>Valerie Lipow 760-730-1972 vallipow@aol.com https://sites.google.com/site/socalfasdnetwork</p>
<p>Together We Grow</p>	<p>Care center for medically fragile children, offering pediatric child care, skilled nursing care, infant care, preschool, medically fragile overnight respite weekends (6 weeks through 21 years old), sensory integration. San Diego Regional Center and/or Medi-Cal funded for eligible children. Funding may also be available through the military for active duty Marines or Navy personnel.</p>	<p>For more information, contact Annette Reyes, 760-757-6031 or Annette@togetherwegrow.net</p>
<p>TSA Cares (Transportation Security Administration)</p>	<p>Help line to assist airline travelers with disabilities and/or medical conditions. Call 72 hours in advance for information about what to expect at security checkpoints based on passengers specific disabilities/medical condition. If needed TSA Cares will coordinate with a TSA Customer Service Agent at the airport.</p>	<p>Call 1-855-787-2227 Online at: www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions</p>

INFORMACIÓN EN ESPAÑOL

Próxima Junta del Comité Asesor Comunitario (CAC)

MIÉRCOLES, 26 de febrero, 2014

6:30 PM – 8:30 PM

North County Regional Education Center, 255 Pico Avenue, San Marcos, CA 92069

¡Reserve la fecha en su calendario!

Sábado 8 de Marzo de 2014

10:00 am – 12:00 mediodía

¡Se acerca el verano!

Feria de Recreación y Recursos Comunitarios

Venga y explore oportunidades de recreación y recursos para los niños con necesidades especiales.

NUEVOS TALLERES PARA PADRES - GRATIS PARA LOS PADRES DENTRO DE LOS DISTRITOS ESCOLARES DE NCCSE

Los talleres y reuniones del Comité Asesor Comunitario de NCCSE son gratis para los padres cuyos hijos asisten a escuelas dentro de los distritos escolares que son parte de NCCSE: Bonsall Union, Cardiff, Carlsbad Unified, Del Mar Union, Encinitas Union, Fallbrook Union Elementary, Fallbrook Union High, Oceanside Unified, Rancho Santa Fe, San Dieguito Union High, San Marcos Unified, Solana Beach, Vista Unified, y Vallecitos. También son gratis para las familias cuyos hijos reciben servicios del Programa Comienzo Temprano California (California Early Start)

Para más información acerca de los talleres, visite nuestra página web www.nccse.org/talleres/inscribase-a-nuestros-talleres o llame gratis a la línea de información en español para padres al 1-888-797-5575.

Fechas y Horarios	Temas, Oradores, Audiencias	Lugar	Inscripción
jueves, 30 de enero 6, 13 de febrero 6, 13 y 20 de marzo 6:00 pm – 8:00 pm	<p><i>EDUCANDO A LOS HIJOS CON AMOR Y LOGICA: Un programa de seis sesiones creado por el Instituto Love and Logic (TM) (Amor y Logica)</i></p> <p><i>Descripción:</i> Aprenda como:</p> <ul style="list-style-type: none"> • Poner fin a las discusiones, respuestas irrespetuosas, y caprichos de sus hijos • Enseñar responsabilidad sin perder su amor • Establecer limites sin declarar la guerra • Evitar luchas de poder • Guiar a sus hijos a asumir y resolver sus problemas • Enseñar a sus hijos a completar las tareas sin recordatorios y sin paga <p>¡Este programa esta disenado para que aprenda habilidades practicas que pueden ser utilizadas inmediatamente!</p>	Oceanside Unified School District Educational Support Services Bldg., Room 1 2080 Mission Avenue Oceanside 92058	<p>GRATIS</p> <p>Para más información póngase en contacto con Fabiola Vasquez fvasquez@sdcoe.net o 760-761-5119</p> <p>Presentado en inglés con interpretación en español.</p>

Fechas y Horarios	Temas, Oradores, Audiencias	Lugar	Inscripción
<p>sábado, 8 de febrero, 2014</p> <p>1:00 Pm – 3:00 pm</p>	<p>PRESENTADO EN ESPAÑOL Apoyo Al Comporamiento Positivo Este taller está diseñado para los padres de familia con niños o adolescentes, apoyándoles a promover el uso de estrategias para el “Apoyo Positivo” para fomentar comportamientos que son aceptados en el entorno del hogar, escolar y social. Les ayudará a ser padres más innovadores en la forma en la que trabajan con sus hijos sin tener que recurrir a los regaños que, por lo general rectifican el comportamiento por unos instantes pero no a largo plazo. Les apoyará con la oportunidad de transformar o recuperar el respeto, la comunicación y la buena relación con sus hijos y las personas que les rodean. ¡Participe en las rifas y disfrute de bocadillos que compartiremos con usted! ¡Le esperamos con gusto!</p>	<p>North County Regional Education Center 255 Pico Avenue San Marcos 92069</p>	<p>GRATIS Para más información póngase en contacto con Fabiola Vasquez fvasquez@sdcoe.net o 760-761-5119</p>
<p>sábado, 8 de febrero, 2014</p> <p>9:00 am – 1:30 pm</p> <p>Almuerzo/comida por cuenta propia</p>	<p>Los ABCs de los IEPs para padres de familia Público Objetivo: Padres, familiares y tutores legales. Descripción: Si usted es el padre de un estudiante que recibe servicios de educación especial no se pierda este taller. Aprenda directamente de los administradores del distrito y padres de familia los detalles practicos acerca del proceso del Programa Individualizado de Educacion, conocido por sus siglas en inglés como IEP y como crear alianzas que trabajen para el mejor interés de su hijo. Se invita a los padres de familia, traer el Programa Individualizado de Educación de su estudiante para revisarlo durante el taller. Presentado en inglés con interpretación en español.</p>	<p>North County Regional Education Center 255 Pico Avenue San Marcos 92069</p>	<p>GRATIS Para más información póngase en contacto con Fabiola Vasquez fvasquez@sdcoe.net o 760-761-5119</p>

Fechas y Horarios	Temas, Oradores, Audiencias	Lugar	Inscripción
<p>sábado, 8 de febrero</p> <p>Almuerzo/comida por cuenta propia</p> <p>9:00 am – 3:30 pm</p>	<p><i>S'cool Moves: Actividades para el hogar que apoyan las metas del IEP</i> <i>Descripción:</i> S'cool Moves enseña a los estudiantes actividades neurosensoriales para el éxito académico. Fue desarrollado por Debra Em Wilson, MA, una especialista de lectura que encontró que algunas de las actividades del movimiento ayudaron a sus estudiantes y su propia hija a leer y concentrarse en clase. Patti compartirá estrategias para ayudar a su hijo a cumplir sus metas del IEP mejorando la disposición de su hijo a aprender. ¡Este taller es práctico, animado y divertido! ¡Use ropa cómoda y prepárese para moverse y estirarse! Usted se alegrará de haber asistido! Presentado en inglés con interpretación en español.</p>	<p>North County Regional Education Center 255 Pico Avenue San Marcos 92069</p>	<p>GRATIS Para más información póngase en contacto con Fabiola Vasquez fvasquez@sdcoe.net o 760-761-5119</p>

Agencias Comunitarias

También vea la página “mas recursos para padres” en el sitio web de NCCSE en www.nccse.org/padres-de-familia/mas-recursos-para-padres

Agencia	Servicios	Información para Contacto
<p>Exceptional Family Resource Center Centro de Recursos para Familias Excepcionales - EFRC</p>	<p>Grupos de apoyo, información sobre programas, eventos y servicios locales, estatales y nacionales, fuentes de recursos y biblioteca.</p>	<p>Eje del Condado Norte 760-761-5553 Eje Central 800-281-8252 Sitio de Internet: www.efrconline.org</p>
<p>Ayuda Gratuita para tus Tareas en Línea</p>	<p>Tutoría gratuita en línea, un servicio de la Biblioteca Pública de California, disponible diariamente de la 1:00 pm a las 10:00 pm puedes solicitar sesiones de 30 minutos con un tutor.</p>	<p>Cuando abras este enlace: www.sandiego.gov/public-library/kidsandteens/hwcenter.shtml verás el título “Homework Help Center” selecciona “Help Now” y se abrirá la ventanilla donde puedes poner el #de tu tarjeta de la Biblioteca Pública para empezar una sesión.</p>
<p>San Diego Futures Foundation</p>	<p>Ayuda para gente de bajos recursos, familias con niños, personas mayores y con discapacidades sin correos electrónicos y computadoras.</p>	<p>Hablamos español. 1-619-855-8007</p>
<p>San Diego Regional Center Centro Regional de San Diego - SDRC</p>	<p>Servicios para personas con discapacidades. Biblioteca y apoyo para los padres de familia.</p>	<p>Apoyo para Padres 760-736-1200 Sitio de Internet: www.sdrc.org</p>