



# Parent Outreach and Support Compilation of Resources for Family Support

## Family Resource Center Network of California

The Mission of the Family Resource Center Network of California is to support families of children with disabilities, special healthcare needs, and those at risk by ensuring the continuance, expansion, promotion and quality of family-centered, parent-directed, Family Resource Centers.

### Services for Families

If you have a child (between birth to three) with a disability, Early Start Family Resource Centers are a great source of information and support. Located near you, these centers accompany you and your family as you navigate the disability system and services. Many also serve families of older children, youth and adults with disabilities, too.

What you can expect:

- Family-driven support from staff who understand what you are going through
- Most staff are parents of children with disabilities
- Practical and emotional peer support
- Helpful trainings, workshops and conferences
- High-quality resources and information
- Referrals to services for you or your child
- Assistance with transition as your child turns three
- Friendly, helpful and great at listening

Below, you will find location information for the Family Resource Center Network of California:

#### **AbilityPath (formerly Family Resource Center at Community Gatepath)**

1764 Marco Polo Way  
Burlingame, CA 94010  
(650) 259-8543

[Click here!](#)

Counties: San Mateo  
(CalECSE Region 4)

#### **Alpha Resource Center**

4501 Cathedral Oaks Rd.  
Santa Barbara, CA 93110

[Click here!](#) [Haga clic aquí!](#)

Counties: Santa Barbara  
(CalECSE Region 5)

#### **CARE Parent Network**

1340 Arnold Drive #115  
Martinez, CA 94553  
(925) 313-0999

[Click here!](#)

Counties: Contra Costa  
(CalECSE Region 4)

#### **Carolyn Kordich FRC**

1135 West 257th Street  
Harbor City, CA 90710-3506  
(310) 325-7288

[Click here!](#)

Counties: Los Angeles  
(CalECSE Region 11)

#### **Challenged FRC**

827 W. 20th Street  
Merced, CA 95340  
(209) 385-5314

[Click here!](#)

Counties: Merced  
(CalECSE Region 7)

#### **Clovis Unified FRC**

965 N. Sunnyside  
Clovis, CA 93644  
(559) 327-8455

[Click here!](#)

Counties: Fresno  
(CalECSE Region 7)

#### **Colusa County First 5 - Family Action Centers of Colusa County**

217 9th St., Suite B  
Colusa, CA 95932  
(530) 458-5555

[Click here!](#)

Counties: Colusa (CalECSE Region 3)

#### **Comfort Connection FRC**

1525 North Tustin Drive  
Santa Ana, CA 92705  
(714) 558-5400

[Click here!](#)

Counties: Orange  
(CalECSE Region 9)



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## Early Start Family Resource Network

1365 S. Waterman Ave.  
San Bernardino, CA 92408  
(909) 890-4788  
(800) 974-5553  
[Click here!](#)

Counties: Riverside, San Bernardino  
(CalECSE Region 10)

## Eastern Los Angeles Family Resource Center

1000 S. Fremont Ave. #6050, Unit 35  
Alhambra, CA 91803  
(626) 300-9171  
[Click here!](#)

Counties: Los Angeles  
(CalECSE Region 11)

## Exceptional Connection

472-013 Johnstonville Rd. N  
Susanville, CA 96130  
(530) 257-9781  
[Click here!](#)

Counties: Lassen (CalECSE Region 2)

## Exceptional Family Center

3121 N. Sillect Ave.  
Bakersfield, CA 93308  
(661) 873-4974  
[Click here!](#)

Counties: Inyo, Kern, Mono  
(CalECSE Region 10)

## Exceptional Family Resource Center

6367 Alvarado Court, Suite 350  
San Diego, CA 92120  
(619) 594-7416  
[Click here!](#)

Counties: Imperial, San Diego (CalECSE Region 9)

## Exceptional Parents Unlimited

4440 N. First Street  
Fresno, CA 93726  
(559) 229-2000  
[Click here!](#)

Counties: Fresno, Kings (CalECSE Region 7)

## Family Focus Resource and Empowerment Center - CSUN

18111 Nordhoff Street. E109  
Northridge, CA 91330-8265  
(818) 677-5575  
[Click here!](#)

Counties: Los Angeles  
(CalECSE Region 11)

## Family Resource Navigators (FRN of Alameda County)

101 Callan Ave., Ste 200  
San Leandro, CA 94577  
(510) 547-7322  
[Click here!](#)

Counties: Alameda (CalECSE Region 4)

## Family Resource Network

5232 Claremont Ave., Suite 148  
Stockton, CA 95207  
(209) 472-3674  
(800) 847-3030  
[Click here!](#)

Counties: Amador, Calaveras, Stanislaus, Tuolumne  
(CalECSE Region 6)

## Family SOUP

1650 Sierra Avenue, Suite 106  
Yuba City, CA 95993  
(530) 751-1925  
[Click here!](#)

Counties: Sutter (CalECSE Region 3)

## FRC of the Redwoods

494 Pacific Avenue  
Crescent City, CA 95531  
(707) 464-0955 x2102  
[Click here!](#)

Counties: Del Norte (CalECSE Region 1)

## Harbor Regional Center Resource Center

21231 Hawthorne Blvd.  
Torrance, CA 90503  
(310) 543-0691  
(888) 540-1711  
[Click here!](#)

Counties: Los Angeles  
(CalECSE Region 11)

## High Sierras FRC

P.O. Box 1016  
Loyalton, CA 96118  
530-993-1110  
[Click here!](#)

Counties: Sierra (CalECSE Region 3)

## Kings County FRC

606 West Sixth Street  
Hanford, CA 93230  
(559) 584-1551  
[Click here!](#)

Counties: Fresno, Kings  
(CalECSE Region 7)

## Koch-Young Resource Center

3303 Wilshire Blvd., Suite 700  
Los Angeles, CA 90010  
(213) 252-5600  
(800) 546-3676  
[Click here!](#)

Counties: Los Angeles  
(CalECSE Region 11)

## Lake FRC

5350 Main Street  
Kelseyville, CA 95451  
(707) 259-0563  
[Click here!](#)

Counties: Lake (CalECSE Region 1)

## Long Beach FRC at Miller Children's Hospital

2801 Atlantic Ave.  
Long Beach, CA 90806  
(562) 933-8430  
[Click here!](#)

Counties: Los Angeles  
(CalECSE Region 11)

## Madera County Early Start FRC

1105 S. Madera Ave.,  
Madera, CA 93637  
(559) 662-4833  
[Click here!](#)

Counties: Madera (CalECSE Region 7)



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## Mariposa FRC

P.O. Box 8  
Mariposa, CA 95338  
(209) 966-6299  
[Click here!](#)  
Counties: Mariposa (CalECSE Region 7)

## Matrix Parent Network & Resource Center - North Bay FRC

2400 Las Gallinas Ave, Suite 100  
San Rafael, CA 94903-1454  
(415) 884-3535  
[Click here!](#)  
Counties: Marin, Solano  
(CalECSE Region 4)

## McClaney Family Resource Center

2500 S. Western Ave.  
Los Angeles, CA 90018  
(213) 744-8878  
[Click here!](#)  
Counties: Los Angeles (CalECSE Region 11)

## Parenting Network, Inc.

330 N. Johnson Street  
Visalia, CA 93291  
(559) 625-0384  
[Click here!](#)  
Counties: Tulare (CalECSE Region 7)

## Parents CAN

1909 Jefferson Street  
Napa, CA 94559  
(707) 253-7444  
[Click here!](#)  
Counties: Napa (CalECSE Region 4)

## Parents Helping Parents of SLO

3620 Sacramento Dr., #201  
San Luis Obispo, CA 93401  
(805) 549-8148  
[Click here!](#)  
Counties: San Luis Obispo  
(CalECSE Region 8)

## Parents Helping Parents, Inc.

1400 Parkmoor Ave., Suite 100  
San Jose, CA 95126  
(408) 727-5775  
(866) 747-4040  
[Click here!](#)  
Counties: Santa Clara  
(CalECSE Region 5)

## Parents' Place Family Resource and Empowerment Center

1500 South Hyacinth Ave. Suite B  
West Covina, CA 91791-3824  
(626) 919-1091  
(800) 422-2022  
[Click here!](#)  
Counties: Los Angeles  
(CalECSE Region 11)

## Plumas Rural Services

711 East Main Street,  
Quincy, CA 95971  
(530) 283-2735 ext. 880  
[Click here!](#)  
Counties: Plumas (CalECSE Region 2)

## Rainbow Connection

2401 E. Gonzalez Road, #100  
Oxnard, CA 93036  
(805) 485-9643  
[Click here!](#)  
Counties: Ventura (CalECSE Region 8)

## Raise & Shine ESFRC

166 E. Gobbi St.  
Ukiah, CA 95482  
(707) 234-3300  
[Click here!](#)  
Counties: Mendocino  
(CalECSE Region 1)

## Rowell Family Empowerment of Northern CA

3330 Churn Creek Rd., Suite A-1  
Redding, CA 96002  
(530) 266-5129  
[Click here!](#)  
Counties: Butte, Glenn, Shasta,  
Siskiyou, Tehama, Trinity  
(CalECSE Region 2)

## Southeast FRC

15415 S. Pioneer Blvd.  
Norwalk, CA 90650  
(562) 526-2115  
[Click here!](#)  
Counties: Los Angeles  
(CalECSE Region 11)

## Special Kids Connect (formerly Crusade)

1900 Garden Rd., Suite 230  
Monterey, CA 93940  
(831) 372-2730  
[Click here!](#)  
Counties: Monterey  
(CalECSE Region 5)

## Special Needs Connection - Changing Tides

2379 Myrtle Ave.  
Eureka, CA 95501  
(707) 444-8293  
[Click here!](#)  
Counties: Humboldt  
(CalECSE Region 1)

## Special Parents Information Network (SPIN)

P.O. Box 2367  
Santa Cruz, CA 95063  
294 Green Valley Rd., Suite 313  
Watsonville, CA 95076  
(831) 722-2800  
(831) 535-3969  
[Click here!](#)  
Counties: San Benito, Santa Cruz  
(CalECSE Region 5)

## Support for Families for Children with Disabilities

1663 Mission Street, 7th Floor  
San Francisco, CA 94103  
(415) 282-7494  
[Click here!](#)  
Counties: San Francisco  
(CalECSE Region 4)

## T.E.A.C.H. Inc

112 East 2nd Street  
Alturas, CA 96101  
(530) 233-3111  
[Click here!](#)  
Counties: Modoc (CalECSE Region 2)



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## WarmLine FRC

2424 Castro Way  
Sacramento, CA 95822  
(916) 455-9500

[Click here!](#)

Counties: Alpine, El Dorado,  
Nevada, Placer, Sacramento, Yolo  
(CalECSE Region 3)

## Westside Family Resource & Empowerment Center

5901 Green Valley Circle, #320  
Culver City, CA 90230-6953

(310) 258-4099

(310) 258-4063

[Click here!](#)

Counties: Los Angeles  
(CalECSE Region 11)

## Yuba County Office of Ed FRC

1104 E Street  
Marysville, CA 95901  
(530) 749-4049

[Click here!](#)

Counties: Yuba (CalECSE Region 3)

## 211 – Find Help Near You.

211 is the most comprehensive source of information about local resources and services in the country and can connect you to expert, caring help including caregiver resources, emergency services information, housing and food resources, and mental health resources. Every call is completely confidential. Call 211 to speak to someone now, or search by location for online resources and more contact information.

## The Department of Developmental Services (DDS) and Regional Centers - <https://www.dds.ca.gov/rc/>

The Department of Developmental Services (DDS) oversees the coordination and delivery of services for Californians with developmental disabilities through a statewide network of 21 community-based, non-profit agencies known as Regional Centers. A wide variety of services are available to Californians with developmental disabilities in each stage of their lives. Services are person-centered and designed to meet a variety of unique needs and reflect the choices of individuals within their communities.

Enter your zip code to find your local Regional Center through this link: [Regional Center Lookup](#).

## First 5 California - [About First 5 CA](#)

Since 1998, First 5 California has worked to improve the lives of children and families throughout California. Their vision is that California's children receive the best possible start in life and thrive.

First 5 California partners with the 58 First 5 county commissions to serve California's diverse populations. They work with statewide partners to ensure programs are designed to support healthy children who can reach their full potential in school and in life. Working with county partners is how First 5 California is able to reach a broad spectrum of California families with services specific to their needs. Find your local First Five location in California through this link: [First 5 CA](#).

## Help Me Grow [Help Me Grow California](#)

Are you looking for help or do you have questions about your child's development? Your county may have a Help Me Grow (HMG) program. HMG provides information and resources to parents of children aged birth to 5 and is a network of community resources that works like a power grid. Help Me Grow maintains a directory of available services, connecting service providers to each other to create an interconnected system. Families benefit as Help Me Grow listens to them, links them to services, and provides ongoing support. Help Me Grow is available to all children, including those whose families may have concerns or simply want to learn more about their child's development. Find local information about Help Me Grow through this link: [Help Me Grow System in your county \(HMG\)](#).



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