

Harbor Regional Center
Parent Support Directory
Directorio/Guía de Apoyo Familiar
September/Septiembre 2007

Compiled by
Harbor Regional Center
Resource Center
21231 Hawthorne Blvd.,
Torrance, CA 90503
(310) 543-0691

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DOWN SYNDROME **SÍNDROME DE DOWNS**

Down Syndrome Support Group of South Bay

21231 Hawthorne Blvd., Torrance, CA 90503

Contact person: Kerry Ryerson (310) 543-0686
Niima Radford (310) 792-4588

Open to anyone with a son or daughter with Down Syndrome of any age. Parent to parent support, information sharing, education, guest speakers. Group meetings are held on the second Thursday of each month from September to June, 6:30 – 8:30 p.m. at Harbor Regional Center. Child care is available. Family picnic in July- date to be determined.

Down Syndrome Association of Los Angeles, Inc.

315 Arden Ave., #25, Glendale, CA 91203

Contact: Gail Williamson (818) 242-7871
Fax (818) 242-7819

E-mail: info@dsala.org

Website: <http://www.dsala.org>

Affiliate of the National Down Syndrome Congress and the National Down Syndrome Society; newsletter, peer counseling, meetings, conferences, age specific by-groups, education, information and training.

Down Syndrome Family Support Group of Long Beach

Contact people: John or Kim Snyder (562) 425-5969

For parents of children with Down Syndrome, John and Kim are facilitating this Long Beach based group in their own home on the first Wednesday evening of each month. The meetings are both supportive and informative. Family oriented get-togethers are also offered, such as outings, parties and picnics. Call them if you are interested in participating. Call the above number for any changes in the summer schedule.

EPILEPSY **EPILEPSIA**

Epilepsy Foundation of Los Angeles County

5777 W. Century Blvd. Suite 820 Los Angeles, CA 90045

Contact person: Guadalupe Corral-Leyve (800) 564-0445

The Epilepsy Foundation provides information and referral, counseling, emergency I.D. tags and cards, consultation services, parent groups and support networks, educational programs, seminars, materials, community group meetings, and medical and social research.

This group supports individuals of all ages who have a seizure condition and family members. Call the above number for information on support meetings for parents, meetings are both in English and Spanish at various locations in Los Angeles and Orange Counties.

EARLY CHILDHOOD
LOS AÑOS INFANTILES

The Early Years Parent Support Group

21231 Hawthorne Blvd., Torrance, CA 90503

Contact Person: Kristin Martin (310) 543-0611

For parents of infants, toddlers and young children, 0 to 4 years of age, with a diagnosis of developmental disability or who are at risk of having a developmental disability and are followed by regional center. Contact facilitator for time, date, and place where the group meets.

Long Beach Family Resource Center/Miller Children's Hospital

2801 Atlantic Avenue, 2nd Floor, Long Beach, CA 90801

Contact Person: Diane Black (562) 933-8050

Please call for time, day and, place where this support group meets.

Coffee Talk

SouthEast Family Resource Center

16337 Bellflower Blvd., Bellflower, CA 90706

Contact Person: Alice Cunningham (562) 461-2986

Please call for time, day and, place where this support group meets

Parent Support Group

Sp. Ed. Family Resource Center

SWSELPA

1135 W. 257th St., Harbor City, CA 90710

Contact Person: Maryann Clark or
Christy Cole (310) 798-2965

Please call for information regarding date, time, and place where this Support Group meets.

LOW INCIDENCE INCIDENCIA RARA/POCA INCIDENCIA

Braille Institute of America

741 N. Vermont Ave. Los Angeles, CA 90029

Contact person: (323) 663-1111

Home Service for infants/preschoolers who are visually impaired; there is no center-based program. Parent support group on an as needed basis. For further information regarding parent groups ask for Sue Parker.

Institute for Families of Blind Children

4650 Sunset Blvd. Mailstop 111 Los Angeles, CA 90027

Contact person: Nancy Chernus-Mansfield, (323) 669-4649 or
Fax (323) 665-7867

The Institute offers free services to families with a diagnosis of visual impairment along with a newsletter, Parents to Parents Newsletter, Retinoblastoma Support News and videotapes for parents, siblings, and physicians.

Greater Los Angeles Council on Deafness (GLAD)

2222 Laverna Ave., Los Angeles, CA 90041

TTY or Telephone (323) 478-8000

Fax (323) 550-4205

GLAD Orange County Office: 6022 Cerritos Ave. M, Cypress, CA 90630

Contact Person: (714) 826-9793

Fax (714) 826-9813

Interpreter services, peer counseling, advocacy, telephone services, information and referral, recreation and social clubs, sign language class, legal referral. Limited to persons who are deaf or hearing impaired

Spina Bifida Association of Greater Los Angeles

2400 South Flower Street, Los Angeles, CA 90007

Contact person: Sandy Marton, (818) 894-4121

E-mail sandybear46@hotmail.com

Board meetings are held annually at Orthopedic Hospital. Offers telephone support and information for parents and families of children with Spina Bifida. Activities include fund-raising to help families in financial crisis. The organization receives technical support from Orthopedic Hospital. Support in Spanish is also available. Check out the website: www.spinabifida.org. This will get you into the Spina Bifida Association of America.

SPECIFIC POPULATIONS & SPECIAL INTEREST **POPULACIÓN ESPECÍFICA E INTERES ESPECIAL**

Father Figure: An HRC Support Group for Dads

21231 Hawthorne Blvd., Torrance, CA 90503

Contact Person: Pablo Ibanez (310) 792-4558

This support group is for dads raising a child with a developmental disability. Meetings will be held on the 3rd Sunday of the month from 6:30-8:30. The meetings will be held at Harbor Regional Center in Torrance.

Single Parents Support Group

1155 E. San Antonio Drive, Suite B, Long Beach, CA 90807

Contact Person: Ed Swan (310) 792-4547

This support group is for single parents who are raising a child with a developmental disabilities. We meet the 1st Thursday of every month in Long Beach to share resources, stories and strategies.

Adult Siblings Support Group

21231 Hawthorne Blvd., Torrance, CA 90503

Contact Person: Kent Yamashiro (310) 543-0687 or
Audrey Clurfeld (310) 543-0616

We'll discuss topics such as planning for the future, conservatorship, estate-planning, caregiving demands, stress management and other relevant topics. We meet the 4th Thursday of every month from 6:30 - 8:30 P.M.

Sibling Club:

1155 E. San Antonio Drive, Suite B, Long Beach, CA 90807

Contact Person: Kristin Martin (310) 543-0611

This support group is for children ages 6 – 16 who are siblings of HRC clients. The Sibling Club program at HRC is intended to give brothers and sisters of our client's opportunities to meet with other siblings and obtain peer support and education in a recreational setting.

M.O.D.D.: More Opportunities for the Developmentally Disabled

M.O.D.D. Inc., P.O. Box 13924, Torrance, CA 90503

Contact Person: Pat Siegel (310) 371-2879 or
Kea Carney (310) 792-4512
Harbor Regional Center Liaison

Composed of parents, young adults with developmental disabilities over the age of 16, professionals and other concerned individuals. Promotes growth opportunities and independence by participating in the arts. Offers singing, dance, theatre, and art programs.

LEARNING DISABILITIES
INCAPACIDADES EN EL APRENDISAJE

C.H.A.D.D of Long Beach (Children and Adults with Attention Deficit Disorder)

Contact Person: Vicki Rice (562) 804-6434
(310) 326-2322

Website: www.chadd.org

The South Bay chapter meets on the first Tuesday of the month from 7 to 9p.m. at Little Company of Mary Hospital, Center for Health Education. Speakers are featured. The adult support group (for adults with ADHD) meets immediately after the speaker. For more information, call the South Bay Chapter of CHADD.

EK (Exceptional Kids)

3511 W. 187th Street, Torrance, CA 90504

Contact Person: Tom Cash (310) 378-7204

This club is a group for children ages 4 to 16. It offers social and recreation clubs for children with special needs.

(Serves Larson West PAU families)

SYNDROMES AND/OR CONDITIONS **CONDICIONES ESPECÍFICAS O SÍNDROMES**

Fragile X Association of Southern California

Contact Person: Diane Bateman (562) 439-1190

E-mail: info@fraxsocal.org

3rd Saturday bi-monthly. Please check for location. Family activities, information and support.

Prader-Willi California Foundation, an Affiliate of Prader-Willi Syndrome, Association (USA)

360 Mobil Avenue, Ste. 205C, Camarillo, CA 93010-6325

Contact Person: Fran Moss (800) 400-9994

Fax (805) 383-0889

Website: www.pwcf.org

E-mail: Pwcf@msn.com

Prader-Willi of California provides parents and professionals a state network of information, advocacy and support services to expressly meet the needs of children and adults with PWS and their families. Call the office for newsletter subscriptions and for information regarding annual national conferences.

Rett Syndrome Association (International)

9121 Piscataway Road #2B, Clinton, MD 20735

Contact Person: (301) 856-3334 or
(800) 818-RETT (7388)

Website: www.rettsyndrome.org

Publishes a quarterly newsletter which keeps parents and professionals informed of current research in the field and give suggestions for care and management. A family network allows parents to make contact with others whose children are at a similar stage of Rett Syndrome. Also provides annual conference and seminars and publishes a wide variety of information and care materials. Annual membership is \$25 individual, \$30 family, and \$35 international.

Tourette Syndrome Parent Support Group

Contact Person: Loretta Staebler (626) 445-3986 or

Bob Courdy (714) 995-6261

Offers telephone support and information

**National Sudden Infant Death Syndrome Foundation of
Southern California**

P.O. Box 90544, Pasadena, CA 91109

Contact Person:

(310) 558-4511 or

24 hour hotline

(800) 974-3752

Information, newsletter, monthly meetings; also information and referral to community services. Information available in Spanish. Parent to parent contact, if needed. Services to Los Angeles, San Luis Obispo, Santa Barbara, and Ventura Counties. Call for information about the various support groups that meet each month.

LANGUAGE/CULTURE SPECIFIC RESOURCES
RECURSOS ESPECÍFICOS PARA DIFERENTES CULTURAS Y
LENGUAJES

ASIAN LANGUAGES
LENGUAS ASIATICAS

CHINESE

Chinese Parents Association for the Disabled (CPAD)

Contact Person: Lina Yuan (310) 539-5852

Website: www.cpad.org

Meetings are held at the San Gabriel Community Health Center in San Gabriel. Call for time and more information. Parent information and support for parents of developmentally disabled children, conducted by and for Chinese parents with sensitivity to cultural concerns and languages.

Families with Special Children Association

17538 Studebaker Road, Cerritos, CA, 90703

Contact Person: (562) 809-6868

Website: www.fwsca.org

Call for more information

JAPANESE

Japanese Speaking Parents Association of Children with Challenges (JSPACC)

Little Tokyo Service Center, 231 E. 3rd Street, Ste. G104, Los Angeles, CA 90013

Contact person: Mariko Magami (818) 249-1726 or
Michiko Wilkins (818) 557-0728

JSPACC assists parents and families of children with developmental disabilities and physical challenges in the Japanese community. Offer exchange of information regarding services and programs through meetings, seminars, and newsletters. Also provides peer support and social activities for children and their families. Membership is \$30/year. Translators are available for Japanese speaking families. General meetings are held on the third Saturday of every month, 10:00 am to noon. Call for further information.

Little Tokyo Service Center (LTSC)

231 E. Third St., Rm G106

Contact person: (213) 473-1602
Fax (213) 473-1601

Services include individual and family counseling through the Nikkei Family Counseling Service (213) 473-1600, support groups, transportation, and translation services, an emergency caregiver programs, student help lines, crisis hotlines, and consumer education. Also have the Kosumosu domestic violence program, and child program.

VIETNAMESE

Vietnamese Parents of Disabled Children

Contact person: The-Luyen Chu (310) 370-6704
Website: www.vdpca.org

Parent information and support groups conducted by and for Vietnamese parents with sensitivity to cultural concerns and language. Meetings are usually quarterly, newsletter available. Call Mr. Luyen for further information.

Chinatown Service Center (CSC)

767 N. Hill St., Ste. 400

Contact person: (213) 808-1700
Fax (213) 680-0787

Community economic in development, counseling, family health clinic, information & referral, translation and interpretation, case management, welfare, Medical and Social Security info, and consumer education. Also provides senior services, workforce development program, and youth services. Most services are free.

KOREAN

Korean Parent Support/Harbor Regional Center

Contact: Taejong Min (310) 792-4542
Aeja Shim (562) 961-5606

Quarterly meetings at Harbor Regional Center and the Korean Hope Church in Cerritos. Parent information, support, and socialization with Sensitivity to cultural concerns and language. Call for further information.

Korean Parent Group for the Developmentally Disabled

3030 West 6th Street, Ste. 222, Los Angeles, CA 90020

Contact: Mr. Kyung Hwan Lee (818) 993-7755
(213) 385-0977

Membership meetings are held quarterly at their office.

SPANISH
ESPAÑOL

Unidad y Fuerza

(Spanish-speaking Parents Support Group)(Grupo de Apoyo Familiar de Habla Hispana)

Padre Encargado del Grupo:

Contact person: William Martinez (310) 543-0627
Sr. Nemesio Bustos (562) 989-6514

Las reuniones son el 4to Miércoles de cada mes de 6:30pm to 8:30 pm en el Centro de Recursos Familiares del Hospital de Niños de Memorial Miller. Provee entrenamiento, educación y apoyo a familias de habla hispana con niños con necesidades en su desarrollo. Presentaciones están a su alcance. Llame para más información .

Meetings are every 4th Wednesday, from 6:30 p.m. to 8:30 p.m., at Long Beach Memorial Miller Children's Hospital Resource Center, 2801 Atlantic Ave., Provides training, education and support to Spanish speaking parents with developmentally disabled children. Guest speakers are available. Call for further information.

FUERZA

(Familias Unidas En Respuesta al de Síndrome de Downs y Otras Alteraciones)

Padre Encargado del Grupo:

Contact person: Ana Trujillo (800) 200-4323
Fax (626) 917-9881

En colaboración con la Asociación del Síndrome de Downs de Los Angeles. Los servicios incluyen apoyo entre padres, reuniones mensuales, paquetes de información, recursos y referencias, picnic anual, periódico mensual, entrenamientos, symposiums, lista de oradores. Llame para información acerca de apoyo para familias con niños con autismo, paralysis cerebral, epilepsia y retardo mental. Todos los servicios son Español.

Operated in conjunction with the Down Syndrome Association of Los Angeles. Services include parent to parent support, monthly meetings, information packets, resource and referral, annual picnic, monthly newsletter, peer-counselor training, symposiums, speakers' bureau. Call for information regarding support for parents of children with autism, cerebral palsy, epilepsy and mental retardation. All services are in Spanish.

Realizando Nuestros Sueños

Padre Encargado del Grupo:

Contact person: Jean Hansen (310) 325-7288
(310) 791-0773

Grupo de Apoyo Familiar para Familias con bebés o niños hasta los 3 años que tienen o están al riesgo de tener una incapacidad en su desarrollo. El Grupo se reúne el tercer Lunes de cada mes de 9:30am a 11:00am en el Centro de Recursos Familiares de Carolyn Kordich. Para más información llame al Centro de Recursos al (310) 325-7288 o al (310) 791-0773.

Carolyn Kordich Family Resource Center. Parent Support Group for Spanish Speaking Families with Infants or Toddlers 0-3 with and or at Risk of a developmental disability. The Group meets the third Monday of each month from 9:30 am to 11:00 am at the CKFRC. For more information call the Family Resource Center at (310) 325-7288 and or at (310) 791-0773.

Director/Directora Jean Hansen

Alianza de Familias Especiales

Padre Encargado del Grupo:

Contact person: Claudia Sanchez (310) 337-9928

Grupo de Apoyo Familiar en el Area de Lakewood. Se reúne en una iglesia. Para información adicional llame a Claudia Sánchez at (310) 337-9928

Parent Support Group in the Lakewood Area. Meets in a church. For additional information contact Claudia Sánchez at (310) 337-9928

Coffee Talk

Padre Encargado del Grupo:

Contact person: Alice Cunningham (562) 461-2986

Grupo de Apoyo Familiar /Un Comienzo Temprano en el Área del Sureste. Se reúne mensualmente. Para más información acerca del día y a que hora se reúne el grupo conectese con el Centro de Recursos Familiares al (562) 461-2986.

Facilitadora,/directora: Alice Cunningham

Southeast Area Spanish Speaking/Early Start Support Group. Meets Monthly. For Day and Time please contact the Family Resource Center at (562) 461-2986
Facilitator/Director : Alice Cunningham

RESOURCE CENTERS **CENTRO DE RECURSOS**

Family Resource Centers – These centers have information regarding services for individuals with disabilities. Some have videos and books which can be borrowed, brochures available to take, and information which can be copied. One should call for operating hours. Parents staff each of the resource centers and are able to provide 1:1 parent to parent support.

Harbor Regional Center Resource Center

21213 Hawthorne Blvd., Torrance, CA 90503

Contact person: (310) 543-0691

Website: www.HaborRC.org

E-mail: FRC-library@harborrc.org

Contact person: Barbara del Monico, Manager, Kristin Martin, Assistant Manager
Early intervention areas served: Manhattan Beach, Hermosa Beach, Redondo Beach, Rolling Hills Estates, Catalina Island, Rancho Palos Verdes, Palos Verdes Estates, Torrance

Carolyn Kordich Family Resource Center

1135 W. 257th St., Harbor City, CA 90710

Contact person: Jean Hansen (310) 325-7288

E-mail: ckfrc@worldnet.att.net

Serving the communities of: Carson, Harbor City, Harbor Gateway, Lomita, San Pedro, Wilmington

Long Beach Family Resource Center/Miller Children's Hospital

2801 Atlantic Avenue, 2nd Floor, Long Beach, CA 90810

Contact person: Elizabeth Hoy (562) 933-8050

Warmline (562) 985-1152

Fax (562) 933-8430

E-mail: Ehoy@memorialcare.org

Serves the communities of Long Beach, Lakewood, Signal Hill.

Southeast Family Resource Center

P.O. Box 307 (use P.O. Box for all correspondence), Lakewood, CA 90714

16337 Bellflower Blvd., Bellflower, CA 90706

Contact person: Alice Cunningham (562) 461-2986

Voice (877) 243-BABY (2229)

Fax (562) 461-2876

E-mail: sofrcbaby@msn.com

Serves the communities of Hawaiian Gardens, Bellflower, Norwalk, Artesia, La Mirada, Cerritos, Lakewood. Coffee talk support group – call for meeting times.

South West SELPA Family Resource Center

15901 Hawthorne Blvd., #400, Lawndale, CA 90260

Voice and Warmline (310) 921-2252

Fax (310) 921-3242

E-mail: swfrc@lacoedu

Serves Inglewood, Lawndale, Hawthorne, Torrance, Lennox, El Segundo, Hermosa, Manhattan Beach, Redondo Beach, Palos Verdes, Rolling Hills and LACOE infant/Toddler Program.