# Parents’ Place – Support Group List

## Amputee

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
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</table>
| San Gabriel Valley Amputee Self-Help Group | 1520 West Cameron Avenue, Suite 160
West Covina, CA 91790
Meeting 3rd Saturday of the month 2pm-4pm
Contact: Felicia Apodaca (626) 337-8868
Independent Living Specialist
Fax: (626) 337-1835
Felicia@scil-ilc.org |

## Anger Management Group

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
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</thead>
</table>
| Tri City Mental Health | 1403 N. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Thursdays 11-12pm and 5-8pm |

## Anxiety

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
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</thead>
</table>
| Anxiety/Anxiety Relief Groups | Tri City Mental Health
1403 N. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7651
Tuesdays & Fridays 11am-12pm
Where: Pomona Room |

## Arthritis Support & Education

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis Foundation</td>
<td>(800) 283-7800</td>
</tr>
</tbody>
</table>
| Lupus & Fibromyalgia | Foothill Education Center
427 W. Carroll Ave.
Glendora, CA 91741
Mary Fernandez: (626) 814-2539
(Coordinator for Community Ed. Center) |

## Armenian Support Groups

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
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</thead>
</table>
| Armenian Autism Outreach Project, Inc. | Family Support Meetings 7:00pm last Tuesday of the month.
(818) 542-2267 |

## Armenian Speaking Battered Women Support Group

Domestic Violence Project YWCA
Services for Children (all ages) living in Crisis Shelters ONLY
Armenian (818) 240-0888 ext. 228
Information: (818) 240-0888
Administrative Office: (818) 242-4155
24hr Hotline: 242-1106
735 Lexington Dr.
Glendale, CA 91206

## Asperger’s

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
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</thead>
</table>
| L.A. Asperger Syndrome Support Group | Fran Goldfarb or Jim Devine
(310) 543-5064 after 7 a.m. before 9 p.m.
Fran’s work. 323-361-3831 / Jim’s work 310-338-2948. LAAasperger@gmail.com |

## Asthma

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
</tr>
</thead>
</table>
| American Lung Association | 3325 Wilshire Blvd. Ste. 900
Los Angeles, Ca. 90010
Breather’s information
(213) 384-5864 |
ATTENTION DEFICIT DISORDER

CHADD National Resource Center
(800) 233-4050 Open Monday-Friday 9am-5pm
www.help4adhd.org

AUTISM

ARMENIAN AUTISM OUTREACH PROJECT, INC.
Family Support Meetings 7:00pm last Tuesday of the month.
(818) 542-2267
Check website for information and location
www.armenianautismoutreach.org

AUTISM SOCIETY OF AMERICA
Autism Society Greater Long Beach/San Gabriel Valley Chapter:
PO Box 15247
Long Beach CA 90815-0247
(Los Angeles County)
(562) 943-3335 (Main Phone)
Gloria McNeil/Rita Robin:
(562) 941-1931 (Other)
E-Mail: Ca-longbeach@autismsocietyofamerica.org

De Mi Familia a su Familia
Grupo de Apoyo para familias
con ninos con Autismo
3303 Wilshire Blvd. Ste. 700,
Los Angeles, CA 90010
Edward Perez (213) 383-1300 ext. 4986
Edward.perez@Lanterman.org

Los Angeles Chapter:
8939 South Sepulveda Blvd. Suit 110-788
Los Angeles CA 90045 (Los Angeles Co.)
(562) 804-5556 (Main Phone)
Caroline Wilson, President
Fax: (562) 425-4940
www.asa-la.org
California Chapter: Glendora
PO Box 1355
Glendora CA 91740
(Los Angeles County)
(800) 869-7069 (Main Phone) Greg Fletcher

AUTISM SUPPORT GROUP
The Claremont Center for Spiritual Living
509 S. College Ave. Claremont Ca 91711
Monday evenings from 7-8pm Starting May 12th
Office: (909) 624-3549
E-mail: admin@claremonsters.org

(ASAAP) - ADVOCATES SUPPORTING ADULT AUTISTIC PERSONS
Vicki Dean (562) 946-0467 ext. 404
9300 Santa Fe Springs Rd.
Santa Fe Springs, CA 90670
Meetings, please call for dates and time
“WAPADA” (Whittier Area Parents Association for the Developmentally Handicapped)

TACA (Talk About Curing Autism)
3070 Bristol St., Ste. 340, Costa Mesa, CA 92626
Email: Lisa at tacanow@cox.net
Phone: (949) 640-4401 www.tacanow.org

TACA SUPPORT GROUP (formerly VAPSG, a United Autism Alliance support group). Meets 1st
Moira Giammatteo (949) 640-4401

AUTISM SUPPORT GROUP AND ALL SPECIAL NEEDS
Casa Colina Children’s Center
2nd Monday every month
(626)862-7447 Debbie Key
Español (909) 936-6489
255 E. Bonita Ave. Pomona, CA

AUTISM (CONTINUED)

LOS ANGELES FAMILIES FOR EFFECTIVE AUTISM TREATMENT (LA FEAT)
2nd Monday of the month 7:00 pm – 9:00 pm
Kiwanis Club Hall of Hermosa Beach
2515 Valley Dr., Hermosa Beach, CA 90254
www.lafeat.org

SAN GABRIEL/POMONA REGIONAL CENTER Autism Support Grp. for Parents
Meets 4th Monday of each month 7:00pm-8:30pm SGPRC Assembly Room
For information: (909) 706-3595
John Hope or Elizabeth Annammraju
(909) 620-7722 Main line
BEREAVEMENT

GRIEF OUTREACH - FOR ANYONE OVER 18 WHO HAS LOST A LOVED ONE THROUGH DEATH
Citrus Valley Medical Center - Queen of the Valley Campus
1115 S. Sunset Ave. West Covina, 91790
8 weeks / Wed. Starts March 27 - May 15
7pm (free)
June 19-Aug 7 every Tues. & Wednesday
Sep 24 – Nov 12
7-9pm
Main Line: (626) 814-2479
www.cvhp.com

BEREAVED PARENT SUPPORT GROUP
YMCA Orange County
13821 Newport Avenue #200
Tustin, CA 92780
Meetings are held every Tuesday at 7-9 pm
Nancy Ludt: (714) 960-1819
YMCA: (714) 549-9622
www.ymcaoc.org

BEREAVED PARENTS U.S.A.
112 W. Wilken Way. Anaheim, CA. 92802
Meetings held on the 3rd Monday from 7-8:30pm
At the Crystal Cathedral (crossroads Chapman and Lewis)
Linda Moore (714) 750-9237

COMPASSIONATE FRIENDS
Roy Redman (714) 993-6708 Orange Co.
Toll Free 1877-969-0010 call for location
1st Tuesday & 3rd Wednesday 7:00 p.m.
P.O. Box 673 Yorba Linda, Ca. 92885
(Worldwide candle lighting every 2nd Sunday in Dec.) check website below
www.compassionatefriends.org

LOSS OF A LIFE’S MATE
Meeting 2nd Tuesday of the month 7:00 pm
Foothill Education Center
427 W. Carroll Ave
Glendora, CA 91741
Mary Fernandez: (626) 814-2539
(Coordinator for Community Education Center)

*Contact for info on other support groups*
(626)814-2579 Community Wellness Serv.

BEREAVEMENT SUPPORT GROUP
Claremont Human Services
JOSLYN CENTER
660 N. Mountain Ave, Claremont Ca 91711 Call
for session start and end date.
Wednesday 4-5:30pm & Tuesday 3-4:30pm
More info: (909) 399-5488

CARING CONNECTION
Pomona Valley Hospital
Tammy Barto (909) 865-9555 ext 9
Call for location and time.

LOSS OF LIFE (SPOUSE)
Foothill Education Center
427 W. Carroll Ave.
Glendora, CA. 91741
Mary Fernandez: (626) 814-2539
(Coordinator for Community Education Center)

BI-POLAR

FREE-dom through Reality Group (BI-POLAR)
Tri-City Mental Health Center
1404 N. Garey Ave. Pomona, Ca 91767
Wellness Center: (909) 242-7600
Tuesday 3-4pm
Natalie Ramos (909) 242-7632

BREAST CANCER

CITY of HOPE SUPPORT GROUP
1500 E Duarte Rd. (Modular 136)
Duarte, CA 91010-3012
Courtney Davis (626) 256-4673 ext. 62282

CAREGIVERS

CAREGIVERS SUPPORT GROUP
650 N Mountain Ave, Claremont Ca, 91711
Joslyn Center; Wednesday 6:30-7:30pm
Claremont Human Services
City of Claremont
(909) 399-5488 Ashley Nielsen ext. 107
CANCER

CANCER CARING CONNECTION - Pomona Valley Hospital (For patient & family members for any type of cancer)
Tammy Barto (909) 865-9555 ext 9

H.O.P.E SUPPORT GROUP
(for people with cancer and their families)
(626) 814-2479 or (888) 456-CVHP
Melissa
www.cvhp.com
Siga las instrucciones para Español

CITY OF HOPE
City of Hope offers support for cancer patients and their family members.
For info call (626) 256-4673 ext. 26400

CEREBRAL PALSY

UNITED CEREBRAL PALSY
6430 Independence Ave.
Woodland Hills, CA 91367-2607
Terri Lantz: 818-782-2211 ext. 582
Info on the “Ken Project”: www.ucpla.com
Meetings Last Thursday of the month

CHILD ABUSE & NEGLECT

PARENTS ANONYMOUS GROUP IN POMONA
(Prevention of child Abuse and Neglect)
Tammy Dihessa (909) 621-6184 ext. 212

CHILDREN BIRTH TO AGE 22

PARENTS’ PLACE
REACH Parent Support Group
1500 S. Hyacinth Ave., Suite B
West Covina, CA 91791
Meetings 1st Thursday of the month
7-8:30pm. Childcare available
Valentina Allen (626) 919-1091

PARENTS’ PLACE NUEVO DÍA
Spanish Parent Support Group
1500 S. Hyacinth Ave., Suite B
West Covina, CA 91791
Meetings 2nd Wednesday each month from
10-11:30 am. Childcare available
Elena Sanchez (626) 919-1091

CHINESE GROUP

CHINESE PARENTS ASSOC. FOR THE DISABLED
First Christian Church
220 S. 5th St., Alhambra, CA 90801
Monthly Workshops; Activities for children
Rose Wang (626) 202-4773 call for info
Hot Line:(626)307-3837 www.cp4u.org
Mailing address:  P.O. Box 2884
San Gabriel, CA 91778

CHINESE PARENT SUPPORT GROUP
San Gabriel / Pomona Regional Center
761 Corporate Center Dr. Pomona, Ca. 91767
Call for details: meets every other month
(909) 868-7526
(Chinese, Korean, Vietnamese)

FOUNDATION FOR DISABLED YOUTHS
(F.F.D.Y.) Jane (626) 968-2169 Hotline
Classes held every Saturday 2:30pm – 5:00pm
(Yoga, music and crafts) cooking class held once a month.
Location: St. Marks Chinese Lutheran Church
15710 Newton St. Hacienda Heights, CA
91745-1400
ffdycares@email.com

LOS ANGELES CAREGIVERS RESOURCE CENTER (LACRA)
Chinese Mandarin Speaking
Location: Alhambra
1st Friday of every Month
Time: 10:00-11:30 am

CLEFT & LIP PALATE

The Cleft Palate Foundation
24 hr. Toll Free Hotline: Call 800-242-5338
www.cleftline.org

COSTELLO SYNDROME

Costello Syndrome Family Network
(626) 676-7694 (day) (626)794-7343 (evening)
244 Taos Rd. Altadena, CA 91001-3953
Taos@earthlink.net
Lschoyer@dmh.lacounty.gov
www.costellokids.com

DEAF-BLIND SERVICES
DEPRESSION

DEPRESSION GROUP
Tri-City Mental Health Center
1404 N. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Mondays 11 am

MEN’S DEPRESSION GROUP
Tri-City Mental Health Center
1404 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Tuesdays 2-3pm

POSTPARTUM SUPPORT INTERNATIONAL
For mothers suffering from postpartum depression.
Please call (800) 944-4773
www.postpartum.net (click on find local support & resources)

DIABETES

GROUP FOR CHILDREN AND PARENTS - Children's Hospital of O.C
Social Services Dept.
English (714) 532-8330
Spanish Line: (714) 532-7865
455 S. Main St., Orange, CA 92668
Meets Monthly
For more information, go to
www.padrefoundation.org
Click on support for support group info
Click on classes for information on specific classes offered. RSVP at above phone # for all classes.

DIABETES SUPPORT AND EDUCATION GROUP
427 W. Carroll Ave.
Glendora, Ca. 91741
Call for meeting times
Mary Fernandez: (626) 814-2539
(Coordinator for Community Education Center)
(626) 857-3477

DOMESTIC VIOLENCE

DOMESTIC VIOLENCE ASSOCIATION PROJECT- YWCA OF GLENDALE
735 E. Lexington Dr. Glendale, CA 91206
Services available in English, Spanish, Armenian
Main line: 818-242-4155
Support Group: 818-240-0888
24 Hr Crisis: 818-242-1106

YWCA - WINGS SUPPORT GROUP
Emergency Shelters.
P.O. Box 1464, West Covina 91793-1464
24 Hour Help Line (626) 967-0658.
Info for group classes (626) 338-3123
Outreach Services (626) 338-3123

DOWN SYNDROME

DOWN SYNDROME ASSOC. OF L.A
315 Arden Ave, Ste 25 Glendale, CA 91203
MAIN (818) 242-7871 fax (818) 242.7819
Contact: Sandra Baker Office Hours: 9:00am - 4:00 pm website: www.dsala.org
DOWN SYNDROME ASSOCIATION OF L.A.
Pomona Sub-Group - "Up for Down:"
255 E. Bonita Pomona, CA 91767
For all ages; 4th Thursday (every month)
7:00-8:30pm For more information: call
Carol Anten: 909-268-6344

L.A. Pomona Sub-Group - "Up for Down:"
(Spanish Support Group) See Spanish Support Groups

DSALA Down Syndrome Assoc. of L.A.
Online support group
DSALApants@yahoo.com

Little Steps 0-3 English Support Group
Support group for parents who have children with Down Syndrome ages birth to 3 yrs. Meets the 4th Thursday of every month 6:30 to 8:30 p.m. Meets across the street from Covenant Methodist Church; 1750 N. Towne Ave. Pomona, 91767 in the Teen Center. For more information: call
Monica Crawford (626) 824-6639
Email: haveyouhadyourhugstoday@yahoo.com
Website: www.dsala.org  Added 6/28/10

CLUB 21 LEARNING AND RESOURCE CENTER
Dedicated to the inclusion of individuals with Down Syndrome.
539 N. Lake Ave. Pasadena, CA 91101
Kathy McDaniel (626) 844-1821
www.clubtwentyone.org  Added 12/30/09

DUAL RECOVERY ANONYMOUS (DRA)
Tri-City Mental Health Center
1890 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 784-3232
www.tricitymhs.org

DWARFISM
LITTLE PEOPLE OF AMERICA
Mike Mallinson (Parent Coordinator of L.A. Chapter) mike@mfactorlighting.com
www.lpaonline.org

FOSTER CARE
KINSHIP CARE PROVIDERS (FREE)
Santa Anita Family Services
605 S. Myrtle Ave., Monrovia, Ca 91016
Meetings 3rd Thursday of the Month 10am-12pm; For More information:
Sal Mendez or Diane Ward SAN GABRIEL

VALLEY FOSTER PARENT ASSOCIATION
Mormon Church
1271 W. Badillo St. Covina Ca.
Meets 4th Thursday monthly from 10:00a – 12:00n
Ethel Vehawn (626) 339-5893
Cathy Bushy: (626) 339-5893
(626) 358-1185

EPILEPSY
EPILEPSY FOUNDATION GREATER L.A.
5777 W. Century Blvd., Ste. 820
Los Angeles, CA  90045
www.epilepsyfoundationglaj.org
View website or call
Rebecca (310) 670-2870

ADULTS WITH EPILEPSY SUPPORT GROUP
Call for info: Rebecca (310) 670-2870
EPILEPSY ALLIANCE OF ORANGE COUNTY: English and Spanish educational Support Groups (714) 557-0202
www.epilepsyalliance.org

PARENTS’ PLACE: DAD ROCKS:
Fathers’ Support Group
Support Group for fathers who have children with Special Needs;
1500 S. Hyacinth Ave., Suite B
West Covina, CA 91791
Meetings: Bi-Monthly Friday Evenings 6:30pm-8:30pm Call for dates:
Elena Sanchez or Parents’ Place
(626) 919-1091(Childcare available)

FATHERS SUPPORT GROUP

FILIPINO SUPPORT GROUP
GENERAL SUPPORT GROUPS FOR FILIPINO PARENTS
San Gabriel / Pomona Regional Center
Contact: Violeta Escobar (909) 868-7528
Halina tayong magsamasama…
(909) 868-7526

FRAGILE X
FRAGILE X SUPPORT GROUP
6 Candella, Irvine, Ca.
Sali Farber (714) 544-9551

FRAGILE X ASSOCIATION OF SO. CALIF.
(818) 754-4227 Voicemail
Naomi (562) 434-2791 Immediate Assistance/urgent
www.fraxsocal.org
info@fraxsocal.org

GENERAL INTEREST GROUP
GENERAL SUPPORT GROUP FOR ALL DISABILITIES at Casa Colina. Meets Mondays at 6 pm & Wed-Thurs 9am. Please contact Susan Stroebel for RSVP at (909) 596-7733 ext 4217

PARENT ANONYMOUS GROUP IN POMONA (Prevention of Child Abuse and Neglect) Tammy Dihessa 909-621-6184, Ext. 212
P.A.L.S. (Parents as Leaders Support Group) SPIRITTT Family Services and CARIÑO Wednesday’s 5:30 PM to 7:00 PM 2000 Tyler Ave. So. El Monte Cheri Sauter (626) 442-1400 x 203
CARIÑO Partnerships for Families LOVE Is Not Enough to Keep Your Family Strong: Parent Café; Support Group for Women: Bring a friend and Share your thoughts as a mother, wife, sister and woman. : Every Tuesday 5:30 p.m. to 7:00 p.m. 2000 Tyler Ave. So. El Monte, CA Dinner will be served and child care will be available. Connie Preciado (626) 442-1400 ext. 209 or Lisa Velazquez (626) 442-1400 ext. 206
REDEEMER LUTHERAN CHURCH New Sunday school program for children who have cognitive and or physical challenges. Campus is wheelchair accessible. For children of all ages from Preschool to Twelfth grade. New program begins June 13, 2010 9:15 a.m.-10:15 a.m. There will be a teacher with an assistant as well. Family members are welcome in same classroom, or they can attend another class available. Sunday school summer session for all children is starting up. Bible lessons, crafts and games as well as social skills. Church location: 920 W. 6th St., Ontario, CA 91762 (909) 986-2615 Or call Monica Hidalgo (909)896-3567

CENTER FOR AGING RE COURSES: SUPPORT GROUP FOR GRANDPARENTS 447 North El Molino Ave. Pasadena, CA 91101-1403 Contact: Regina McClue, Ph.D. (626) 577-8480 for info.

GRANDPARENTS RAISING GRANDCHILDREN Claremont Human Services JOSLYN CENTER 660 N. Mountain Ave, Claremont Ca 91711 1st & 3rd Thursday 9:30-11 am More info: (909) 399-5488
GAN: Grandparent Autism Network Orange County, CA For information call Bonnie Gillman: (714) 573-1500 www.ganinfo.org

RECYCLED GRANDPARENT 4th Wednesday, every month 9:30 a.m. –11:30 am Meeting at the Dept. of Children’s & Family Services office in the downstairs room 725 S. Grand Ave. Glendora, Ca. For information call: (626) 857-4028

HEARING IMPAIRED

CALIF. DEAF-BLIND SERVICES (CDBS) Offer Family Support, Parent-Parent support, Advocacy, Help with I.E.P.’s and referral to resources. Technical Assistance focused on issues unique to deaf-blindness. Myrna Medina 800-822-7884 Ext. 5 www.cadbs.org

GREATER LOS ANGELES AGENCY ON DEAFNESS, INC. 2222 Laverna Ave. Los Angeles, CA 90041 (323) 478-8000 ; Voice/TTY Email Preferred info@gladinc.org

WHITTIER CLUB FOR THE DEAF
HYDROCEPHALUS

HYDROCEPHALUS NORTH ORANGE COUNTY
Deborah Taylor (714) 579-0400

IEP SUPPORT GROUP

INFORMED EDUCATION PARTNERS
(310) 258-4063 or (310) 258-4000 for Urgent info.
Location: 5901 Green Valley Cir. #320
Boardroom 3B Culver City, CA

JAPANESE GROUP

JAPANESE SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES (JSPACC)
(mailing address)
Little Tokyo Service Center G104
231 E. 3rd. St. Los Angeles, CA 90013
Meeting-3rd Saturday of month 10am-12pm
Call for location: Phone Number below
Mariko Magani: 818-249-1726

KOREAN GROUP

KOREAN PARENT SUPPORT GROUP FOR THE DEVELOPMENTALLY HANDICAPPED
4055 Wilshire Blvd. #221, L.A. CA 90005
Meetings every other month
Contact: (213) 383-1300 Susan Han

GENERAL SUPPORT GROUPS FOR KOREAN PARENTS @ SGPRC
Call for meetings and times.
Contact: Violeta Escobar (909) 868-7614

LEARNING DISABILITIES ASSOCIATION OF CALIFORNIA
Office hours Mon. & Tues. 10:00am-3:00pm/
Wed. 12:00pm-4:00pm
37 N. Auburn Ave. #3 Sierra Madre, Ca. 91024
For more information on LD and any other disabilities, please call: LDA (626) 355-0240 Sara
MEDICAL CONDITIONS

COVINA VALLEY HEALTH PARTNERS
COMMUNITY WELLNESS SERVICE DEPARTMENT
1115 S. Sunset Ave. Bldg. A
(888) 456-2847 or (626) 814-2479
www.cdhp.com
Support groups for diabetes, arthritis, cancer, and other medical conditions

MULTIPLE SCLEROSIS

M.S. SUPPORT AND EDUCATION GROUP
Foothill Education Center
427 W. Carroll Ave.
Glendora, CA. 91741
Mary Fernandez: (626) 814-2539
(Coordinator for Community Education Center) Community Wellness Services (626) 814-2479

OBSESSIVE COMPULSIVE DISORDER

SUPPORT GROUPS FOR INDIVIDUALS WITH OCD - Must be treated by OCDLA

Tuesday, Wednesday 7:15-8:45 and Saterday
10:30am-12pm
11620 Wilshire Blvd. #890, Los Angeles, Ca. 90025
Call for information:
Tom Cordroy (310) 335-5443
www.ocdlacom

PARENTS’ and CAREGIVERS’ GROUPS

PARENT CONNECTION
Meetings every Thursday 6:30-8:00 pm. And every Saturday 10:00-11:30 am.
100 W. Calif. Blvd. Pasadena, CA 91109
Mary Holzer (626) 397-5000

PARENT CONNECTION from “In His Image” (Special Needs Ministry)
PARENTING CLASSES

Tri-City Mental Health Center Services
1890 N. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Mon- Fri 8:30am-5pm
www.tricitymhs.org
*Residents of Pomona, Claremont, La Verne
Hosted by Pomona Unified School District

KINSHIP/FOSTER ASSOCIATION
G.R.E.A.T.
(Grandparents and Relatives Educational Assistance Team)
Meetings 2nd Wednesday of every month from 10a.m.-12 p.m.
(No meetings Jul., Aug., or Dec.)
Call for location
Ida Valencia, President (760) 345-2072

PARKINSON’S SUPPORT GROUP
Children of Parkinsonians (COPS)
2nd Wednesday of the month 7:00pm
Community Wellness Services
(626) 814-2479

PARKINSON’S RESOURCE ASSOCIATION
Toll Free (877) 775-4111
www.parkinsonsresource.org

POLIO SURVIVORS ASSOCIATION
12720 La Reina Ave Downey CA 90242
562.862.4508 562.862.5018 Fax
Richard L. Daggett
Richard@polio-association.org
www.polio-association.org
Resource only

POSTPARTUM

POSTPARTUM SUPPORT INTERNATIONAL
For mothers suffering from postpartum depression.
Please call (800) 944-4773

PRADER-WILLI SUPPORT GROUP
PRADER-WILLI CALIFORNIA FOUNDATION SUPPORT GROUP,
Advocates, Training, Education Referrals
Call for nearest location (310) 372-5053 or FAX (310) 372-4329

RETT SYNDROME

RETT SYNDROME FOUNDATION
6252 Gretna Ave. Whittier, Ca. 90601
Meets quarterly in the LA & Pasadena area.
Call for dates, location and details.
Sherry Brady: (562) 619-0109
Marie Hyland (626) 790.4836
Pep Stenberg (626) 355.5334

SCHIZOPHRENIA 101

TRANQUILITY GROUP
Tri-City Mental Health Center
1403 N. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Tuesday 4-5pm

SCLERODERMA

WHITTIER/SAN GABRIEL SUPPORT GROUP
Meetings are held at the Whittier Presbyterian Intercommunity Hospital Auditorium
12401 E. Washington Blvd., Room G, Whittier, CA
Support Group Leaders: Penni LaVoot, (714) 871-8580
PLAVOOT@gmail.com
2011 Meeting Schedule:
- January 29: Gastroduodenal Problems, Joon Kim, M.D.
- April 23: Speaker Patricia Dutriz, Chaplain Whittier Presbyterian Intercommunity Hospital, Topic: Life Choices for living People.
- August 27: The Benefits of Laughter, Sherae Adams and sudha Tendulkar
- October 22: Improving Your Nutrition, Zhaoping Li, M.D.

SCOLIOSIS ASSOCIATION OF GREATER LA
Presbyterian Intercommunity Hospital
12401 Washington Blvd. Whittier, Ca. 90602
(562) 698-0811 ext. 2453
SIBLING

For siblings ages six to 12.
Los Angeles and Pasadena areas.
Edward Perez (213) 383-1300 ext. 4986
Edward.perez@Lanterman.org

SIBSHOPS from “In His Image”
(Special Needs Ministry)
3rd Saterday of the Month 6:15pm-8:15pm
PazNaz: 3700 E. Sierra Madre Blvd.
Pasadena CA 91107 Rm. 122 Arms Hall
Note: Support Group for parents Rm. 247
See parent connections: “In His Image”
Under Parents and Caregivers section
On this Support Group List
For info call Jo Anna (626) 351-2478
Website: www.paznaz.org

SPANISH GROUPS

GRUPO DE APOYO EN ESPANOL

AUTISMO:
DE MI FAMILIA A SU FAMILIA
(Grupo para familias con niños con autismo)
Lanterman Regional Center.
(213) 383-1300
www.lanterman.org

AUTISM SOCIETY
Greater Long Beach/San Gabriel Valley
Grupo De Apoyo para padres con niño’s con Autismo
Si tiene preguntas favor de llamar al:
(562) 756-8616 y preguntun por Eva

Autismo y todas las discapacidades
Casa Colina Children’s Center
255 E. Bonita Ave. Pomona, CA
Español (909) 936-6489

CANCER

Grupo De Apoyo Para Personas Con Cáncer Y sus Familias
El Segundo sábado de cada mes: de las 10am-12 del mediodía.
Para obtener más información llame al
(626) 938-7585

DOMESTIC VIOLENCE:

SPANISH SPEAKING BATTERED WOMEN SUPPORT GROUP
DOMESTIC VIOLENCE PROJECT
Women Services Center YWCA
818-242-4155 ext. 228 or 231
Hotline (818) 242-1106
735 E. Lexington, Glendora, CA 91204
*need initial intake* Revised: 12/22/08

THE CARING CONNECTION
Spanish Speaking Parent Support Group for High-Risk Infants (Pomona Valley Hosp.)
1798 N. Gary Ave. Pomona Ca. 91767
(English and Spanish) call first
Edda Mendez (909) 865-9703

SINDROME DE DOWN:
SINDROME DE DOWN EN ESPANOL
SUPPORT GROUP FUERZA
West Covina office: (626) 917-9881
Ana Trujillo fuerza@fuerzainc.org

UP FOR DOWN; Grupo de Habla Hispaña
Grupo de Apoyo en español para Padres con Niños con Sindrome de Down todas las edades.
Junta Mensual (con excepción de Diciembre, tendremos fiesta de Navidad)

CARITAS DE ANGEL
Acompañenosen cada Cuarto Jueves del mes
6:30 p.m. – 8:00 p.m

Casa Colina, enfrente de La Iglesia Covenant Methodist En el centro para jóvenes:(Teen Center)
255 E. Bonita, Pomona, 91767
Para más información llamar a:
Blanca Loria (951) 808-2821
Oficina (818) 786-0001
blancasindromededown@yahoo.com
www.dsala.org

DIABETES
Padre Foundation (714) 532-7865

EPILEPSIA:
Epilepsy Foundation (1-800-332-1000)
PARENTS AND ADULTS WITH EPILEPSY (SPANISH)

GROUPOS GENERALES:

CARIÑO Partnerships for Families
AMOR No es suficiente para mantener a su familia fuerte
Café de capacitación para padres
Grupo de Apoyo para la Mujer
Trae una amiga y comparte tus pensamientos como una madre, esposa, hermana y mujer.
Cada Martes en las noches
2000 Tyler Ave. So. El Monte, CA
(La cena será servida y el cuidado de los niños estará disponible)
Connie Preciado (626) 442-1400
Or Elizabeth Velazquez
Para Reuniones con Padres hablar con Eduardo Estrada para mas detalles y locacion de las reuniones.

MOMMY, DADDY & ME--EARLY INTERVENTION SUPPORT GROUP
Lanterman Regional Center
Contact: Monica Mauriz (213) 252-5686

“ALIANZA” GENERAL SPANISH SUPPORT GROUP
San Gabriel/Pomona Regional Center
Contact: Violeta Escobar (909) 868-7528

SPANISH GROUPS CONT.

GRUPO DE APOYO EN ESPANOL
Para todo tipo de discapacidades

FIESTA EDUCATIVA Y FIESTAS FAMILIARES Juntas dos veces al mes
163 S. Ave. 24 Ste. 201
Los Angeles, CA 90031
Meetings every 3rd Thursday for Autism
Laura Ruesga al (323) 221-6696

GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA
3303 Wilshire Blvd, Ste 700. Los Angeles 90010
Monica Mauriz, (213) 252-5686

SALVIN SPECIAL EDU. CENTER
1925 S. Budlong Ave, Los Angeles, CA
Fri 9:30 - 11:00 a.m. (Sept-June)

Nora Avila (323) 731-0703

HISPANIC FOSTER CARE SUPPORT
Reciba informacion educacion y apoyo para la crianza de ninos. Diversos temas tocantes al desarrollo del nino y la familia seran tratados. Adultos solamente, no se permiten niños.
Department of Children and Family Services
Margarita Gonzalez (909) 868-4501
100 W. 2nd St., Pomona, CA 91766

“FIESTA EDUCATIVA / FIESTAS FAMILIARES”
634 E. Spruce St., Ontario, CA 91761
Se reúnen cada 3er Sabado de el mes.
Para informacion en el area de Ontario, hablar con Maria Elena Hernandez (909) 983-2534
En el area de el valle de San Gabriel, hablar con Maria Almanza (626) 391-8781
Cell Ph. (909) 518-9698

Support Group for Spanish speaking fathers
GRUPO DE APOYO PARA EL PADRE
Lanterman Regional Center
(213) 383-1300 Edward Perez
3303 Wilshire Blvd. #700
Los Angeles, CA 90010
Edward.perez@Lanterman.org

SPINA BIFIDA:

FAMILIAS QUE TIENEN NIÑOS CON SPINA BIFIDA--en el Children’s Hospital of L.A.
Hoda (323) 361-2384

FAMILIARES UNIDOS
En el edificio del
Departamento de Servicios para Niños y Familias
100 W. 2nd Street
Pomona, CA 91766

Habrá certificado disponible
Llamar Axa Cazzaly (909) 868-4431
cazzaa@dcfs.lacounty.gov

Departamento de Servicios para Niños y Familias (DCFS) Department of Children And Family Services: Oficina de El Monte.
4024 N. Durfee Ave. El Monte, CA 91732
Las juntas son para darles una voz, informacion y apoyo a los parientes de crianza. Favor de
avisarnos si esta interesado En atender a nuestra proxima junta al (626) 258-1815
Se ofreceran certificados por su participacion a cada junta: Se proveera cuidado para ninos y refrigerios.

SPINA BIFIDA

National Resource Center for Spina Bifida
(800) 621-3141 or Website spaa@sbaa.org

FAMILIES OF CHILDREN WITH SPINA BIFIDA: Children’s Hospital of L.A.
Hoda (323) 361-2384

THAI SUPPORT GROUP

ONE ON ONE SUPPORT
For Thai speaking families of children with special needs
Location: Temple City, CA
Contact Pauline (626) 287-5728

TURNER’S SYNDROME

TURNER’S SYNDROME SUPPORT GROUP, LOCAL CHAPTER
Have big meetings for all of So. Cal.
Maureen Higdon: (909) 626-6015 Call for information, times and dates.

UTILITY ASSISTANCE

HOME ENERGY ASSISTANCE LIVING, INC (HEAL)
We are Direct Agency for Southern California Edison to perform Outreach Assistance for the “energy”
For Southern California & So Cal Gas United was of greater Los Angeles
Contact Patricia Banuelos
For energy Assistance Fun (EAF) & Gas Assistance Fund (GAF)
P_BANUELOS@UNITEDWAYLA.ORG

SOUTHERN CALIFORNIA EDISON
(800) 655-4555
-Medical Basesline Program
-California Alternate Rates For Energy (20% Discount)

-Energy Savings Assistance Program
Savings Assistance Programs (ESAP)
(FREE ENERGY EFFICIENCY MEASURES)
(800) 736-4777
Contact: Ken Miyoshi: (626) 771-3100
Robert Rayas: (916) 897-7596

VIETNAMESE GROUP

VIETNAMESE PARENTS WITH DISABLED CHILDREN ASSOC., INC.(VDPCA)
Hung Nguyen (714) 527-9216
www.vpdca.org

VISUALLY IMPAIRED

1. EYE-DAS I
Meets the 2nd Monday at 6:30 pm
La Fetra Senior Center
333 E Foothill Blvd , Glendora
Call first for information; free transportation
(No meetings in July or August)
P.O. Box 1422, Glendora, Ca. 91740
626-335-5733, 626-335-EYES
626-445-4142 (evening)
Contact Rayanne Myers (626) 335-3937

2. EYE-DAS II - West Covina Senior Center
Meets 1st Monday at 12 noon
Call first for information; free transportation
626-335-5733, 626-335-EYES
626-445-4142 (evening)
Contact Rayanne Myers (626) 335-3937
www.eye-das.org

3. EYE-DAS III
Arcadia Community Center
Once a month 12 noon
Call for more info: free transportation
626-335-5733, 626-335-EYES
626-445-4142 (evening)
Contact Rayanne Myers (626) 335-3937

HH/VI EMPOWERMENT GROUP-HARD OF HEARING/VISUALLY IMPAIRED
Services Center for Independent Living
1520 W. Cameron Ave., #160 West
Covina, CA 91790
Last Thursday of every Month 2-4pm
More information: (626) 337-8868
*CALL TODAY to reserve your seat!*  
Or Email: Felicia@scil-ilc.org

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<tr>
<th>WIC SUPPORT GROUPS</th>
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<tbody>
<tr>
<td>BEVERLY WIC CENTER</td>
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<tr>
<td>277 S. Atlantic Blvd.</td>
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<tr>
<td>Los Angeles, CA 90022</td>
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<tr>
<td>Breastfeeding group: every other Tuesday and Thursday 10:00am – 12:00pm</td>
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<tr>
<td>Laurie Hill (323) 263-0262</td>
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<th>BALDWIN PARK WIC CENTER</th>
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<tr>
<td>4239 Maine Ave., Baldwin Park, CA 91706-3312</td>
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<tr>
<td>Breastfeeding support group</td>
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<tr>
<td>Every 2nd Tuesday of the month 10:30am &amp; 3:30pm</td>
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<td>Call for information</td>
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<tr>
<td>Tiffany Spana (626) 851-8421</td>
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<th>WILLIAMS SYNDROME</th>
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<td>Darlene Ginnette: (562) 522-2449</td>
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