

PARENTS' PLACE – SUPPORT GROUP LIST

AMPUTEE

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

ANGER MANAGEMENT SUPPORT GROUP

Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: **(909) 242-7600**
Thursdays 11-12pm and 5-8pm

ANXIETY

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

ARTHRITIS FOUNDATION **(800) 283-7800**

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

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

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

ASPERGER'S ADULT GROUP

Empowering individuals with Asperger's to
discover happiness, fulfillment & social success!
Last Tuesday of the Month
6:00pm-8pm
Female – Friday every first of the month
6:00-8:00pm

Services Center for Independent Living

1520 w. Cameron Avenue Suite #160
West Covina, CA 91790
For More Information Contact:
Felicia Apodaca (626) 337-8868

L.A. Asperger Syndrome Support Group

Fran Goldfarb or Jim Devine
(310)543-5064 after 7 a.m. before 9p.m.
Fran's work. 323-361-3831 / Jim's work 310-
338-2948. LAAsperger@gmail.com

ASTHMA

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 niños con Autismo

3303 Wilshire Blvd. Ste. 700,

Los Angeles, CA 90010

Edward Perez (213) 383-1300 ext. 4986

Edward.perez@Lanternman.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- 9pm
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

FREEDOM 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

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 Espanol

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": <https://www.ucpla.org/> 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 10-11:30am. 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.cpad.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

**CALIF. DEAF-BLIND SERVICES
(CDBS)**

Myrna Medina (800) 822-7884 ext. 5
www.cadbs.org

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.

**DIABETIES 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

(BATTERED WOMEN) Domestic Violence
Education. Children's Programs. Individual
Counseling. Legal Advocacy. Temporary
restraining orders.

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 LA

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
DSALAparents@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.epilepsyfoundationgla.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

FATHERS SUPPORT GROUP

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)

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)

SPIRITT 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

GRANDPARENT

CENTER FOR AGING RECOURSES: 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

15390 Lambert Rd. 90605
Parnell Park in Whittier
Meets 1st Friday of each month 6:30-
10:00pm
Ruri Pierre (562) 464-3365

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

HEART PROBLEMS

MENDED HEARTS INC. – Citrus Valley
Med. Ctr
Outpatient Cardiac Rehabilitation Department
210 W. San Bernardino Rd. Covina 91723
www.mhi.org

Meeting – 1st Wednesday 2-3:30 p.m.
(fluctuates to 12:30-3:00 when Dr. speaks)

Call for information (626) 915-6238

Fax (626) 938-7579

HIGH RISK INFANTS

POPPS (Parents of Premie Pre-School)
(San Antonio Community Hospital, Parenting
Preemies Program)
1148 San Bernardino Rd. Building A #101
Upland, CA 91786
For info, call: (909) 985-2811 Ext. 23677

PARENT CONNECTION

Huntington Hospital
100 W. California Blvd., Pasadena Ca.
(Provide support to parents of critically ill
and premature infants)

Mary Holzer: 626-397-8509

CARING CONNECTION

Pomona Valley Hospital NICU
1798 N. Garey Ave. Pomona, CA
Women's Center

Meeting every Thursday 6:30pm-8:00pm:
For information call:

Edda Mendez (909) 865-9703 Ext. 7131

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

**KOREAN PARENT SUPPORT GROUPS
Janet Choi (President) (909) 967-3427**

**GENERAL SUPPORT GROUPS FOR
KOREAN PARENTS @ SGPRC**

Call for meetings and times.

Contact: **Violeta Escobar (909) 868-7614**

LEARNING DISABILITIES

**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**

Fax: (626) 355-0109 www.lalda.org

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 Saturday
10:30am-12pm
11620 Wilshire Blvd. #890, Los Angeles, Ca. 90025
Call for information:
Tom Cordroy (310) 335-5443
www.ocdla.com

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)

3rd Saturday of the Month 6:15pm-8:15pm
PaZNaz: 3700 E. Sierra Madre Blvd.
Pasadena CA 91107 Rm. 247 Reed Hall
Childcare will be provided in Room 123; Arms Hall

Note: Support Group for Siblings
Rm. 122 See Sibshops: "In His Image"
For Info call JoAnna (626) 351-2478
Website: www.paznaz.org

CITY OF HOPE RESOURCE CENTER
Genie Lawrence (626) 256-8626
www.cityofhope.org

The Glendora MOMS CLUB
(626)294-3255 www.momsclub.org

MOMS CLUB OF MONROVIA
A local support group of stay at-home and part-time moms who live in Monrovia, Duarte, Bradbury and El Monte.
P.O. Box 1574 Monrovia, CA 91017
Meets the 2nd Tuesday of every month 10:00 am.
For info contact: Ani Janbazian
ajanbazian@verizon.net

MOTHER OF TWINS CLUB
LONG BEACH TWINS CLUB
Meets 2nd Wednesday each month 7:00pm
Email: LLBMOTC@GMAIL.COM
www.llbmotc.org

SUPPORT GROUP FOR RELATIVE CAREGIVERS (DCFS El Monte Office)
4024 N. Durfee Ave. El Monte, CA 91732
To educate, inform, support and advocate for Relative caregivers: For info call
(626) 455-5660
Certificates provided; Refreshments and day care will be provided for your convenience.

SUPPORT GROUP FOR CAREGIVERS DCFS Kinship Support Division
Meetings 4th Tuesday of every month from 10 a.m.-12 p.m. (No meetings Jul., Aug., or Dec.)
Department of Children & Family Services
Palomares Senior Center
499 East Arrow Highway, Pomona, 91767
Contact Cecelia Chang, CSW
(562) 777-1765

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@polioassociation.org

<http://www.polioassociation.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: Gastrointestinal 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

(562) 947-3375

Main Line (877) 31-SPINE

(1-877-317-7463) For teen support group
contact: LitlBaby84@aol.com

SIBLING

SIBSHOPS

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 Saturday 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 Hispana

Grupo de Apoyo en español para Padres con

Niños con Síndrome de Down todas las edades.

Junta Mensual (con excepción de

Diciembre, tendremos fiesta de Navidad)

CARITAS DE ANGEL

Acompañenos 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)

PBANUELOS@UNITEDWAYLA.ORG

SOUTHERN CALIFORNIA EDISON

(800) 655-4555

-Medical Baseline 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-ilk.org**

WIC SUPPORT GROUPS

BEVERLY WIC CENTER

277 S. Atlantic Blvd.
Los Angeles, CA 90022
Breastfeeding group: every other Tuesday
and Thursday 10:00am – 12:00pm
Laurie Hill (323) 263-0262

BALDWIN PARK WIC CENTER

4239 Maine Ave., Baldwin Park, CA 91706-
3312
Breastfeeding support group
Every 2nd Tuesday of the month
10:30am & 3:30pm
Call for information
Tiffany Spana (626) 851-8421

WILLIAMS SYNDROME

WILLIAMS SYNDROME

Darlene Ginnette: (562) 522-2449