

# Family Support: Information, Resources, Support Groups

## **CALIFORNIA AT NETWORK**

Provides accessibility tools, resources, technology to help increase independence.

Phone: 800-390-2699 (voice); 800-900-0706 (tty)

Web site: [www.atnet.org](http://www.atnet.org)

## **CALIFORNIA SIDS PROGRAM (SUDDEN INFANT DEATH SYNDROME)**

Information and support for families who have lost babies to SIDS.

Phone: 800-369-7437

Web site: [www.californiasids.com](http://www.californiasids.com)

## **CARE PARENT NETWORK**

Family support, resources and training for families of children with special needs

Phone: 800-281-3023; 925-313-0999 (local)

Web site: [www.CAREParentNetwork.org](http://www.CAREParentNetwork.org)

## **CENTER FOR ACCESSIBLE TECHNOLOGY (CAT)**

Technology resources, hardware & software loans, newsletter, workshops.

Phone: 510-841-3224 (voice)

Web site: [www.cforat.org](http://www.cforat.org)

## **CHILDREN & ADULTS HAVING ATTENTION DEFICIT DISORDERS (CHADD) OF NORTHERN CALIFORNIA**

Support, information, workshops, newsletter.

Phone: 888-759-9758

Web site: [www.chaddnorcal.org](http://www.chaddnorcal.org)

## **COMPASSIONATE FRIENDS**

Leave your name and phone number and a compassionate friend will return your call. Support groups for family members whose children have died.

Phone: 510-932-2207

Web site: [www.tcfccc.org](http://www.tcfccc.org)

## **CONTRA COSTA ARC**

Programs for children & adults with developmental disabilities.

Phone: 925-370-1818

Web site: [www.contracostaarc.com](http://www.contracostaarc.com)

## **CONTRA COSTA PARENTS OF MULTIPLES**

Monthly meetings, social gatherings, library.

Web site: [www.ccpom.net](http://www.ccpom.net)

## **DEAF COUNSELING, ADVOCACY AND REFERRAL (DCARA)**

Resources, counseling, advocacy, and referral for individuals with hearing impairments.

Phone: 877-322-7288 (TTY, toll-free); 510-343-6670 (VP & voice, toll-free)

Web site: [www.dcara.org](http://www.dcara.org)

## **DOWN SYNDROME CONNECTION**

Information, referral, support, and therapy for children with Down Syndrome.

Phone: 925-362-8660

Web site: [www.downsyndromeconnection.org](http://www.downsyndromeconnection.org)

## **EAST BAY AGENCY FOR CHILDREN, CIRCLE OF CARE PROGRAM**

Support for families coping with loss, serious illness, or trauma.

Phone: 510-531-7551 ext 109

Web site: [www.ebac.org/programs/circle/index.asp](http://www.ebac.org/programs/circle/index.asp)



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## **EAST BAY LEARNING DISABILITIES ASSOCIATION**

Monthly meetings, workshops, and newsletter.

Web site: [www.eastbaylda.org](http://www.eastbaylda.org)

## **EPILEPSY FOUNDATION OF NORTHERN CALIFORNIA**

Information, referral, and support groups.

Phone: 800-632-3532

Web site: [www.epilepsynorcal.org](http://www.epilepsynorcal.org)

## **FRAGILE X ASSOCIATION OF NORTHERN CALIFORNIA**

Quarterly support group meetings.

Phone: 925-938-9300 or 800-688-8765

Web site: [www.fragilex.org/html/nocfxa.htm](http://www.fragilex.org/html/nocfxa.htm)

## **HAND -- HELPING AFTER NEONATAL DEATH**

Support for parents who have experienced the loss of their baby.

Phone: 888-908-4263

Web site: [www.handonline.org](http://www.handonline.org)

## **HYDROCEPHALUS ASSOCIATION**

Support, information and referral for families dealing with the complex issues of hydrocephalus.

Phone: 888- 598-3789

Web site: [www.hydroassoc.org](http://www.hydroassoc.org)

## **PRADER-WILLI SUPPORT GROUP**

Information, support and links to families.

Phone: 800-400-9994

Web site: [www.pwcf.org](http://www.pwcf.org)

## **THROUGH THE LOOKING GLASS**

Counseling, support groups, adaptive equipment for parents with disabilities.

Phone: 800-644-2666 (voice); 510-848-1005 (TTY)

Web site: [www.lookingglass.org](http://www.lookingglass.org)

## **UNITED ADVOCATES FOR CHILDREN AND FAMILIES**

Support, information and advocacy for parents of children with emotional or behavioral problems.

Phone: 866-643-1530 or 877-275-8223

Web site: [www.uacf4hope.org](http://www.uacf4hope.org)

## **UNITED CEREBRAL PALSY (UCP)**

Programs for individuals with cerebral palsy.

Phone: 510-832-7430

Web site: [www.ucpgg.org](http://www.ucpgg.org)

### CRISIS NUMBERS (24 hr.)

**CONTRA COSTA CRISIS CENTER 1 (800) 833-2900**

Suicide prevention, Crisis counseling, Grief counseling, Homeless services

**POISON HELP 1 (800) 222-1222**

**STAND! FOR FAMILIES FREE OF VIOLENCE 1 (888) 215-5555**



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