



child & family services

CONTINUING CARE SERVICES

Kaiser Permanente Services

Infant CPR (Health Education-temporarily not offered due to COVID).....	619-641-4194
Obstetrics/Gynecology.....	800-290-5000
Pediatric Clinics.....	800-290-5000
Social Services.....	619-641-4456

Community Services

This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

Adoption Services:

Bethany Christian Services.....	858-793-1996
www.bethany.org	800-238-4269
Catholic Charities Pregnancy & Adoption Services	619-323-2841
https://www.ccdsd.org	
National Center on Adoption and Permanency	
www.nationalcenteronadoptionandpermanency.net	
San Diego County Foster and Adoptive Resource.....	877-792-5437
North County Coastal.....	760-754-3456
San Diego County Bar Association (Lawyer Referral Service)....	619-231-8585
www.sdcbba.org	800-464-1529

Care and Supervision:

Childcare Resource Service (YMCA)	800-481-2151
www.ymca.org/family-resources	619-521-3055
Head Start Programs.....	888-873-5145
www.nhsa.org	
Panda Services (child care services).....	619-295-3800
pandasdomesticagency.com	

<http://continuingcare-sandiego.kp.org>



Care and Supervision (continued):

San Diego County Centralized Eligibility List (subsidized care) .. 800-521-0560
www.childcaresandiego.com

Counseling:

(See “Counseling/Mental Health/Support Groups”)

Family Planning:

Planned Parenthood..... 619-881-4500
www.planned.org 888-743-7526

Family Support:

Ronald McDonald House Charities (must have referral) 858-467-4750
After hours 858-598-2455
Lodging and meals for families with a child in the hospital.
<https://rmhcsd.org>

Financial Assistance:

ACCESS (San Diego County public assistance) 866-262-9881
CA Children’s Services (special needs health care)..... 619-528-4000
www.dhcs.ca.gov/services/ccs
Resthaven Children’s Health Fund..... 858-576-0590
www.resthavenchf.org/
WIC Program (Assistance in obtaining nutritious foods)..... 800-500-6411
www.sandiegowic.org

Pregnancy and Parenting:

Alternatives Medical Clinic (Escondido)..... 760-741-9796
www.amc-ca.com
Birth Choice of San Marcos760-744-1313
www.birthchoice.net
Childcare Resource Service (YMCA) 800-481-2151
Door of Hope (for unwed pregnant teens) 858-279-1100
<https://doorofhope.salvationarmy.org>
Homestart (parenting) 619-692-0727
<https://home-start.org/>
Life Choices Pregnancy Center (Poway)..... 858-486-1738
www.sdlifechoices.org sms (text) 858-218-6193
Pregnancy Care Clinic (El Cajon)..... 619-442-4357
(southeast San Diego) 619-326-8595
After hours 877-398-7734
www.unplannedparenthood.org sms (text) 619-442-0389
Pregnancy Resource Center (Vista) 760-945-4673
24/7 text hotline 760-208-8811
www.pathway-healthclinic.com

Pregnancy and Parenting (continued):

Ramona Pregnancy Care Clinic (Ramona)..... 760-789-7059
Text 619-348-5131
www.ramonapregnancy.org

San Diego Adolescent Pregnancy & Parenting Program.....619-344-6430

SD Community College Cont. Ed. Centers (parenting classes) .. 619-388-4956
<https://sdcce.edu>

Protection:

Chadwick Center at Rady Children’s (trauma counseling) 858-966-5803
www.rchsd.org

Child Protective Services Hotline 858-560-2191

Special Needs: (See also Medical Illnesses & Disabilities)

Autism Society San Diego 858-715-0678
www.autismsocietysandiego.org

Exceptional Family Resource Center..... 619-594-7416
www.efrconline.org

Genetically Handicapped Persons Program 213-897-3574
www.dhcs.ca.gov/services/ghpp/Pages/default.aspx

Make-A-Wish Foundation..... 858-707-9474
www.makeawish-sd.org 800-722-9474

San Diego Regional Center for the Developmentally Disabled....858-576-2996
Intake Line..... 858-576-2938
www.sdrc.org

For corrections or additions to this handout, please call (619) 641-4456