

child & family services

CONTINUING CARE SERVICES

Kaiser Permanente Services

Infant CPR (Health Education)..... 858-614-0532

Obstetrics/Gynecology..... 833-574-2273

Pediatric Clinics..... 833-574-2273

Social Services..... 858-614-0533

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
https://www.ncap-us.org/

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.sdcba.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

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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 Marcos ……760-744-1313
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
https://wish.org/sandiego……..... 800-722-9474

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

For corrections to this handout, please call (858) 614-0533