



# stroke clubs & brain injury

## CONTINUING CARE SERVICES

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- DISABILITY SUPPORT PROGRAMS & SERVICES..... 619-388-4944  
 Acquired brain injury classes for adults. Call for details.  
 SD Community College District Continuing Education [www.SDCE.edu](http://www.SDCE.edu)
- GRAY MATTERS BRAIN INJURY SUPPORT GROUP.....619-333-3830  
[www.graymatters4u.com](http://www.graymatters4u.com)
- INDEPENDENT CLUB.....619-236-7755  
 For adults with cognitive impairments or brain injuries. Promotes independence as members plan their own leisure activities and utilize the “buddy system” on outings.  
[www.sandiego.gov/park-and-recreation/activities/trs](http://www.sandiego.gov/park-and-recreation/activities/trs)
- SAN DIEGO BRAIN INJURY FOUNDATION .....619-294-6541  
[www.sdbif.org](http://www.sdbif.org)
- SD REHABILITATION INSTITUTE (SDRI)..... 619-229-7362  
 Comebacker’s Neuro Club, a support and recreational group for family members and survivors of stroke or brain injury.  
 6645 Alvarado Road, San Diego
- SCRIPPS PROGRAMS OPEN TO THE COMMUNITY
- Brainmasters: Brain Injury Support Group ..... 760-633-6709  
 354 Santa Fe Dr., Encinitas (Scripps Hospital Encinitas)
- Healing Arts Class and Support Group  
 Enjoy self-expression through art, increase art skills, or develop a new interest.  
 Brain Injury Treatment Room 354 Santa Fe Dr., Encinitas
- Stroke and Brain Injury Education and Support ..... 800-727-4777  
 354 Santa Fe Dr., Encinitas (Scripps Hospital Encinitas) ..... 760-633-6709  
 237 Church Ave., Chula Vista (Scripps Well Being Center) ..... 619-862-6611
- S.T.A.R. (Stand Together and Recover) & Parkinson’s Program  
 A support and practice group, led by a speech professional, helps adults with communication difficulties resulting from stroke.  
 Scripps Mercy Well Being Center: 237 Church St., Chula Vista .... 619-862-6652  
 San Diego Campus ..... 619-260-7161

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

- SHARP GROSSMONT COMMUNICATION GROUP..... 619-740-4100  
Communication Group focuses on speech and language difficulties  
offered by speech therapy department.
- SHARP MEMORIAL RECREATION THERAPY DEPT (YESS) ..... 858-939-3048  
Young Enthusiastic Stroke Survivors. Group for stroke & head injury  
individuals and their families, no fee (Currently only virtual classes offered).  
2999 Health Center Dr., San Diego
- PALOMAR COM. COLLEGE'S ADAPTIVE LIVING SKILLS (ABI) ..... 760-744-1150  
1951 E. Valley Parkway, Escondido x2375
- PALOMAR MEDICAL CENTER .....760-739-3000  
Palomar/Pomerado Referral Service .....800-628-2880  
Stroke Communication Group. Provides support for stroke survivors  
and their loved ones.  
555 E. Valley Parkway, Escondido

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