

Parent Resource Handout

Autism Speaks

www.autismspeaks.org

www.autismspeaks.org/san-diego

- Resources and information for parents of children with autism

Autism Society

www.autism-society.org/

www.autismsocietysandiego.org/

- Resources and information for parents of children with autism

My Autism Team

www.myautismteam.com

- Social network for parents of kids with autism

Autism Tree Project:

<http://www.autismtreeproject.org/>

- Mentor Program provides face-to-face support for families new to the autism diagnosis. Mentors are both parents and professionals with strong knowledge of autism spectrum disorders and are there to lend an ear, help families problem solve or find the help they need for their child, and offer emotional support.

Exceptional Family Resources:

<http://www.efrconline.org/index.cfm?page=home>

619-594-7416

- The Exceptional Family Resource Center is a community-based collaborative agency that offers support and information.
- Services and supports are offered in Spanish and English.
- Providing support, information and resources in San Diego County.
- They also have a lending library with books, videos, etc. at their center in the Kearny Mesa area.

Valerie's List:

<http://www.valerieslist.com/>

- [Email newsletters with various resources for children with autism and their families](#)

California Department of Developmental Services:

<https://www.dds.ca.gov/>

San Diego Regional Center:

<http://sdrc.org/>

- Resources, support groups, DVD library

United Cerebral Palsy of San Diego

<http://ucpsd.org/>

- Toy library and other resources for parents who have a child with disability

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Parent Support Groups:

- Autism Tree Project Foundation
www.autismtreeproject.org
- National Foundation for Autism (Mom and Dad's group)
www.nfar.org
- Autism Society of America, San Diego (ASA)
www.sd-autism.org
- Talk About Curing Autism (TACA)
www.talkaboutcuringautism.org
- Puzzled Parents (El Cajon)
<http://www.puzzledparents.wordpress.com>
- Autism Society
<https://www.autismsocietysandiego.org/>
- Autism Speaks
www.autismspeaks.org/san-diego

National Resources:

- Autism Speaks
<http://www.autismspeaks.org/>
- National Foundation for Autism Research
<http://www.nfar.org/>
- Autism Society of America
<http://www.autism-society.org/>
- Autism Science Foundation
<http://www.autismsciencefoundation.org/>
- Organization for Autism Research
<http://www.researchautism.org/>

IEP Support

- Wrights Law (IEP information)
www.wrightslaw.com
- Compass (also does other family services) www.compassfamilycenter.org
619 446-6926
- Team of Advocates for Special Kids (TASK)
www.taskca.org
- Exceptional Family resource Center
www.efrconline.or

Recreation Socialization

- Re Spectrum Community
www.respectrum.org
- Club Xcite
www.exciteway.com
- Sports for Exceptional Athletes

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- www.s4ea.org
- Special Olympics
www.sosc.org
- Autism Fitt
www.autismfitt.com
- Miracle League (baseball)
www.miracleleagueofsandiego.org
- Rubio Dance Studio
www.rubiosdancestudio.com
- AYSO VIP league (soccer)
www.elcajonaysovip.com
- Community Coaching Center www.communitycoachingcenter.org
- Camp I CAN (Camp Including Children with Autism Now)
https://www.autismsocietysandiego.org/Camp_I_CAN.html

Publications, Other Info and Resources

- First 100 Day Guide is a handbook developed by Autism Speaks, one of the leading non-profit autism organizations.
 - <http://www.autismspeaks.org>
- A web-based video glossary to help parents and professionals learn more about the early warning signs of autism spectrum disorders (ASD) was created by Autism Speaks, a non-profit organization dedicated to increasing awareness of autism and raising money to fund autism research. This glossary was developed together with First Signs, the leader in early identification and intervention of children with developmental delays and disorders, and Florida State University. The glossary, which contains more than 100 video clips that illustrate both typical and atypical development, is available to the public free of charge at:
 - <http://www.autismspeaks.org>
 - <http://www.firstsigns.org>
 - <http://firstwords.fsu.edu>
 - <https://firstwordsproject.com/>

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Evidence Based Practices

Center for Disease Control and Prevention (CDC)

<https://www.cdc.gov/ncbddd/autism/facts.html>

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>

CDC – Learn the Signs Act Early

<https://www.cdc.gov/ncbddd/actearly/index.html>

ASD – Toddler Initiative

<https://asdtoddler.fpg.unc.edu/>

National Professional Development Center on Autism Spectrum Disorders

<https://autismpdc.fpg.unc.edu/>

California Autism Professional Training and Information Network

<http://captain.ca.gov/>

<http://captain.ca.gov/ebptrainings.html>

National Clearinghouse on Autism Evidence and Practice

<https://ncaep.fpg.unc.edu/>

Autism Focused Intervention Resources and Modules

<https://afirm.fpg.unc.edu/afirm-modules>

National Autism Center

Publications: Standards Report and Parents Guide to Evidence Based Treatment

- <https://www.nationalautismcenter.org/national-standards-project/results-reports/>
- <https://www.nationalautismcenter.org/resources/>

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Dental

- 211 To find a dentist
619-234-8131 San Diego Children's Dental Health Association (www.childrensdentalhealth.org)

Health

- 211 To find a doctor
800-222-1222 California Poison Control System (www.calpoison.org)
619-528-4000 CCS (California Children's services) medically eligible birth to 21
(www.sdcounty.ca.gov)
619-692-8808 CHDP (Child Health & Disability Prevention Program) SD County
(www.sdcounty.ca.gov/hhsa)
800-587-8118 CMS County Medical Services (www.sdcounty.ca.gov/hhsa)

Recreational Services

- 866-739-6884 Boys & Girls Clubs (www.sdyouth.org)
619-235-1100 San Diego Parks & Rec (www.sandiego.gov/park-and-recreation)
619-525-8247 San Diego Parks & Rec Therapeutic Services (www.sandiego.gov/park-and-recreation)
619-525-8249 TDD- San Diego Parks & Rec Therapeutic Services (www.sandiego.gov/park-and-recreation)
951-240-0921 Southern California Equestrian Directory (Horseback Riding)
(www.SoCalEquine.com)
619-283-6100 Special Olympics of San Diego County (www.sosc.org)
619-685-1175 The ARC of San Diego (Recreational Activities) (www.arc-sd.com)