



PUBLIC HEALTH DIVISION

Developmental Disabilities Council
of Contra Costa County, Inc.

Resource Directory

Developmental Disabilities Council of Contra Costa County, Inc.
2801 Robert Miller Drive
Richmond, CA 94806
(510) 374-3665

www.cchealth.org/fmch/pdf/development_disabilities_resources.pdf

August 2001 (Revised November 2004)

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Agency: **AASK (Adopt a Special Kid)**
7700 Edgewater Drive, Suite 320
Oakland, CA 94612

Telephone: (510) 553-1748
FAX: (510) 553-1747

Description: AASK is a private, non-profit, licensed adoption agency. Prospective adoptive parents are recruited, special needs training is provided, home studies are conducted, and placements of children supervised until they are legally permanent. Children placed through AASK may be older children or sibling groups and due to physical, developmental or emotional problems, are considered "hard-to-place."

Days/Hours: Monday - Friday, 9 a.m. - 5 p.m.

Serving: Prospective adoptive parents

Agency: **A Better Chance Industries (ABC)**
4075 Lakeside Drive
Richmond, CA 94806

Telephone: (510) 758-0433
FAX: (510) 758-1040

Description: **Day Program:** Community and site-based program focused on vocational, independent living skills, communication, functional academics and behavioral self-management. Urban Farm. Landscape, janitorial, van pool maintenance, and catering enclaves.
School: A non-public school providing individualized education: academics, independent living skills, vocational skills and behavioral self-management. Transportation is provided by the school. All DIS services provided by school.

Days/Hours: **Day Program:** Monday-Friday, 9 a.m. - 3 p.m. (year round)
School: Monday-Friday, 8:30 a.m. - 2:30 p.m. (Extended Summer Program)

Serving: **Day Program:** Developmentally disabled with behavior problems, 18-59 years. **School:** Developmentally disabled students, 6-22 years.

Agency: **AC Transit** (Alameda-Contra Costa Transit)
1600 Franklin Street
Oakland, CA 94612

Telephone: (510) 891-4777
TTY: (800) 448-9790

Description: Discounted fares for disabled.

Serving: Alameda and Contra Costa Counties and transbay service to San Francisco

Agency: **Adult Protective Services**
Contra Costa County Employment and Human Services
30 Muir Road
Martinez, CA 94553

Telephone: (925) 646-2854
(1-877) 839-4347 (Toll Free)

Description: Provides casework services—counseling of victims and care provider, providing information regarding services and resources available in the community or from other agencies, advocating for services when appropriate, and assisting clients in obtaining needed services.

Days/Hours: Monday-Friday, 8:00 a.m. – 5:00 p.m. (24-hour toll free number)

Serving: Contra Costa residents

Agency: **A Brighter Today**
685 14th Street
Oakland, CA 94611

Telephone: (510) 986-1911
FAX: (510) 986-1881
Website: www.abrightertoday.org
e-mail: ginacampora@abrightertoday.org

Description: A Brighter Today offers an infant/toddler program (for ages 0-23 months) and a pre-school and after-school program (ages 2 – first grade entry). Please visit website (www.abrightertoday.org) for more information.

Days/Hours: Monday-Friday, 7:00 a.m. – 6:30 p.m.

Serving: Children with special needs ages 0 – first grade entry.

Agency: **Advocates 4 Special Kids (A4SK)**
118 Mt. Trinity Court
Clayton, CA 94517

Telephone: (925) 673-5437
Fax: (925) 673-5437
Website: www.a4sk.org

Description: Based on the concept of parents helping parents, A4SK assists individual families, workshops, other parents and professionals in securing a free and appropriate public education for all children. A4SK provides advocates to attend IEP (Individualized Education Plan) meetings for children with disabilities under IDEA. Website contains updates on the latest news and changes in IDEA 97 as well as addresses local issues dealing with educating our children.

Serving: The greater Bay Area

Agency: **Agnews Developmental Center**
3500 Zanker Road
San Jose, CA 95134

Telephone: (408) 451-6000
FAX: (408) 432-0942

Description: Agnews Center is a residential facility for individuals with developmental disabilities. Education, activities of daily living, recreation, transit training and occupational therapy are provided. Citizenship, advocacy, rights, independent decision-making are primary goals of the Center.

Days/Hours: Residential

Agency: **Ala Costa Center for the Developmentally Disabled**
1300 Rose Street
Berkeley, CA 94702

Telephone: (510) 527-2550
FAX: (510) 527-4543

Description: Program curriculum is designed to meet the individual needs of students, ages 5-21, who have multiple disabilities and who cannot be left unsupervised after school due to behavior or unusual needs that require professional assistance. Curriculum includes training in critical skills related to success in community settings, socialization, self-help, independent living skills, functional math and reading, and vocational training. Ala Costa also provides support services to families, which include workshops, support groups, and assistance with basic advocacy issues.

Days/Hours: **Office:** Monday-Friday, 12 Noon - 6 p.m.
Program: Monday-Friday, 2 p.m. - 6 p.m. (extended hours when school out)

Serving: Children with disabilities, ages 5-21, who are enrolled in school and living in Alameda/Contra Costa counties.

Agency: **A.L.I.V.E. – Futures Explored**

	2151 Salvio Street, Ste. V Concord, CA 94520	808 West Third St. Antioch, CA 94509	625 W. Fourth St., #8 Antioch, CA 94590
Telephone:	(925) 825-0263	(925) 779-1039	(925) 284-3240
FAX:	(925) 825-9264	(925) 779-0440	(925) 284-3291
Description:	The goal of the ALIVE program is to increase the quality of life for its consumers by providing individualized opportunities that enable them to more fully participate in their community. Consumers receive a variety of services, including skills training and individual assessment of needs. They also obtain instruction and personal assistance that enables them to engage in activities of their own choosing. ALIVE East County II offers both center and community based programming with an emphasis on incidental medical needs for a limited number of consumers. There is a registered nurse who consults to this program.		
Days/Hours	Monday-Friday, 9 a.m. - 3 p.m.		
Serving:	Adults with developmental disabilities who are clients of the Regional Center of the East Bay.		

Agency:	All Seasons Riding Academy for the Handicapped 5790 B Mission Road Sunol, CA 94586		
Telephone:	(925) 862-2950		
FAX:	(925) 862-2950		
Description:	All Seasons Riding Academy offers horsemanship instruction to the level of the student's ability with the opportunity to enhance physical capabilities in a positive social atmosphere to all qualified handicapped persons.		
Days/Hours:	Office: Tuesday-Thursday, 9:00 a.m. – 5 p.m.		
Serving:	Call Academy for details		

Agency:	Amen Clinic for Behavioral Medicine, Inc. 350 Chadbourne Road	<i>Satellite Office:</i>
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Fairfield, CA 94585

7 Crow Canyon Court, Ste. 225
San Ramon, CA 94583

Telephone: (707) 429-7181
FAX: (707) 429-8210
Website: www.amenclinic.com

Description: The Amen Clinic is a private medical clinic specializing in innovative diagnosis and treatment for a wide variety of behavioral, learning and emotional problems of children, teenagers and adults specializing in underachievement, school problems, attention deficit disorders, depression, obsessive/compulsive spectrum disorders, anxiety problems, temper problems, marital conflicts and parent-child problems. Various diagnostic and treatment procedures are used depending on the individual's or family's need and circumstances. MindWorks Press, the clinic's publishing arm, provides educational materials on a wide variety of topics. Payment for services required at time of service.

Days/Hours: Monday-Thursday, 8 a.m. to 8 p.m. and Friday, 9 a.m. to 6 p.m.

Agency: **Arc California**
1225 Eighth Street, Suite 590
Sacramento, CA 95814

Telephone: (916) 552-6619
FAX: (916) 441-3494

Description: Services people with mental retardation and other developmental disabilities.

Days/Hours: Monday-Friday, 9:00 a.m. – 5:00 p.m.

Agency: **ARC of Contra Costa**
(see *Contra Costa ARC*)

Agency: **ARC Inroads - Contra Costa ARC**
3640-B Lone Tree Way
Antioch, CA 94509

Telephone: (925) 706-1405
FAX: (925) 706-1973

Description: Community based services provided in carefully designed groups of three consumers with compatible interests and goals. Consumer driven activities developed within the person-centered planning process. Range of activities consistent with the program's operating philosophies that focus upon self-advocacy, the development of social and recreational skills and interests, mobility training and independent travel, job exploration and paid employment.

Days/Hours: Primary hours of operation – Monday–Friday, 9:00 a.m. – 3:00 p.m.
Some flexibility in hours of operation based upon consumer driven choice of activities.

Serving: Consumers must be at least 18 years of age and motivated to participate in community-based services. Participants will need the support and encouragement of family, friends and significant others. Consumers must be able to benefit from services provided with a 1:3 staffing ratio and their personal care needs must be such that their health and safety can be assured within the 1:3 staffing ratio.

Agency: **Area Board Operations** (*formerly Organization of Area Boards - OAB*)
CA State Council on Developmental Disabilities
2000 “O” Street, Suite 100
Sacramento, CA 95814

Telephone: (916) 322-8481
FAX: (916) 443-4957
TTY: (916) 324-8420
Website: www.scdd.ca.gov

Description:

- plan, coordinate and develop services for the developmentally disabled;
- protect and advocate the rights of the developmentally disabled;
- conduct or cause to be conducted information programs to increase public and professional awareness and eliminate barriers to integration;
- monitor the practices of publicly funded agencies for compliance with local, state and federal laws, pursue remedies of any noncompliance;
- conduct activities designed to improve the quality of services, including the conduct of Life Quality Assessments;
- promote and support the participation of primary consumers; and
- plan, coordinate, and develop new and expanded program opportunities.

Days/Hours: Monday-Friday, 8:00 a.m. – 5:00 p.m.

Serving: Developmentally disabled and their families

Agency: **Area Developmental Disabilities Board 5**
1515 Clay Street, Suite 300
Oakland, CA 94612

Telephone: (510) 286-0439
FAX: (510) 286-4397
E-mail: areabd5@concentric.net

Description: A federally-funded state agency whose function includes public information, advocacy, systems monitoring and coordination, resource development, and planning and program review. Responsible for Life Quality Project, which looks at the life quality of consumers who live in residential settings or receive independent or supported living services. Lending video/media library and advocacy training.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Persons with developmental disabilities and their families in Alameda, Contra Costa, Marin, San Francisco and San Mateo counties

Agency: **Asian Community Mental Health Services (ACMHS)**
310 - 8th Street, #201
Oakland, CA 94607

Telephone: (510) 451-6729 (Oakland)
(510) 374-6061 (Richmond Clinic)
FAX: (510) 268-0202

Description: Case management for developmentally disabled clients. Support groups and services for parents of mentally disabled which include mutual support, information-sharing, advocacy and education workshops; advice on parenting; and bilingual support groups in Cantonese, Japanese, Laotian, Korean, Filipino, Cambodian, Vietnamese and Mien. Interpreters available. Richmond provides psychiatric evaluation and medication. Medi-Cal and private insurance accepted.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: Alameda and Contra Costa counties

Agency: **Aspira Foster Family Services**
2615 Somersville Road
Antioch, CA 94509

Telephone: (510) 835-8466
FAX: (510) 835-8469
E-mail: alma@mossbeachhomes.com

Description: Wrap-around services to children ages 4 to 18 to include assessment, behavioral intervention, nursing consultation, respite, and counseling to enhance family dynamics. The ultimate goal is to maintain the child in the family home. Also, provides community inclusion opportunities, after school for children ages 5 to 22 living with their families. Referrals are made through RCEB case management.

Days/Hours: Monday–Friday, 8:00 a.m. – 5:00 p.m.

Serving: Alameda and Contra Costa counties

Agency: **Autism Society of America**

Telephone (1-800) 328-8476
Website: www.autism-society.org

Description: Volunteer-run, nonprofit organization that offers networking and support, information and referral for parents and professionals who are involved with autism, PDD and Asperger’s Syndrome.

Agency: **Avery Fuller Welch Children's Foundation**
500 Sutter Street, Room 401
San Francisco, CA 94102

Telephone: (415) 986-1687

Description: The foundation awards grants to individual disabled children living in Alameda, Contra Costa, Marin, San Francisco and San Mateo counties only. If a parent of a handicapped child, ask your doctor, therapist or special school to write and request an application. A professional person may request an application by writing to the above address.

Days/Hours: Call and leave message

Serving: Disabled children--Alameda, Contra Costa, Marin, San Francisco and San Mateo counties

Agency: **Azell's New Hope**
43 Loftus Road
Bay Point, CA 94565

Telephone: (925) 709-0391

Description: Behavior management day program for adults, 18 to 59 years of age, consisting of independent living skills, leisure/social activities, communication skills, pre-vocational skills and other educational training to develop the participants greatest potential. As much as practical, all participant objectives and goals will be designed to coordinate with programs at their residential facility. Programs will be developed with the cooperation of the residential facility and Regional Center of the East Bay.

Serving: East Contra Costa County

Agency: **Barbara Milliff Children's Center – We Care**
(see *We Care*)

Agency: **Bay Area Crisis Nursery**
1506 Mendocino Drive
Concord, CA 94521

Telephone: (925) 685-8052

FAX: (925) 689-5815

Description: Provides 24-hour residential care to children aged 0-5 of families in crisis. On-going support provided by respite program. Parent support group.

Days/Hours: Daily, 24 hours

Serving: Bay area families in crisis with children aged 0-5.

Agency: **Bay Area Family Services, Inc.**
3272 Sonoma Blvd., Suite 4
Vallejo, CA 94590

Telephone: (707) 644-4491

FAX: (707) 644-1318

e-mail: bafs100@aol.com

Description: In-home respite or relief care to families who have an individual with developmental disabilities.

Days/Hours: Office: 8:30 a.m. - 5:00 p.m.
Respite is available 24 hours daily

Serving: Families with a family member with developmental disability

Agency: **Bay Area Outreach and Recreation Program (BORP)**
830 Bancroft Way
Berkeley, CA 94710

Telephone: (510) 849-4663

Description: BORP provides quality and innovative recreational, social and educational options for persons with physical disabilities and visual impairments. BORP is a resource for information, technical assistance, program consultation, and advocacy. BORP facilitates self-initiated independent recreation, integrated programs and community leadership of persons with disabilities.

Days/Hours: **Office:** Monday-Friday, 10 a.m. - 6 p.m.
Programs: Usually evenings and weekends

Serving: Persons with orthopedic impairment and visual impairment

Agency: **Bay Area People First**
c/o Area Board 5
360 22nd Street, Suite 730
Oakland, CA 94612

Telephone: (510) 286-0439
FAX: (510) 286-4397

Description: A self-advocacy group, which encourages persons with developmental disabilities to learn to speak for themselves on, issues that affect their lives. There are several groups that meet on a regular basis. Call Area Board 5 for information on meetings and how to join.

Days/Hours: Group meeting times vary—usually on weekends

Serving: Bay Area communities

Agency: **Blind Babies Foundation**
5016 Mission Street
San Francisco, CA 94112

Telephone: (415) 586-6140
FAX: (415) 586-6279
E-mail: bbfinfo@blindbabies.org
Website: www.blindbabies.org

Description: Home counselors make home visits to parents of visually impaired children to support families in understanding and coping with the impact of visual impairment on growth and development. Parents and children participate in play and hands-on learning experiences with the help of the counselors. Home counselors also accompany families to medical and educational assessments and train and consult other professionals.

Days/Hours: Office: Monday-Friday, 9 a.m. - 5 p.m.

Serving: Infants and preschool children (0-5) who are blind, visually impaired, or multi-handicapped and visually impaired, and their families.

Agency: **Breast Health Access for Women with Disabilities (BHAWD)**
Alta Bates Summit Medical Center
2001 Dwight Way, 2nd Floor
Berkeley, CA 94704

Telephone: (510) 204-4866
FAX: (510) 204-5892
TTY: (510) 204-4574

Description: BHAWD provides access to breast health care for women with disabilities. BHAWD is a model of breast health services designed to meet the special needs of women with physical, vision and other disabilities.

Agency: **California Autism Foundation/A Better Chance**
4075 Lakeside Drive
Richmond, CA 94806

Telephone: (510) 758-0433
FAX: (510) 758-1040

Description: California Autism Foundation operates three Level 4 homes for severely disordered-behavior clients—A Better Chance II, Pinole; A Better Chance II, El Sobrante; and A Better Chance V, Pinole Valley. CAF also operates A Better Chance Day Program and A Better Chance Industries, an integrated employment center.

Days/Hours: Monday-Friday, 8:30 a.m. - 3:00 p.m.

Serving: Individuals with severely disordered-behavior/Regional Center referral

Agency: **California Children Services**
Contra Costa County Health Services Department
597 Center Avenue, Suite 110 Telephone: (925) 313-6100
Martinez, CA 94553 FAX: (925) 313-6115

Medical Therapy Units (MTU)

Castro MTU
1435 Lawrence Street Telephone: (510) 374-3909
El Cerrito, CA 94530

Mauzy MTU
2964 Miranda Avenue Telephone: (925) 646-6014
Alamo, CA 94507

Shadelands MTU
1860 Silverwood Drive Telephone: (925) 646-5733
Concord, CA 94519

Turner MTU
4207 Delta Fair Blvd. Telephone: (925) 427-8522
Antioch, CA 94509

Description: CCS is a program that provides medical treatment for children and youth with certain physical limitations and conditions. The program is paid for by California taxpayers and offers medical care to children whose families cannot afford all or part of needed care.

The program is open to anyone who is:

- Under 21 years of age
- Has a physical limitation or condition that is covered by CCS
- Is a permanent resident of California
- Has a family income of less than \$40,000 reported as Adjusted Gross Income on the state tax form; or whose out-of-pocket medical expense for a child who qualifies is expected to be more than 20 percent of the family income.

Services provided at a Medical Therapy Unit (MTU) are exempt from the financial eligibility requirements.

Days/Hours: Monday-Friday, 8:00 a.m. – 5 p.m.

Serving: See above

Agency: **California Department of Developmental Services**
1600 Ninth Street, Second Floor
Sacramento, CA 95814

Telephone: (916) 654-1897
FAX: (916) 654-2167
Website: <http://www.dds.ca.gov>

Description: The State Department of Developmental Services (DDS) is one of thirteen departments within the Health and Welfare Agency. DDS administers six Developmental Centers (formerly State Hospitals) and contracts with 21 Regional Centers throughout the state to provide services to the local communities. The entry point for Contra Costa County is the Regional Center of the East Bay.

Days/Hours: Monday-Friday, 8:00 a.m. - 4:30 p.m.

Serving: Persons with mental retardation, cerebral palsy, autism, epilepsy and neurological conditions similar to mental retardation that constitute a substantial handicap.

Agency: **California Department of Education (OSE)**
P.O. Box 944272 (mailing address)
721 Capitol Mall
Sacramento, CA 94244-2720

Telephone: (916) 657-2451
Website: www.cde.ca.gov

Agency: **California Department of Health Services**
714 P Street, Room 1492
Sacramento, CA 95814

Telephone: (916) 657-1493
FAX: (916) 657-1089

Agency: **California Department of Health Services
Intermediate Care Facilities Licensing**
2151 Berkeley Way, Annex 2
Berkeley, CA 94704

Telephone: (510) 540-2417
FAX: (510) 540-3356

Description: Licensing of Intermediate Care Facilities for Contra Costa and Alameda counties..

Days/Hours: Monday-Friday, 9:00 a.m. – 5:00 p.m.

Agency: **California Department of Health Services/March of Dimes
Birth Defects Monitoring Program**
3031 F Street, Suite 200
Sacramento, CA 95816

Telephone: 1-888-898-2229
FAX: (916) 443-6657
www.cbtmp.org

Description: The California Birth Defects Monitoring Program is a public health program devoted to finding causes of birth defects. The program maintains a birth defects registry of babies born with medically-significant structural birth defects and conducts large interview studies to identify factors associated with birth defects. The program's registry and research findings are a resource for local public health officials, clinicians, parents, and policymakers. All materials are free. For more information visit the website.

Agency: **California Department of Health Services
Genetic Disease Branch**
2151 Berkeley Way, Annex 4

Berkeley, CA 94704

Telephone: (510) 540-2534

Description: The Genetic Disease Branch of the State Department of Health Services provides information on genetic counseling and screening and testing which is available upon request. List of genetic educational materials and copies of materials developed by the Genetics Disease Branch are also available. The Branch also sponsors an annual camp/conference for young women with PKU.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: California residents

Agency: **California Department of Rehabilitation**
2000 Evergreen Street Telephone: (916) 263-7365
Sacramento, CA 95815 FAX: (916) 263-7474
Website: www.rehab.ca.gov

District Office Telephone: (925) 602-3953
1485 Enea Court, Suite 1100 FAX: (925) 689-1797
Concord, CA 94520

Branch Office Telephone: (925) 754-7700
3656 Delta Fair Boulevard FAX: (925) 754-3297
Antioch, CA 94509

Branch Office Telephone: (510) 232-7062
1003 W. Cutting Blvd., Suite 100 FAX: (510) 231-8727
Richmond, CA 94804

Branch Office/Habilitation Specialist Telephone: (650) 737-2694
801 Traeger Avenue, Suite 120 FAX: (650) 737-2655
San Bruno, CA 94066

Description: The Department of Rehabilitation provides services to help the eligible client become employable. It offers specific services to obtain competitive, supported or sheltered employment for persons with disabilities. The Habilitation Specialist supports clients in work activity programs that maximize the vocational function and level of integration of the adult with developmental disabilities.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Persons with disability

Agency: **California Department of Social Services**
Community Care Licensing
851 Traeger Avenue, Suite 360
San Bruno, CA 94066

Telephone: (650) 266-8800
FAX: (650) 266-8841

Description: License and monitor residential and day programs for persons needing care and supervision.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Bay Area residential and day programs

Agency: **California Department of Social Services**
Disability and Adult Programs Division
Bay Area Branch
P.O. Box 24539
Oakland, CA 94623

Telephone: (510) 622-3296
FAX: (510) 622-3331

Description: Disability determination for individuals applying for SSI

Days/Hours: Monday – Friday, 8:00 a.m.-5:00 p.m.

Serving: Serve Bay Area

Agency: **California Independent Living Consortium**
405 East 14th Street, #160
Oakland, CA 94612

Telephone: (510) 832-0443
FAX: (510) 832-0546

Description: Provides independent living services

Days/Hours: Monday – Friday; 8 a.m. – 5 p.m. with emergency response after hours

Serving: Alameda and Contra Costa Counties

Agency: **California School for the Blind**
500 Walnut Avenue
Fremont, CA 94536

Telephone: (510) 794-3800, ext. 3817
FAX: (510) 794-3813

Description: The goal of the program is to foster mastery of skills commensurate with a student's ability. Because of the diverse need characteristics of students, individual programs are based on the Individualized Education Program (I.E.P.)

Days/Hours: Office: Monday-Friday, 8 a.m. – 5 p.m.

Serving: Persons with visual impairment including deaf/blind

Agency: **California School for the Deaf**

39350 Gallaudet Drive
Fremont, CA 94538

Telephone: (510) 794-3666
FAX: (510) 794-2409

Description: Education for deaf and hearing impaired children. Provides infant program, preschool program, elementary and secondary program, and vocational training program. Continuing and community education program available for the deaf adult community. The school is a residential program; school also provides resource information and referral for the Northern California area. Students from nearby communities attend on a day-school basis.

Days/Hours: Monday-Friday, 8 a.m. - 4:30 p.m.

Serving: Deaf and hearing impaired persons, age birth to 21 years. Also serves multi-handicapped, learning and emotionally disabled persons who are deaf.

Agency: **California State Council on Developmental Disabilities**
2000 "O" Street, Suite 100
Sacramento, CA 95814

Telephone: (916) 322-8481
TTY: (916) 324-8420
FAX: (916) 443-4957

Description: The State Council on Developmental Disabilities is established under both federal and state law and has the responsibility to evaluate, plan and coordinate resources and service systems to protect and enhance the legal, civil and services rights of persons with developmental disabilities. The council funds innovative and creative community-based services, special demonstration projects and training that will meet unmet needs or help to change the system in the direction of increased independence, productivity, integration and inclusion of persons with developmental disabilities. The Council funds the Area Boards on Developmental Disabilities, which provide advocacy, do planning and needs assessment and assist in carrying out the Council's objectives and mandates at the local level. The Council works closely with those agencies that have primary responsibility for providing direct developmental services.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Developmentally disabled residents of California

Agency: **C.A.M.P., Inc.**
6677 Amador Plaza Road
Dublin, CA 94568

Telephone: (925) 560-0124 (Ext. 102)
FAX: (925) 560-0125

Description: Adult Development Day Program in the Dublin area offering a broad scope of services to adults; ten may be non-ambulatory

Days/Hours: Office: Monday-Friday, 8:00 a.m. – 3:30 p.m.
Program: Monday-Friday, 9:00 a.m. – 3:00 p.m.

Serving: Lower Alameda and Contra Costa counties

Agency: **Camping Unlimited, Inc.**
P.O. Box 20774
El Sobrante, CA 94820

Telephone: (510) 222-6662
FAX: (510) 223-3046

Description: Camping Unlimited provides educational and recreational programs to developmental disabled persons in efforts to normalize their lifestyles. Year round activities include day and weekend activities and respite. Residential summer camping June – August. Travel programs spring, fall and winter. Primitive camp offered at Camp Krem for “back-to-nature” people. Vendorized by Regional Center and private pay.

Days/Hours: Office: Monday-Friday, 10:00 a.m. – 5:00 p.m.

Serving: Ages 18 years and older, all disabilities—moderate to high functioning.

Camps¹

Agency: **CARE Parent Network**

¹ For information about camps, call Regional Center of the East Bay at (510) 383-1200 or (925) 798-3001 or CARE Parent Network at (1-800) 281-3023 or (925) 313-0999.

1340 Arnold Drive, Suite 115
Martinez, CA 94553

Telephone: (925) 313-0999 (1-800) 281-3023
FAX: (925) 370-8651
E-mail: BKatzCARE@aol.com

Description: CARE Parent Network is a parent-directed resource center providing parent-to-parent support, education and training, and information and referral to the families of infants, toddlers, and school-age children with disabilities. A quarterly newsletter, a Parent Resource Directory, and an IFSP Manual are published. Disability-specific informational files are maintained and a calendar of events for parents and professionals as well as a lending library are available to the community. No fee.

Days/Hours: Monday-Friday, 8 a.m. - 4 p.m.

Serving: Parents of infants and children with disabilities residing in Contra Costa County

Agency: **Center for Accessible Technology (CAT)**
2547 Eighth Street, 12-A
Berkeley, CA 94710

Telephone: (510) 841-3224
FAX: (510) 841-7956

Description: CAT provides technology services for adults and children with disabilities; evaluates individual technology needs and makes recommendations for contracting agencies. Center is open to the public for classes and training in assistive technology and software. Free demonstrations and general information.

Days/Hours: Monday-Friday, 9 a.m. - 4 p.m.

Serving: Individuals with disabilities (developmental, learning, physical)

Agency: **Center for Adaptive Learning (CAL)**
3227 Clayton Road, Suite A
Concord, CA 94519-2862

Telephone: (925) 827-3863
FAX: (925) 827-4080

Description: The Center for Adaptive Learning is a residential training program for people over the age of 18 to build a life of independence and self-reliant living. Services provided are designed to meet emotional, social, vocational and functional needs working in three main domains--independent living (in apartments), social emotional, job development and job placement. The Center also has an art and drama department.

Days/Hours: Monday-Friday, 9 a.m. - 6:30 p.m.; activities Saturday or Sunday

Serving: Those with global learning disability, neurological disability and category 5 or other (Lanterman Act) and 18 years old and up.

Agency: **Center for CARE – Center for the Vulnerable Child**
Children’s Hospital Medical Center
747 – 52nd Street
Oakland, CA 94609

Program Address
5275 Claremont Avenue
Oakland, CA 94609

Telephone: (510) 428-3783

Description: Social work case management services for family; drug/alcohol treatment and recovery services for mother; comprehensive pediatric care including medical, emotional, developmental, and social assessments and services for drug/alcohol affected infants; therapeutic infant/parent counseling services; outreach and training; emergency childcare supplies, transportation, on-site child care; and center-based and home visitation components. Vendorized by Regional Center, Medi-Cal, or third party for medical care and psychological assessments.

Days/Hours: Monday-Friday, 8:30 a.m. – 5:00 p.m.

Serving: Drug/alcohol affected infants and toddlers at risk of developmental disabilities

Agency: **Center for Communicative Disorders/Speech, Hearing and Language Clinic**
California State University - Hayward
25800 Carlos Bee Blvd.
Hayward, CA 94542

Telephone: (510) 885-3233
FAX: (510) 885-2186

Description: Teaching institution training undergraduate and graduate (masters) level student clinicians. Operates a speech-language-hearing clinic wherein students receive practical experience working with a variety of clients with communication disorders. All evaluation and treatment is conducted by student clinicians, under the direct supervision of licensed, certified speech pathologists on staff by the University.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: People from the community, toddlers to geriatric, with communication disorders and who come to our clinic from a variety of referrals.

Agency: **Center for Education of the Infant Deaf (CEID)**
1810 Hopkins Street
Berkeley, CA 94707

Telephone: (510) 527-5544

Description: CEID is a center and home-based program serving children between the ages of birth and four years who have hearing loss or severe speech/language delays. The family-focused program offers teaching and counseling to families, parent evening sign language classes, bimonthly parent support groups and home visits for individual child therapy.

Days/Hours: **Office:** Monday-Friday, 9:00 a.m. – 5:00 p.m.
Classroom: Monday-Thursday, 9:00 a.m. – 12:00 noon

Serving: Age 0-4 years, no geographic limitations

Agency: **Center for Independent Living (CIL)**
2539 Telegraph Avenue
Berkeley, CA 94704

Telephone: (510) 841-4776

FAX: (510) 841-6168
TTY: (510) 444-1837

Description: CIL is a non-profit organization serving people with disabilities and their families. CIL helps people move from dependent lives in institutions to social and economic independence. Comprehensive services, including training programs, are offered to the disabled and their family, as well as to professionals and the general public. The homeless program provides counseling and job referrals.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: Persons with physical, mental, visual and hearing disabilities

Agency: **Cerebral Palsy Center for the Bay Area**
4500 Lincoln Avenue
Oakland, CA 94602

Telephone: (510) 531-3323
FAX: (510) 531-2990

Description: The Cerebral Palsy Center has two major programs for adults with cerebral palsy and other developmental disabilities. **The Work Activity Center** provides work services for persons whose abilities require a special environment. Clients accepted into this program earn wages while receiving more intensive training to improve their skills. **The Adult Development Center** provides individually tailored programs for clients who need basic education, training in communication and daily living skills and assistive technology. Community access is available through a special program in downtown Oakland: Community Involvement Towards Independence (CITI).

Days/Hours: Office: Monday-Friday, 8 a.m. - 5 p.m.
Program: Monday-Friday, 8:30 a.m. - 4 p.m.

Serving: Adults with Cerebral Palsy and other developmental disabilities

Agency: **CH.A.D.D. National Headquarters**
499 NW 70th Avenue, Suite 101
Plantation, FL 33317

Telephone: National: (1-800) 233-4050; Chapter: (510) 291-2950
FAX: National: (301) 306-7090; Chapter: (510) 291-2950

Websites: <http://www.chadd.org> (National)
<http://www.chaddnorcal.org> (Northern California)

Description: CH.A.D.D. is a non-profit organization formed to better the lives of individuals with Attention Deficit Disorders. At the Chapter level CH.A.D.D. provides lectures by professionals for adults and parents, adult and parent support groups, book sales, newsletter, professional referrals, parent and adult mentors. National CH.A.D.D. provides Attention Magazine, CHADder Box Newsletter, CH.A.D.D. Website and yearly national conference.

Days/Hours: Call above number for meeting, workshop, support group dates and times

Serving: CH.A.D.D. serves those with Attention Deficit concerns. The organization has 635 chapters and 35,000 members

Agency: **Child Abuse Prevention Council of Contra Costa County, Inc.**
1485 Treat Blvd., Suite 202
Walnut Creek, CA 94596

Telephone: (925) 946-9961
FAX: (925) 946-0557

Description: To prevent child abuse in Contra Costa County through coordination of services, information sharing, public education and advocacy. Programs include a Community Education Program with volunteer speakers available to give presentations on topics related to child abuse prevention, an annual conference, a "Surviving Parenthood" resource directory, information and referral services, a lending library, legislative advocacy, Special Needs fund and coordination of public and private agencies involved in prevention, intervention and treatment.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: Contra Costa County residents

Agency: **Child Development Center (CDC)**
Children's Hospital Medical Center
747 - 52nd Street
Oakland, CA 94609

5220 Claremont Avenue
Oakland, CA 94609

Telephone: (510) 428-3351
FAX: (510) 547-2702

Description: Provides multi-disciplinary assessments for infants and children with developmental disabilities where there is suspicion of slow or unusual development or school problems. Counsels parents around issues raised by the disability and assists in obtaining appropriate treatment/educational services.

Days/Hours: Monday-Friday, 9:00 a.m. – 5:00 p.m.

Serving: Children with autism, cerebral palsy, mental retardation, neurological handicap, PKU, ADHD, genetically based disorders, prematurity, prenatal exposure to drugs, fetal alcohol syndrome, and learning disabilities

Agency: **Child Health and Disability Prevention Program (CHDP)**
Contra Costa County Health Services Department
597 Center Avenue, Suite 280
Martinez, CA 94553

Telephone: (925) 313-6150
FAX: (925) 313-6160

Description: Provides well-child health assessments through network of private physicians and clinics for Medi-Cal recipients under 21 years of age and those up to 19 years of age who are within 200% of the federal poverty level. Special program components target pregnant women, drug-exposed infants and foster children.

Days/Hours: Monday-Friday, 8:30 a.m. – 5:00 p.m.

Serving: Call for a list of providers

Agency: **Child Protective Services**
Contra Costa County Employment and Human Services
30 Muir Road
Martinez, CA 94553

Telephone: (925) 646-1680

Description: Children's Protective Services Emergency Response provides 24-hour, 365-day response to allegations of child abuse. Persons needing to report abuse and neglect incidents or situations should call the centralized screening unit (phone

number listed above) where a social worker can make a determination on what course of action to take.

Days/Hours: Every day, 24-hours
Serving: Contra Costa County residents

Agency: **Children’s Hospital Medical Center**
See • *Center for CARE – Center for the Vulnerable Child*
• *Child Development Center (CDC)*
• *Parent-Infant Program (PIP)*

Agency: **Choices/UCP**
1970 Broadway, #115 490 Golf Club Drive
Oakland, CA 94612 Pleasant Hill, CA 94526

Telephone: (510) 832-7430 (925) 682-8648
FAX: (510) 839-1329 (925) 362-8663

Description: Integrated work, entirely community-based. Full support provided in small groups (1:3 ratio). Activities tailored to meet the needs and goals of individuals in each group, including life and social skills training, pre-vocational skills, job search activities, college classes, etc.

Days/Hours: **Office:** Monday-Friday, 9:00 a.m. – 5:00 p.m.
Program: Monday-Friday, 9:00 a.m. – 3:00 p.m.

Serving: Adults with developmental disabilities.

Agency: **Clients’ Rights Advocacy**
(see Office of Clients’ Rights Advocacy)

Agency: **Cole Vocational Services**
1937 San Pablo Avenue 2352 Buchanan Road
Pinole, CA 94564 Antioch, CA 94509
Telephone: (510) 724-7190 (925) 756-7600; Fax (925) 756-7656

Description: An adult day program for developmentally disabled. This center-based program takes a holistic approach and looks at each person's life goals. They offer classroom training for job development, self-advocacy, life skills assistance, positive behavioral support and social and recreational services.

Days/Hours: **Office:** Monday-Friday, 8:00 a.m. – 4:00 p.m.
Program Hours: Monday-Friday, 8:00 a.m. – 2:00 p.m.

Serving: Contra Costa County

Agency: **Commercial Support Services (CSS)
Contra Costa ARC**

2505 West Tenth Street
Antioch, CA 94509

Telephone: (925) 755-4925
FAX: (925) 755-4915

185 Mason Circle, Suite F
Concord, CA 94520

Telephone: (925) 825-5665
FAX: (925) 825-0942

1420 Regatta Blvd.
Richmond, CA 94804

(510) 233-7303
FAX (510) 233-2435

Description: CSS is a division of Contra Costa ARC and assists individuals with developmental disabilities to achieve their highest level of independence and self-sufficiency in the community. This is accomplished through advocacy at personal, local, state and national levels and through direct services designed to meet the individual needs of citizens with developmental disabilities. Among the options available are: situation assessments, mobility training, personal and social adjustment tutoring, independent living skills training and job placement. Jobs include community-supported employment for individuals or groups and paid work experience and training at our production center.

Days/Hours: Monday-Friday, 9 a.m. - 3 p.m.

Serving: Adults with severe developmental disabilities who are clients of RCEB

Agency: **Committee on Sexuality**
21450 Bear Creek Road
Los Gatos, CA 95033

Website: www.w3ddesign.com/committee

Description: THE COMMITTEE is a nonprofit organization of people with developmental disabilities, parents and professionals who are concerned about the sexual rights and needs of people with developmental disabilities. The Committee provides advocacy and networking, annual symposium, newsletter, skills training and education, and policy development.

Serving: People with developmental disabilities, parents, and professionals who are concerned about the sexual rights and needs of people with developmental disabilities

Agency: **Community Access Programs (CAP)
Contra Costa ARC**

CAP-Antioch
3640-B Lone Tree Way
Antioch, CA 94509
(925) 706-1921 FAX (925) 706-1973

CAP-Concord
4615 Clayton Road
Concord, CA 94521
(925) 685-9742 FAX (925) 685-4652

CAP-Hilltop
2800 Hilltop Mall Road, Suite 1250
Richmond, CA 94806
(510) 222-8266 FAX (510) 222-8290

Description: These programs, operated by Contra Costa ARC, are day programs that serve adults with severe developmental disabilities. The goal of these programs is to assist individuals to live, work, and play in the community as independently as possible. Training is offered in the areas of domestic skills, recreational skills, vocational skills and community awareness. The Community Access Programs serve individuals who may have personal care needs (require assistance in the restroom, with eating, or other basic needs). Individuals must not be a danger to themselves or others.

Days/Hours: Monday-Friday, 9 a.m. - 3 p.m.

Serving: Developmentally disabled, 21 years or older, and clients of RCEB

Agency: **Community Assistance for the Retarded and Handicapped, Inc. (CARH)**
20513-17 Alameda Street
Castro Valley, CA 94546

Telephone: (510) 537-6611

Description: C.A.R.H. assists individuals with specialized needs through a Grant Program that can help individuals with needs ranging from specialized equipment to campership funds.

Days/Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

Serving: Individuals with special needs living in Alameda, Contra Costa and San Joaquin counties

Agency: **Community Care Licensing**
(see California Department of Social Services)

Agency: **Community College Transition Project**

ALIVE/Futures Explored, Inc.

2151 Salvio Street, Suite V

Concord, CA 94520

Telephone: (925) 825-0263

FAX: (925) 825-9264

Description: The Community College Transition Project is a package of support services, both intensive and cohesive, aimed at helping young adults with developmental disabilities acquire access to the available services and transition to college life. Services include counseling, independent living skills training, mobility training, vocational skills and employment opportunities. A peer support groups meets weekly on campus. CCTP is for the young adult who has completed high school, and:

- wants to attend college classes at Los Medanos College
- is able to be mobility trained
- is committed to living independently
- is able to participate in the full range of services
- is supported in this effort by family or care provider
- is without behaviors that would disrupt classes and activities, and
- is a client of RCEB

Days/Hours: Monday-Friday, 8:00 a.m. to 5 p.m.

Serving: Young adults with developmental disabilities in Contra Costa County

Agency: **Community Integrated Support Services (CISS)**
1600 'A' Street
Antioch, CA 94509

Telephone: (925) 777-0696
FAX: (925) 777-0693

Description: CISS Day Program is a behavior modification program that provides individualized services to a heterogeneous consumer base that requires specialized support in a behavioral day program. The program provides a critical step between a behavioral day program and other work or activity programs. Clinical and administrative teams provide positive and systematic programming for consumers in education classes and therapy programs and community based work and activity programs. Particular emphasis is on supporting and teaching consumers to make their own choices in participating in these broad opportunities. Referrals are through RCEB case management.

Serving: Eastern Contra Costa County

Agency: **Community Integrated Work Program (C.I.W.P.)**

West Contra Costa County 5327 Jacuzzi, Suite 1A Richmond, CA 94804	East Contra Costa County 1101 Buchanan Road Antioch, CA 94509
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Telephone: Richmond: (510) 528-2287	Antioch: (925) 778-2905
FAX: (510) 528-7765	(925) 778-8529

Description: C.I.W.P. provides an Adult Day Program for developmentally disabled adults. Community based programming providing training in social interpersonal skills, community integration, vocational, and self-advocacy. Program has a behavioral component providing consultation and assessment. C.I.W.P. is specially designed to service participants with extreme behavioral and developmental challenges, including non-ambulatory consumers. Individuals with autism, dual diagnoses, and those who cannot be accommodated in more traditional settings find successful participation in the program.

Days/Hours: Richmond: Monday-Friday, 7:00 a.m. - 4:00 p.m.
Antioch: Monday-Friday, 7:30 a.m. - 4:30 p.m.

Serving: Contra Costa and Alameda County residents who are Regional Center clients

Agency: **COMPASS Agency**

(Care Options Management Plan and Supported Services)
7000 Village Parkway A
Dublin, CA 94568

Telephone: (925) 551-3227
FAX: (925) 551-3228

Description: This supported living program is not licensed, so there is freedom to be creative in how a consumer needs to be supported in order to live independently. Each program is set up to meet the unique needs of the consumer. The amount and kind of support needed varies between consumers. The program works to build natural supports so the professionals involved may be able to fade out over time.

Days/hours: Office: Monday-Friday, 9:00 a.m. – 4:00 p.m. (or later by appointment)

Serving: RCEB clients and other persons needing in-home care

Agency: **Concord House**
East Bay Services to the Developmentally Disabled
2301 Mt. Diablo Street
Concord, CA 94520

Telephone: (925) 825-4423

Description: Residential setting and three satellite homes comprise the program. Independent living skills program is offered in a residential setting. Residents experience more self-direction, gain self-confidence and accept responsibility as they move through the program.

Days/Hours: Residential

Serving: Contra Costa and Alameda County residents, ambulatory and 18 years of age and over, who are Regional Center clients.

Agency: **Concord Leisure Services**
Specialized Recreation

1950 Parkside Drive, MS11
Concord, CA 94519

Telephone: (925) 671-3171

FAX:

Description: Both ongoing programs and specialty classes serving developmentally disabled teens and adults. Monday night arts and crafts, sports and games, cooking, drama and excursions. Specialty classes include anything from bowling to cooking to field trips, monthly dances.

Days/Hours: **Office:** Monday-Friday 8:00 a.m. – 4:30 p.m.

Programs and Classes: Times vary

Serving: Developmentally disabled

Agency: **Concord Residential Club**
East Bay Services to the Developmentally Disabled
2141 California Street
Concord, CA 94520

Telephone: (925) 689-4939

FAX: (925) 825-2439

Description: Nineteen, one-bedroom apartments where residents receive moderate/minimal support through ILS agencies.

Days/Hours: Office: Monday-Friday, 9a.m. - 5 p.m.

Serving: Developmentally disabled adults, 21 years or older, capable of responsibilities, independence with moderate/minimal support.

Agency: **Contra Costa ARC**
1340 Arnold Drive, Suite 127
Martinez, CA 94553

Telephone: (925) 370-1818
FAX: (925) 370-2048
Website: www.ContraCostaARC.com

Description: Contra Costa ARC offers a wide spectrum of services to children and adults with mental retardation and developmental disabilities and their families through ARC Inroads, Commercial Support Services, Community Access Programs, The Lynn Day Treatment Center, and CARE Parent Network. Programs focus on employment services, preschool and early intervention for children and their families, personal and social adjustment services and information and resource needs. For additional information see individual listings. CC-ARC also operates three, volunteer-staffed, resale stores--ARC Thrift Shop in Concord, Good Stuff Thrift Shop in El Cerrito, and Interiors on Lonetree in Antioch--which generate revenue for programs as well as create community goodwill.

Days/Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m.

Serving: Children and adults with developmental disabilities

Agency: **Contra Costa Child Care Council**

Central County Area Office
1035 Detroit Avenue, Suite 200
Concord, CA 94518

Telephone: (925) 676-KIDS
FAX: (925) 676-6283

East County Area Office
1005 Fitzuren Road
Antioch, CA 94509

Telephone: (925) 778-KIDS
FAX: (925) 778-3350

West County Area Office
3727 Barrett Avenue
Richmond, CA 94805

Telephone: (510) 233-KIDS
FAX: (510) 233-3713

Description: The Contra Costa Child Care Council is a non-profit agency assisting parents with finding available, affordable, quality childcare within Contra Costa County. An array of services are offered to the childcare community such as child care referrals, child care subsidies, consultation and resources, classes, recruitment, child health and nutrition programs, public education and advocacy efforts, and employer services. Offers resources and services for families of children with special needs. These include the Inclusion Lending Library and the services of Inclusion Facilitators. Services are fee and available in Spanish and Farsi.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Anyone who utilizes childcare services within Contra Costa County.

Agency: **Contra Costa Community College District**
Disabled Students Programs/Services
500 Court Street Telephone: (925) 229-1000
Martinez, CA 94553 FAX: (925) 370-6517
Website: www.contracosta.cc.ca.us

Contra Costa Community College Telephone: (510) 235-7800 x7220
2600 Mission Bell Drive FAX: (510) 236-6768
San Pablo, CA 94806

Diablo Valley College Telephone: (925) 685-1230 x2546
321 Golf Club Road FAX: (925) 687-1829
Pleasant Hill, CA 94523

DVC Satellite
Center for Higher Education Telephone: (925) 866-1822
3150 Crow Canyon Place FAX: (925) 866-8090
San Ramon, CA 94583

Los Medanos College Telephone: (925) 439-2181
2700 E. Leland Road FAX: (925) 473-1350
Pittsburg, CA 94565

Description: The Disabled Students Programs and Services (DSP&S) provide specialized assistance and resources to individuals with learning disabilities, visual and hearing impairments, acquired brain injuries and other physical disabilities. Services include specialized instruction designed for students with learning disabilities; counseling and advising; on-campus transportation; mobility assistance; adaptive equipment; coordination of note takers, readers and sign language interpreters; availability of DSPS job placement staff; community resources; adaptive computer technology; and adaptive physical education.

Days/Hours: Monday-Friday, 9 a.m. - 4 p.m.

Serving: Disabled students

Agency: **Contra Costa County Office of Education²**
77 Santa Barbara Road
Pleasant Hill, CA 94523

Telephone: (925) 942-3388
FAX: (925) 944-3405

Description: Provides special education and other related services to students

Days/Hours: Monday-Friday, 8:00 a.m. – 4:00 p.m.

Serving: Contra Costa County students

Agency: **Contra Costa Crisis Center**
P.O. Box 3364
Walnut Creek, CA 91788

24-HOUR CRISIS LINE: 1-800-833-2900
24-HOUR GRIEF LINE: 1-800-837-1818
24-HOUR YOUTH LINE: 1-800-718-4357
24-HOUR HOMELESS HOTLINE: 1-800-808-6444

Telephone: (925) 939-1916 (Office)
FAX: (925) 939-1933
Website: www.crisis-center.org

Description: Toll-free, 24-hour crisis lines for people in distress. Referrals to agencies and programs, as appropriate. Also conducts full range of services for the homeless. Offers information about community resources while administering a data bank for such in Contra Costa County

Days/Hours: **Office:** Monday-Friday, 8:00 a.m. – 5:00 p.m.
Crisis Lines: 24 hours, 365 day/year

Serving: Contra Costa County

² Note, we have not listed addresses for individual school districts or for individual schools. Contra Costa SELPA can provide such information.

Note, also, that many school districts offer Adult Education courses, some of which are specifically for individuals with developmental disabilities and some which are for the general public, including persons with developmental disabilities.

Agency: **Contra Costa Day Activity Center**
Walnut Creek Site
1440 Central Road
Walnut Creek, CA 94596

Telephone: (925) 935-9707
FAX: (925) 935-9709

Description: Behavioral day program for adults with developmental disabilities. Activities focus on adaptive communication, self-help skills, social skills, domestic skills, and vocational training.

Days/Hours: **Office:** Monday-Friday, 8:00 a.m. – 4:00 p.m.
Program Hours: Monday-Friday, 9:00 a.m. – 3:00 p.m.

Serving: Adults with developmental disabilities

Agency: **Contra Costa Legal Services Foundation**
P.O. Box 2289
Richmond, CA 94802

Telephone: (510) 233-9954 West County
(925) 439-9166 East County
(925) 372-8209 Central County
FAX: (510) 236-6846

Description: Federally funded law office for civil legal problems of low-income Contra Costa County residents involving housing, government benefits and health care.

Days/Hours: Monday-Friday, 9:00 a.m. – 5:00 p.m.
(closed for lunch from 12:30 p.m. to 1:30 p.m.)

Serving: Low-income residents of Contra Costa County

Agency: **Contra Costa Regional Medical Center and Contra Costa Health Centers**

Contra Costa County Health Services Department

2500 Alhambra Avenue
Martinez, CA 94553

Information: 925-370-5000 TTY: 925-646-4303

Appointments: 1-800-495-8885 FAX: 925-370-5138

Website: http://www.cchealth.org/medical_center/

For All Health Centers

Information: 1-877-905-4545

Appointments: 1-800-495-8885

Website: http://www.cchealth.org/services/health_centers.php

Antioch Health Center

3505 Lone Tree Way
Antioch, CA 94509

Martinez Family Practice Center and

Martinez Specialty Center
2500 Alhambra Avenue
Martinez, CA 94553

Bay Point Family Health Center

215 Pacifica Avenue
Bay Point, CA 94565

Pittsburg Health Center*

2311 Loveridge Road
Pittsburg, CA 94565

Brentwood Health Center

118 Oak Street
Brentwood, CA 94513

Richmond Health Center

100 – 38th Street
Richmond, CA 94804

Concord Health Center

3052 Willow Pass Road
Concord, CA 94519

North Richmond Center for Health

1501 Third Street
Richmond, CA 94801

Description: Contra Costa Regional Medical Center and Contra Costa Health Centers are the cornerstone of a comprehensive, integrated public health care system that emphasizes prevention-oriented, primary care services. The hospital is part of a continuum of health services to county residents that includes medical and prevention services, as well as environmental and public health services that protect the well-being of the entire community.

*Pittsburg Clinic offers a special Women’s Health Clinic, which serves women with disabilities. Spanish speaking staff are available. (Appointment # 1-800-495-8885).

Days/Hours: Regional Medical Center - 24 hours daily
Health Centers - Monday-Saturday, 8 a.m.- 5 p.m. (some evening hours)

Agency: **Contra Costa SELPA**
2520 Stanwell Drive, Suite 270
Concord, CA 94520

Telephone: (925) 827-0949
FAX: (925) 825-1124

Description: SELPA is responsible for assuring program availability for all students with disabilities in the school-age population; to see that programs and services provide needed services for any student with an exceptional need, and to assist in intra-SELPA and inter-SELPA placements, provide technical assistance and administrative support for the many requirements of the new laws. SELPA coordinates a network of cooperative agreements among districts and agencies and provides a focal point for the student and/or family seeking information and services. SELPA personnel assist in placement decisions, curriculum development, and staff in-service. They act as a resource to both parents and staff in IEP Team meetings and assist in the identification of the most appropriate placement for each student. They facilitate placement and assist the student, parents and staff with any problems related to adjustment.

Days/Hours: Monday-Friday, 7:30 a.m. - 4:00 p.m.

Serving: All Contra Costa County school districts and County Office of Education, with the exception of Mt. Diablo and West Contra Costa School Districts

Agency: **County Connection**
220 Ygnacio Valley Road
Walnut Creek, CA 94596

Telephone: (925) 676-7500

Description: Free midday (10 a.m. – 2 p.m.) fares and discounted fares on fixed-route bus service with Regional Transit Connection Discount Card. The photo identification card allows riders access to fixed-route public transit systems throughout the Bay Area. Call for eligibility requirements and application. Take completed form to County Connection at Walnut Creek BART station. One-time \$3 fee for three-year card

Days/Hours: Monday-Saturday, 9:00 a.m. – 4:00 p.m.

Serving: Central Contra Costa County with connections to El Sobrante

Agency: **Creative Growth**
355 - 24th Street
Oakland, CA 94612

Telephone: (510) 836-2340
FAX: (510) 836-0769

Description: Creative Growth Art Center provides creative art programs, educational and independent living training, counseling and vocational opportunities for adults who are physically, mentally and emotionally disabled. Creative Growth also serves as an advocate for the disabled and provides services to teachers, caretakers, families, therapists and other persons who work and do research in the fields of art and disabilities. There is a summer scholarship program for developmentally disabled high school students who exhibit special skills and interest in art.

Days/Hours: Monday-Friday, 9:30 a.m. - 3:30 p.m.

Serving: Physically, mentally and emotionally disabled adults from Alameda, San Francisco, and Contra Costa counties.

Agency: **The Dale Law Firm**
1901 Olympic Blvd., Suite 230
Walnut Creek, CA 94596

Telephone: (925) 280-0172
FAX: (925) 280-0177
Website: www.achievingindependence.com

Description: The Dale Law Firm specializes exclusively in trusts, estate planning and probate. A large part of the practice involves counseling families with disabled children in their unique needs. They establish specialized plans for these families to meet their unique goals and objectives.

Days/Hours: Monday-Friday, 9 a.m. – 5:00 p.m.

Agency: **Danville Gardens Learning Center Child Care**
P.O. Box 2696
Danville, CA 94526

Telephone: (925) 552-0262 or (925) 548-1272
FAX: (925) 552-0262
E-mail: elbyusa@sbcglobal.net

Description: Program director is a master teacher in special needs. Services are provided to pre-school children with or without special needs. We have inclusion program; we also serve Regional Center clients. Our enrichment program includes arts, music, culinary arts, reading, story time, gross motor activities and many more fun activities.

Days/Hours: Seven days a week; AM/PM

Serving: Bay area/developmentally age appropriate

Agency: **Deaf Counseling, Advocacy and Referral Agency (DCARA)**
14895 E. 14th Street, Suite 200
San Leandro, CA 94578-2922

Telephone: (510) 483-0753 California Relay Service 800-735-2922
FAX: (510) 465-7107

Description: A community-based, multi-service agency which assists deaf and hearing impaired through community resource and outreach, interpreting referral services, counseling, and law and advocacy (*Oakland office*).

Days/Hours: Monday-Friday, 8:00 a.m. – 4:00 p.m. (closed 12:00 to 1:00)

Serving: Deaf and hard of hearing

Agency: **Developmental Disabilities Council of Contra Costa County**
Contra Costa County Health Services Department

2801 Robert Miller Drive
Richmond, CA 94806

Telephone: (510) 374-3665

FAX: (510) 374-3893

Website: www.ccpublichealth.org

Description: The Developmental Disabilities Council is an organization composed of persons with developmental disabilities, parents, professionals, and members of the general public. The Council engages in a wide variety of activities designed to improve services to individuals with developmental disabilities, and to provide assistance and support to their families. It provides information and referral, technical assistance, and advocacy for individuals with developmental disabilities, their families, and those who provide services to them. It also holds monthly meetings that address topics of general interest and concern to the field as well as publishing a monthly list of announcements of interest to our constituency.

Days/Hours: Monday-Friday, 8:00 a.m. – 5:00 p.m.

Serving: Persons with developmental disabilities and their families in Contra Costa County

Agency: **Diagnostic Center, Northern California**

39100 Gallaudet Drive
Fremont, CA 94538

Telephone: (510) 794-2500

FAX: (510) 794-2513

Website: www.cde.ca.gov/dcn

Description: The Diagnostic Center, Northern California is one of three regional assessment/training centers operated through the State Special Schools and Services Division of the California Department of Education. It provides a continuum of specialized services and assistance to special education students, their families and Local Educational Agencies (LEA). Comprehensive, in-depth assessments are provided to special education students ages 2.9 through 22 years. These services are provided at no charge to LEA's or families within the Diagnostic Center's service area.

The Diagnostic Center offers a detailed information packet describing its services. For more information or to discuss the possibility of a special referral, please contact the Center.

Days/Hours: Monday-Friday, 7:30 a.m. – 4:00 p.m.

Serving: Specialized education students, their families and Local Educational Agencies

Agency: **Dial-A-Ride – WestCAT**

601 Water Avenue
Pinole, CA 94553

Telephone: (510) 724-7993 (information) (510) 724-4466 (cancellations)
(510) 724-7433 (reservations) (800) 735-2929 (TTY)

Description: Provides curb-to-curb transportation for people with disabilities in Crockett, Hercules, Pinole, Port Costa, Rodeo and Tara Hills. Service available weekdays, 6:00 a.m. – 8:00 p.m.; Saturday, 9:00 a.m. – 7:00 p.m. Fare for disabled is 60¢; reservations should be made two days advance. Transportation to medical appointments in Richmond and San Pablo available.

Days/Hours: Monday–Friday, 6:00 a.m. – 8:00 p.m. and Saturday, 9:00 a.m. – 7:00 p.m.

Serving: Disabled and senior citizens in areas listed above

Agency: **Disability Rights Education and Defense Fund (DREDF)**
2212 Sixth Street
Berkeley, CA 94710

Telephone: (510) 644-2555 ADA Hotline (800) 949-4232
FAX: (510) 841-8645

Description: The Disability Rights Education and Defense Fund (DREDF) is a national law and policy center dedicated to furthering the civil rights of people with disabilities. DREDF provides:

- Technical assistance, information and referrals on disability rights laws and policies via the U.S. Department of Justice National ADA Information Hotline, which provides information on Titles II and II of the ADA;
- Legal representation to adults and children with disabilities in cases involving their rights to employment, education, transportation, housing and access to public accommodations;
- Training, information and legal advocacy to parents;
- Training and speakers for the disability community, public entities and private businesses on the provisions of the ADA and its relationship to other state and federal laws.
- Education for legislators and policy-makers on issues affecting the rights of people with disabilities.

Days/Hours: Monday-Friday, 9 a.m. - 3 p.m.

Serving: People with disabilities.

Agency: **Disabled People's Recreation Center (DPRC)**
(see Richmond Recreation and Parks Department)

Agency: **Doctors Medical Center**
Rectal/Prostate Screening
2000 Vale Road
San Pablo, CA 94806

Telephone: (1-800) 206-9355 (direct line for appointments)
(510) 970-5000

Description: Rectal/prostate screening for men over age 50 with disabilities. Screenings occur every four months.

Days/Hours: Monday-Friday, 9 a.m. – 6 p.m.

Agency: **Doctors Medical Center**
Speech Therapy Department
2000 Vale Road
San Pablo, CA 94806

Telephone: (510) 970-5515
FAX: (510) 970-5760

Description: Synergy Rehab has a contract with hospital to provide speech therapy service. A full time speech therapist is at the site. Occupational and physical therapy for acute needs; mostly swallowing, some communication.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Adults only

Agency: **Down Syndrome Connection**
117-A Town and Country Drive
Danville, CA 94526

Telephone: (925) 362-8660

FAX: (925) 362-8663

Website: www.dsconnection.org

Description: Parent support; counseling and education; prenatal consultation; information and referral; developmental therapy for children; pre-teen, teen and young adult programs; creative expression through art; advocacy; community education; lending library.

Days/Hours: Monday-Friday, 10:00 a.m. – 5:00 p.m.

Serving: All persons with Down Syndrome and their families as well as others with developmental delays.

Agency: **Early Childhood Mental Health Program (ECMH)**
4101 Macdonald Avenue
Richmond, CA 94805

Telephone: (510) 412-9200
FAX: (510) 412-9248
E-mail: ecmhp@aol.com

Description: Early Childhood Mental Health preserves families by helping parents provide safe, loving homes for their infants and young children. Families helped may be headed by birth parents, foster parents, grandparents or other caregivers. Children served are usually diagnosed as severely emotionally disturbed or at significant risk.

- Comprehensive Therapeutic Nursery School—intensive year-round day treatment program for children with delays caused by emotional or behavioral problems.
- Child Care Solutions – consultation and mental health training tailored for your day care center.
- Time for Dad – Individual counseling and support groups for fathers and father figures.
- Family and Day Care services – Outpatient mental health services, home-based and in our Center for children 0-6.
- Infant Home Visiting – home-based counseling for mothers of high-risk infants from birth to 4 years; crisis intervention.
- Grandparents Groups – support group for grandparents/related caregivers.
- Infant Bond – home-based counseling for mothers of substance-involved children from birth to 4 years.
- Early Childhood Assessment & Treatment Team – assessment and play therapy for children 1-6 years.

Days/Hours: Monday-Friday, 8:30 a.m. – 4:30 p.m.

Serving: Children at risk and their families

Agency: **East Bay Community Foundation**

200 Frank H. Ogawa Plaza
Oakland, Ca 94612

Telephone: (510) 836-3223

FAX: (510) 836-3287

Website: www.eastbaycf.org

Description: A permanent endowment of charitable funds dedicated to improving the human condition and enhancing the quality of life in Alameda and Contra Costa Counties. The East Bay Community Foundation partners with donors to help the people and programs they most care about — in the East Bay and beyond. In this way the Foundation acts as a catalyst for East Bay giving, and serves the community by aligning donors with nonprofit organizations in their communities.

Serving: Contra Costa and Alameda counties

Agency: **East Bay Paratransit Consortium**

1720 Broadway, Suite 310
Oakland, CA 94612

Telephone: (510) 287-5000 or 1-800-555-8085

TTY: (510) 287-5065

FAX: (510) 287-5069

Description: The East Bay Paratransit Consortium provides transportation to individuals who are unable to use fixed-route public transportation, such as AC Transit buses or BART trains, because of a disability or disabling health condition. East Bay Paratransit operates during the same days and hours as AC Transit and BART's regular buses and trains. The service area includes communities served by AC Transit in the East Bay, as well as San Francisco. Reservations are necessary to use Paratransit. A trip can be arranged up to 7 days in advance and/or up to 5:00 p.m. the night before you want travel. All riders must pay a fare. Only Personal Care Attendants traveling with an ADA certified rider are carried for free. Fares based upon distance.

Serving: Riders in AC Transit service area

Agency: **East Bay Services to the Developmentally Disabled**

1485 Enea Circle, Suite 1470
Concord, CA 94520

Telephone: (925) 825-2091

FAX: (925) 825-2439

Description: East Bay Services provides direct services to persons in Contra Costa and Alameda counties through the Concord House and four satellite homes—Creative Outreach Environment (C.O.R.E.), Concord Residential Club, Evergreen, and Evergreen Senior Center (*see listing under individual alphabetized program*). Other programs include Independent Living Services, Mobility Training and Stepping Out Job Training.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Developmentally disabled persons of all ages

Agency: **Easter Seals Bay Area**

180 Grand Avenue, Suite 300
Oakland, CA 94612

Telephone: (510) 835-2131

FAX: (510) 444-2470

Description: Early Intervention home-visiting service for 0-3, which can include physical therapy, occupational therapy, speech and language therapy (RCEB funded), is available within Contra Costa County.

After-school Program provides after-school care and support to children and young adults with developmental disabilities aged 5 to 21.

Days/Hours: Message phone – messages retrieved regularly

Serving: Alameda, Contra Costa, Napa, San Francisco, San Mateo, Santa Clara and Solano Counties.

Agency: **Epilepsy Foundation of Northern California**

1624 Franklin Street, Suite 900
Oakland, CA 94612

Telephone: (510) 893-6272 or (800) 632-3532
FAX: (510) 893-8608

Description: Information and referral for anyone concerned about or wanting to learn about epilepsy. Support groups for people who have epilepsy and their friends and family.

Days/Hours: Monday-Friday, 9 a.m. - 4 p.m. Closed for lunch from Noon to 1 p.m.

Serving: People with epilepsy concerns

Agency: **Esprit de Corps Housing, Inc.**
2001 Salvio Street, Suite 19
Concord, CA 94520

Telephone: (925) 262-4008
FAX: (925) 262-4008
e-mail: contact@espritdecorphousing.com
Website: www.espritdecorphousing.com

Description: Esprit de Corps Housing helps people with developmental disabilities overcome the barriers to finding safe affordable housing. Their housing assistance programs include assistance with finding rental units, assistance with lease negotiation and financial guarantees to property owners, property ownership, deposit and rental assistance, and educational programs for landlords.

To apply for assistance or to get more information, call the above number or visit their website.

Agency: **Families First**
3350 Clayton Road, Ste. 100
Concord, CA 94519

Telephone: (925) 602-1750
(510) 741-3100
(1-800) 698-9890

Description: Families First is a private, non-profit foster care agency serving developmentally disabled children who have challenging behaviors and are between the ages of 2 and 17. Services are provided for children on an individual basis. Regional Center referral required.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Bay Area; Ages 2-17

Agency: **Family Caregiver Alliance**
180 Montgomery Street, Suite 1100
San Francisco, CA 94104

Telephone: (415) 434-3388; (800) 445-8106 (in CA)
FAX: (415) 434-3508
E-mail: info@caregiver.com
Website: www.caregiver.org

Description: Information, education, individualized consultation and support to family caregivers and friends of adults who have brain impairment. Other services include counseling, support groups, legal and financial advice and respite assistance. Most services are available over the phone. Workshops and seminars for family caregivers are offered.

Family Caregiver Alliance is one of eleven Caregiver Resource Centers throughout California.

Days/Hours: Monday-Friday, 8:30 a.m. - 5:00 p.m.

Serving: Family caregivers and friends of adults with brain impairment in Alameda, Contra Costa, Marin, San Francisco, San Mateo and Santa Clara counties.

Agency: **Family Stress Center**
2086 Commerce Avenue
Concord, CA 94520
315 G Street
Antioch, CA 94509

Telephone: (925) 827-0212

FAX: (925) 827-1122

Description: Family Stress Center's mission is to strengthen families and to treat and prevent child abuse and neglect in Contra Costa County by providing counseling, educational and support services focusing on the essential needs of children and their families. Our services are provided from our buildings in Concord and Antioch, from office in Bay Point, Martinez, Pittsburg, Richmond and in donated space in schools, churches and community buildings throughout Contra Costa County.

Days/Hours: Monday-Friday, 8:30 a.m. – 5:30 p.m.

Serving: Contra Costa County

Agency: **Family Support Services of the Bay Area**
401 Grand Avenue, Suite 500
Oakland, CA 94610

Telephone: (510) 834-2443

FAX: (510) 834-1548

Description: FSSBA provides high quality in-home and out-of-home respite services to families caring for an individual with developmental disabilities. Respite providers are thoroughly screened and extensively trained by social work staff to meet the specialized needs of the children in the program. FSSBA also provides respite to foster parents/grandparents caring for drug-exposed children and HIV affected families in Contra Costa County.

Days/Hours: Monday -Friday, 9:00 a.m. - 5:00 p.m. Respite hours Monday-Sunday anytime.

Serving: Children with developmental disabilities, children in foster care that were prenatally substance exposed and HIV affected children.

Agency: **Fred Finch Youth Center**
Dual Diagnosis Program
3800 Coolidge Avenue
Oakland, CA 94602

Telephone: (510) 482-2244

FAX: (510) 530-2047

Description: The Dual Diagnosis Program for adolescents serves those having a developmental disability and a mental health diagnosis. The Program is a 12 bed RCL 14 group home with an on-site non-public school and seven days per week intensive day treatment services. The program provides a safe, stable and highly structured environment by combining intensive staffing, a milieu culture, mental health interventions, behavior modification, and peer monitoring.

Dual-treatment / wrap-around behavioral and clinical support services.

Serving: Adolescents aged 12 through 17 ½ at intake, who have a developmental disability and a mental health diagnosis, are Regional Center clients and are approved for placement by the Interagency Intake Committee.

Agency: **Friends of Children with Special Needs (FCSN)**
250 Las Palmas Court
Fremont, CA 94549

Telephone: (510) 657-6610
Website: www.FCSN1996.org

Description: FCSN is a non-profit organization founded by a group of families to help children and adults with special needs and their families to find love, hope, and respect through community involvement. They provide a support group for parents, a service center for youth and adults, therapeutic classes, local play groups, summer sports and camping activities.

Serving: Families throughout the Bay Area

Agency: **Full Circle of Choices, Inc.**
5167 Clayton Road, Suite B
Concord, CA 94521

Telephone: (925) 682-6107
FAX: (925) 682-6006

Description: Provides supported living and independent living services:

- person-centered planning
- personal empowerment
- respect of individual choices
- choice of where and with whom to live
- choice in whom provides direct support
- personal growth and skill development

Days/Hours: Monday-Friday

Serving: Men and women in East, Central and West Contra Costa County.

Agency: **Futures Explored/A.L.I.V.E.**
3547 Wilkinson Lane
Lafayette, CA 94549

Telephone: (925) 284-3240
FAX: (925) 284-3291

Description: Futures Explored provides social, recreational and vocational training for developmentally disabled adults in both a center-based and a community environment. The program mirrors a “cottage industry.” Consumers learn social and work skills and earn a paycheck as they create a variety of handmade gift items. These items are sold at an annual holiday boutique or at Futures retail business, Nifty Thrift Shop.

Nifty Thrift Shop is operated by consumers and provides a higher level of vocational training in a natural community setting. It is one of many community jobsites where consumers are trained in preparation for supported employment.

The Supported Employment program provides job development, job placement, and support for both individual and group placement, as well as situational assessments and mobility training.

Futures Explored also provides a Social Recreation Program for adults.

Clubs, social gatherings, community integration and overnight field trips are also available.

Days/Hours: Office: Monday-Friday, 8:00 a.m.-5:00 p.m. Program: Monday-Friday, 9:00 a.m. -3:00 p.m.

Serving: Adults over 18 years of age and clients of Regional Center

Agency: **George Miller Centers**
Contra Costa County Health Services Department

West Contra Costa County
2801 Robert Miller Drive
Richmond, CA 94806

Central Contra Costa County
3020 Grant Street
Concord, CA 94520

Telephone: **(510) 374-3981**
FAX (510) 374-3893

Telephone: **(925) 646-5710**
FAX (925) 646-5030

Website: www.ccpublichealth.org

Description: Each site offers four programs. The infant home-based program serves infants from 0-1½ years and the infant center-based program serves infants from 1-3 years. These programs offer services including the overall developmental aspects of the child and assist parents in developing the skills necessary to ensure proper care and handling of the child. Additional support services offered include occupational therapist consultation and treatment, speech therapy and family counseling.

The after school program is an active, social, recreational program for adolescents with special needs aged 11-22 years. A goal of the program is to use the context of ‘fun’ activities to achieve and reinforce the educational and behavioral objectives of the child and family while addressing the day care needs of “working” families for their children with developmental disabilities.

The adult programs offer an array of services including Adult Development, Day Activity and a Senior Program (*Concord site only*). All of these programs utilize existing community resources to provide real-life, everyday experiences in their natural settings. We provide a functional curriculum that increases clients’ ability to be more independent and to be able to make choices.

Days/Hours: Program hours vary. Office: Monday-Friday, 8:00 a.m. – 5:00 p.m.

Serving: Persons with developmental disabilities/Contra Costa and Alameda counties

Agency: **Giant Steps Therapeutic Equestrian Center**
595 Deer Creek Lane
Petaluma CA 94952

Telephone: (707) 769-8900
FAX: (707) 769-4770
E-mail info@giantstepsriding.org

Description: Giant Steps Therapeutic Equestrian Center is a non-profit organization committed to offering the proven benefits of therapeutic riding to physically, developmentally and emotionally disabled children and adults. Therapeutic riding combines equestrian techniques with physical therapy.

Days/Hours: Monday – Saturday, hours by arrangement

Serving: Bay Area

Agency: **Hands Untied**
P.O. Box 1175
Alamo, CA 94507

Telephone: (925) 439-4566

Description: Hands Untied uses applied behavior analysis to teach or “shape” desired behaviors while reducing undesirable behaviors. Each program is individually designed to meet the needs of each child. Generally, children under three years of age receive two to three hours of 2:1 therapy. Referral through Regional Center case management.

Serving: Children between ages 18 months and 3 years with Autism Spectrum Disorder, Asperger’s Disorder in East Contra Costa County area.

Agency: **Harmony Home, Associated**
(aka ILS, Unlimited)
144 Mayhew Way
Walnut Creek, CA 94597

Telephone: (925) 256-6303
FAX: (925) 256-6485

Description:

- Supported Living - Central and East Contra Costa County
- Independent Living Services - Unlimited
- Level 2 Board and Care Home in Clayton, CA

Days/Hours: Monday-Friday, 8:00 a.m. - 4:30 p.m.

Serving: Developmentally disabled living in Contra Costa and limited parts of Alameda counties, 18 years of age and older.

Agency: **Hawkins Center**
101 Broadway, Suite 1
Richmond, CA 94804

Telephone: (510) 232-6611
FAX: (510) 232-2271

Description: The Hawkins Center of Law and Services for people with disabilities is a non-profit organization that provides legal advocacy and support services to people with disabilities. Specializing in Social Security Disability Law, we represent claimants in Social Security and Disability claims and provide educational information on SSDI and SSI benefits programs.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: Contra Costa and Alameda Counties.

Agency: **Head Start Program**

Contra Costa County Community Services Department
2425 Bisso Lane, Suite 120
Concord, CA 94520

Telephone: (925) 646-5540
FAX: (925) 646-5551

Description: The Head Start Program is a child development program for low-income children within the three to five year age ranges. Children are served in several options: Family Child Care, Home Based, Center Based Part Day, and Center Based Full Day. Centers are located in Central, East and West County. Mandated to serve a minimum 10% children with disabilities.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m. (some Centers 7 a.m. - 7 p.m.)

Serving: Low-income, three to five year old children

Agency: **HELPLINK**
50 California Street, Suite 200
San Francisco, CA 94111

Telephone: (415) 772-4357 English Helpline
(800) 273-6222 Toll Free Helpline
(415) 772-4444 Spanish Helpline
(415) 772-7339 Chinese Helpline
(415) 772-4440 TDD Hearing Impaired
(415) 772-7375 Administration

FAX: (415) 391-8302

Website: www.helplink-sf.org

Description: HELPLINK provides regional, comprehensive and confidential information and referral services. Call for assistance in finding health care, childcare, housing, food, senior services, foster care and adoption information, substance abuse programs, employment, immigrant and legal services. *Referrals available in English, Spanish, Cantonese and Mandarin.*

Days/Hours: Monday-Friday, 8:00 a.m. – 6:00 p.m. with an answering service after hours

Serving: Five Bay Area counties of Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo and Solano counties

Agency: **Housing Consortium of the East Bay**
c/o Regional Center of the East Bay

7677 Oakport Street, Suite 300
Oakland, CA 94621

Telephone: (510) 383-1303
FAX: (510) 633-5030
E-mail jbaker@hceb.org
Website: www.hceb.org

Description: Activities include housing development, planning, resource development, training, technical assistance, networking and coalition building.

Serving: East Bay

Agency: **Independent Living Resources**
3200 Clayton Road
Concord, CA 94520

Telephone: (925) 363-7293
FAX: (925) 363-7296

Description: Non-Profit agency that serves the disabled with independent living, obtaining benefits, housing referrals, personal assistant care referrals, employment development, ADA issues, adaptive equipment information and referral.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: All persons with disabilities.

Agency: **Independent Living Services, Unlimited**
144 Mayhew Way
Walnut Creek, CA 94596

Telephone: (925) 256-6303
FAX: (925) 256-6485

Description: Provide independent living skills instruction and support to adults, 18 years of age and older, with developmental disabilities.

Days/Hours: Determined by client's schedule

Serving: Contra Costa County Adult residents with a developmental disability.

Agency: **Kitty Petty ADD/LDD Institute**
430 Sheridan Avenue, Suite 339
Palo Alto, CA 94306-2020

Telephone: (650) 329-9443
FAX: (650) 321-5939
Email: kpinst@hooked.net
Website: <http://www.hooked.net/~kpinst/>

Description: KPI is a non-profit organization whose mission is to provide an open academic environment within which researchers, clinicians and educators can investigate and network new methods of testing, treating and managing Attention Deficit and related disorders. Its intent is to develop knowledge, treatment methodologies and educational program designs that will reduce or eliminate the pervasive and devastating effects of neuro-biologically rooted social and behavioral problems.

Days/Hours: Monday-Friday, 8:00 a.m. – 4:30 p.m.

Serving: Those with ADD concerns

Agency: **La Familia Counseling Services**
26081 Mocine Avenue
Hayward, CA 94544

Telephone: (510) 881-5921
FAX: (510) 881-5925

Description: The Developmental Services Unit is an integral component of La Familia Counseling Service. The unit provides intensive case management advocacy and training to primarily Latino individuals with developmental disabilities and their families.

Days/Hours: Monday-Thursday, 9:00 a.m. – 8:00 p.m.; Friday, 9:00 a.m. – 5:00 p.m.

Serving: Families of the Bay Area

Agency: **Las Trampas Incorporated**
P.O. Box 515
3460 Lana Lane
Lafayette, CA 94549

Telephone: (925) 284-1462
FAX: (925) 283-1372

Description: **Adult Vocational Program:** The adult Vocational Program provides vocational training and support to men and women with severe developmental disabilities to learn vocational skills that result in meaningful paid work in the community. Support services provided to learn work maturity, socialization and community integration skills.

Licensed Residential Services: Provides support to men and women with severe developmental disabilities in seven licensed group homes in Central Contra Costa County. Consumers are given training in activities of daily living, leisure and recreational skills and community integration.

Supported Living: Provide supported living services to adults with developmental disabilities in Central Contra Costa County. Support program participants to lead full, active lives as members of their community in their own home, apartment or with a paid roommate.

Days/Hours: **Adult Vocational Program:** Monday-Friday, 9 a.m. - 3 p.m.
Licensed Residential Services: Daily, 6 a.m. - 9 p.m. and 3 p.m. - 6 a.m.
Supported Living: Daily, 24 hours a day

Serving: Adults with moderate to severe developmental disabilities; may include persons with challenging behaviors. Adults served in the Adult Vocational Program and Licensed Residential Services must be ambulatory.

Agency: **Law Offices of Stephen W. Dale**
(see *The Dale Law Firm*)

Agency: **Learning Disabilities Association-California (LDA-CA)**

State Office
P.O. Box 601067
Sacramento, CA 95860

East Bay
P.O. Box 5513
Berkeley, CA 94705

Telephone: (916) 725-7881 (510) 433-7934

FAX: (916) 725-8786 (510) 547-5306

Website: www.LDACA.org

Description: LDA- CA provides information, publishes brochures and a quarterly newsletter, and sponsors an annual conference.

Days/Hours Tuesday and Thursday, 2 p.m. - 7 p.m.

Serving: Parents of children with learning disabilities, adults with learning disabilities, and professionals in related fields.

Agency: **Life Steps Foundation, Inc.**
2700 International Blvd., Suite 14
Oakland, CA 94601

Telephone: (800) 530-5433

FAX: (510) 261-5108

Website: www.lifestepsfoundation.org

Description: Life Steps Foundation is a state-wide organization offering a supported living program and an in-home infant development program targeting Spanish-speaking families

Days/Hours: Vary with the program

Serving: Behavioral and developmentally disabled population

Agency: **Living Skills Center**
2430 Road 20, Apartment B112
San Pablo, CA 94806

Telephone: (510) 234-4984
FAX: (510) 234-4986

Description: Residential rehabilitation center which teaches blind and visually impaired adults the skills of daily living, including household management, financial management, orientation and mobility skills, adaptive technology skills and pre-vocational skills. Located in an apartment complex in the community.

Days/Hours: Monday – Friday, 9:00 a.m. – 4:00 p.m.

Serving: Visually impaired who are 18 years or older and clients of the Department of Rehabilitation

Agency: **Lynn Center**
Contra Costa ARC
950 El Pueblo Drive
Pittsburg, CA 94565

Telephone: (925) 439-7516
FAX: (925) 439-8948

Description: CC-ARC's Lynn Center Early Intervention and Preschool serves children with special needs from age 15 months through 5 years. The Center also provides in-home, individualized services to children and families including services in natural environments. Services include family support, parent counseling and parent education, speech and language development, fine and gross motor development, sensory integration, social development, self-help skills development, and play therapy.

Bright Beginnings is an early intervention program for children with intense needs, exhibiting severe language and social delays and may have a diagnosis of Autistic Spectrum Disorder (ASD).

Days/Hours: Monday-Friday, 9 a.m. - 1:30 p.m.

Serving: Children 15 months through 5 years with special needs and their families

Agency: **March of Dimes**
Northern California Chapter
1050 Sansome Street, 4th Floor
San Francisco, CA 94111

Telephone: 1-888-663-4637
Website: www.modimes.org

Description: Genetic research and resource center

Serving: Northern California

Agency: **Milestones**
1620 N. Main Street, Suite 2
Walnut Creek, CA 94596

Telephone: (925) 938-1862
FAX: (925) 937-6782

Description: Behavior intervention program for children (2-5 years old) diagnosed with an autistic spectrum disorder. Applied behavior analysis and discrete-trial teaching are utilized to develop imitation, speech, language, and communication skills, play skills, social/emotional skills, cognitive skills, motor, and self-help skills. Play is used as a vehicle to improve language and communication skills. The “team approach” is emphasized and occupational and speech therapists, educators and parents are instrumental in the development and implementation of each child’s program.

Milestones’ “Friends Club” offers children with autism a safe, supportive and nurturing environment to develop play skills, social skills and friendships that are addressed through stories, group discussions and during play. There is a registration fee.

Serving: Contra Costa County and surrounding area

Agency: **Mission Hope Developmental Services**
1826 Verne Roberts Circle
Antioch, CA 94509

Telephone: (925) 706-7517
FAX: (925) 706-2946

Description: Adult day care serving behavior challenged participants. Provide sports and exercise opportunities as well as other recreational activities, community integration and employment opportunities. Vendorized by Regional Center of the East Bay.

Serving: East Contra Costa County

Agency: **Mt. Diablo Adult Education**
Adults with Disabilities Programs
1266 San Carlos Avenue
Concord, CA 94518

Telephone: (925) 685-7340, extension #2741
FAX: (925) 687-8217

Description: Mt. Diablo Adult Education provides two-day programs on their Loma Vista Campus—the LIFE SKILLS program for adults with developmental disabilities, and the ON TRACK program for adults with acquired brain injury. Evening and weekend classes are also offered for adults with learning/developmental disabilities in computer skills, socialization and leisure time skills (classes vary per semester). The Life Skills Day Program is an educational and job-training program that strives to develop each student's maximum potential and independence. The curriculum is comprehensive and offers much opportunity for choice. Students choose the classes they are interested in out of three to four classes offered per time period in the areas of community integration, living skills, social skill and personal growth, functional academics, and job training. In addition, job-ready students are assisted with job placement and coaching by Life Skills instructors.

Days/Hours: Life Skills Program: Monday-Friday, 10:00 a.m. – 4:00 p.m.
(Students may attend part-time)

Serving: Adults age 22 years or over (18-22 years may be eligible) who meet the eligibility criteria; No restrictions on location of residence..

Agency: **Mt. Diablo Unified School District SELPA**
1936 Carlotta Drive
Concord, CA 94519

Telephone: (925) 682-8000 ext4047

FAX: (925) 674-0514

Description: SELPA is responsible for assuring program availability for all students with disabilities in the school-age population; to see that programs and services provide any needed services for any student with an exceptional need, and to assist in intra-SELPA and inter-SELPA placements, provide technical assistance and administrative support for the many requirements of the new laws. SELPA personnel include the Program Specialists who are designated to assist in placement decisions, curriculum development and staff in-service. They act as a resource top both parents and staff in IEP and IFSP Team meetings and assist in the identification of the most appropriate placement for each student. They facilitate the placement process and assist the student, parents and staff with any problems related to adjustment.

Days/Hours: Monday-Friday, 8:00 a.m. – 4:30 p.m.

Serving: Mt. Diablo Unified School District students and their families

Agency: **Mt. Diablo YMCA**
350 Civic Drive
Pleasant Hill, CA 94523

Telephone: (925) 687-8900
FAX: (925) 687-0280

Description: Project Recovery—physical exercise program for post-stroke, orthopedically multi-handicapped and other health impairment individuals.
Arthritis Aquatics—heated outdoor pool and chair lift. Certified YMCA staff guidance through range-of-motion activities and muscle stretching exercises to relax aching joints.

Days/Hours: Monday-Friday, 5:00 a.m. - 10:00 p.m.
Saturday/Sunday, 7:00 a.m. - 8:00 p.m.

Serving: All populations

Agency: **National Center for Youth Law**
405 – 14th Street, 15th Floor
Oakland, CA 94612-2701

Telephone: (510) 835-8098
FAX: (510) 835-8099
E-Mail: info@youthlaw.org

Website: www.youthlaw.org

Description: The National Center for Youth Law (NCYL) is a non-profit legal services organization providing impact litigation, support services, publications and training and advocacy. NCYL represents poor children in major litigation and provides specialized legal assistance to attorneys and other child advocates committed to protecting and increasing children's access to vital services and health care, protecting abused and neglected children, securing public benefits to meet the special needs of children, increasing access to housing for families with children, addressing the special problems of children living in institutions and improving child support collection.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: Youth and children whose lives are affected by poverty and their advocates.

Agency: **National Institute of Art and Disabilities (NIAD)**
551- 23rd Street
Richmond, CA 94804

Telephone: (510) 620-0290 or (510) 620-0299
FAX: (510) 620-0326

Description: The National Institute of Art and Disabilities (NIAD) is an innovative arts center serving adults with developmental and physical disabilities. It is dedicated to enabling all persons with disabilities to develop their creativity for their personal and social growth and for the enrichment of society.

Days/Hours: Monday-Friday, 9:00 a.m. - 4:00 p.m.

Serving: Adults, Alameda and Contra Costa Counties.

Agency: **Northern California Fragile X Association**

Telephone: 1-800-994-3729
Website: www.hometown.aol.com/ncfxa/northern.htm

Description: Promotes public awareness of Fragile X Syndrome with special emphasis on educators and health professionals; provides a forum for families of children with Fragile X to meet and share their ideas and concerns; and supports

scientific research on Fragile X Syndrome.

Serving: Northern California

Agency: **Office of Clients' Rights Advocacy (OCRA)**
433 Hegenberger Road, Suite 220
Oakland, CA 94621

Telephone: (510) 636-4213 or toll free (866) 865-1758
FAX: (510) 632-8805

Description: The Office of the Client's Rights Advocacy (OCRA) is a statewide office run by Protection & Advocacy, Inc. The Client's Rights Advocate services consumers of the Regional Center of the East Bay and is trained to help protect the rights of people with developmental disabilities.

Days/Hours: Monday–Friday, 8:00 a.m. – 5:00 p.m.

Serving: Disabled community

Agency: **Organization of Area Boards (OAB)**
(see Area Board Operations)

Agency: **Pacific Disability and Business Technical Assistance Center**
2168 Shattuck Avenue, Suite 301
Berkeley, Ca 94704-1307

Telephone: (800) 949-4232

Description: The PDTAC provides technical assistance on the Americans with Disabilities Act (ADA) by maintaining a toll-free 800 telephone line, disseminating government documents, and advocating through education of employers and employees. The Center also maintains a video and consultant library.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: The disabled and their advocates

Agency: **Paratransit Coordinating Committee**
Contra Costa Transportation Authority
1340 Treat Blvd., Suite 150
Walnut Creek, CA 94596

Telephone: (925) 938-3987

Agency: **Parent-Infant Program (PIP)**
Children's Hospital Medical Center
747 – 52nd Street
Oakland, CA 94609

Program Address
6117 Martin Luther King Jr. Blvd.
Oakland, CA 94609

Telephone: (510) 655-9521
FAX: (510) 658-1165
Website: www.childrenshospitaloakland.org/cs/pip.html

Description: The Parent-Infant Program provides early intervention for infants with developmental disabilities or delays and their families; home and center-based; emphasis on parent participation and parent support; comprehensive developmental assessment and program for infants; multi-disciplinary professional staff, including parents of disabled.

A component of the PIP, the **Children and Families Program** promotes good developmental outcomes for infants with special developmental needs and their families through an individually tailored array of special instruction, parent counseling, training and home visits, family support and other needed early intervention services. Offers a menu of early intervention service components that can be tailored to meet the needs of individual infants and families.

Serving: Ages 0-3 years. Primarily northern Alameda and western Contra Costa Counties

Agency: **Pathway to Choices**
2643 Appian Way, Suite F
Pinole, CA 94564

Telephone: (510) 262-0888
FAX: (510) 262-0889
E-Mail pathwaytochoices@comcast.net

Description: Pathway to Choices is an Independent Living Skills program that provides training and instructions to consumers ages 18-65 with developmental disabilities through the Regional Center of the East Bay.. Services are provided in the consumer's home, apartment or in a group home. Training components include but are not limited to social skills, communication skills, money management, shopping skills, house/apartment rental skills, personal care, mobility training and recreational skills.

Days/Hours: Monday-Friday, 8 a.m. – 5 p.m.

Serving: Alameda and Contra Costa Counties

Agency: **People First** (*see Bay Area People First*)

Agency: **Perinatal Network of Alameda/Contra Costa**
6536 Telegraph Avenue, Suite C201
Oakland, CA 94609

Telephone: (510) 652-5188

Description: Programs and activities which include the following:

- ◆ Bare Essentials for Babies Resource Project
- ◆ Perinatal Profile quarterly newsletter
- ◆ California Diabetes and Pregnancy Program/Sweet Success
- ◆ Professional education programs
- ◆ Provider and patient health education materials
- ◆ Provider information and referral
- ◆ Public policy updates

Days/Hours: Monday-Friday 9:00 a.m. - 5:00 p.m.

Serving: Perinatal providers in the East Bay region

Agency: **Phoenix Programs, Inc.**
1875 Willow Pass Road, #300
Concord, CA 94520

Telephone: (925) 235-4700
FAX: (925) 825-2610
E-mail: ppiinc@netcom.com

Description: The Phoenix Programs work with clients with severe mentally or emotionally disabled adults. There are three Multi-Service Centers throughout Contra Costa County, located in San Pablo, Concord and Antioch. The Centers serve as a resource center and support system for clients through group meetings two times per day that range in topics from mental health, substance abuse, anger management, and living skills. Laundry facilities, showers and lunches provided. Each Multi-Service Center also runs the CASA Program where approximately 6 clients live in each house and participate at the Multi-Service center and assist in the daily needs of living in community living. Phoenix also runs a 20-bed homeless shelter out of Antioch Multi-Service Center.

Days/Hours: **Office:** Monday-Friday, 8:00 a.m. – 4:30 p.m.
Program: Hours vary

Serving: Contra Costa County residents

Agency: **Planned Parenthood of Contra Costa**

Administration, Counseling and Education

2185 Pacheco Street
Concord, CA 94520
(925) 676-0505 FAX (925) 676-2814

Medical Center

2185 Pacheco Street
Concord, CA 94520
(925) 676-0300
FAX (925) 676-2650

East County Center

1104 Buchanan Road, Suite C-10
Antioch, CA 94509
(925) 754-4550
FAX (925) 754-5031

Hilltop Center

2970 Hilltop Mall Road, Suite 07
Richmond, CA 94806
(510) 222-5290
FAX (510) 222-9231

Richmond Center

101 Broadway
Richmond, CA 94804
(510) 232-1250
FAX (510) 232-6837

San Ramon Center

130 Ryan Court, Suite 115
San Ramon CA 94583
(925) 838-2108
FAX (925) 838-9265

Walnut Creek Center

1357 Oakland Blvd.
Walnut Creek, CA 94596
(925) 935-3010
FAX (925) 932-2231

Description: Sexuality and socialization program for disabled persons. Counseling, education and family planning for persons with special needs. As required, information and referrals for programs and counseling concerning sexual abuse, prevention and treatment. Family planning services available at all clinic services. Sliding scale fees. Medi-Cal and private insurance accepted for clinical services. Regional Center, private pay, and Victim Witness funding for counseling. Set fees for education and training.

Days/Hours: Monday-Friday, 8:30 a.m. - 5:00 p.m.

Serving: Men, women and children with developmental disabilities

Agency: **Pleasant Hill Recreation and Parks**
Specialized Recreation
320 Civic Drive
Pleasant Hill, CA 94523

Telephone: (925) 676-5200
FAX: (925) 676-5630

Description: Friday night dance every third month, September through June, co-hosted by cities of Concord and Walnut Creek. Call for schedule.

Days/Hours: Monday-Friday, 9:00 a.m. – 5:00 p.m.

Serving: Developmentally disabled adults

Agency: **Protection & Advocacy, Inc.**
Bay Area Office
433 Hegenberger Road, Suite 220
Oakland, CA 94621

Telephone: (510) 430-8033; (800) 776-5746 Voice/TDD
FAX: (510) 839-5780

Description: PAI is a non-profit corporation established pursuant to federal law. PAI works in partnership with people with disabilities to protect, advocate for, and advance their human, legal and service rights. PAI provides information about civil and service rights and entitlements, referrals, technical assistance and advocacy training, and legal representation.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: Disabled community

Agency: **R.A.D.D.** (Recreational Activities of the Developmentally Disabled)
P.O. Box 520
Pleasanton, CA 94566

Telephone: (925) 931-3432
FAX: (925) 931-3436

Description: Tri Valley Specialized Recreation provides programs and activities for the developmentally disabled between the City of Pleasanton and the Town of Danville. Basketball, dining out, dancing and other activities and events promote a fun environment where participants can socialize with their peers.

Days/Hours: Dates and times of events and activities vary

Serving: Persons 15 years and older with developmental disabilities

Agency: **Rape Crisis Center
Community Violence Solutions**

2101 Van Ness Street
San Pablo, CA 94806
(510) 237-0113
FAX (510) 237-0177

301 West 10th Street, #3
Antioch, CA 94509
(925) 706-4290
FAX (925) 778-3091

Children's Interview Center
Martinez, CA 94553
(925) 646-2305
FAX (925) 646-1552

177 La Casa Via, #2
Walnut Creek, CA 94598
(925) 798-7273

Description: Non-profit organization providing services to children and adult victims of sexual assault and their families. Serves people with developmental disabilities.

Days/Hours: 24-Hour Crisis Lines; Monday-Friday, 8 a.m. – 5 p.m.

Serving: Contra Costa County

Agency: **RES – Residential and Educational Services of the East Bay, Inc.**

811 A Ferry Street
Martinez, CA 94553

Telephone: (925) 229-8228
FAX: (925) 229-8238
e-mail: rehabserve@aol.com

Description: Through residential and day program services, RES offers a normalized enriched environment for participants. The day program serves thirty adults with developmental disabilities. Participants receive individualized training and learn relevant job skills. Some have paid jobs while others learn job skills as volunteers in the local area. Two Martinez residences provide a home for ten where skills leading to more independent lifestyles are learned.

Days/Hours: Office: Monday-Friday, 9:00 a.m. – 5:00 p.m.
Day Program: Monday-Friday, 10:00 a.m. – 3:00 p.m.
Residential: 24 hours daily

Serving: Central Contra Costa County

Agency: **Regional Center of the East Bay (RCEB)**

7677 Oakport Street, Suite 300
Oakland, Ca 94621
(510) 383-1200
FAX: (510) 633-5020

2151 Salvio Street, Suite 365
Concord, CA 94520
(925) 798-3001
FAX: (925) 674-8001

Description: RCEB is a non-profit corporation through contract with the State Department of Developmental Services. Chief functions include assessment, planning, and coordination of services on the basis of individual need. Provides diagnostic services, case management, referral and advocacy services for children and adults with developmental disabilities as defined by California' Lanterman Act.

Days/Hours: Monday-Friday, 8:30 a.m. - 5:00 p.m.

Serving: Residents of Alameda or Contra Costa Counties of all ages who have a developmental disability (mental retardation, autism, epilepsy, cerebral palsy or other condition requiring similar treatment to mental retardation) or those qualified as at risk of a developmental disability (infants 0-3 years old).

Agency: **Resilience School of Health**

2213 Buchanan Blvd. #104
Antioch, CA 94509

Telephone: (925) 978-2303
FAX: (925) 978-2305

Description: Resilience School of Health specializes in advancing medically fragile severely handicapped students, three to 22 years of age, to their greatest level of independence by providing individualized and comprehensive services in a compassionate and caring manner. Professionals provide special education services; nursing supervision; speech/language, respiratory, physical and massage therapy; adapted physical education; and interpreting and translation service for Spanish speaking families.

Agency: **Respite Inn**
906 Lee Lane
Concord, CA 94518

Telephone: (925) 686-5758
FAX: (925) 609-8952

Description: The Respite Inn provides a vacation-like atmosphere for individuals who need time away from their families. It offers out-of-home respite to parents who know that their teen or adult child is receiving care and developing new skills while they attend family matters or simply get away from the constant care of a person with special needs.

Days/Hours: Seven days a week/24 hours a day. Check with Respite Inn for any changes to this schedule.

Serving: Families in need of our-of-home respite for their teen or adult son or daughter.

Agency: **Responsible Choices**
2643 Arlington Blvd.
El Cerrito, CA 94530

Telephone: (510) 232-6777

Description: Responsible Choices is a sexuality and abuse prevention program with the developmentally disabled population.

Days/Hours: Monday-Friday, 9 a.m. to 5 p.m.

Agency: **Richmond Recreation and Parks Department**
Disabled People's Recreation Center (DPRC)
1900 Barrett Avenue
Richmond, CA 94804

Telephone: (510) 620-6814
FAX: (510) 620-6583

Description: DPRC provides an **Adult Morning Program** and an **After School Program** that offer traditional and non-traditional recreation experiences and activities to people with disabilities throughout the Richmond community. Promotes communication through art, music and sports. Enhances self-awareness through movement exploration and aerobics. Teaches independence through games and crafts. Helps people with disabilities experience many different things in many ways, using a variety of resources.

Days/Hours: **Adult Morning Program:** Monday-Thursday, 9:15 a.m. - 12:15 p.m.
After School Program: Monday - Thursday, 2:30 p.m. - 5:00 p.m.

Serving: Developmentally and learning disabled.

Agency: **Rubicon Programs, Inc.**
2500 Bissell Avenue
Richmond, CA 94804

Telephone: (510) 235-1516
FAX: (510) 235-2025

Description: Provides assistance in finding low-cost housing, vocational training, placement and rehabilitation services to individuals with developmental, emotional, physical, or mental disabilities and other persons with barriers to finding a job and/or housing.

Days/Hours: Monday-Friday; 8:30 a.m. – 5:00 p.m.

Serving: Bay Area

Agency: **San Ramon Parks and Community Services**
P.O. Box 5148
San Ramon, CA 94583

Telephone: (925) 973-3200

FAX: (925) 830-5162

Website: www.ci.san-ramon.ca.us

Description: Specialized programs for individuals with disabilities that are designed to promote socialization, independent functioning and recreational skills. Activities include dances and games for young adults, theatre and other outings, and an extended learning program for children.

Days/Hours: **Office:** Monday –Thursday, 8:30 a.m. 7:00 p.m.
Friday, 8:30 a.m. – 5:00 p.m.

Programs: Days/hours vary depending upon program/event

Serving: Individuals with disabilities

Agency: **Small But Necessary**
681 – 63rd Street
Oakland, CA 94609

Telephone: (510) 273-9081

Description: Provides Independent Living Skills training with an emphasis on individuals who are developmentally disabled and who are parents or becoming parents.

Agency: **Social Vocational Services (SVS)**

3684 Delta Fair Boulevard
Antioch, CA 94509

4450 San Pablo Avenue
Emeryville, CA 94610

Telephone: (925) 706-4434

(510) 594-7756

FAX: (925) 706-1846

(510) 594-8110

Description: SVS is an adult development and behavior modification program. Its purpose is to help consumers maximize the meaning, purpose and enjoyment of their day-to-day lives. The goal of SVS is to identify the barriers that interfere with consumers' attainment of a life style that leads toward independence and self-reliance. Program activities, including vocational skills, will take place in the Antioch and Emeryville Centers and a broad variety of community locations in the areas.

Days/Hours: Program: Monday-Friday, 9:00 a.m. – 2:30 p.m.

Serving: Contra Costa and Alameda counties, 18-59 years of age and Regional Center client

Agency: **Sonoma Developmental Center**
P.O. Box 1493
Eldridge, CA 95431

Telephone: (707) 938-6518
TTY: (707) 938-6548
FAX: (707) 938-6632

Description: A residential developmental center providing services for developmentally disabled persons from infancy on. Programs cover behavior modification and intervention, vocational training, self-help skills, and a variety of other services. Programs available for ambulatory and non-ambulatory individuals. Acute medical facility senior activity center and senior living components also available. Population of center about 1000.

Also offer **Camp Via** integrated summer camp program. Call (707) 938-6804 for information.

Days/Hours: Twenty-four hour residential treatment program. Regional Resource Development Project days and hours are Monday-Friday, 8:00 a.m. - 4:30 p.m.

Serving: Individuals meeting State definition of developmentally disabled

Agency: **Special Needs Aquatic Program (SNAP)**
5830 Sacramento Avenue
Richmond, CA 94804

Telephone: (510) 527-0446
FAX: (510) 528-9598
e-mail: snapkids@earthlink.net

Description: The Special Needs Aquatic Program was founded in 1991 out of need for alternative physical therapy and recreational services in the East Bay. Aquatic programs help meet the physical, cognitive and/or psychosocial needs of each participant. Stresses health and fitness in a safe, success-oriented atmosphere. Regular physical therapy is also available

Days/Hours: Call for schedule of classes

Serving: Primarily ages 0-21 years with physical and/or developmental disabilities. Adult clients accepted on a case-by-case basis.

Agency: **Special Olympics East Bay Region**
3480 Buskirk Avenue, Suite 340
Pleasant Hill, CA 94523

Telephone: (510) 553-9833 or (925) 944-8801
FAX: (510) 553-0432 or (925) 944-8778
<http://www.sonc.org/regions/eastbay/>

Description: Special Olympics provides year-round sports training to developmentally disabled children and adults. From basketball to golf, Special Olympics gives athletes the opportunity to experience competition and form relationships with volunteers and their peers.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m. (plus competitions on weekends)

Serving: Developmentally disabled

Agency: **Special Skater Program**
Oakland US Ice Center
519 18th Street
Oakland, CA 94612

Telephone: (510) 268-9000, extension 103
FAX: (510) 268-9159

Description: A learn-to-skate program developed especially for athletes with special physical/developmental challenges. Emphasizing fun and safety. The Special Skater Program helps to improve balance and coordination that promotes an “I can do it” attitude that carries over into other aspects of the participant’s life. With the assistance of volunteer “buddies,” skaters develop skills, make new friends and experience a newfound freedom and sense of accomplishment. Volunteers are an integral part in the success of this program.

Days/Hours: Call for a schedule of classes

Serving: Individuals with developmental/physical disabilities

Agency: **Spectrum Center for Educational and Behavioral Development, Inc.**
2855 Telegraph Avenue, Suite 312
Berkeley, CA 94705
(510) 845-1321
(510) 845-7841 (FAX)

Camden Campus
6325 Camden Street
Oakland, CA 94605
(510) 729-6384

Tara Hills Campus
16330 San Pablo Avenue
San Pablo, CA 94806
(510) 724-4494

Delta Campus
135 East Leland
Pittsburg, CA 94565
(925) 439-6925

Valley Campus
1026 Oak Grove Road #1
Concord, CA 94518
(925) 685-5950

Description: Spectrum Center’s schools offer effective education for students with challenging behaviors and educational needs. The programs provide a highly structured and supportive learning environment, high staff-to-student ratios, non-aversive behavior strategies, individualized student assessment and program design, community based instruction, precision teaching, and an interdisciplinary staff of professionals. The curriculum includes training in social problem solving, self control, language, life skills travel, leisure skills, vocational skills and functional academics. The program emphasizes the student’s successful return to public schools.

Spectrum Center In-Class Support Services (ICSS) provides support services to public schools to increase their ability to succeed with students who are “at risk” of failure. ICSS services include behavioral assessment, staff development, program consultation, program development, problem solving, policy development and temporary contract staff. ICSS has been used when students or teachers are in crisis, as an alternative in resolving due process disputes, and to help districts develop new programs. ICSS services are tailored to meet the unique needs of each referral.

Days/Hours: Monday – Friday, 8:00 a.m. – 5:00 p.m.

Serving: At risk/challenged students, age 3-22

Agency: **Spina Bifida Association of America**
4590 MacArthur Blvd., NW, Suite 250
Washington, DC 2007-4226
(800) 621-3141
E-mail: www.sbaa.org/

Spina Bifida of Greater San Diego Chapter
P.O. Box 232272
San Diego, CA 92193-2272
(619) 491-9018
FAX: (619) 275-3361
E-mail: sbaofgsd@hotmail.com
Website: <http://www.spinabifidasandiego.org>

Description: The Spina Bifida Association of America promotes the prevention of spina bifida.

Agency: **Steps for Independence**
15500 E. 14th Street, Suite C
San Leandro, CA 94578

Telephone: (510) 278-8236
FAX: (510) 278-7345
Website: <http://stepsforindependence.net>
E-Mail: stepsforindependence@msn.com

Description: Train, instruct and support consumers in the areas of meal preparation, money management, housekeeping, shopping, use of appliances, safety, interpersonal relationships (that include sexual orientation, if requested), communication, transportation, personal care, recreation, apartment rental, and basic computer skills. Spanish and Tagalog available.

Days/Hours: Administrative Office: 10 a.m. – 6 p.m.
Program: 8 a.m. – 10 p.m.

Serving: Regional Center consumers, 18 to 65 years of age, residing in Alameda and Contra Costa counties.

Agency: **STA-NORCAL Developmental Services, Inc.**
22885 Amador Avenue
Hayward, CA 94544

Telephone: *(Contact RCEB Case Manager (925) 798-3001)*

Description: Socialization training (1:1) for adults and children with intensive behavioral issues. Vendor will assess and provide recreational opportunities in the community and in the home (while parents are out of the home). Child/parent support behavior intervention training is also offered, as well as tutoring services. The ultimate goal is to maintain the child (and adult child) in the family home. Referral through RCEB case management.

Serving: Alameda and Contra Costa counties.

Support Groups³

Agency: **TASH (The Association for Persons with Severe Handicaps)**
29 W. Susquehanna Ave., Suite 210
Baltimore, MD 21204
(410) 828-8274
(410) 828-6706 (FAX)
www.tash.org

CAL TASH Office
6219 Avenida Gorrion
Goleta, CA 93117
(805) 967-2042
(805) 683-2482

CHAPTER CONTACT
Katherine Johnson
1016 Keeler Avenue
Berkeley, CA 94708
(510) 644-6300

Description: TASH is a civil rights organization for people with mental retardation, autism, cerebral palsy, physical disabilities and other conditions that make full integration a challenge. Chapter active within CIS (Californians for Inclusive Schools) legislative consortium, monitoring and providing input to bills dealing with high school “exit exams,” working on the state’s new quality assurance review design, etc.

Serving: The disabled community.

³ For information about support groups, call Regional Center of the East Bay (510) 383-1200 or (925) 798-3001 or CARE Parent Network (925)313-0999 or (800) 281-3023

Agency: **Theatre Unlimited**
Recreation Center for the Handicapped
207 Skyline Blvd.
San Francisco, CA 94132

Telephone: (415) 665-4100

Description: An ensemble, performing arts company comprised of disabled and non-disabled actors. Performances, workshops and in-service sessions are used to shatter myths regarding mental retardation and to expand the aesthetics of theatre.

Days/Hours: Monday and Tuesday, 5:30 p.m. – 8:30 p.m.

Serving: East Bay resident adults over 21 years may observe and often participate. Company members selected by invitation.

Agency: **Through the Looking Glass**
2198 6th Street, #100
Berkeley, CA 94710

Telephone: (510) 848-1112
TTY: (510) 848-1112
FAX: (510) 848-4445

Description: Provides a variety of home-based services during pregnancy and parenting for people with developmental and other disabilities and their babies/children. Support group and in-home services for parents with other disabilities including adaptive baby-care equipment. In-home infant mental health and developmental services and family support groups for parents and their babies/young children with medical or disability issues. Staffing primarily by professionals with personal disability experience. Has national research and training center on families of adults with disabilities, with national clearinghouse for parents with disabilities newsletter, etc.

Days/Hours: Monday-Friday, 9:00 a.m. – 5:00 p.m.

Serving: Primarily Alameda and Contra Costa counties.

Agency: **UCP of the Golden Gate (United Cerebral Palsy)**
1970 Broadway, Suite 600

Oakland, CA 94612

Telephone: (510) 832-7430 or (925) 939-8000 or (415) 627-6939

FAX: (510) 839-1329

Website: www.ucpgg.org

E-mail: info@ucpgg.org

Description: Services include information and referral, public education, advocacy, peer counseling, communication panel for people who are non-oral, Women's Health Project, yoga, acupuncture, Aging Project, and KinderGym.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: People with cerebral palsy and other disabilities, and their families.

Agency: **United States Department of Education**
400 Maryland Avenue, SW
Washington, DC 20202-0498

Telephone: (1-800) 872-5327

Website: www.ed.gov/index.

Agency: **United States Department of Health and Human Services**
Office of Human Developmental Services
Administration for Developmental Disabilities
50 United Nations Plaza, Room 474
San Francisco, CA 94102

Telephone: (415) 437-8481 or (415) 556-4027

Description: Oversees implementation of federal grants in the field of developmental disabilities, including protection and advocacy and basic developmental disabilities services.

Days/Hours: Monday-Friday, 8:00 a.m. - 4:30 p.m.

Agency: **United States Social Security Administration**

Berkeley Office
2045 Allston Way
Berkeley, CA 94704

Telephone: (800) 772-1213 or (510) 486-3122
FAX: (510) 486-3190

Pittsburg Office
355 E. Leland Road
Pittsburg, CA 94565

Telephone: (800) 772-1213 or (925) 439-0610
FAX: (925) 439-7166

Richmond Office
1221 Nevin Avenue, Sixth Flr.
Richmond, CA 94802

Telephone: (800) 772-1213 or (510) 233-0475
FAX: (510) 970-4492

Walnut Creek Office
111 Civic Drive
Walnut Creek, CA 94596

Telephone: (800) 772-1213 or (925) 938-5439
FAX: (925) 938-4017

Telephone: (800) 772-1213—All locations

Description: Administers Social Security Programs which pay benefits to persons with disabilities:

- Social Security Disability Insurance (SSD) benefits are paid to disabled worker or his/her family when the worker becomes so disabled that s/he is unable to work. The disabled worker must have worked in employment covered by Social Security.
- Supplemental Security Income (SSI) makes monthly payments to aged, disabled and blind people who have limited income and financial resources. This benefit is not just for adults. Children who are blind or disabled are also eligible depending on family income.
- Social Security for Children: Benefits are paid to the child of a deceased, disabled or retired worker if the child is under 18 or between 18 - 19 and attending high school. Benefits are payable to a disabled child of a disabled retired or deceased worker at any age if the child's disability began before age 22.

The Social Security office is the general information source for Medicare benefits.

Days/Hours: Monday-Friday, 9:00 a.m. - 4:30 p.m.

Serving: Bay Area residents 65 years of age or older or disabled.

Agency: **University of California School of Optometry**
Special Visual Assessment Clinic for the Handicapped
200 Minor Hall
Berkeley, CA 94720-2020

Telephone: (510) 642-5726 or (510) 642-5761
FAX:
Description: The School of Optometry Special Visual Assessment Clinic for the Handicapped provides a comprehensive vision assessment performed by a multidisciplinary team—A pediatric optometrist, an educational specialist for the visually impaired, and an electrodiagnostic specialist are included. A report plus recommendations is provided to caregiver.

Days/Hours: Monday-Friday, 8:30 a.m. – 4:30 p.m.

Serving: Bay Area handicapped.

Agency: **Unlimited Destinations**
4868 Park Boulevard
Oakland, CA 94602

Telephone: (510) 482-8407
FAX: (510) 482-8407
Website: unlimiteddestinations@earthlink.net
E-mail: contact@UnlimitedDestinations.com

Description: Unlimited Destinations provides individualized assessment, support and training services on a one-to-one basis. Travel/mobility training services are designed to assist individuals to develop the skills needed to travel independently and safely to work or other locations using readily available public transportation.

Individual must be motivated, aware of personal space, able to respond to the environment without being excessively overwhelmed and be able to respond to dangerous situations.

Days/Hours: Generally, services are provided during the hours of 7:00 a.m. – 7:00 p.m.; however, services are provided at times and locations that meet the needs of individuals served.

Serving: Regional Center clients, 18 years or older, living or traveling to locations in Alameda or Contra Costa counties.

Agency: **Walnut Creek Day Activity Center**
(See Contra Costa Day Activity Center)

Agency: **Walnut Creek Specialized Recreation Program**
1666 North Main Street
Walnut Creek, CA 94596

Telephone: (925) 256-3531

Description: Specialized recreation provides social, leisure and recreational opportunities for developmentally disabled adults. The goals of Specialized Recreation are to enable participants to take part as independently as possible in activities; develop self-confidence and a positive self-image through emphasis on ability rather than disability; improve physical growth and development and develop independent living skills. Programs are generally scheduled two Saturdays a month. The program also offers a monthly dance, and a Dinner Club. Some sort of class is also offered on a weekly basis.

Day Camp for pre-school, elementary, teens and young adults is offered during the summer months.

Days/Hours: Call for schedule of events.

Serving: Developmentally disabled community.

Agency: **We Care - Barbara Milliff Children's Center**
2191 Kirker Pass Road
Concord, CA 94521

Telephone: (925) 671-0777
FAX: (925) 671-4707
E-mail: bmilliff@aol.com
Website: www.jps.net/wecare

Description: Home and center-based early intervention including infant stimulation in natural environments, occupational and speech therapy (ages 0-3). Center-based, intensive day treatment, including play therapy, parent counseling, speech and language therapy and early childhood education (ages 18 months to 6 years). Assessment, outpatient therapy and/or home intervention for children (ages 0-6). Nonpublic school special education, as requested by a school district and determined by an IEP team (ages 3-6). Related support groups, group counseling and parenting education.

Days/Hours: Monday-Friday, 8 a.m. - 5 p.m.

Serving: Children birth to six with special developmental, behavioral and/or mental health needs, including children who have been neglected or abused or are developmentally delayed and their parents.

Agency: **West Contra Costa Unified School District SELPA**
2465 Dolan Way
San Pablo, CA 94806

Telephone: (510) 741-2801
FAX: (510) 724-8829

Description: SELPA is responsible for assuring program availability for all students with disabilities in the school-age population; to see that programs and services provide any needed services for any student with an exceptional need, and to assist in intra-SELPA and inter-SELPA placements, provide technical assistance and administrative support for the many requirements of the new laws. SELPA personnel include the Program Specialists who are designated to assist in placement decisions, curriculum development and staff in-service. They act as a resource to both parents and staff in IEP and IFSP Team meetings and assist in the identification of the most appropriate placement for each student. They facilitate the placement process and assist the student, parents and staff with any problems related to adjustment.

Days/Hours: Monday-Friday, 8:00 a.m. – 4:30 p.m.

Serving: West Contra Costa County Unified School District students and their families.

Agency: **World Institute on Disability (WID)**
510 16th Street
Oakland, CA 94612

Telephone: (510) 763-4100
FAX: (510) 763-4109

Description: The World Institute on Disability is a non-profit public policy center dedicated to the promotion of independence and full inclusion in society of people with disabilities. WID conducts research and provides public education on a wide range of issues that impact people with disabilities.

Days/Hours: Monday-Friday, 9 a.m. - 5 p.m.

Serving: WID is not a service organization.

Agency: **Xenophon Therapeutic Riding Center**
60 Delores Way
Orinda, CA 94563

Telephone: (925) 377-0174
E-mail: Xenride@aol.com

Description: Xenophon gives therapeutic horseback riding lessons to disabled children.

Serving: Disabled children, 4 – 17 years of age, in Contra Costa and Alameda counties.
