



# child & family services

**CONTINUING  
CARE  
SERVICES**

## **Kaiser Permanente Services**

Infant CPR (Health Education).....	619-641-4194
Obstetrics/Gynecology.....	800-290-5000
Pediatric Clinics.....	800-290-5000
Social Services.....	619-641-4456

## **Community Services**

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

## **Adoption Services:**

Bethany Christian Services.....	858-793-1996
<a href="http://www.bethany.org">www.bethany.org</a> .....	800-238-4269
Catholic Charities Pregnancy & Adoption Services .....	(x310) 619-231-2828
<a href="https://www.ccdsd.org">https://www.ccdsd.org</a>	
LDS Family Social Services California Agency.....	800-537-2229
<a href="http://www.ldsfamilyservices.org">www.ldsfamilyservices.org</a>	
National Adoption Center.....	800-862-3678
<a href="http://www.adopt.org">www.adopt.org</a>	
San Diego County Adoption Services .....	877-423-6788
North County Duty Worker .....	760-754-3456
San Diego County Bar Association (Lawyer Referral Service)....	619-231-8585
<a href="http://www.sdcba.org">www.sdcba.org</a> .....	800-464-1529

## **Care and Supervision:**

Childcare Resource Service (YMCA) .....	800-481-2151
<a href="http://www.crs.ymca.org">www.crs.ymca.org</a> .....	619-521-3055
Head Start Programs.....	888-873-5145
<a href="http://www.nhsa.org">www.nhsa.org</a>	

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



**Care and Supervision (continued):**

- Panda Services (child care services)..... 619-295-3800  
*www.sandiegobabysitters.com*
- San Diego County Centralized Eligibility List (subsidized care) .. 800-521-0560  
*www.childcaresandiego.com*

**Counseling:**

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

**Family Planning:**

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

**Family Support:**

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

**Financial Assistance:**

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

**Pregnancy and Parenting:**

- Alternatives Pregnancy Care Clinic (Escondido).....760-741-9796  
*www.alternativespregnancyclinic.org*
- Birth Choice of San Marcos .....760-744-1313  
*www.birthchoice.net*
- Childcare Resource Service (YMCA) ..... 800-481-2151
- Door of Hope (for unwed pregnant teens) ..... 858-279-1100  
*https://doorofhope.salvationarmy.org*
- Homestart (parenting) ..... 619-692-0727
- Life Choices Pregnancy Center (Poway).....858-486-1738  
*www.sdlifechoices.org* sms (text) ..... 828-218-6193
- Pregnancy Care Clinic (El Cajon)..... 619-442-4357  
(southeast San Diego) ..... 619-326-8595  
*www.unplannedparenthood.org*
- Pregnancy Resource Center (Vista) .....760-945-4673  
24/7 text hotline ..... 760-208-8811

**Pregnancy and Parenting (continued)**

Ramona Pregnancy Care Clinic (Ramona)..... 760-789-7059  
Text ..... 619-348-5131  
[www.ramonapregnancy.org](http://www.ramonapregnancy.org)

San Diego Adolescent Pregnancy & Parenting Program.....619-235-5000

SD Community College Cont. Ed. Centers (parenting classes) .. 619-388-4956

**Protection:**

Chadwick Center at Rady Children’s (trauma counseling) ..... 858-966-5803  
[www.rchsd.org](http://www.rchsd.org)

Child Protective Services Hotline ..... 858-560-2191

Assignment worker ..... 858-694-5191

**Special Needs: (See also Medical Illnesses & Disabilities)**

Exceptional Family Resource Center..... 800-281-8252  
[www.efrconline.org](http://www.efrconline.org) ..... 619-594-7416

Genetically Handicapped Persons Program ..... 800-639-0597  
[www.dhcs.ca.gov/services/ghpp/Pages/default.aspx](http://www.dhcs.ca.gov/services/ghpp/Pages/default.aspx)

Make-A-Wish Foundation..... 858-707-9474  
[www.makeawish-sd.org](http://www.makeawish-sd.org) ..... 800-722-9474

San Diego Regional Center for the Developmentally Disabled....858-576-2996  
Intake Line..... 858-576-2938  
[www.sdrc.org](http://www.sdrc.org)

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