



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
www.bethany.org	800-238-4269
Catholic Charities Pregnancy & Adoption Services	619-323-2841
https://www.ccdsd.org	
LDS Family Social Services California Agency.....	800-537-2229
www.ldsfamilyservices.org	
National Adoption Center.....	800-862-3678
www.adopt.org	
San Diego County Adoption Services	877-792-5437
North County Duty Worker	760-754-3456
San Diego County Bar Association (Lawyer Referral Service)....	619-231-8585
www.sdcbba.org	800-464-1529

Care and Supervision:

Childcare Resource Service (YMCA)	800-481-2151
www.crs.ymca.org	619-521-3055
Head Start Programs.....	888-873-5145
www.nhsa.org	

<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
Afterhours 858-598-2455
Lodging and meals for families with a child in the hospital.
https://rmhcsd.org

Financial Assistance:

ACCESS (San Diego County public assistance) 866-262-9881

CA Children’s Services (special needs health care)..... 619-528-4000
www.dhcs.ca.gov/services/ccs

Resthaven Children’s Health Fund..... 858-576-0590
www.resthavenchf.org/

WIC Program (Assistance in obtaining nutritious foods)..... 800-500-6411
www.sandiegowic.org

Pregnancy and Parenting:

Alternatives Medical Clinic (Escondido)..... 760-741-9796
www.amc-ca.com

Birth Choice of San Marcos760-744-1313
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
www.homestart.org/

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 sms (text) 619-442-0389

Pregnancy and Parenting (continued):

- Pregnancy Resource Center (Vista) 760-945-4673
24/7 text hotline 760-208-8811
www.pathway-healthclinic.com
- Ramona Pregnancy Care Clinic (Ramona)..... 760-789-7059
Text 619-348-5131
www.ramonapregnancy.org
- San Diego Adolescent Pregnancy & Parenting Program.....619-344-6430
- SD Community College Cont. Ed. Centers (parenting classes) .. 619-388-4956

Protection:

- Chadwick Center at Rady Children’s (trauma counseling) 858-966-5803
www.rchsd.org
- Child Protective Services Hotline 858-560-2191
Assignment worker 858-694-5191

Special Needs: (See also Medical Illnesses & Disabilities)

- Autism Society San Diego 858-715-0678
www.autismsocietysandiego.org
- Exceptional Family Resource Center..... 800-281-8252
www.efrconline.org 619-594-7416
- Genetically Handicapped Persons Program 800-639-0597
www.dhcs.ca.gov/services/ghpp/Pages/default.aspx
- Make-A-Wish Foundation..... 858-707-9474
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

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