



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	(x310) 619-231-2828
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	877-423-6788
North County Duty Worker	760-754-3456
San Diego County Bar Association (Lawyer Referral Service)....	619-231-8585
www.sdcba.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

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
- 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
- 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
- Pregnancy Resource Center (Oceanside).....760-945-4673
- Ramona Pregnancy Care Clinic (Ramona).....760-789-7059
24 Hour Hotline.....800-848-5683
- San Diego Adolescent Pregnancy & Parenting Program.....619-235-5000
- SD Community College Cont. Ed. Centers (parenting classes) .. 619-388-4956

Protection:

- Child Protective Services Hotline 858-560-2191
Assignment worker 858-694-5191
- Children’s Hospital Chadwick Ct. Trauma Counseling Program.. 858-966-5803
www.rchsd.org

Special Needs: (See also Medical Illnesses & Disabilities)

- Exceptional Family Resource Center..... 800-281-8252
www.efrconline.org

- 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