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 Marcos ................................................. 760-744-1313
  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