



stroke clubs & brain injury

CONTINUING CARE 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.

SAN DIEGO & SOUTH BAY:

- ACCESS TO INDEPENDENCE..... 619-293-3500
Gray Matters Brain Injury Support Group. Requests for disability-related accommodations should be made at least 7 working days prior to meeting.
8885 Rio San Diego Dr., Ste. 131, San Diego, 92108
www.a2isd.org
- HEAD INJURY & TRAUMA SUPPORT SYSTEM (HITS)..... 800-986-4487
Brain Injury Support Group for survivors and families.
UCSD Medical Center (in Hillcrest), 200 W. Arbor Drive, San Diego, CA
- DISABILITY SUPPORT PROGRAMS & SERVICES..... 619-388-4944
Acquired Brain Injury classes for adults. Call for details.
SD Community College District Continuing Education
- SAN DIEGO BRAIN INJURY FOUNDATION619-294-6541
www.sdbif.org
- SHARP MEMORIAL RECREATION THERAPY DEPT (YESS) 858-939-3048
Young Enthusiastic Stroke Survivors. Group for stroke & head injury individuals and their families, no fee.
2999 Health Center Dr., San Diego
- S.T.A.R. (STROKE TREATMENT AND RECOVERY) PROGRAM..... 619-862-6652
A support and practice group, led by a speech professional, helps adults with communication difficulties resulting from stroke.
Scripps Mercy Well Being Center: 237 Church St., Chula Vista

EAST COUNTY:

- SD REHABILITATION INSTITUTE (SDRI)..... 619-229-7362
Comebacker’s Neuro Club, a support and recreational group for family members and survivors of stroke or brain injury.
6645 Alvarado Road, San Diego

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



EAST COUNTY continued:

SHARP GROSSMONT COMMUNICATION GROUP..... 619-740-4100
Communication Group focuses on speech and language difficulties
offered by speech therapy department.

SHARP GROSSMONT STROKE SUPPORT GROUP..... 619-740-4104
Aquatics and gentle fitness.

NORTH COUNTY:

GRAY MATTERS BRAIN INJURY SUPPORT GROUP
1309 Camino Del Mar (Del Mar Library).
www.graymatters4u.com

HEAD INJURY & TRAUMA SUPPORT SYSTEM (HITS)..... 800-986-4487
555 E. Valley Parkway, Escondido

PALOMAR COM. COLLEGE'S ADAPTIVE LIVING SKILLS (ABI) 760-744-1150
1951 E. Valley Parkway, Escondido x2375

PALOMAR MEDICAL CENTER760-739-3000
Palomar/Pomerado Referral Service800-628-2880
Stroke Communication Group. Provides support for stroke survivors
and their loved ones.
555 E. Valley Parkway, Escondido

SCRIPPS BRAIN INJURY SUPPORT GROUP 760-633-6709
354 Santa Fe Dr., Encinitas (Scripps Encinitas Hospital)

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