



# 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 and spinal cord 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 FOUNDATION .....619-294-6541  
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](http://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 CENTER .....760-739-3000  
Palomar/Pomerado Referral Service ..... 800-628-2880  
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*