DIRECTORY of SELF-HELP/SUPPORT GROUPS in the SAN GABRIEL VALLEY

Date issued – April 10, 2012

Maintained by:

SERVICES CENTER FOR INDEPENDENT LIVING
107 Spring Street 1520 West Cameron Avenue, Suite 160
Claremont, CA 91711 West Covina, CA 91790

To obtain additional copies of the DIRECTORY, or to add or correct listings, please contact Janice Ornelas at (909) 621-6722 – janice@scil-ilc.org.

Funded in part by California Department of Education, and Department of Rehabilitation
ALZHEIMER’S SUPPORT GROUP
Claremont Place Senior Living
The support group is unique because caregivers are invited to attend with their loved ones and participate in a variety of stimulating activities.

First Meeting takes place on Thursday March 8, from 10:30 am – Noon at Claremont Place Senior Living
120 W. San Jose Ave, Claremont Ca 91711
The Monthly Gatherings will be held on the 2nd Thursday of the month from 10:30 am – Noon.

For More Information or RSVP, Call: (909) 447-5259

ALZHEIMER’S SUPPORT GROUP
Chino Senior Center
Meet’s Every 2nd Wednesday of each month from 2-3:30 pm. Craft Room.
13170 Central Ave., Chino, CA 91710
(909) 591-9836

LIFE GENERATIONS HEALTH CARE-HERITAGE GARDENS ALZHEIMER’S DISEASE AND DEMENTIA CARE
1260 E. Arrow Hwy., Upland, CA 91786
(909) 914-5757
www.lifegen.net
Heritage Gardens offers care for residents suffering from Alzheimer’s disease & dementia.

INLAND CAREGIVERS RESOURCE CENTER
1420 E. Cooley Dr., #204, Colton, CA 92324
(909) 514-1404
(800) 675-6694
www.inlandcaregivers.com
This Center Assists Families in Riverside, San Bernardino, Inyo, and Mono countries with housing information and referral, counseling respite care, and support for caregivers.

SAN GABRIEL VALLEY AMPUTEE SELF-HELP GROUP
1520 West Cameron Avenue, Suite 160
West Covina, CA 91790
Meeting 3rd Saturday of the month 2pm-4pm
Contact: Felicia Apodaca (626) 337-8868
Independent Living Specialist
Fax: (626) 337-1835
Felicia@scil-ilc.org

AMYOTROPHIC LATERAL SCLEROSIS (ALS)

ALS SUPPORT GROUP
Pomona Support groups
Casa Colina Centers for Rehabilitation
225 E. Bonita Ave Pomona, Ca
For More info: (818) 865-8067
Meet on April 26th 2 pm
In the Tamkin Education Center Room A.
The april support groups meeting for the Golden West chapter of the ALS Association will be held.

ANGER MANAGEMENT GROUP

ANGER MANAGEMENT SUPPORT GROUP
Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Thursdays 11-12pm
Do you get angry? Do you get frustrated? Learn techniques on how to release your anger appropriately! Come Join our Group!

ANXIETY

ANXIETY/ANXIETY RELIEF GROUPS
Pomona Room
Don’t deal with Anxiety alone. Join us for our two Anxiety support groups.
ARMENIAN SUPPORT GROUPS

ARMENIAN AUTISM OUTREACH PROJECT, INC.
Family Support Meetings 7:00pm last Tuesday of the month.
(818) 542-2267
www.armenianautismoutreach.org

ARMENIAN SPEAKING BATTERED WOMEN SUPPORT GROUP
Domestic Violence Project YWCA
Services for Children (all ages) living in Crisis Shelters ONLY
Armenian (818)240-0888 ext. 228
Information: (818)240-0888
Administrative Office: (818)242-4155
735 Lexington Dr., Glendale, CA 91206

ARTHRITIS SUPPORT & EDUCATION

ARTHRITIS FOUNDATION
(800) 283-7800
San Gabriel Valley Branch
800 w. 6th Street
Suite 250
Los Angeles Ca, 90017
(323) 954-5750
Toll free #: (800) 954-2873

ARTHRITIS FOUNDATION EXERCISE PROGRAM
Blaisdell; Thursdays 10:45-11:45am
Joslyn Center; Tuesdays 10-11am
Claremont Human Services
City of Claremont
1700 Danbury Road Claremont Ca, 91711
(909) 399-5488

ASPERGER’S

ASPERGER’S ADULT GROUP
Empowering Individuals with Asperger’s To Discover Happiness, Fulfillment & Social Success!
JOIN US! Last Tuesday of the Month
6:00pm-8:00pm

Services Center for Independent Living
1520 W. Cameron Avenue Suite #160
West Covina, CA 91790
For More Information Contact:
Felicia Apodaca (626) 337-8868
Call TODAY to Reserve Your Seat!!

L.A. ASPERGER’S SYNDROME SUPPORT GROUP
Fran Goldfarb or Jim Devine
(310)543-5064 after 7 a.m. before 9 p.m.
Fran’s work. 323-361-3831 / Jim’s work 310-338-2948. LAAsperger@gmail.com
myweb.lmu/jdevine/AS

ASTHMA

AMERICAN LUNG ASSOCIATION
3325 Wilshire Blvd. Ste. 900
Los Angeles, CA 90010
Breather’s information
(213) 384-5864

ATTENTION DEFICIT DISORDER

CHADD National Resource Center
(800) 233-4050
www.help4adhd.org

AUTISM

ARMENIAN AUTISM OUTREACH PROJECT, INC.
Family Support Meetings 7:00pm last Tuesday of the month.
(818) 542-2267
Check website for information and location
www.armenianautismoutreach.org

AUTISM SOCIETY OF AMERICA
Autism Society Greater Long Beach/San Gabriel Valley Chapter:
PO Box 15247
Long Beach CA 90815-0247
(Los Angeles County)
(562) 943-3335 (Main Phone)
Gloria McNeil/Rita Robin:
(562) 941-1931 (Other)
E-Mail:
Ca-longbeach@autismsocietyofamerica.org
AUTISM (CONTINUED)

Los Angeles Chapter:
8939 South Sepulveda Blvd. Suite 110-788
Los Angeles CA 90045 (Los Angeles Co.)
(562) 804-5556 (Main Phone)
Caroline Wilson, President
Fax: (562) 425-4940
www.asa-la.org
California Chapter: Glendora
PO Box 1355
Glendora CA 91740
(Los Angeles County)
(800) 869-7069 (Main Phone) Greg Fletcher

AUTISM SUPPORT GROUP
The Claremont Center for Spiritual Living
509 S. College Ave. Claremont Ca 91711
Monday evenings from 7-8pm Starting May 12th
Is your family touched by autism? If so, this support group is for you! We welcome you and your friends to join us every Monday evening for helpful information and support.
Office: (909) 624-3549
e-mail: admin@claremonters.org

(ASAAP) - ADVOCATES SUPPORTING ADULT AUTISTIC PERSONS
Vicki Dean (562) 946-0467 ext. 404
9300 Santa Fe Springs Rd.
Santa Fe Springs, CA 90670
Meetings, please call for dates and time “WAPADAH” (Whittier Area Parents Association or the Developmentally Handicapped)

FOOTHILL AUTISM ALLIANCE
Pasadena Child Development Associates
620 N. Lake Ave., 2nd Floor
Pasadena, CA 91101
Meets every 2nd Wednesday of the month
(818) 662-8847 or (818) 66AUTISM

TACA (Talk About Curing Autism)
2222 Martin St. Suit 140
Irvine Ca 92612
Phone: (949) 640-4401
www.tacanow.org

SUPPORT GROUP (formerly VAPSG, a United Autism Alliance support group).
Moira Giammatteo (949) 640-4401

LOS ANGELES FAMILIES FOR EFFECTIVE AUTISM TREATMENT (LA FEAT)
2nd Monday of the month 7:00 pm – 9:00 pm
Kiwanis Club Hall of Hermosa Beach
2515 Valley Dr., Hermosa Beach, CA 90254
www.lafeat.org

BEREAVEMENT

GRIEF OUTREACH - FOR ANYONE OVER 18 WHO HAS LOST A LOVED ONE THROUGH DEATH
Citrus Valley Medical Center - Queen of the Valley Campus
1115 S. Sunset Ave. West Covina, 91790
8 weeks / Wed. Starts March 28th-May16th 7pm (free)
Main Line: (626) 814-2479 / (888) 45-2847
www.cvhp.com

BEREAVED PARENT SUPPORT GROUP
YMCA Orange County
13821 Newport Avenue #200
Tustin, CA 92780
Meetings are held every Tuesday at 7-9pm
Nancy Ludt: (714) 960-1819
YMCA: (714) 549-9622
www.ymcaoc.org

BEREAVED PARENTS U.S.A.
112 W. Wilken Way. Anaheim, CA. 92802
Meetings held on the 3rd Monday from 7-8:30pm
At the Crystal Cathedral (crossroads Chapman and Lewis)
Linda Moore: (714) 750-9237

COMPASSIONATE FRIENDS
Roy Redman (714) 993-6708 Orange Co.
Toll Free 1877-969-0010 call for location
1st Tuesday & 3rd Wednesday 7:00 p.m.
P.O. Box 673 Yorba Linda, Ca. 92885
(Worldwide candle lighting every 2nd Sunday in Dec.) check website below
www.compassionatefriends.org
BEREAVEMENT (CONTINUED)

BEREAVEMENT SUPPORT GROUP
Claremont Human Services
JOSLYN CENTER
660 N. Mountain Ave, Claremont Ca 91711
Call for session start and end date.
Wednesday 4-5:30pm & Friday 10-11am
More info: (909) 399-5488

CARING CONNECTION
Pomona Valley Hospital
Tammy Barto (909) 865-9555 ext.9
Call for location

BI-POLAR

FREEDOM THROUGH REALITY
GROUP (BI-POLAR)
Tri-City Mental Health Center
1404 N. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Tuesday 3-4pm
Have you or anyone you know been
diagnosed with Bi-Polar Disorder?
Come and share your story with us!

BLIND
* See the Visually Impaired.

CITY OF HOPE
City of Hope offers support for cancer
patients and their family members.
For info call (626) 256-4673 ext. 26400

CANCER

CITY OF HOPE SUPPORT GROUP
1500 E Duarte Rd. (Modular 136)
Duarte, CA 91010-3012
Courtney Davis (626) 256-4673 ext. 62282

PARENTS’ PLACE REACH
Parent Support Group
1500 S. Hyacinth Ave., Suite B
West Covina, CA 91791
Meetings 1st Thursday of the month
7-8:30pm. Childcare available
Valentina Allen (626) 919-1091

PARENTS’ PLACE NUEVO DÍA
Spanish Parent Support Group
1500 S. Hyacinth Ave., Suite B
West Covina, CA 91791
Meetings 2nd Wednesday each month from
10-11:30am. Childcare available
Elena Sanchez (626) 919-1091

CARING CONNECTION-Pomona
Valley Hospital (For patient & family
members for any type of cancer)
Tammy Barto (909) 865-9555 ext. 9

H.O.P.E SUPPORT GROUP
(for people with cancer and their families)
(626) 814-2479 or (888) 456-CVHP
Melissa
www.cvhp.com
Siga las instrucciones para Espanol
### CHINESE GROUP

**CHINESE PARENTS ASSOC. FOR THE DISABLED**
First Christian Church  
220 S. 5th St., Alhambra, CA 90801  
Monthly Workshops; Activities for children  
**Rose Wang (626) 202-4773 call for info**  
Hot Line: (626)307-3837 www.cpad.org  
Mailing address: P.O. Box 2884  
San Gabriel, CA 91778  
**FOUNDATION FOR DISABLED YOUTHS (F.F.D.Y.)**  
Jane (626) 968-2169 Hotline  
Classes held every Saturday 2:00pm – 5:00pm  
(Yoga, music and crafts) cooking class held once a month. Location: Holy Trinity Lutheran Church  
15710 Newton St. Hacienda Heights, CA  
ffdycares@email.com

### DEPRESSION

**DEPRESSION GROUP**
Tri-City Mental Health Center  
1404 N. Garey Ave. Pomona, CA 91767  
Wellness Center: (909) 242-7600  
**Mondays 11am**  
Feeling lonely, upset, and sad? Do you isolate yourself from others? Do you suffer from depression? Join us as we learn to cope with Depression. Come and get Support from others at the Lose the Blues Group.

**MEN’S DEPRESSION GROUP**
Tri-City Mental Health Center  
1404 N. Garey Ave. Pomona, CA 91767  
Wellness Center: (909) 242-7600  
**Tuesdays 2-3pm**  
Do you feel sad and lonely? Do you wish you had someone to listen to you? Come and be one of the guys! Join our group and share with us. We are here for YOU!

**POSTPARTUM SUPPORT INTERNATIONAL** For mothers suffering from postpartum depression.  
**Please call (800) 944-4773**  
www.postpartum.net (click on find local support & resources

### DIABETES

**GROUP FOR CHILDREN AND PARENTS - Children's Hospital of O.C**  
Social Services Dept.  
**English (714) 532-8330**  
**Spanish Line: (714) 532-7865**  
455 S. Main St., Orange, CA 92668  
Meets Monthly  
For more information, go to www.padrefoundation.org  
Click on support for support group info  
Click on classes for information on specific classes offered. RSVP at above phone # for all classes.
**DIABETES SUPPORT AND EDUCATION GROUP**
427 W. Carroll Ave.
Glendora, Ca. 91741
Call for meeting times
(Coordinator for Community Education Center)
(626) 857-3477

**DOMESTIC VIOLENCE ASSOCIATION PROJECT- YWCA OF GLENDALE**
735 E. Lexington Dr. Glendale, CA 91206
Services available in English, Spanish, Armenian
Main line: 818-242-4155
Support Group: 818-240-0888
24 Hr Crisis: 818-242-1106

**YWCA - WINGS SUPPORT GROUP**
Emergency Shelters.
P.O. Box 1464, West Covina 91793-1464
24 Hour Help Line (626) 967-0658.
Info for group classes (626)338-3123
Outreach Services (626) 338-3123

**DOWN SYNDROME ASSOCIATION OF L.A. "Up for Down:"
Support group for parents who have children with Down Syndrome
Casa Colina Inc.
255 E. Bonita, Pomona, CA 91767
4th Thursday (every month) 7:00-8:00 pm
All Ages; for more information: call
Carol Anten: 909-268-6344

**DSALA; DOWN SYNDROME ASSOCIATION OF L.A.**
Online Support Group
DSALApdents@yahoogroups.com
Parent Mentor for parents of children
With Down syndrome: Contact

**EDUCATIONAL SUPPORT GROUP**
**KINSHIP CARE PROVIDERS (FREE)**
Santa Anita Family Services
605 S. Myrtle Ave., Monrovia, Ca 91016
Meetings 3rd Thursday of the Month 10am-12pm; For More information:
Sal Mendez or Diane Ward
(626) 358-1185

**EPILEPSY**
**EPILEPSY FOUNDATION GREATER L.A.**
5777 W. Century Blvd., Ste. 820
Los Angeles, CA 90045
Call for info: Rebecca (310) 670-2870
www.epilepsyfoundationglajo.org
ADULTS WITH EPILEPSY THERAPY SUPPORT GROUP
EPILEPSY ALLIANCE OF ORANGE COUNTY: English and Spanish educational Support Groups (714) 557-0202
www.epilepsyalliance.org

FATHERS SUPPORT GROUP
PARENTS’ PLACE: DAD ROCKS:
Fathers’ Support Group
Support Group for fathers who have children with Special Needs;
1500 S. Hyacinth Ave., Suite B
West Covina, CA 91791
Meetings: Bi-Monthly Friday Evenings
6:30PM - 8:30PM Call for dates:
Elena Sanchez or Parents’ Place
(626) 919-1091 (Childcare available)

FETAL ALCOHOL SYNDROME
Contact Diane Kerchner for information regarding support group meetings
Email: dkerchner@calfas.org
And online support at www.FAS-CA@yahooocom

FILIPINO SUPPORT GROUP
GENERAL SUPPORT GROUPS FOR FILIPINO PARENTS
San Gabriel / Pomona Regional Center
Contact: Violeta Escobar (909) 868-7528
Halina tayong magsamasama
(909) 868-7526

FOSTER CARE
SAN GABRIEL VALLEY FOSTER PARENT ASSOCIATION
Mormon Church
1271 W. Badillo St. Covina Ca.
Meets 4th Thursday monthly from 10:00a – 12:00m
Cathy Bushy: (626) 339-5893

FRAGILE X SUPPORT GROUP
6 Candella, Irvine, Ca.
Sali Farber (714) 544-9551

FRAGILE X ASSOCIATION OF SO. CALIF.
(818) 754-4227 Voicemail
Naomi (562) 434-2791 Immediate Assistance/urgent
info@fraxsocal.org

ARTS GROUP
Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Wednesday 2:30-4pm
Come and enjoy paints, clay, drawing and more!
(class is offered on a rotating basis)

BREATHING BUDDIES
Claremont Human Services
1700 Danbury Road Claremont CA 91711
1st Wednesday of the month Noon-3pm
More info: (909) 399-5488

COMMUNITY WELLNESS SERV. DEPT.
1115 S. Sunset Ave. Bldg. A
(888) 456-2847 or (626) 814-2479
www.cdhp.com
Support groups for diabetes, arthritis, cancer, and other medical conditions

GENERAL SUPPORT GROUP FOR ALL DISABILITIES at Casa Colina.
Meets Mondays at 6 pm & Wed-Thurs 9am.
Please contact Susan Stroebel for RSVP at (909) 596-7733 ext 4217

HAPPY MIND, HEALTHY BODY
Claremont Human Services
City of Claremont
1700 Danbury Road Claremont Ca, 91711
(909) 399-5488
Joslyn Center; Mondays 10-11:30am
GENERAL INTEREST GROUP
(CONTINUED)

HEALTHY INSURANCE
COUNSELING & ADVOCACY
(HICAP)
APPOINTMENTS ONLY
Claremont Human Services
1700 Danbury Road Claremont CA 91711
Wednesday 9am-Noon
More info: (909) 399-5488

HOPE HOUSE (El Monte, CA)
Designed for parents of children with
special needs living outside the home.
Facilitated by Hope House Parent: Jessica
Silva (626) 862-3918
For info: Jamie Ruiz (626) 443-1313
Second Tuesday of ea. Month 7:00-8:00 pm

KID’S HOUR
Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Wednesday 4pm-5pm
An hour of social skills building through
role playing, fun-filling activities and
meaningful friendships for anyone ages 7-
12! For Fun and Games!

LANTERMAN REGIONAL CENTER’S
SUPPORT GROUPS
Lanterman Regional Center
3303 Wilshire Blvd. Ste. 700
Los Angeles, CA 90010
Various support groups and locations:
(213) 383-1300 ext. 5600 or 213 252-5600
Toll-free 1800-546-3676: For info (Web
site) www.lanterman.org/support

MONEY MANAGEMENT GROUP
Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7651
Every Last Wednesday of the month
3:00-4:00pm
Different ways on how to budget money cut
down expenses.

OVEREATING ANONYMOUS
Claremont Human Services
JOSLYN CENTER
660 N. Mountain Ave, Claremont Ca 91711
Friday Noon-1pm
More info: (909) 399-5488

P.A.L.S. (PARENTS AS LEADERS
SUPPORT GROUP)
SPIRIT FAMILY SERVICES AND
CARIÑO
Wednesday’s 5:30 PM to 7:00 PM
2000 Tyler Ave. So. El Monte
Cheri Sauter (626) 442-1400 ext. 203
CARIÑO Partnerships For Families
LOVE Is Not Enough to Keep Your Family
Strong: Parent Café; Support Group for
Women:Bring a friend and Share your
thoughts as a mother, wife, sister and
woman
Every Tuesday 5:30 p.m. to 7:00 p.m.
2000 Tyler Ave. So. El Monte, CA
Dinner will be served and child care will be
available.
Connie Preciado (626) 442-1400 ext. 209
or
Lisa Velazquez (626) 442-1400 ext. 206

PARENT ANONYMOUS GROUP IN
POMONA (Prevention of Child Abuse and
Neglect)
Augosto Minakata: (909) 621-6184 Ext.
218

POSITIVE DIRECTION
Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909)242-7600
Wednesday 3:30pm-4:30pm
Would you like to learn how to have a more
positive outlook towards life? If you have
been diagnosed with Depression, Anxiety,
or Bi-Polar Disorder, or any other mental
disorder this group is for you!
REDEEMER LUTHERAN CHURCH
New Sunday school program for children who have cognitive and or physical challenges. Campus is wheelchair accessible. For children of all ages from Preschool to Twelfth grade. New program begins June 13, 2010 9:15 a.m.-10:15 a.m. There will be a teacher with an assistant as well. Family members are welcome in same classroom, or they can attend another class available. Sunday school summer session for all children is starting up. Bible lessons, crafts and games as well as social skills.

Church location:
920 W. 6th St., Ontario, CA 91762
(909) 986-2615
Or call Monica Hidalgo (909)896-3567

COVINA VALLEY HEALTH PARTNERS

SENIOR DISCUSSION GROUP
Claremont Human Services
JOSLYN CENTER
660 N. Mountain Ave, Claremont Ca 91711
Friday 10-11:30am
More info: (909) 399-5488

SOCIALIZING AGES 16-25
Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7651
Mon, Tues, Thurs, Friday 10am-8pm & Wed 8:30am-5pm
Hang Out and Chill! Socialize! Workshops! Karaoke and Games! Join us for fun with other young adults like you!

SOCIALIZATION GROUP
Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7651
Thursday 2-4pm
Come Socialize with your Peers! Play Games, Color, and Draw, Do Word Puzzles and More!

SPIRITUALITY GROUP
Tri City Mental Health
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Fridays 2-3pm
Join us to learn about Religion, Spirituality, Faith and your high Power. Come join our Group.

UNDERSTANDING SOCIAL INTERACTIONS
Services Center for Independent Living
1520 W. Cameron Ave., #160 West Covina, CA 91790
-cross street is Sunset Avenue
Last MONDAY of every Month 3:30-5:30pm
Would you like to learn how to effectively communication with others? WERE HERE TO HELP! Open to all ages/all disabilities.
More Information: (626) 337-8868
Or Email: Felicia@scil-ilc.org

UNITED FAMILY
TRI CITY MENTAL HEALTH
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7651
Thursday 6pm
Having difficulty at home? Need some help with parenting your children? Parents, children and teens are welcome to obtain support from other families working towards a united family unit.

WALKING GROUP
TRI CITY MENTAL HEALTH
1403 n. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7651
Meets every Friday 12-1pm
We invite you to come and participate in various warming up exercises, walking sceneries, and cooling down activities. Hope to see you there!

WHITE CANE SOCIETY
Claremont Human Services
1700 Danbury Road Claremont Ca 91711
Tuesday 9am-12:30pm
For info: (909) 399-5488
GENERAL INTEREST GROUP
(CONTINUED)

WOMEN’S CROSS-DISABILITY
SUPPORT/ADVOCACY GROUP
Meet other women with disabilities to
discuss life-enhancing topics, goal-setting
and strategies to achieving success in your
life. Meet new friends. Be empowered. We
look forward to meeting you!
2nd Wednesday of every month 10am-
12pm
Services Center for Independent Living
107 S. Spring Street Claremont CA 91711
or
1520 W. Cameron Ave. Suit # 160
West Covina CA 91790
For more information call:
Angela Nwokike (909) 621-6722 Ext: 206

HEARING IMPAIRED

CALIF. DEAF-BLIND SERVICES
(CDBS)
Offer Family Support, Parent-Parent support,
Advocacy, Help with I.E.P.'s and referral to
resources. Technical Assistance focused on
issues unique to deaf-blindness.
Myrna Medina 800-822-7884 Ext. 5 or
www.cadbs.org

GREATER LOS ANGELES AGENCY
ON DEAFNESS, INC.
2222 Laverna Ave.
Los Angeles, CA  90041
(323) 478-8000 ; Voice/TTY
Email Preferred
info@gladinc.org

HH/VI EMPOWERMENT GROUP-
HARD OF HEARING/VISUALLY
IMPAIRED
Services Center for Independent Living
1520 W. Cameron Ave., #160 West Covina,
CA 91790
-cross street is Sunset Avenue
Last Thursday of every Month 2-4pm
Meet People you can relate to, discuss
important topics that will help you navigate
better through life, be part of a positive
change in your own life, as well as the lives
of others. Meet new friends. Be empowered.
We look forward to meeting YOU!
More Information: (626) 337-8868
*CALL TODAY to reserve your seat!*
Or Email: Felicia@scil-ilc.org

CENTER FOR AGING RECOURSES:
SUPPORT GROUP FOR
GRANDPARENTS
447 North El Molino Ave.
Pasadena, CA 91101-1403
Contact: Regina McClure, Ph.D.
(626) 577-8480 for info:

GAN: GRANDPARENT AUTISM
NETWORK
Orange County, CA
For information call Bonnie Gillman:
(714) 573-1500
www.ganinfo.org

GRANDPARENTS RAISING
GRANDCHILDREN
Claremont Human Services
JOSLYN CENTER
660 N. Mountain Ave, Claremont Ca 91711
1st &3rd Thursday 9:30-11am
More info: (909) 399-5488

HEART PROBLEMS

MENDED HEARTS INC. - Citrus Valley
Outpatient Cardiac Rehabilitation Department
210 W. San Bernardino Rd. Covina 91723
www.mhi.org
Meeting – 1st Wednesday 2-3:30 p.m.
(fluctuates to 12:30-3:00 when Dr. speaks)
Call for information (626) 915-6238
Fax (626) 938-7579
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<th><strong>HIGH RISK INFANTS</strong></th>
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<td><strong>POPPS</strong> (Parents of Premie Pre-School) &lt;br&gt;(San Antonio Community Hospital, Parenting Premies Program) &lt;br&gt;1148 San Bernardino Rd. Building A #101 &lt;br&gt;Upland, CA 91786 &lt;br&gt;For info, call: (909) 985-2811 Ext. 23677</td>
<td><strong>KOREAN PARENT SUPPORT GROUP FOR THE DEVELOPMENTALLY HANDICAPPED</strong> &lt;br&gt;4055 Wilshire Blvd. #221, L.A. CA 90005 &lt;br&gt;Meetings every other month &lt;br&gt;Contact: (213) 383-1300 Susan Han</td>
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<td><strong>PARENT CONNECTION</strong> &lt;br&gt;Huntington Hospital &lt;br&gt;100 W. California Blvd., Pasadena Ca. &lt;br&gt;(Provide support to parents of critically ill and premature infants) &lt;br&gt;Mary Holzer: 626-397-8509</td>
<td><strong>KOREAN PARENT SUPPORT GROUPS</strong> &lt;br&gt;Janet Choi (President) (909)967-3427</td>
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<td><strong>CARING CONNECTION</strong> &lt;br&gt;Pomona Valley Hospital NICU &lt;br&gt;1798 N. Garey Ave. Pomona, CA &lt;br&gt;Women’s Center &lt;br&gt;Meeting every Thursday 6:30pm-8:00pm: &lt;br&gt;For information call: &lt;br&gt;Edda Mendez (909) 865-9703 Ext. 7131</td>
<td><strong>GENERAL SUPPORT GROUPS FOR KOREAN PARENTS @ SGPRC</strong> &lt;br&gt;Call for meetings and times. &lt;br&gt;Contact: Violeta Escobar (909) 868-7614</td>
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<tr>
<td><strong>HYDROCEPHALUS</strong></td>
<td><strong>LEARNING DISABILITIES</strong></td>
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<td><strong>HYDROCEPHALUS NORTH ORANGE COUNTY</strong> &lt;br&gt;Deborah Taylor (714) 579-0400</td>
<td><strong>LEARNING DISABILITIES ASSOCIATION OF CALIFORNIA</strong> &lt;br&gt;Office hours Mon. &amp; Tues. 10:00am-3:00pm/ Wed. 12:00pm-4:00pm &lt;br&gt;37 N. Auburn Ave. #3 Sierra Madre, Ca. 91024 &lt;br&gt;For more information on LD and any other disabilities, please call: LDA (626) 355-0240 Sara &lt;br&gt;Fax: (626) 355-0109 <a href="http://www.lalda.org">www.lalda.org</a></td>
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<td><strong>IEP SUPPORT GROUP</strong></td>
<td><strong>LEGAL SUPPORT</strong></td>
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<td><strong>INFORMED EDUCATION PARTNERS</strong> &lt;br&gt;This group will informally address the questions and concerns that families have about their child’s Special Education services and support. (310) 258-4063 or (310) 258-4000 for Urgent info. &lt;br&gt;Location: 5901 Green Valley Cir. #320 &lt;br&gt;Boardroom 3B Culver City, CA</td>
<td><strong>WESTERN LAW CENTER FOR DISABILITY RIGHTS</strong> &lt;br&gt;(213) 736-1334</td>
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<td><strong>JAPANESE GROUP</strong></td>
<td><strong>LGBT</strong> &lt;br&gt;(Lesbian, Gay, Bisexual, Transgender)</td>
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<td><strong>JAPANESE SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES (JSPACC)</strong> &lt;br&gt;(mailing address) &lt;br&gt;Little Tokyo Service Center G104 &lt;br&gt;231 E. 3rd. St. Los Angeles, CA 90013 &lt;br&gt;Meeting-3rd Saturday of month 10am-12pm &lt;br&gt;Call for location: Phone Number below &lt;br&gt;Mariko Magani: 818-249-1726</td>
<td><strong>LGBT SUPPORT GROUP</strong> &lt;br&gt;Tri-City Mental Health Center &lt;br&gt;1403 N. Garey Ave. Pomona, CA 91767 &lt;br&gt;Wellness Center: (909) 242-7600 &lt;br&gt;Tuesday 11am-12pm &lt;br&gt;Support Group geared towards individuals 16 and over who identify as LGBT and those who are questioning. Currently taking referrals.</td>
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MENTAL HEALTH FIRST AID COURSES

CITRUS VALLEY HEALTH PARTNERS
COMMUNITY WELLNESS SERV. DEPT.
1115 S. Sunset Ave. Bldg. A
(888) 456-2847
www.cdhp.com
Support groups for diabetes, arthritis, cancer, and other medical conditions

DUAL RECOVERY ANONYMOUS
Tri-City Mental Health Center
1403 N. Garey Ave. Pomona, CA 91767
Wednesday 2:30-4pm
Wellness Center: (909) 242-7600
Mondays 2:30-4pm
Feeling caught between substance abuse and mental illness? You Are NOT alone! Come learn how to cope with a dual diagnosis.

Victoria Rodgers
(909) 214-7699
Become a Certified Mental Health First Aider (Possible CEU Credits)

MUSIC GROUP
Tri-City Mental Health Center
1403 N. Garey Ave. Pomona, CA 91767
Wednesday 2:30-4pm
Wellness Center: (909) 242-7600
*Residents of Pomona, Claremont, La Verne
Monthly Educational Support Group that promotes, encourages and teaches basics of music, music appreciation and instrumentation. Check Monthly.

OBSESSIVE COMPULSIVE DISORDER
SUPPORT GROUPS FOR INDIVIDUALS WITH OCD
Must be treated by OCDLA
Tuesday, Wednesday 7:15-8:45 and Saturday 10:30am-12pm
11620 Wilshire Blvd. #890, Los Angeles, CA 90025
Call for information:
Tom Corboy (310) 335-5443

PARENTS’ and CAREGIVERS’ GROUPS

CITY OF HOPE RESOURCE CENTER
Genie Lawrence (626) 256-8626
www.cityofhope.org

The Glendora MOMS CLUB
Moms offering moms support. Do you work part time or from home? Are you sacrificing that 2nd income to stay home with the kids? If you are, then The Moms Club is the place for you. Come meet new friends and bring your kids. Join us for monthly meetings.
(626)294-3255 www.momsclub.org

MOMS CLUB OF MONROVIA
A local support group of stay at-home and part-time moms who live in Monrovia, Duarte, Bradbury and El Monte.
P.O. Box 1574 Monrovia, CA 91017
Meets the 2nd Tues. of every mo.10:00 am.
For info contact: Ani Janbazian
ajanbazian@verizon.net

MOTHER OF TWINS CLUB
LONG BEACH TWINS CLUB
Meets 2nd Wednesday each month 7:00pm
Email: LLBMOTC@GMAIL.COM
www.llbmotc.org

PARENT CONNECTION from “In His Image” (Special Needs Ministry)
3rd Saturday of the Month 6:15pm-8:15pm
PazNaz: 3700 E. Sierra Madre Blvd.
Pasadena CA 91107 Rm. 247 Reed Hall
Childcare will be provided in Room 123; Arms Hall
Note: Support Group for Siblings
Rm. 122 See Sibshops: “In His Image”
For info call JoAnna (626) 351-2478
Website: www.paznaz.org

PARENT CONNECTION
Meetings every Thursday 6:30-8:00 pm.
And every Saturday 10:00-11:30 am.
100 W. Calif. Blvd. Pasadena, CA 91109
Mary Holzer (626) 397-5000

Date Issued – April 10, 2012
PARENTS’ and CAREGIVERS’ GROUPS (CONTINUED)

SUPPORT GROUP FOR RELATIVE CAREGIVERS (DCFS El Monte Office)
4024 N. Durfee Ave. El Monte, CA 91732
To educate, inform, support and advocate for Relative caregivers: For info call
(626) 455-5660 Nancy

SUPPORT GROUP FOR CAREGIVERS DCFS Kinship Support Division
Meetings 4th Tuesday of every month from 10 a.m.-12 p.m. (No meetings Jul., Aug., or Dec.)
Department of Children & Family Services
Palomares Senior Center
499 East Arrow Highway, Pomona, 91767
Contact Cecelia Chang, CSW
(562)777-1765

PARENTING CLASSES

Tri-City Mental Health Center
1890 N. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 784-3232
www.tricitymhs.org
*Residents of Pomona, Claremont, La Verne
Hosted by Pomona Unified School District

PARKINSON’S SUPPORT GROUP

Children of Parkinsonians (COPS)
2nd Wednesday of the month 7:00pm
Community Wellness Services
(626) 814-2479

PARKINSON’S EXPLORERS GROUP
Claremont Human Services
JOSLYN CENTER
660 N. Mountain Ave, Claremont Ca 91711
2nd Saturday 10am-Noon
More info: (909) 399-5488

PARKINSON’S RESOURCE ORGANIZATION
Toll Free (877) 775-4111
www.parkinsonsresource.org

POLIO SURVIVORS ASSOCIATION

12720 La Reina Ave Downey CA 90242
562.862.4508 562.862.5018 Fax
Richard L. Daggett
Richard@polio-association.org
www.polio-association.org

POSTPARTUM

POSTPARTUM SUPPORT INTERNATIONAL For mothers suffering from postpartum depression.
Please call (800) 944-4773

PRADER-WILLI SUPPORT GROUP

PRADER-WILLI CALIFORNIA FOUNDATION SUPPORT GROUP,
Advocates, Training, Education Referrals
Call for nearest location (310) 372-5053 or
FAX (310) 372-4329

RETT SYNDROME

RETT SYNDROME FOUNDATION
6252 Gretna Ave. Whittier, Ca. 90601
Meets quarterly in the LA & Pasadena area
Sherry Brady: (562) 619-0109
Pep Stenberg: (626) 355-5334

SCHIZOPHRENIA 101

TRANQUILITY GROUP
Tri-City Mental Health Center
1403 N. Garey Ave. Pomona, CA 91767
Wellness Center: (909) 242-7600
Tuesday 4-5pm
Feeling overwhelmed with all the voices? Do you suffer from Schizophrenia? Or know someone who does? Come and feel supported as together we learn how to take control of schizophrenia instead of it taking control of you!
SCLERODERMA

WHITTIER/SAN GABRIEL SUPPORT GROUP
Meetings are held at the Whittier Presbyterian Intercommunity Hospital Auditorium
12401 E. Washington Blvd., Room G, Whittier, CA
Support Group Leaders: Penni LaVoot, (714) 871-8580 PLAvoOT@gmail.com
2011 Meeting Schedule:
- January 29: Gastrointestinal Problems, Joon Kim, M.D.
- April 23: Speaker Patricia Dutriz, Chaplain Whittier Presbyterian Intercommunity Hospital, Topic: Life Choices for living people.
- August 27: The Benefits of Laughter, Sherae Adams and Sudha Tendulkar
- October 22: Improving Your Nutrition, Zhaoping Li, M.D.

SCOLIOSIS

SCOLIOSIS ASSOCIATION OF GREATER LA
Presbyterian Intercommunity Hospital
12401 Washington Blvd. Whittier, Ca. 90602
(562) 698-0811 EXT. 18305

SENIOR DISCUSSION GROUP

CLAREMONT HUMAN SERVICES
City of Claremont
1700 Danbury Road Claremont Ca, 91711
(909) 399-5488
Joslyn Center; Fridays 10-11:30am

SIBLINGS

SIBSHOPS
For siblings ages six to 12.
Los Angeles and Pasadena areas.
Edward Perez (213) 383-1300 ext. 4986
Edward.perez@Lanterman.org

SIBSHOPS from “In His Image”
(Special Needs Ministry)
3rd Saturday of the Month 6:15pm-8:15pm
PazNaz: 3700 E. Sierra Madre Blvd.
Pasadena CA 91107 Rm. 122 Arms Hall
Note: Support Group for parents Rm. 247
See Parent Connections: “In His Image”
Under Parents and Caregivers section
On this Support Group List
For info call JoAnna (626) 351-2478
Website: www.paznaz.org

SPANISH GROUPS

GRUPO DE APOYO EN ESPANOL

AUTISMO:
DE MI FAMILIA A SU FAMILIA
(Grupo para familias con niños con autismo)
Lanterman Regional Center.
(213) 383-1300 www.lanterman.org

AUTISM SOCIETY
Greater Long Beach/San Gabriel Valley
Grupo De Apoyo para padres con niños con Autismo
Si tiene preguntas favor de llamar al:
(562) 756-8616 y pregunt en por Eva

Autismo y todas las discapacidades
Casa Colina Children’s Center
255 E. Bonita Ave. Pomona, CA
Español (909) 936-6489

CANCER

Grupo De Apoyo Para Personas Con Cáncer Y sus Familias
El Segundo sábado de cada mes: de las 10am-12 del mediodía.
Para obtener más información llame al (626) 938-7585

DOMESTIC VIOLENCE:

SPANISH SPEAKING BATTERED WOMEN SUPPORT GROUP
DOMESTIC VIOLENCE PROJECT
Women Services Center YWCA
818-242-4155 ext. 228 or 231
Hotline (818) 242-1106
735 E. Lexington, Glendora, CA 91204
SPANISH GROUPS (CONTINUED)

THE CARING CONNECTION
Spanish Speaking Parent Support Group for High-Risk Infants (Pomona Valley Hosp.)
1798 N. Gary Ave. Pomona Ca. 91767
(English and Spanish) call first
Edda Mendez (909) 865-9703

SINDROME DE DOWN:
SINDROME DE DOWN EN ESPANOL
SUPPORT GROUP FUERZA
West Covina office: (626) 917-9881
Ana Trujillo fuerza@fuerzainc.org

UP FOR DOWN: Grupo de Habla Hispaña
Grupo de Apoyo en español para Padres con Niños con Sindrome de Down todas las edades. Junta Mensual (con excepción de Diciembre, tendremos fiesta de Navidad)

CARITAS DE ANGEL
Acompañenos cada Cuarto Jueves del mes
6:30 p.m. – 8:00 p.m.,
Casa Colina
255 E. Bonita, Pomona, CA 91767
Blanca Loria (951) 808-2821
Oficina (818) 786-0001
blancasindromededown@yahoo.com
www.dsala.org

DIABETES
Padre Foundation (714) 532-7865

EPILEPSIA:
Epilepsy Foundation (1-800-332-1000)
PARENTS AND ADULTS WITH EPILEPSY (SPANISH)

GRUPOS GENERALES:
CARIÑO Partnerships for Families
AMOR No es suficiente para mantener a su familia fuerte
Café de capacitación para padres
Grupo de Apoyo para la Mujer
Trae una amiga y comparte tus pensamientos como una madre, esposa, hermana y mujer.
Cada Martes en las noches
2000 Tyler Ave. So. El Monte, CA

(La cena será servida y el cuidado de los niños estará disponible)
Connie Preciado (626) 442-1400
Or Elizabeth Velazquez
Para Reuniones con Padres hablar con Eduardo Estrada para mas detalles y locacion de las reuniones.

MOMMY, DADDY & ME--EARLY INTERVENTION SUPPORT GROUP
Lanterman Regional Center
Contact: Monica Mauriz (213)252-5686

FIESTA EDUCATIVA Y FIESTAS FAMILIARES
Juntas dos veces al mes
163 S. Ave. 24 Ste. 201
Los Angeles, CA 90031
Meetings every 3rd Thursday for Autism
Laura Ruesga al (323) 221-6696

GRUPO DE APOYO PARA FAMILIAS DE INTERVENCION TEMPRANA
3303 Wilshire Blvd, Ste 700. L. A. 90010
Monica Mauriz, (213) 252-5686

SALVIN SPECIAL EDU. CENTER
1925 S. Budlong Ave, Los Angeles, CA
Fri 9:30 - 11:00 a.m. (Sept-June)
Nora Avila (323) 731-0703

HISPANIC FOSTER CARE SUPPORT
Reciba informacion educacion y apoyo para la crianza de ninos. Diversos temas tocantes al desarrollo del nino y la familia seran tratados.
Adultos solamente, no se permiten ninos.
Department of Children and Family Services Margarita Gonzalez (909)868-4501
100 W. 2nd St., Pomona , CA 91766

“FIESTA EDUCATIVA / FIESTAS FAMILIARES”
634 E. Spruce St., Ontario, CA 91761
Se reúnen cada 3er Sabado de el mes.
Para informacion en el area de Ontario, hablar con Maria Elena Hernandez (909) 983-2534
Cell Ph. (909) 518-9698
SPANISH GROUPS (CONTINUED)

“FIESTA EDUCATIVA / FIESTAS FAMILIARES”
En el área de el valle de San Gabriel
2 Juntas al mes; 2do y 4to Martes de el mes.
Llamar para mas información:
Maria Almanza (626) 391-8781

GRUPO DE APOYO PARA EL PADRE
Lanterman Regional Center
(213) 383-1300 Edward Perez
3303 Wilshire Blvd. #700
Los Angeles, CA 90010
Edward.perez@Lanterman.org

FAMILIARES UNIDOS
En el edificio del Departamento de Servicios para Niños y Familias
100 W. 2nd Street
Pomona, CA 91766
Habrá certificado disponible
Llamar Axa Cazzaly (909)868-4431
cazzaa@dcfs.lacounty.gov

Departamento de Servicios para Niños y Familias (DCFS) Department of Children And Family Services: Oficina de El Monte.
4024 N. Durfee Ave. El Monte, CA 91732
Las juntas son para darles una voz, informacion y apoyo a los parientes de crianza. Favor de avisarnos si esta interesado En atender a nuestra próxima junta al (626) 258-1815
Se ofreceran certificados por su participacion a cada junta: Se proveera cuidado para ninos y refrigerios.

FAMILIES OF CHILDREN WITH SPINA BIFIDA: Children’s Hospital of L.A.
Hoda (323) 361-2384

THAI SUPPORT GROUP
ONE ON ONE SUPPORT
For Thai speaking families of children
With special needs
Location: Temple City, CA
Contact Pauline (626) 287-5728

TURNER’S SYNDROME
TURNER’S SYNDROME SUPPORT GROUP, LOCAL CHAPTER
Have big meetings for all of So. Cal.
Maureen Higdon: (909) 626-6015 Call for information times and dates.

UTILITY ASSISTANCE
HOME ENERGY ASSISTANCE
LIVING, INC (HEAL)
We are a Direct Agency for Southern California Edison to Perform Outreach Assistance for the “Energy”
For Southern California Edison & So Cal Gas United was of Greater Los Angeles Contact Patricia Banuelos
For Energy Assistance Fund (EAF) & Gas Assistance Fund (GAF)
Pbanuelos@unitedwayla.org

SOUTHERN CALIFORNIA EDISON
(800) 655-4555
- Medical Basesline Program
- California Alternate Rates For Energy (20% Discount)
- Energy Savings Assistance Program
Savings Assistance Programs (ESAP) (FREE ENERGY EFFICIENCY MEASURES)
(800) 736-4777
Contact: Ken Miyoshi: (626) 771-3100
Robert Rayas: (916) 897-7596

SPINA BIFIDA
National Resource Center for Spina Bifida
(800) 621-3141 or Website spaa@sbaa.org
VIETNAMESE GROUP
VIETNAMESE PARENTS WITH DISABLED CHILDREN ASSOC., INC. (VDPCA)
Hung Nguyen (714) 527-9216
www.vpdca.org

VISUALLY IMPAIRED
1. EYE-DAS I
Meets the 2nd Monday at 6:30 pm
La Fetra Senior Center
333 E Foothill Blvd, Glendora
Call first for information; free transportation
(No meetings in July or August)
P.O. Box 1422, Glendora, Ca. 91740
626-335-5733, 626-335-EYES
626-445-4142 (evening)
Contact Rayanne Myers (626) 335-3937

2. EYE-DAS II - West Covina Senior Center
Meets 1st Monday at 12 noon
Call first for information; free transportation
626-335-5733, 626-335-EYES
626-445-4142 (evening)
Contact Rayanne Myers (626) 335-3937
www.eye-das.org

3. EYE-DAS III
Arcadia Community Center
Once a month 12 noon
Call for more info: free transportation
626-335-5733, 626-335-EYES
626-445-4142 (evening)
Contact Rayanne Myers (626) 335-3937

HH/VI EMPOWERMENT GROUP - HARD OF HEARING/VISUALLY IMPAIRED
Services Center for Independent Living
1520 W. Cameron Ave., #160 West Covina, CA 91790
Last Thursday of every Month 2-4pm
Meet People you can relate to, discuss important topics that will help you navigate better through life, be part of a positive change in your own life, as well as the lives of others. Meet new friends. Be empowered. We look forward to meeting YOU!
More Information: (626) 337-8868
*CALL TODAY to reserve your seat!* Or Email: Felicia@scil-ilc.org

WIC SUPPORT GROUPS
BEVERLY WIC CENTER
277 S. Atlantic Blvd.
Los Angeles, CA 90022
Breastfeeding group: every other Tuesday and Thursday 10:00am – 12:00pm
Laurie Hill (323) 263-0262

BALDWIN PARK WIC CENTER
4239 Maine Ave., Baldwin Park, CA 91706-3312
Breastfeeding support group
Every 2nd Tuesday of the month
10:30am & 3:30pm
Tiffany Spana (626) 851-8421

WILLIAMS SYNDROME
WILLIAMS SYNDROME
Darlene Ginnette: (562) 522-2449