

# RIVERSIDE COUNTY

## METROPOLITAN RIVERSIDE

Metropolitan communities include downtown Riverside, La Sierra, Jurupa, Highgrove, Arlington,

### EPILEPSY

#### RIVERSIDE/CORONA:

A monthly support group for parents of children with epilepsy and adults with epilepsy. Meets the 1st Friday of each month from 6 P.M - 7:30 P.M. Call Luana for location and directions, 951.281.9892.

### DOWN SYNDROME

#### RIVERSIDE:

Pediatric Therapy's Up & Movin meets on the 4th Friday of each month at 6180 Brockton Ave., Suite 102, Riverside from 10 a.m. until

noon. Families and siblings are welcome. Call if you have questions, 951.684.650

### ALL DISABILITIES

#### RIVERSIDE:

**MY PLAY CLUB** meets at the Fairmount Park Universally Accessible Playground on the 3rd Saturday of each month for lots of fun and games. The ARC Riverside-sponsored club is designed to promotion inclusion and break down barriers. Contact person: Michelle Baldwin, 951.688.5141, x225.

Register online: <http://arc-riverside.org/myplayclub.html>

### DEVELOPMENTAL DISABILITY WITH MENTAL ILLNESS

**OPEN DOORS** is a parent/caregiver support group developed by Behavioral Health. They meet on the 4th Thursday of each month at 3125 Myers St., Riverside from 6 - 8 p.m. CHILD CARE IS AVAILABLE. Call 951.358.5862 for details.

## LOW DESERT / PASS AREA

Low Desert communities include Banning, Beaumont, Cabazon, Whitewater, Desert Hot Springs, Palm Springs, Rancho Mirage, Palm Desert, Cathedral City, Indio, Coachella, Thermal, Blythe

### AUTISM

#### COACHELLA VALLEY AUTISM SOCIETY:

Support group meetings held the 2nd Thursday of each month at the Pump It Up facility, 82740 Atlantic Ave, Indio (Jackson offramp from I-10) from 6 until 8 p.m.

CVASA has a Blythe area Family Support Group which meets at the Blythe Recreation Center, 127 S. Main St., Blythe. Childcare is available.

Contact John at the ASA Family Resource Center at 760.772.1000 for more detail on both groups.

#### RANCHO MIRAGE

**TACA (Talk About Curing Autism)** hosts a coffee talk/playdate on the 2nd Thursday of the month beginning at 10 a.m. at the Clark's Nutrition and Natural Food Store (in the cafe area), 34175 Monterey Ave., Rancho Mirage. For more info, go to [www.tacanow.org](http://www.tacanow.org).

### ALL DISABILITIES

#### BLYTHE

1) **K.A.R.E. (Kids Are Ready 4 Education)** Contact Carmela Garnica for details -- 760.922.2582

2) Parent support group which meets on a quarterly basis (February, May, August and November) at Sheltering Wings, 9496 Hobsonway, Blythe. Contact Olie Johnson at 909.890.3071 for more detail.

#### COACHELLA VALLEY:

The Grandparent Raising Grandchildren Support Group is for grandparents raising their grandchildren. It meets on the 2nd Tuesday each month at Cathedral Senior Center, 37171 W. Buddy Rogers Dr., Cathedral City. RSVP is required. For more information call 951.791.3594.

### SPECIAL EDUCATION GROUP

#### PALM DESERT:

Desert Sands USD Special Education Parent Advisory Committee (SEPAC) has five meetings per school year which includes a mini-training during each meeting. Contact SEPAC President for more details on this group, 760.862.9982

## CENTRAL RIVERSIDE CO

Central Riverside Co communities include Moreno Valley, Perris, Sun City, Menifee, Hemet, San Jacinto, Anza, Romoland, Homeland

### DOWN SYNDROME

#### HEMET:

A telephone support group for families of children with Down Syndrome. Contact Person: Adele Cox, 951.852.1054. Web Site: [www.dsaie.org](http://www.dsaie.org)

### DEVELOPMENTAL DISABILITY WITH MENTAL ILLNESS

#### SAN JACINTO:

**OPEN DOORS** is a parent/caregiver support group developed by Behavioral Health. They meet on the 2nd Tuesday of each month at San Jacinto Clinic, 950 Ramona Blvd., Ste. 2, San Jacinto from 5:30 - 7:30 p.m. CHILD CARE IS AVAILABLE.

Contact Alicia Arredondo at 951.487.2674 for details.



# RIVERSIDE COUNTY

## WEST RIVERSIDE CO

Western Riverside Co communities include Corona, Norco

### AUTISM

**CORONA:**

**TACA (Talk About Curing Autism)** hosts a coffee talk/playdate on the 3rd Wednesday of the month beginning at 2:30 p.m. at the Park at Dos Lagos Shops of Corona, 2780 Cabot Dr., Corona. For more info, go to [www.tacanow.org](http://www.tacanow.org).

### DOWN SYNDROME

**CORONA:**

**Down Syndrome Association Riverside County West.** Serving families with children and adults with Down Syndrome through support, social events, and educational programs. Contact Lindsey, 951.314.3937, for more info or go to [www.DSARCW.org](http://www.DSARCW.org).

## ANGELMAN SYNDROME

Telephone support for parents of children with Angelman Syndrome. Contact Kristy Rivera, 951.737.2108 for more information.

### ALL DISABILITIES

**CORONA:**

**CROSSROADS DISABILITY MINISTRY** offers a Wednesday night Bible Study and a Saturday program which includes activities such as dances, camping, etc. The Crossroads Church is located at 2331 Kellogg Ave., Corona. For more information, contact Jennifer Felix, 951.737.4664, for details.

Web site: [www.CrossroadsChurch.com](http://www.CrossroadsChurch.com)

### SPECIAL EDUCATION GROUP

**CORONA:**

**FETA** meets on the 2nd Tuesday of each month (except July, August & December) at Peppermint Ridge, 825 Magnolia Ave., Corona. Please RSVP to Valerie Aprahamian, 909.841.2600; e-mail: [vasped@sbcglobal.net](mailto:vasped@sbcglobal.net)

## SOUTH RIVERSIDE CO

Southern Riverside Co communities include Murrieta, Temecula, Lake Elsinore

### DOWN SYNDROME

**TEMECULA:**

Parent support group for parents of young children with Down Syndrome from birth to 5 years. Meetings are held the 2nd Tuesday of the month. For more information or to RSVP, call 951.696.1486 or e-mail, [DSchildren@verizon.net](mailto:DSchildren@verizon.net)

Web site: <http://web.me.com/dschildren/temecula>

### EPILEPSY

**MURRIETA/TEMECULA:**

A monthly support group for parents of children with epilepsy and adults with epilepsy. Meets the 2nd Friday of each month from 6:30 P.M - 8 P.M. Call Kristen or Andy Harvey, 951.834.3048.

### ALL DISABILITIES

**MURRIETA/TEMECULA:**

**SPECIAL CONNECTIONS** of Murrieta / Temecula meets to discuss education and health issues, social integration and other topics. Monthly meeting and other social activities held throughout the year.

Contact Maryann Zamastil at 951.699.9852 for dates and times.

A telephone support group for **PARENTS WITH CHILDREN OF TRANSITION AGE (18-33)**. For more detail, contact Michelle Estrada, 951.672.7335.

**GO BANANAS!** offers weekly playdates for all ages and disabilities, monthly speakers that cover topics important to special needs families

and more. Contact **Go Bananas!** by telephone, 951-440-5478, or go to their web site, <http://www.gobnnas.com>.

**S.K.I.P. - Supporting Kids Involving Parents (ages 0-6 years)**

SKIP is a program designed to provide opportunities for enrichment, recreation and play, and parent education and support. Program offers children under the age of 6 with special needs activities that enhance sensory, social, and cognitive skills. While children learn and grow, parents and caregivers interact with others who understand what it is like to raise a child with special needs. Pre-registration is required. For special accommodations, call (951) 694-6480. Fee: \$1/person (All family members in attendance must be registered)

### DEVELOPMENTAL DISABILITY WITH MENTAL ILLNESS

**OPEN DOORS** is a parent/caregiver support group developed by Behavioral Health. They meet on the 2nd Wednesday of each month at Parent Resource Center, 24300 Las Brisas Rd., Murrieta from 3:30 pm - 5:30 p.m. CHILD CARE IS AVAILABLE.

Contact Valai Brown at 951.358.6858 for details.

### AUGMENTATIVE & ALTERNATIVE COMMUNICATION (AAC) SUPPORT GROUP

2ND SATURDAY OF EACH MONTH -- 12:15pm until 1:45pm

WHERE: Murrieta Community Center. 41810 Juniper St., Murrieta

If you or your child uses a letterboard, Go-Talk, DynaVox, Ipad, pecs or other AAC device to communicate, come and join the Autism Society Inland Empire for an AAC social! If you have any questions or plan on attending please RSVP to Kelly Londenberg at (951) 678-8666 or by e-mail, [autismtoday@aol.com](mailto:autismtoday@aol.com).



# SAN BERNARDINO COUNTY

## WESTERN END OF SAN BERNARDINO CO

West End communities include Rialto, Fontana, Ontario, Rancho Cucamonga, Upland, Montclair, Chino, Chino Hills

### AUTISM

#### RANCHO CUCAMONGA:

**TACA (Talk About Curing Autism)** meets every 3rd Saturday in Rancho Cucamonga at 10777 Civic Center Dr., Rancho Cucamonga beginning at 1:30 p.m. For more information, contact by e-mail: [porterof5@gmail.com](mailto:porterof5@gmail.com)

### ASPERGER'S/AUTISM

#### RANCHO CUCAMONGA:

**OPEN DOORS NOW** is an education and support group for families affected Asperger's / high-functioning autism. Meetings held the 1st Thursday of every month. No children allowed at Open Doors meetings. For more information, visit [www.opendoorsnow.org](http://www.opendoorsnow.org) or e-mail [czupke@opendoorsnow.org](mailto:czupke@opendoorsnow.org).

### DOWN SYNDROME

#### POMONA

**UP FOR DOWN** meetings held on the 4th Thursday of each month (except November & December which meet on 3rd Thursday due to holidays) from 6:30 pm - 8:00 pm at Casa Colina, 255 E. Bonita Ave., Pomona. Refreshments and child care provided. Contact Carol Anten, 909.268.6344, for more information.

### ALL DISABILITIES

#### RANCHO CUCAMONGA:

**EducateAdvocate** meets on the 2nd Friday of each month at 7:30 p.m. at the Community Baptist Church, 9090 19th Street, Rancho Cucamonga.

**RSVP by e-mail:** [educateadvocateca@educateadvocateca.com](mailto:educateadvocateca@educateadvocateca.com)

**Web Site:** <http://educateadvocateca.com>

**Unity Tree** offers Mom's Nights Out, Parents's Nights Out, Dad's Night Out, coffee talks, fun meetups for the whole family, monthly sibling support meetings, monthly music therapy for kids with special needs, and a safe place to chat.

**Facebook page:**

<https://www.facebook.com/groups/UNITYtree/>

**PVLDA (Pomona Valley/Inland Learning Disabilities Association)** meets the 3rd Thursday of each month at the Rancho Cucamonga Central Park, 11200 Baseline Rd., Rancho Cucamonga to provide information and education for parents and professionals. **Contact Pam at 909.980.0592 for details - e-mail [PVLDA@aol.com](mailto:PVLDA@aol.com)**

**South Coast Community Services (SCCS) Parents Helping Parents.** Parents supporting, educating and encouraging each other. Child care & refreshments will be provided along with fun activities. For more information, call Ronda Melendrez at 909.793.1259.

#### CHINO:

Educate.Advocate sponsored parent support group meets the

3rd Saturday of the month to share concerns and get information and feedback from other parents.. Meets at To The Pointe Dance Productions, 14058 Euclid Ave Suite A, Chino. Contact Linda Higgins, (909) 525-0763 or by e-mail:[luff2sail@aol.com](mailto:luff2sail@aol.com).

#### ONTARIO:

Sponsored by Early Start Family/Infant program. This group is for loved ones of children birth to age 5 with special needs. This group meets at the Live Oak Early Education Center, 2547 E. Riverside Dr., Ontario on either the last Thursday of the month from 10:30 am - 11:30 am or on the last Friday of the month from 11 am - 12 pm. For more information, call Isabel Schnaper or Karen Laureta at 909.923.6017.

Sponsored by Helping Hands. The Kinship Caregiver Support Group is for grandparents, aunts, uncles, brothers and sisters who care for the child of a family member. This group meets every Tuesday from 10 am - 12 pm at the Helping Hands office located at 316 East 'E' St., Ontario. **For more information, call 909.986.9710.**

A support group for moms, dads, grandparents, foster parents and loved ones of children (birth to age 5) with special needs. Learn practical information to aid in your journey through your child's early years. Meets at Live Oak Early Education Center, 2547 E. Riverside Dr., Ontario. **For more detail, contact Isabel Schaper or Karen Laureta at 909.923.6017.**

### DEVELOPMENTAL DISABILITY WITH MENTAL ILLNESS

2ND WEDNESDAY OF EACH MONTH -- 7:00pm until 9:00pm

WHERE: Lions Center East, 9191 Baseline Rd., Rancho Cucamonga

An organization to support families affected by mental illness. You may contact the Inland Valley National Alliance on Mental Illness (NAMI) by e-mail [redschultz@earthlink.net](mailto:redschultz@earthlink.net) or [mayfarr@gmail.com](mailto:mayfarr@gmail.com) or by calling Florence Calcote at 909.484.7619.

### DRUG OR ALCOHOL EXPOSED

#### ONTARIO:

**MAKING A DIFFERENCE.** Support group for foster parents, adoptive parents and caregivers of drug and alcohol exposed children, regardless of current (or lack of diagnosis). Meetings are held on the 3rd Wednesday of each month at West Valley SART, 814 North Euclid Ave., Ontario from 9:30 A.M. - 11:00 A.M. Child care is not provided. **Contact the MADA Parent/ Caregiver Support Group at 909.988.2020 for more detail. ([www.themakingadifferenceassociation.org](http://www.themakingadifferenceassociation.org))**

**INLAND EMPIRE AUTISM SOCIETY** covers both San Bernardino County and Riverside County (with the exception of the Coachella Valley) and offers parent-to-parent support as needed through the phone or web in English, Spanish or Arabic.

**Web Site:** [www.ieautism.org](http://www.ieautism.org)

**Telephone:** 951-220-6922



# SAN BERNARDINO COUNTY

## HIGH DESERT

High Desert communities include Barstow, Victorville, Apple Valley, Hesperia, Adelanto, Phelan, Oak Hills

## AUTISM

### BARSTOW:

Free support, information and resources for Barstow families raising children with any Autism Spectrum Disorder. For more detail, contact Amber Woods, 760.910.1023.

### VICTORVILLE:

**G.A.T.E.S. to families affected by autism.** Support to high desert families via telephone or e-mail in English or Spanish. **Contact group coordinator, Jan Vitro, 760.242.0076 or e-mail [openthegate2@verizon.net](mailto:openthegate2@verizon.net).**

**High Desert Autism Outreach.** Free monthly support gathering with social play for children and other activities. Trained volunteers on site. For more information contact Jonathan Wilson, MFT. James A. Woody Community Center  
13467 Navajo Rd.  
Apple Valley (760) 686-9074

## ALL DISABILITIES

### VICTORVILLE

**THE V.I.P CONNECTION** coordinates events and get togethers for families throughout the year. For more information, contact either Gina Rendleman, 760.949.2542, or Kim Schwing, 760.900.4399 for details.

**POINT OF CONNECTION** is a support and advocacy group for parents of children with special needs. Monthly meeting on the 1st Monday of each month at 6 p.m. at the Victorville Activities Center, 15075 Hesperia Rd., Victorville. Child care is available. **Contact Betty Carrillo for more details, 760.605.8598.**

## EAST VALLEY

East Valley communities include San Bernardino, Loma Linda, Colton, Grand Terrace, Redlands, Highland, Mentone, Yucaipa

## AUTISM

### REDLANDS:

Support group for parents and caretakers of children with autism or other spectrum disorders which meets on the 3rd Thursday of each month at the Christian Counseling Service, 51 W.Olive Ave., Redlands. Free childcare provided by occupational therapy students. **To RSVP for childcare or for more information, contact Liesl Geschke, 909.793.1078, x113 or e-mail [lgeschke@ccs-cares.org](mailto:lgeschke@ccs-cares.org).**

### YUCAIPA:

**East Valley Support Group.** Sponsored by the Inland Empire Autism Society. Meets the 4th Monday of each month between 7 and 8:30 p.m. at the Unity Church of Yucaipa, 35393 Avenue E, Yucaipa. No child care is provided. Refreshments will be served. Contact Cheryl at 909.496.7884 or Raquel, 909.238.0469.

## DRUG OR ALCOHOL EXPOSED

### COLTON:

**MAKING A DIFFERENCE.** Support group for foster parents, adoptive parents and caregivers of drug and alcohol exposed children, regardless of current (or lack of diagnosis). Meetings are held on the 4th Thursday of each month at MaDA Connection Center East: 1430 E. Cooley Drive, Ste. 111 Colton from 6:30 - 8:30 P.M. Child care is provided by reservation only. **Contact the support group leader, Tammy DeHesa, at 909.420.0413 for more detail. ([www.themakingadifferenceassociation.org](http://www.themakingadifferenceassociation.org))**

## ALL DISABILITIES

### SAN BERNARDINO

#### **MOMS EMPOWERING MOMS**

Share your experiences and get the best advice from other IRC Moms who have been there too. Meetings will take place at the IRC Conference Center, 1365 S. Waterman Ave., San Bernardino in a comfortable environment where you can relax, enjoy yourself and make new friends. Contact Jerri Carpinteyro at 909-855-8232, [jerricurles@yahoo.com](mailto:jerricurles@yahoo.com), or Christine Jenkins at 909-269-3334, [d.christine9195@yahoo.com](mailto:d.christine9195@yahoo.com).

WHEN: 1st Tuesday of each month from 6 pm - 7:30 pm